FREE!

Clarksville Living

Life, Community, Home & Health in Clarksville, Ft. Campbell & Beyond

love, pray, shea...

November 2016
Photo by Jac Smith

Dance Force

What We Offer:

Ballet, Pointe, Tap, Jazz, Contemporary, Hip Hop, Musical Theatre, Modern, Acro, Lyrical, Mommy & Me, Homeschool & More!

10,000 sq. ft. , 5 State-Of-The Art Studios with Marley Sprung Floors, limited class size, mirrors and ballet barres in all studios, Parent Viewing Monitors, 3 Lobbies, Food & Shopping Nearby. We Provide a Positive Environment with Professionally trained teachers.

931-552-2223

1955 B Madison Street
Clarksville, TN 37043
www.danceforceclarksville.com

Nov. 24th Thru Jan. 1st

Clarksville Speedway & FAIRGROUNDS
Clarksville, TN 37040

Gary MATHEWS ON THE RIVER! IN CLARKSVILLE
Jeep RAM

Presents

1 MILE DRIVE-THRU Chirstmas Lights EXTRAVAGANZA!

OVER 1,000,000 LIGHTS

Church Nights
November 27, December 4th & 11th:
$18 with your church bulletin

Military Nights
November 28th, December 5th & 12th
$18 with Military ID

School Personnel & Teacher Night
November 29th: $18 with School ID

Senior Citizens Night
November 30th: $18 ages 65 and over

Scout Night
December 6th: $18 for scouts in uniform

EMS & Healthcare Professionals
December 7th: $18 with ID card

City & County Employees Night TN & KY
December 13th: $18 With City or County ID card

APSU Night:
December 14th: $18 with APSU ID card

COUPONS ARE NOT VALID ON SPECIAL PRICE NIGHTS.

$5 OFF ONE CARLOAD

Admission is $25 per carload, $40 for Passenger Vans & $100 for Your Busses.

Coupon valid now through 1-1-2017

Clarksville Speedway & FAIRGROUNDS Clarksville, TN 37040

OPEN DAILY

Sunday – Thursday *FROM DARK 'TIL* 9:30pm

Fridays & Saturdays *FROM DARK 'TIL* 10:30pm

1600 NEEDMORE ROAD ● WWW.CLARKSVILLESPEEDWAY.COM

Publisher's Message

You may or may not be familiar with the sweet face(s) on this month's cover. Even if you are not, I'm almost certain that you know someone who is, either personally or professionally. Even if Shea began as just your photographer, she also became your friend. That's just the kind of person she was. I hope you will take the time to read Karen Parr Moody's touching tribute to Shea on page 26.

Well, as usual, most of my publisher's letters reference our crazy weather and or how fast the year has flown by and this one will too…heeh. I hope you hadn't packed away all your summer stuff, or gotten too excited about wearing all the cozy fall clothes you bought because it's still summer in TN! Where you're freezing in the morning and sweating in the afternoon. I am sure we will get the chance to wear our warm gear soon enough when we get our first big snow storm of the year!

Since my maternal grandfather (my last grandparent) passed away two years ago, I have started hosting a small Thanksgiving gathering at my house. I am NO gourmet, so I am always looking for a little extra outside help any way I can get it. Be sure to check out Taylor Lieberstein's article on page 20 to get the details on the best local places to order a cooked turkey, your dressing, some pies, or the whole she-bang! She also includes a list of what local restaurants are open that evening if you are already sick of turkey after a few hours.

This time of year also means that the calendar starts filling up with all sorts of fun events so be sure to check that out starting on page 36.

With all of the craziness that the coming holiday season brings it is easy to get overwhelmed. Let us all try to take a breath, remember what is really important, and be thankful. Thankful to our veterans for their sacrifices and those of their families. Thankful to our community for being the type of neighbors that we cherish. Thankful to our friends and family for the support that only they can provide. We hope you all have a wonderful Thanksgiving and as always, we're thankful for you!

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.

For advertising inquiries contact Rachel Phillips at **(931) 216-5102** or rachel@clarksvillelivingmag.com

For all other information:

Phone: (931) 320-9869

E-mail: info@clarksvillelivingmag.com

Fax: (931) 919-1234

Mail: PO Box 31867
Clarksville, TN 37040

Web: clarksvillelivingmag.com

Look for us on Facebook

Owner/Publisher
Carla Lavergne

Editor
Cliff Lavergne

Graphic Design
Kim Balevre
Colleen Devigne
Carla Lavergne

Advertising Sales
Rachel Phillips
(931)-216-5102
rachel@clarksvillelivingmag.com

Staff Writers
Brenda Hunley
Taylor K Lieberstein
Karen Parr-Moody
Pamela Roddy Magrans

Contributing Writers
Stacey Hagewood
Larry Riley
Dr. Catherine Meeks
J.R. Ramsey

Special Thanks
Paul and Paula

Clarksville Living Magazine
© 2007-2016

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

TABLE OF CONTENTS

FEATURE • 6
Magnolia Market

FAITH & FAMILY • 10
Let Us Give Thanks

SPOTLIGHT • 12
Reagan's Closet

HEALTH • 16
Thank You For The Honor, It's What We Do Everyday

FEATURE • 20
Thanksgiving Meal Helpers

RECIPE • 24
Sweet Potato Pie Light

FEATURE • 26
Remember Shea

HEALTH • 32
Playing It Smart With Year-End Healthcare

PET PIX • 34

CANDID CLARKSVILLE & FT CAMPBELL FAMILIES • 35

CALENDAR • 36

NETWORK • 42

FRIDGE • 46

GRACE DENTAL
FAMILY & COSMETIC DENTISTRY

931-648-4100
www.gracedentaltn.com
facebook.com/gracedentaltn

Hurricane Matthew's ferocious impact left **350,000** people in need of assistance in Haiti.

The Haiti orphanage and the orphans lost almost everything.

We have so many things to be grateful for this Thanksgiving season.
Please consider making a donation at: http://www.freethekids.org/

Austin Peay State University

BE A GOV!

APPLY TODAY!

The Austin Peay State University policy on nondiscrimination can be found at http://www.apsu.edu/files/policy/5002.pdf.

apsu.edu

MAGNOLIA MARKET

Stacey Hagewood

If you watch television, listen to the radio in your car or read magazines, I am sure you have heard of the ultra-popular HGTV show Fixer Upper. Chip and Joanna Gaines have gone from flipping houses in small town Waco, Texas to superstardom in the mainstream media. The husband and wife team have built a multi-million-dollar empire with their TV show that follows one family in their search for a "fixer upper." Chip and Jojo (as he lovingly calls her) transform the home from an outdated time warp into a trendy showplace. Joanna even decorates the final product with items from their new store Magnolia Market at the Silos.

I recently had the opportunity to visit their store and soaked up every square inch of Magnolia goodness. The property is located in downtown Waco, which can be easily spotted from the interstate by the two old, rusty silos that anchor the landmark. The silos were seen on many episodes of the show so I was quite surprised that there is actually nothing in or on the silos themselves. There is a stage built in front of the silos but the actual store is an adjacent clean, white building with new black letters spelling MAGNOLIA across the top. Inside the large building there were two large rooms stocked full and beautifully decorated by Joanna. The show may be theirs but the merchandise and the store is all Joanna… well, except for a small corner housing men's items marked "Chip's Corner."

YOU BELONG HERE.
FIRST BAPTIST CLARKSVILLE
CLASSIC
CONTEMPORARY
HAPPY THANKSGIVING
"Give thanks to the Lord, for He is good; His faithful love endures forever." 1 CHRONICLES 16:34
SUNDAY WORSHIP
8:30AM CLASSIC
11:00AM CONTEMPORARY
11:00AM HISPANIC
11:00AM KIDS
11:00AM KOREAN
FBCT.ORG
APSU CAMPUS
COLLEGE ST.
MOORE ALLEY
MAIN ST.
GRANT AVE.
FRANKLIN ST.
UNIVERSITY AVE.
4TH ST.
3RD ST.
2ND ST.
HITER ST.
CHILDERS
COMMERCE ST.
NOVEMBER FEARLESS THANKS Sunday Morning Sermon Series | November 6-27
DECEMBER CHRISTMAS TOUR OF TREES at First Baptist Clarksville
Book a tour now or tours available on Sundays in December
DECEMBER 04 CHRISTMAS NIGHT OF PRAISE Contemporary Worship Band | 5:00pm
DECEMBER 11 CHRISTMAS MUSICAL PRESENTATION Choir & Orchestra | 5:00pm
499 COMMERCE STREET
/FIRSTCLARKSVILLE @FBCT_VOICE @FIRSTCLARKSVILLE /FBCT

Her stamp was everywhere from the white dishes and dainty jewelry to the unique use of greenery and wreaths. The store is creatively displayed and there were plenty of opportunities to take home my own piece of Magnolia Market. The store carries many items seen on the show such as dishes, candles, baskets, signs, cake plates, jewelry, t-shirts, hats, and the ever popular magnolia wreaths. The price point was somewhere between Target and Pottery Barn. Some items were on the high side (personally, I do not spend $26 on my candles or $199 on a sign that looks like my daughter could make it with a piece of plywood, paint and stencils) but many items were affordable. I did purchase two small wreaths ($9 each), a Christmas ornament ($5), a t-shirt ($19), and a large metal script "family" word sign carved by none other than Jimmy Don himself ($29).

The property also boasts Silos Baking Company which is housed in a separate new, white building on the corner. The bakery opens at 7:30 a.m. giving people ample opportunity to enjoy a sweet treat before shopping the market which opens at 9:00 a.m. I had just eaten breakfast so I did not indulge but my twin nieces enjoyed a large, homemade chocolate muffin. The bakery is small and they only allowed a certain number of people inside at a time so there was always a line outside the door.

Magnolia Seed & Supply is Joanna's garden and nursery located behind the silos. There were different cabbages and fall annual plants outside for sale as well as pumpkins and gourds. Of course, each plant had a cute little sign or tag identifying the name of the plant and price. Inside the building, she had planters, pots, seeds, gardening tools, aprons and my daughter's favorite…the fairy garden section. Apparently fairy gardens are a thing. I noticed the cute flat pots outside the store housing cute, tiny-sized set-ups but I didn't realize what they were until we went inside. The cute little houses, tiny-sized items (such as mailboxes and swings) and low, flat greenery are the basics in a fairy garden. I ended up getting a fairy garden education by the sales clerk. Adults and/or children plant low, flat greenery (such as elfin thyme, pilea, or autumn fern) in a pot. Then, you can add items to your garden for your fairy. Our new fairy garden boasts a small house (my daughter made her house when we got home…we did not buy the $29.99 one there), watering can ($1.99), mailbox ($3.99), 4 chickens ($3.99) and 4 toadstools ($3.99). The prices on fairy garden items ranged from $1.99 to $29.99. The idea is to entice your very own fairy to create her home in your garden. I loved this idea so we are now the proud owners of a fairy garden.

There was a large, green yard between the store and nursery. The grass at Magnolia is perfectly mowed and VERY green. I had noticed that on the show. Well, the grass isn't grass but artificial turf. It was nice because kids could roll around and play without getting dirty or grass stains. There were many children and adults (especially dads) playing soccer, throwing footballs, having sack races, playing corn hole, turning cartwheels and swinging on the swings in the yard. There were large toy boxes that held soccer balls, footballs, potato sacks, and bean bags for them to use. It was nice because people who want to shop can take their time knowing the rest of the family and/or friends are outside having a good time playing.

There were also seven food trucks lining the large yard. The food trucks may change but I noticed a grilled cheese truck, coffee truck, sandwich truck, pizza truck and crepe truck. If you plan on eating at Magnolia with "selective eaters" I would suggest calling ahead to see what is offered at that time.

I don't know if Magnolia Market is worth an entire trip to Texas just the see the store but if you are within a few hours of Waco, it is definitely worth the drive to see it in person. Oh, and if you are hoping to catch a glimpse of Chip and Jojo…we did not see them. They may pop in and out of the store from time to time but I highly doubt it would be during store hours.

THINGS TO KEEP IN MIND

STORE HOURS: Monday-Saturday 9:00 a.m. to 6:00 p.m.

PARKING: Since Magnolia is downtown, parking is very limited. There is a free Magnolia parking lot but it is quite a hike away from Magnolia. It is marked with a Magnolia sign but it is not on Magnolia property. First Baptist Church is right beside Magnolia and charges $10 a day to park. The parking attendant told us it is one of the oldest churches in Waco and was in need of major repair. Since Magnolia opened one year ago, they have already raised enough money to begin expensive repairs to the exterior and interior of the church.

FREE TROLLEY: There is a free trolley that runs every ten minutes. It makes four stops around the downtown area. There is a stop at Magnolia with a booth offering a free trolley map. If you decide to take the trolley, grab a map so you will know which stops you would like to explore. We did take the trolley around the downtown area. It was amazing to see the area revitalizing itself. The downtown area of Waco was all but abandoned before Magnolia opened its doors one year ago. Now, there is construction on almost every street. The trolley driver said new shops and restaurants are popping up every month thanks to the popularity of Magnolia Market and the tourism it draws. There are 30,000 visitors to Magnolia Market each week!

LET US GIVE THANKS

Larry Riley, Senior Pastor, First Baptist Church

The leaves are changing and falling. The air is cool and crisp. Sweaters are coming out of winter boxes and summer shorts are being put away. Pumpkin spice has made its annual craze. Some brave stores have started playing Christmas music. All of this spells out one thing, Thanksgiving is near.

I love Thanksgiving! Thanksgiving is one of my favorite holidays of the year. Thanksgiving is a holiday that is not based around clever marketing or out-doing each other's spending habits. Thanksgiving is a holiday that allows us to enjoy time with family, eating good food, and thinking about how blessed we are as individuals, families, and as a nation.

In the Bible, in the Old Testament, there are a lot of stories about a man named David. David was the King of Israel back in the late 1000's and early 900's BC and was actually an ancestor to Jesus. You might know David from the story of David and Goliath. The story about how David used a sling shot and a stone to fight for God's honor. David defeated Goliath, the giant, and led the Israelite army to defeat the Philistines.

Throughout the stories of David in the Bible we know that David had his ups and his downs. For the first several years of being God's chosen king, David was hunted by the previous king. He had to hide in caves and sneak around the country so as not to be killed. And once he became king his troubles didn't stop. There are stories of David's poor choices in his love life. There are stories of David and poor choices in battles. David struggled to control his anger at times and he made some pretty terrible mistakes. Struggles between his children show he may not have had the best parenting technique. Through it all David kept a submissive heart to God, always asking for forgiveness and trying to set right what was wrong.

David also wrote a lot of the Psalms, a book in the Bible that is mainly poetry and songs. We see David's heart poured out in songs as he went through some very tough times. There are songs of lament, and songs of joy. There are songs of anger, and songs of peace. Some of my favorites are his songs of thanksgiving. Even when the troubles of life were happening, David often remembered that he had a lot to be thankful for.

In Psalms 9 David says, “I will give thanks to you, LORD, with all my heart.” In Psalms 107 he says, “Give thanks to the LORD, for he is good; his love endures forever.” Again in the same chapter David says, “Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things.” In Psalm 100 David says of Heaven and of God that we should “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.”

So as Thanksgiving draws closer, and the pressures of life don’t seem to let up, let us be like David and remember that we have a lot to be thankful for. Make sure you take the time to sit down to a nice meal, have family all around you, and count the blessings. God loves us greatly and has given us so much to enjoy; so let us “Give thanks to the Lord for his good; his love endures forever.”

God bless you and your family, and I hope you have a Happy Thanksgiving!

“With my new hip and his new knee, it’s hard to keep up with us!”

Ginny’s hip hurt so much, she thought she’d never walk without pain again. But that was before her hip replacement at Tennova. As Ginny said, “Now, I exercise and do yoga with no pain whatsoever. And after Ron went through the process with me, he was so impressed that he scheduled his knee replacement just a few weeks later.” Ron said, “I had my surgery and was walking the same day. We’ve already referred several friends. That tells you a lot!”

For more information about our orthopedic care or to register for a free seminar on joint pain, visit Tennova.com. To find a doctor, call 1-855-TENNOVA (836-6682).

Trust the team I trust. Tennova™ Healthcare

Locations throughout Tennessee, including Clarksville, Lebanon, Shelbyville and Tullahoma.

REAGAN'S CLOSET

Taylor Lieberstein

Not long after making the transition into being a stay at home mom Chelsea Martin began making custom onesies for her newborn daughter in her free time for two reasons. One being she wanted her Reagan to have unique outfits that other babies weren't wearing and two because baby clothes can be costly especially considering how quickly they outgrow the clothes.

She designed and pressed a few of her ideas onto onesies and posted photos of her daughter wearing them to her social media page. Soon after sharing them on Facebook friends and family showed interest. Martin began filling orders and Reagan's Closet Co. was born. Since late summer she has been busy

JUST FOR KIDS
EARLY LEARNING CENTER
Now Hiring
AT OUR NEEDMORE LOCATION!
Offering childcare for children 6 weeks - 12 years
Open Monday through Friday
5:30a.m. until 6:00pm
Two Locations!
SANGO LOCATION
Serves: Barksdale,Moore Magnet, East Montgomery, and Sango Elementary Schools.
NEEDMORE ROAD LOCATION
Serves: Oakland, Glenellen, Northeast, St. Bethlehem, Rossview, and Burt Elementary Schools.
Call Now to Enroll!
931-905-2525 (St. B location)
931-245-1460 (Sango location)
Proud supporter of our troops and partnering with NACCRRA to offer subsidized care for all military families.
NAEYC accredited and Three Star Rating

meeting demand and constantly thinking of her next designs.

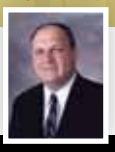
Reagan's Closet Co., creates custom onesies for ages newborn to 24 months and t-shirts for toddlers. She sells her products online utilizing popular websites, Facebook and Etsy. Reagan's Closet Co. designs and ships custom clothing for newborns to toddlers worldwide. She started with onesies and now offers toddler t-shirts, mommy and me sets, head wraps, bow ties, twin sets and more.

Reagan's Closet Co. offers one-of-a-kind pieces that parents can't find in big-box stores. Everything is designed with her daughter

Personalize
your family's wishes to *honor* and *celebrate* a life well lived.

Cremations, Pre-Arranged Funerals, Traditional and Veteran Funerals.

ED LARSON TOM CREECH TONY NAVE



McREYNOLDS NAVE & LARSON

We Honor Our Veterans. *Pre-Need payment plans available.*

www.navefunerals homes.com • 931-647-3371 • 1209 Madison Street, Clarksville

FITNESS PROGRAM *Special*

ONE MONTH **FREE**! *No Obligation.*

UNLIMITED

MMA, Kickboxing/Muay Thai,
Insanity LIVE, Self-Defense
& Combat Fitness Classes.

OFFER VALID UNTIL NOVEMBER 30TH.

HARRIS HOLT MARTIAL ARTS ACADEMY

Call today for more information 931.542.1151 • www.HHMartialArts.com

Reagan in mind. Her custom pieces have witty phrases such as “Don’t be jelly of my breastfed belly” and the thanksgiving themed “I’ll just have the breast” printed on them. While many of her onesies are geared towards breastfed babies, because they happen to be the most requested pieces, plenty are not. There are onesies that reference sports, pop culture, as well as the military. She hand-dyes and presses all the products out of her home.

Martin has always been involved in clothing design. Growing up her parents owned and operated an embroidery business out of their house giving her access to any custom clothing designs she desired. Through Regan’s Closet Co. she can give her own daughter the luxury of being able to wear outfits that most other babies aren’t wearing.

The debut onesie that initially gained enough attention to turn her hobby into a business (Don't be Jelly of my Breastfed Belly) is forever her favorite.

“Reagan was 100% my inspiration for making onesies—hence the name Reagan's Closet Co. She is my model for all the onesies and accessories I make and the bigger she gets the broader my selections will be,” said Martin.

She did not set out to start a business, she just wanted to DIY some cute outfits for her newborn. However, for now she will continue to expand Reagan’s Closet Co. with cute babies in mind, even when she goes back to work full-time, because it is something she enjoys doing. “I just want to have fun with it and hope people will continue to like my designs,” said Martin.

Martin had over 4.9 million views on her

Halloween themed onesie and shipped it to four continents. She will continue designing and printing holiday-themed onesies throughout the season. You can find her Thanksgiving and Christmas designs on her Facebook page (Reagan's Closet) and on Reagan's Closet's Etsy site as well.

THANK YOU FOR THE HONOR, IT'S WHAT WE DO EVERYDAY

Dr. Catherine Meeks

On Thanksgiving Day, families across the country will come together around dining room tables. Many will share a bountiful feast and give thanks for many blessings. What better time than the month of November to also give thanks for our customers?

We are particularly grateful this year: In the J.D. Power 2016 U.S. Pharmacy Study, Health Mart was ranked "Highest in Customer Satisfaction with Chain Drug Store Pharmacies." We outpaced other "brick-and-mortar" chain drug stores in four of five categories:

- Our stores
- Our cost competitiveness
- Our pharmacists
- Our non-pharmacy staff

The pharmacy study is now in its eighth year. This year, it was based on responses from 14,789 pharmacy customers who filled or refilled a prescription during the three months prior to the survey period of June 2016.

Personalized Service

The survey also found that health and wellness services enhance customer satisfaction. We're pleased by this finding. It validates the approach *we* use. This includes highly valued services such as consolidating medication pick-up, medication therapy management, and individualized disease health coaching.

This kind of personalized service is a contrast to the approach offered by many

large chain drug stores. By contrast, we take the time to care for you and your family right in your community. We take the time to hear our patients and provide trusted advice to answer your health questions.

Trusted Advice

Patients can trust the advice offered at Sango pharmacy. Our pharmacists' extensive training and expertise can help set your mind at ease. That's because you know you can rely on their considerable knowledge to provide informed care and help you achieve optimal results from your medications.

How do we do this? For one, we simplify the language of prescription coverage—making it easier to understand without compromising accuracy. We also provide clinical services that can help you stay well. And we partner, as needed, with health care providers to enhance the quality of your healthcare.

Customer Loyalty

Personalized service plus trusted advice is clearly a winning combination. As seen in the J.D. Power 2016 U.S. Pharmacy Study, Health Mart is surpassing the industry average in customer loyalty.

We accomplish this in many ways. For example, we don't treat you as a number. We know that you're a unique person with unique needs, which we strive to address. We accept most insurance plans and make it easy to transfer prescriptions. It also helps that our locally owned pharmacies are a part of the community—close to where our patients work, shop, and live.

Again, thank you for honoring us with this award. It means a great deal to us at Sango Pharmacy. But awards or no, we'll keeping doing what we enjoy doing: delivering the very best care possible for our patients.

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

Source

J.D. Power press release: "Health Mart, Publix, Sam's Club, Kaiser Permanente Pharmacy Rank Highest in Respective Segments." Available at: jdpower.com/press-releases/jd-power-2016-us-pharmacy-study. Accessed: 10-4-16.

ENJOY LIFE LIKE YOU USED TO!

Live with more confidence, comfort, and enjoyment. CO_2RE®Intima *is a breakthrough* ***non surgical, non hormonal treatment*** *for vaginal regeneration.*

bella MED SPA

Now available at Bella Medical Spa

CO_2RE®Intima is a simple, non-surgical procedure to restore vaginal health.

- *Relives signs of childbirth and aging.*
- *Treats dryness, itching, and pain.*
- *Restores vaginal tone, flexibility, and shape.*
- *92% satisfaction rate (1)*

Call now for complimentary consultation with our doctor, David Boles D.O.

2151 Wilma Rudolph BLVD.

931.245.0500

www.bellamedspa.com

THANKSGIVING MEAL HELPERS

Taylor Lieberstein

On Thanksgiving Day, most of us will gather with friends and family to enjoy the traditional holiday meal together. For those who do have time or the desire to cook there are a few different options offered that require no work outside of simply enjoying the meal.

Nicoletta's Catering

Nicoletta's offers an individual, customized menu for any event, which is carefully planned and executed by a knowledgeable team of dedicated professionals. They are determined to provide exemplary event services to both private and corporate clients in Clarksville and surrounding areas. In addition to event catering, Nicoletta's offers a special service for each holiday. Their staff will prepare and deliver a full Thanksgiving meal giving you time to spend with friends and family instead of hours in the kitchen. Whether you want only the turkey or the full meal of turkey, sides and dessert, let Nicoletta's do the work. Simply follow the easy reheat instructions and you're set!

2274 Ermine Drive
(615) 569-2106
facebook.com/NicolettasCatering

Shoney's

The legendary buffet is showing their appreciation by not only opening their doors on the Thanksgiving Holiday but by offering a special home-cooked Thanksgiving Buffet with all the fixings and a free slice of pumpkin pie with

GATEWAY
FUNERAL HOME & CREMATION CENTER
THE LAST THING YOU NEED TO WORRY ABOUT IS HOW TO PAY FOR A FUNERAL.
Burials starting at $1,945.00*
Cremations starting at $995.00*
We own and operate our own crematory so that your loved one never leaves our care.
Financing is available, and current pre-need policies are accepted. Need a pre-need policy? We can help.
Basic Cremations starting at $995 reduced fee for funeral director and staff-$275 Removal-$295 • Crematory fee-$300 Cardboard alternative container-$75 Temporary urn-$25 Cremation permit-$25. • Burial starting at $1945 • Immediate burial-$1295 Cloth covered oval top fiberboard casket-$650.

335 Franklin Street
Clarksville, TN 37040
931-919-2600
www.GatewayFH.com

each buffet purchase. They will also be selling whole pumpkin pies to take home. Kids four and under get a free buffet with each adult meal purchase. Shoney's also offers Thanksgiving meals to-go featuring ham, turkey, dressing, green beans, cranberry sauce, house salad, bread roll, corn muffin and pumpkin pie. There are two area Shoney's:

791 North 2nd Street
(931) 647-6684

or

3083 Wilma Rudolph Boulevard
(931) 553-0830

Shoneys.com

Cracker Barrel

The old country store will offer a special menu along with their normal breakfast, lunch and dinner menus. The Thanksgiving dinner special with include a splice of pumpkin pie and a beverage. You can also pick up Thanksgiving to-go for the family complete will all the sides. Contact the store to pre-order up until the week of Thanksgiving.

200 Cracker Barrel Road
(931) 645-1446
crackerbarrel.com

Dickey's Barbecue Pit

Dickey's makes it easy to host a hassle-free holiday gathering through easy and convenient online ordering. Cajun fried and smoked turkeys, barbecue honey hams and full holiday feasts are available through Dickey's online ordering option until the day before Thanksgiving. The full holiday feast includes traditional cornbread dressing and gravy, baked potato casserole, green beans with bacon and Dickey's signature

41st Annual
FORT CAMPBELL SPOUSES' CLUB
Candy Cane Lane Craft Fair
AND
2nd Annual
5K and 1 Mile Fun Run
Saturday, December 3rd
Fun Run starts at 9 am
5K starts at 9:30 am
Candy Cane Lane Craft Fair
open from 10 am - 5 pm
Sunday, December 4th
Candy Cane Lane Craft Fair
open from 10 am - 3 pm
Both events will be held at
Kenwood High School
(Inside Heritage Park)
251 E. Pine Mountain Road
Clarksville, Tn 37042
For more information please check our website and Facebook page:
Facebook.com/fcsccraftfair
www.fortcampbellspousesclub.com
All proceeds support the FCSC Welfare and Scholarship fund.

buttery rolls. The holiday feast feeds 10 to 12 people and is sure to be a hit for any Thanksgiving get-together.

2345 Madison Street
(931) 368-3030
dickeys.com

China King Buffet

China King will be adding Turkey Day fare to their traditional Chinese buffet.

2088 Lowes Drive
(931) 645-8998

Golden Corral

At Golden Corral they will be offering the traditional Thanksgiving dinner including turkey and dressing, ham, and everything else that is on the bar.

2811 Wilma Rudolph Boulevard
(931) 906-9101
goldencorral.com

Waffle House

This chain is famously open 24 hours a day, 365 days a year, including Thanksgiving. There are five area Waffle Houses:

1114 TN-76
(931) 358-3404

3069 Wilma Rudolph Boulevard
(931) 551-3598

734 North Riverside Drive
(931) 552-0720

1683 Fort Campbell Boulevard
(931) 553-8805

3323 Fort Campbell Boulevard
(931) 431-3999

waffle house.com

Ruby Tuesday

The simple, fresh American dining chain will be open and serving their full menu plus their delicious seasonal dessert pumpkin cheesecake. There are two area Ruby Tuesdays:

2239 Madison Street
(931) 552-1278

1826 Fort Campbell Boulevard
(931) 221-0330

rubytuesday.com

RECIPE

SWEET POTATO PIE LIGHT

J.R. Ramsey

Sweet Potato Pie Light

1¾ lbs. canned sweet potatoes, mashed

1 good quality frozen pie crust (be familiar with pie crust directions)

3 large eggs

2/3 cup milk

1/2 cup packed light brown sugar

2 Tbsps. (1/4 stick) unsalted butter, melted

1 tsp. pure vanilla extract

1 tsp. ground cinnamon

1/4 tsp. ground nutmeg

1/4 tsp. salt

In many households at Thanksgiving time, pumpkin pie reigns. Not so in my house. Sweet potato is a favorite with us. If you've never had one, give this pie a try.

Position an oven rack in the lower third of the oven and preheat oven to 350 ˚F. Place a rimmed baking sheet on the rack to preheat.

In a large bowl, whisk together the mashed sweet potato and the eggs. Whisk in the milk, brown sugar, butter, vanilla, cinnamon, nutmeg, and salt.

Pour the mixture into the piecrust. Place the pie on the hot baking sheet and bake for 40 to 50 minutes, until the edges of the filling are puffed and lightly set.

Cool completely, at least four hours, before serving.

Happy Thanksgiving!

REMEMBERING SHEA

Karen Parr-Moody

Those who loved and admired Shea Halliburton Wright, a supremely gifted photographer and Clarksville resident, still can't believe she has passed away. The sunny 34-year-old had struggled through a bout with cancer that began in January and included a hysterectomy, 18 chemotherapy treatments and 40 doses of radiation. By summertime she and her doctors, along with family and friends, thought she was out of the woods.

But in August Shea was knocked unconscious by a terminal brain aneurysm. It was caused by a tumor that had grown with such lightning speed that it had not shown up on a PET scan taken only a month and a half prior.

Photographer Graham Yelton says of Shea and Josh Wright's wedding, "Shea was at ease in front of the camera and was so focused on Josh that the rest of us seemed to disappear. It was a joy to photograph such pure and selfless love." Photo: Graham Yelton

"Her doctors were terrific," says her widower and husband of four years, architect Joshua Wright, who goes by the name Josh. "I talked to her doctor after the funeral and he was in tears. He said, 'I've looked at her scan 8 to 10 times and there was nothing. So the PET scan was clear. The cancer metastasized so quickly… that's why we didn't find it.'"

Shea died on August 25, leaving behind a husband, an infant daughter and untold numbers of people whose lives she brightened with an inner light she seemed to shine on everyone she met.

"She gave 100 percent to everything," Josh says. "For her marriage, her daughter, her business, her friends, she was always present. She was always just there for everybody and her faith played a big role in that, as well. She was a Christian and her Christian beliefs were very important to her."

Small cell cervical cancer, which afflicted Shea, is an extremely rare and aggressive disease with a statistically poor prognosis. According to the *Oncology Journal*, there are only about 100 to 150 cases each year in the United States.

It is characterized by the development of widespread metastases spread by the bloodstream and has a high rate of relapse, according to a study of patient records at The University of Texas M.D. Anderson Cancer Center. The median time from the initiation of treatment to a first relapse is 8.4 months.

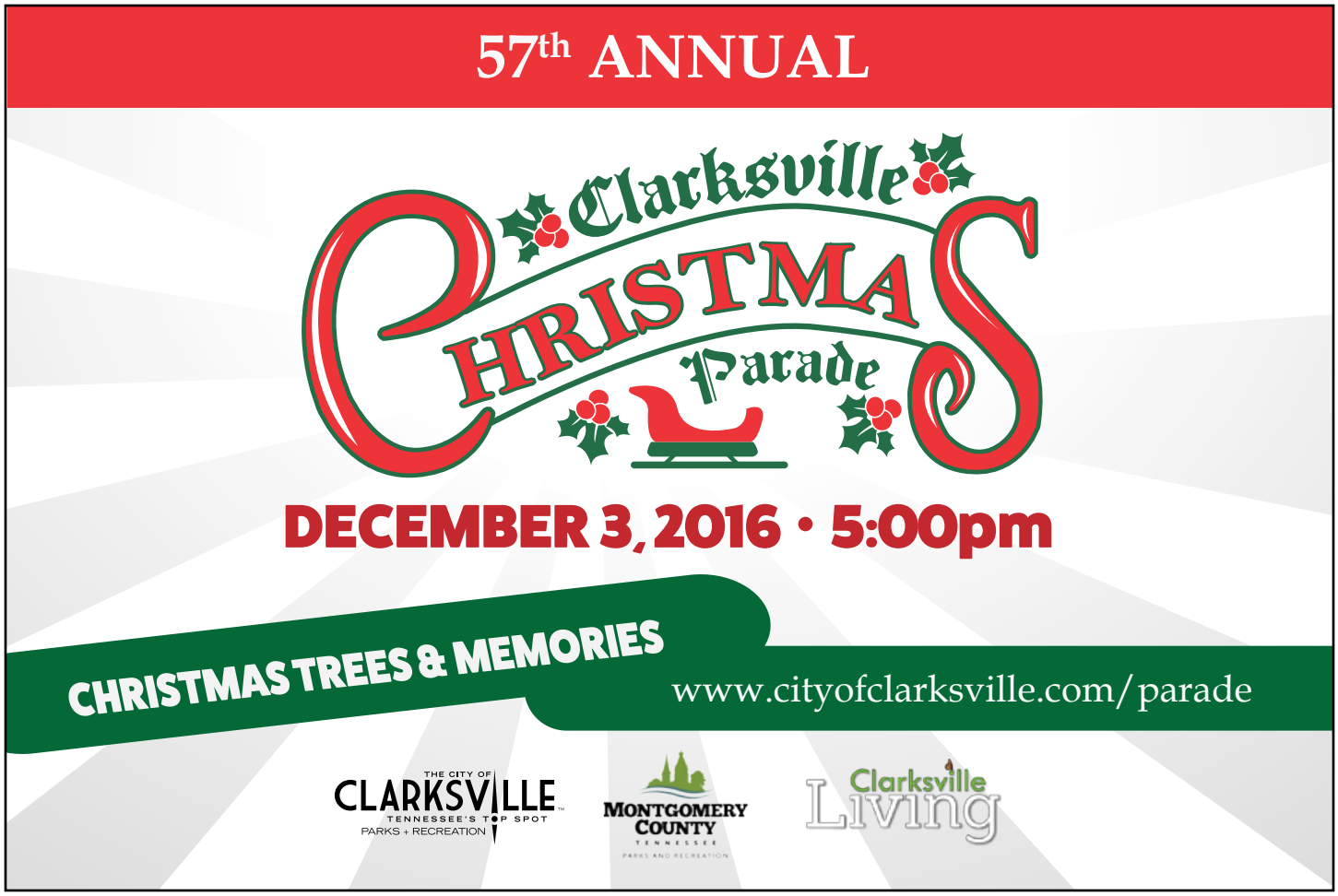
Shea and Josh understood the seriousness of her condition. They had read the literature. When she passed away, Shea had another PET scan scheduled three weeks later. She was supposed to have one every three months for years, such is the aggressiveness of small cell cervical cancer.

Despite the odds, Shea's faith in God compelled her to stay positive and trust in divine healing. There was more reason for hope: the physicians at Saint Thomas hospital in Nashville told her at the outset that only a small tumor had been discovered and the cancer had not spread.

Josh says, "The survival rate is not good, but we found it so early that we thought her chances were really good."

Chance. There's a lot of significance wrapped up in that word. Chance doesn't care that a vibrant young woman has recently had her first child or that she is fulfilled in her career or in love with her husband or a rock for friends and family. Chance doesn't create outcomes according to what we might consider to be fair.

When stricken by cancer, Shea was enjoying what many consider to be the best years of life. She



and Josh were building their dream home, which included individual studios for her photography pursuits and his architecture business. Shea's career was at its zenith. She was much sought-after as a wedding and portrait photographer, both for her luminous photos and for the friendly manner with which she treated her clients from her business, By Shea Photography.

"The level of artistry in her photography came from some natural ability, but it also came from her work ethic," Josh says. "The left side and the right side of her brain were equal."

To top off the couple's magical life, they discovered they were pregnant after returning from a mission trip to Honduras. A beloved daughter was born in November 2015. They named her Geneva Lucille—a combination of family names—but simply called her Eva.

"Shea always wanted to be married and have a family," Josh says. "Having a child was very important. We had also planned to adopt a baby next."

Shea chronicled her cancer journey through blog posts on her photography website, bysheaphotography.com. It makes for a bittersweet read now, as it illuminates how much faith and hope she had for healing. It also underscores her natural kindness and consideration of others.

Through her words, she expressed a journey that included gratitude to friends and family and a belief in God's plan. She doted on Eva. On February 1, she wrote about a short nap she had with her baby at her side: "I got to smell her and listen to her breathe. She nuzzled up right next to my neck and we both fell asleep. I needed to feel her close."

Shea's Christian faith was always something Josh admired in her.

"Yes, she was very talented and beautiful, inside and out, and everywhere she went she had friends," Josh says. "But her faith is what made her who she was. It was extremely important to her."

Throughout her blog posts, Shea talked about prayer. At the end, when the last PET scan was clear and she tentatively called herself a "survivor," Shea asked readers to pray for others, writing: "Pray for a cure to be found. For all of those who don't get to slap 'SURVIVOR' on their journey. I read so many posts from the other women battling small cell cervical cancer. I can barely read their stories of it metastasizing in the brain and other organs. They have babies to raise, too! Please, please pray for these strong women."

"There's not a day that goes by that I don't cry," Josh says. "I spent this morning just crying, wanting to talk to her, and missing her. It's almost two months and I don't think that will ever change. I think I will always grieve and miss her. It just hasn't gotten any easier. It's gotten more difficult, to be honest with you."

He says there are times when he feels Shea around him and he believes she can still see Eva, adding, "She wanted Eva so much, and she loved her so much, that her spirit is never going to leave Eva."

Eva turns one this month and will eventually learn about her mother's faith in God, her ability to capture beauty through a camera lens and how

cherished she was by so many. She will learn about her mother through others' memories that remain fresh today.

Graham Yelton, who photographed Shea and Josh's wedding, says, "I think that Shea's ability to see the beauty and light in anyone was what made her so good at portrait photography. She could bring out the best in her subject and allowed them to be their true selves in front of the camera."

Another photographer, Michaela Price Watts, says, "She made everyone feel like a friend, even if you barely knew her."

The four-month-old Eva was a comfort to her mother Shea. Photo: By Sara Rose Photography

One of Shea's more recent friends, Christina Brooks-Swanson, says that while Shea was battling cancer, she took the time to encourage her and pray about her infertility problems.

Brooks-Swanson says, "That is the legacy Shea leaves behind: one of true love and compassion for everyone she met. Once you met her, it was like you had known her your whole life… She was someone you looked up to and admired, yet she made you feel like you were the one she admired.

"She made every person important and made sure

to hear their story," Brooks-Swanson adds. "She wanted to share God's love with everyone. She did that with every breath, action and the way she lived it out. Shea is someone I pray I can be more like. She is a friend I selfishly wanted here on this earth longer, just so I could be closer to her and know more of her story."

Courtney Zenner Wix, who counted Shea among her dearest friends, says, "Shea was such an infectious soul. She touched hearts like and unlike hers everywhere she went. Her smile lit up a room in the brightest way. She brought community together and God into the darkest of days. She strived to make a difference in the world anytime she got the chance. She had a passion for art, travel, design, friendship, family and Jesus. She lives on in us all...forever."

Shea bore her cancer burden gracefully, as remembered by her friend Courtney Conry Berlyak. "I sent her a message when we all found out about the cancer," Berlyak says. "I told her to love the good moments and accept the bad ones, and to not make the sickness make her colder and distant with the ones she loved (who was everyone). Cancer makes all of us a little different, but not Shea. She was just a positive light whenever she was around."

Susan Bryant, a photography professor with whom Shea studied at Austin Peay State University, said that Shea had an incredible eye for light and composition, calling her "by far one of the best students I have had in my 34 years of teaching at APSU." She also spoke of the many interns Shea taught.

"Over the years, I imagine that more than 20 of our students have gained the experience of a lifetime through their internships with Shea," Bryant says. "She was so incredibly generous with her time, knowledge and experience with these students, many of whom now have their own commercial photography business because of Shea's mentorship."

In those first days after discovering she had cancer, Shea turned to her blog posts to express feelings both large and small. On January 30, before she began chemotherapy treatments, she wrote these words: "God, please make me strong, carry me. Give me enough energy to be a good mother, wife, sister, daughter…then enough to still be a photographer. Help me to continue working. Help me to be myself still, to be kind and patient and loving, even when I'm in pain and tired and cranky. Please use this awful experience for some sort of good. Please show me how I can help someone else, encourage someone else who is hurting. Don't let this be for nothing."

As those who knew her can attest, even in her darkest hours, Shea's thoughts were of others. That is a testimony that time will not wither.

A memorial trust fund has been set up at F&M Bank to pay for Eva Wright's future educational needs under the name "The Elizabeth Shea Wright Education Fund." Donations may be made in person at any Clarksville F&M Bank location or through the mail by addressing them to the main branch at 50 Franklin Street, Clarksville, Tennessee 37040.

DO YOU WANT A BEAUTIFUL SMILE?

ABOUT FACES AND BRACES

Call Today For Your Free Consultation

Shawn Lehman-Grimes, DDS, MDS

www.AboutFacesAndBraces.com

BRACES FOR ADULTS & CHILDREN

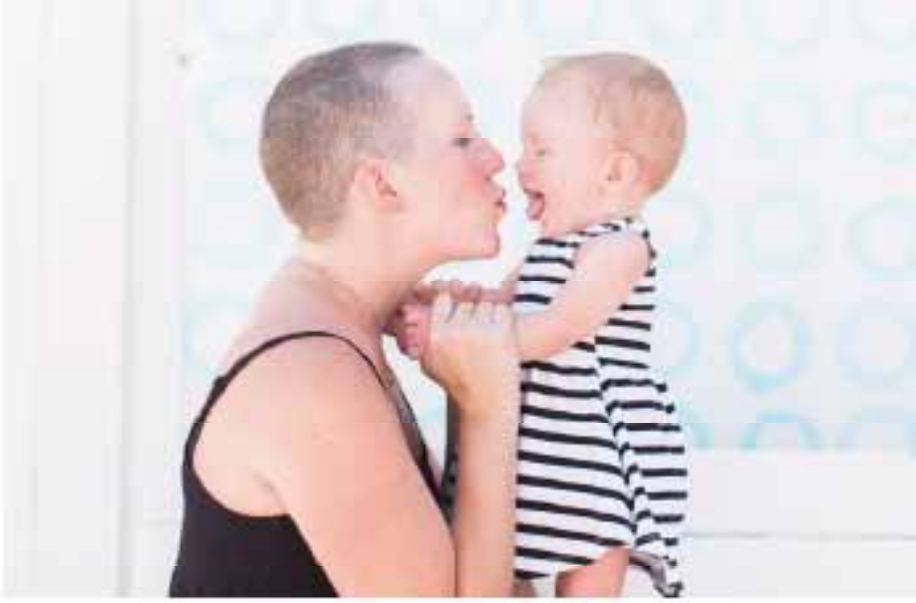
Clarksville, Ft. Campbell
(931) 249-8440
2845 Ft. Campbell Blvd. Ste. 105
Clatksville, TN 37042

Clarksville, Rudolphtown
(931) 436-7750
2309 Rudolphtown Rd.
Clarksville, TN 37043

Specialist in Orthodontics
Invisalign Certified Practice
Outstanding Customer Service

American Association of Orthodontists

Diplomate American Board of Orthodontics



PLAYING IT SMART WITH YEAR-END HEALTHCARE

Brought to you by Tennova Healthcare—Clarksville

*2017 is fast-approaching: scheduling necessary appointments, tests and surgeries **now** makes sense.*

When New Year's Day 2017, rolls around in a few short months, the slate will be wiped clean and everyone will gain a fresh start to another new year.

The slate that's wiped clean also will include the tally of healthcare expenses you've incurred through 2016 which count toward your deductible.

Now's the time to play it smart and check to see if you've met your deductible. Health plans typically begin paying for the majority—if not all—of your healthcare expenses once you've met that threshold. So if you have met your deductible or are close to reaching it, this is the ideal time to maximize your plan benefits and schedule appropriate appointments, testing and procedures.

CUT MASTERS
LAWN SERVICE
Licensed and insured, affordable and dependable. Cut Masters Lawn Service is the key to keeping your lawn well maintained without worries.
FOR COMPLETE DETAILS VISIT
www.clarksvillecutmasters.com
Happy to give free estimates! 931-320-3298

the YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
We are commited to helping you thrive and achieve your health-and-wellness goals. Studies have shown that when you add an accountability partner to your work out routine , you are more likely to succeed.
ALL TOGETHER BETTER!
It pays to be a beter buddy.
Help us help you succeed in achieving your fitness goals. Refer a friend to join the Y, and you could both save 20% *per month* for as long as you are both active members!
1 FIND YOUR MEMBERSHIP ID | Your Membership ID serves as your referral code. You can share your number with the friend(s) who will be your 'BTB' (*Better Together Buddy*) To find it, simply log in to your YMCA account at ymca.org/better-together.
2 REWARD YOUR FRIENDS | Share your Membership ID with your friends & encourage them to join the Y. When they sign up for a qualifying membership, they'll receive up to 20% off their monthly membership fees as long as you are both active members.
3 BUDDY BENEFITS | Depending on your membership type, you may also recieve up to 20% off your membership as long as you and any of your 'BTB' have a qualifying YMCA membership.
CLARKSVILLE AREA YMCA 260 HILLCREST DRIVE 931.647.2376

You may save hundreds or even thousands of dollars, depending on what healthcare you need, if it's obtained before the end of the year.

Additionally, individuals who have a Flexible Spending Account (FSA) need to check their balance. The Internal Revenue Service requires these accounts, which hold pre-tax dollars set aside to pay for healthcare-related expenses, be depleted by the end of the year or the money is forfeited. This adds another incentive to schedule services now: ensure those hard-earned dollars are spent, not lost.

Health insurance plans reward individuals who plan and manage their health care. Taking 15 minutes to set-up appointments now could save you a significant amount of money. The key is to obtain all the health services you need before December 31, because with the New Year comes a new deductible, and any balance in an FSA account is lost.

It's crucial to be prompt with your scheduling to ensure the test, check-up or procedure can be done before the end of the year. Getting everything squared-away by early December will ensure the services you receive are considered part of your 2016 coverage and funds.

Need a physician? Tennova Medical Group is here to help. Our family practice office welcomes new patients of all ages. Call (931) 502-2423 or visit TennovaMedicalGroup.com. Ask about our same- and next-day appointments.

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.

Pet Pix

The Pride of Clarksville

Want to share your pet? Email a photo and brief caption to petpix@clarksvillelivingmag.com by November 15th.

CANDID Clarksville

Adams boys (Jordan and Blake) playing with Marshall

Bentley and his "brother" Josh, the pig

My boys are awesome what a blessing

Kaden Durand-15 months old Baby T-rex, Jurassic park

Freeman family chilling out at Grandma's

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

CHRISTMAS LIGHTS EXTRAVAGANZA
November 24 through January 1. Sundays through Thursdays, dark until 9:30 p.m; Fridays and Saturdays, dark until 10:30 p.m. See ad on page 3.

Clarksville Speedway
1600 Needmore Lane
clarksvillespeedway.com

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 thetptwillsound@charter.net for information or to schedule an audition. Find us on Facebook at Cumberland Winds, or at 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
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/. 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 or visit 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

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. 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

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

SANTA'S PHOTOS IN CENTER COURT
November 5 through December 24. Mondays through Saturdays, 10:00 a.m. to 8:00 p.m., Sundays, 12:00 p.m. to 6:00 p.m. Photo packages start at $17. Every child who visits Santa receives a special treat. Visits with Santa are always welcome. Personal cameras and cell phone cameras are not permitted at Santa's Set.

Governor's Square Mall
2801 Wilma Rudolph Boulevard

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 or call Steven at (931) 542-2277.

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

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.

Cumberland Surgical Arts
2285 Rudolphtown Road Suite 200

3 THURSDAY

ART & WALK

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

Strawberry Alley
Downtown Clarksville
(931) 614-0255
artwalkclarksville.com

NON VIOLENT COMMUNICATION PRACTICE GROUP BI MONTHLY MEETING

6:30 p.m. to 8:30 p.m. Free. Misti at (310) 801-6859.

Leap Plaza
1860 Wilma Rudolph Boulevard
Facebook: NVC Clarksville

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

SANTA'S ARRIVAL AND FAMILY FUN DAY

10:30 a.m. to 11:15 a.m. in Dick's Sporting Goods Court. Magician Russ Nowack and the magicians of The Tri-Cities Magicians' Society will present a special holiday magic show that will end with Santa magically appearing at Governor's Square Mall.

12:00 p.m. to 4:00 p.m. in Dick's Sporting Goods Court. Bring the kids out for a special holiday carnival themed family fun day with games, a craft station, cotton candy, and a bounce house.

Governor's Square Mall
2801 Wilma Rudolph Boulevard

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

6 SUNDAY

DAYLIGHT SAVINGS TIME ENDS

7 MONDAY

AMERICAN RED CROSS BLOOD DRIVE

11:00 a.m. to 4:00 p.m. The American Red Cross Donor Coach will be collecting donations outside the Food Court To schedule an appointment to donate blood, visit RedCrossBlood.org.

Governor's Square Mall
2801 Wilma Rudolph Boulevard

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

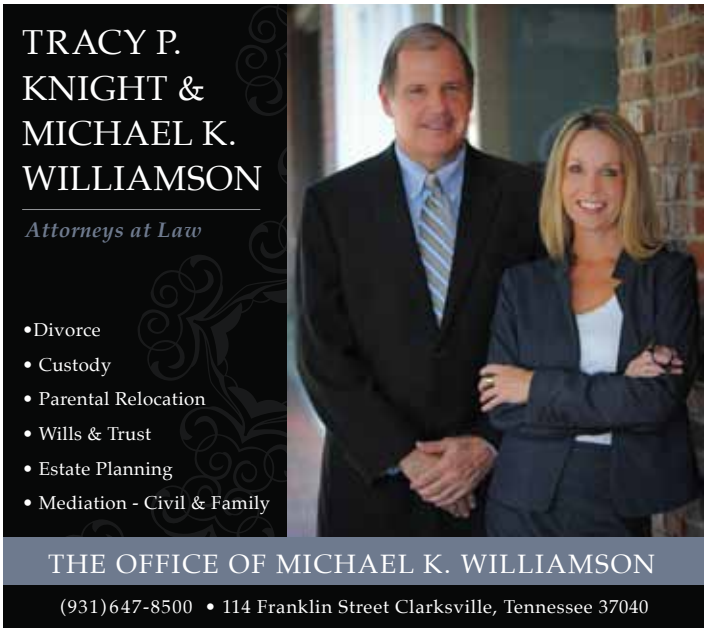
8 TUESDAY

ELECTION DAY

10 THURSDAY

VETERANS DAY CELEBRATION AND RESOURCE FAIR

10:00 a.m. to 12:00 p.m. Free and open to the public. Ceremony begins at 10:00 a.m., resource fair runs from 10:30 a.m. to 12:00 p.m. If you are a military veteran there are many programs and services available to you. Come to this event and find many ways that you can benefit. Representatives for several government and private agencies will be on hand to provide information on healthcare, housing, education, benefits, and more.



Special guests State Representative Joe Pitts, Kenwood High School JROTC, Fort Campbell Band, Pinups for Patriots, and Young at Heart.

Clarksville Senior Center
953 Clark Street (Behind public library)

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 9.

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

HAWKS FOR THE HOLIDAYS CRAFT FAIR

10:00 a.m. to 4:00 p.m. Benefitting Rossview Middle School Hawks baseball.

Trane Union Hall
121 Union Hall Road

NON VIOLENT COMMUNICATION COMPASSION THROUGH THE HOLIDAYS AND BEYOND

10:00 a.m. to 12:00 p.m. By certified NVC trainer, Carlene Robertson. Donations appreciated. Contact Misti at (310) 801-6859 to reserve your spot.

Leap Plaza
1860 Wilma Rudolph Boulevard
Facebook: NVC Clarksville

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 9.

Wilma Rudolph Event Center
1190 Cumberland Drive

PROJECT LINUS

1:00 p.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow,and the Fisher House on Ft. Campbell. For more information please contact: Jean Marr at (931) 358-0101 or EmmaLee Brake at (931) 648-0918.

Cumberland Presbyterian Church
1410 Golf Club Lane

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 for more information.

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 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

SMOKING CESSATION CLASS

5:00 p.m. to 6:00 p.m. the third Wednesday of the month. It's hard to quit smoking. That is why Tennova Healthcare - Clarksville offers free informational seminars. Registration required. To register call (855) 836-6682 or visit tennova.com.

Liberty Rooms
Tennova Healthcare - Clarksville
651 Dunlop Lane

JIM HEISINGER TREES

DON'T *WAIT* UNTIL IT'S *TOO* LATE!

WE *ALSO* DO SNOW PLOWING!

Tree Trimming • Tree Removal • Stump Grinding
Storm Debris Removal • Cat Retrieval

NO JOB *TOO* DIFFICULT or TREE *TOO* HIGH!

WE PROPERLY PRUNE TREES! CALL 931-802-3105

Licensed & Insured • 24-hr Emergency Service • 10% Military Discount

At Kriegisch Martial Arts we offer
not only great kid's classes
we also have HIGH ENERGY,
traditional karate classes
for *teens and adults!*

Stop by or visit us online to register for a 4-class trial program.

KRIEGISCH MARTIAL ARTS

931.472.1008
2690 Madison Street, Suite 190
Stop by to check us out!

Look for us on facebook.
www.kriegischmartialarts.com

17 THURSDAY

NON VIOLENT COMMUNICATION PRACTICE GROUP BI MONTHLY MEETING

6:30 p.m. to 8:30 p.m. Free. Misti at (310) 801-6859.

Leap Plaza
1860 Wilma Rudolph Boulevard
Facebook: NVC Clarksville

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

HOLIDAY MARKET

9:00 a.m. to 1:00 p.m. Shop the holiday market at Sango Pharmacy! Local vendors, unique holiday gifts, and special treats. See ad on page 17.

Sango Pharmacy
2197 Madison Street
(931) 919-2491

MINI SPA DAY FOR YOUR MINI

10:00 a.m. to 2:00 p.m. Appointments open to girls ages 4-12 to receive facials! $25 per child. All money raised will go to a local 8-year old girl named Bella that is fighting osteosarcoma cancer. There will be a meet and greet with Disney princesses and we will have cupcakes as refreshments. American Girls are welcome too ;) The Disney princess will be here courtesy of Tiffany's Hair Spa. By appointment only, call (931) 245-0500 to schedule.

Want to donate another way? Visit our Facebook and website for more details.

Bella Medical Spa
2151 Wilma Rudolph Boulevard
bellamedspa.com

NON VIOLENT COMMUNICATION PARENTING COMPASSIONATELY

11:00 a.m. to 1:00 p.m. By Linda Ray Miller. Donations appreciated. Contact Misti at (310) 801-6859 to reserve your spot.

Leap Plaza
1860 Wilma Rudolph Boulevard
Facebook: NVC Clarksville

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.

Gigi's Cupcakes
620 Dunlop Lane Suite #116

20 SUNDAY

MUSIC AT GRACE: NASHVILLE SWEET ADELINES WOMEN'S BARBERSHOP HARMONIES

4:00 p.m. Free and open to the community/ public.

Grace Lutheran Church
2041 Madison Street
grace-lutheran-church.org
(931) 647-6750

22 TUESDAY

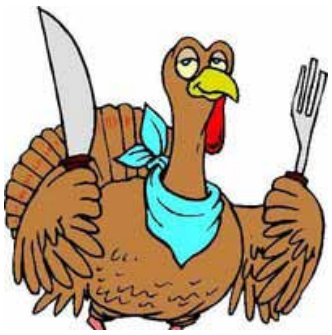
CHRISTMAS ON THE CUMBERLAND

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. See ad on page 24.

Governor's Square Mall Parking Lot
2801 Wilma Rudolph Boulevard

December

3 SATURDAY

FORT CAMPBELL SPOUSES' CLUB 5K AND 1 MILE FUN RUN

Fun run starts at 9:00 a.m. 5K starts at 9:30 a.m. All proceeds support the FCSC Welfare and Scholarship fund. For more information please check out fortcampbellspousesclub.com or facebook.com/fcsccraftfair. See ad on page 21.

Kenwood High School (Inside Heritage Park)
251 East Pine Mountain Road

FORT CAMPBELL SPOUSES' CLUB CANDY CANE LANE CRAFT FAIR

10:00 a.m. to 5:00 p.m. All proceeds support the FCSC Welfare and Scholarship fund. For more information please check out fortcampbellspousesclub.com or facebook.com/fcsccraftfair See ad on page 21.

Kenwood High School (Inside Heritage Park)
251 East Pine Mountain Road

DROP & SHOP

12:00 p.m. to 3:00 p.m. Get a little Christmas shopping done early! Drop off your child(ren) ages 6 and up at one of our centers. Activities will include: games, arts & crafts and snacks. No monetary fee to participate, but a donation

of three school items per child from the approved list (at cityofclarksville.com/events) are required.

Crow Community Center
211 Richview Road

CHRISTMAS PARADE
5:00 p.m. to 7:00 p.m. Be a part of a Clarksville tradition by participating in this year's annual nighttime event by walking, preparing a float, or driving a fun vehicle all decked out in holiday cheer! This year's theme is "Christmas Trees & Memories." All participants are encouraged to embrace the theme through music, dress, and décor. The deadline to enter is November 30.

Downtown Clarksville

4 SUNDAY

FORT CAMPBELL SPOUSES' CLUB CANDY CANE LANE CRAFT FAIR
10:00 a.m. to 3:00 p.m. All proceeds support the FCSC Welfare and Scholarship fund. For more information please check out fortcampbellspousesclub.com or facebook.com/fcsccraftfair See ad on page 21.

Kenwood High School (Inside Heritage Park)
251 East Pine Mountain Road

MUSIC AT GRACE: RED RIVER BREEZE—A CELTIC CHRISTMAS
4:00 p.m. Free and open to the community/public.

Grace Lutheran Church
2041 Madison Street
grace-lutheran-church.org
(931) 647-6750

5 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

10 SATURDAY

CRAFTS FOR CHRISTMAS
10:00 a.m. to 12:00 p.m. Fee: $3 per person. Boys and girls, ages 6-13, will decorate a plate and mug to prepare for Santa's arrival. All supplies will be provided. Pre-registration is required and limited to 30 participants.

Crowe Community Center
211 Richview Road

DROP & SHOP
12:00 p.m. to 3:00 p.m. Get a little Christmas shopping done early! Drop off your child(ren) ages 6 and up at one of our centers. Activities will include: games, arts & crafts and snacks. No monetary fee to participate, but a donation of three school items per child from the approved list (at cityofclarksville.com/events) are required.

Burt-Cobb Community Center
1011 Franklin Street

Kleeman Center
166 Cunningham Lane

11 SUNDAY

PROJECT LINUS
1:00 p.m. to 3:00 p.m. Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow,and the Fisher House on Ft. Campbell. For more information please contact: Jean Marr at (931) 358-0101 or EmmaLee Brake at (931) 648-0918.

Cumberland Presbyterian Church
1410 Golf Club Lane

CHRISTMAS IN OCCUPIED CLARKSVILLE
4:00 p.m. to 6:00 p.m. Celebrate the holidays by stepping back in time to see period decorations, visit with a nineteenth century Santa, and enjoy eggnog, cakes, and caroling. Admission is free.

Fort Defiance Interpretive Center
120 Duncan Street

15 THURSDAY

CHRISTMAS PARTY
5:30 p.m. to 7:30 p.m. Families are invited to celebrate the holidays with a fun evening of face painting, arts and crafts, letters to Santa, pizza, and more! Free to the community.

Burt-Cobb Community Center
1011 Franklin Street

17 SATURDAY

ELF SPLASH AT SANTA'S WORKSHOP
2:00 p.m. to 4:00 p.m. Fee: $5 per person. North Pole dwellers like to escape the cold by taking a dip in a heated pool. Visit Santa's workshop and enjoy crafts, ornament making, face painting and all kinds of holiday fun with Santa's helpers.

New Providence Pool
166 Cunningham Lane

21 WEDNESDAY

WINTER SOLSTICE

25 SUNDAY

CHRISTMAS DAY

31 SATURDAY

NEW YEAR'S EVE SPLASH
8:30 p.m. to 12:30 a.m. Fee: $5 per person. Ring in the new year with music, fun, and even a beach ball drop at midnight. Fee includes access to Wibits and climbing wall. Concessions will be available for purchase. *After 10:00 p.m., minors 17 and under must be accompanied by parent/guardian.

New Providence Pool
166 Cunningham Lane

January

1 SUNDAY

NEW YEAR'S DAY

Submit your event to 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

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

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

The Happy Elf
Eubie the Elf is on a musical mission to bring Christmas cheer to Bluesville, a town on Santa's naughty list … but can he turn a whole town of naughty children nice in just one day? With a pinch of elfish magic and a magical whoosh, Grammy Award-winning composer and lyricist Harry Connick, Jr. introduces a new generation to the joys of jazz through this festive tale about overcoming adversity, friendship, the power of positivity and believing in yourself.

7pm November 24 & 30; December 1, 7, 8, 14 & 15

8pm November 26; December 2, 3, 9, 10 & 16

2pm November 26*; December 3, 10* & 17

* "LUNCH WITH EUBIE" AT 12:30PM (TICKETS $40)

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

FILM SERIES
Admission is $5 (cash or check only). Tickets for each film go on sale the Monday prior to the showing and are available at the box office between 9:00am and 2:00pm, Monday through Friday. Any remaining tickets will be available at the door one hour prior to showtime, and popcorn and bottled water will be available as concessions.

2:00 p.m. November 6
The Wizard of Oz
In this much-loved musical adaptation of L. Frank Baum's classic novel, Kansas girl Dorothy and her dog, Toto, are whisked by a tornado into the magical land of Oz, where they are joined by the Tin Man, the Scarecrow and the Cowardly Lion on an adventure down the Yellow Brick Road to persuade the Wizard to help her find her way home.

2:00 p.m. November 13
E.T. The Extra-Terrestrial
Elliott, a lonely young boy, summons the courage to help a friendly alien escape Earth and return to his home-world in this classic sci-fi adventure which captures that strange moment in youth when the world is a place of mysterious possibilities, and the universe seems somehow separate from the one inhabited by grown-ups.

2:00 p.m. November 20
Raiders of the Lost Ark
Archaeologist Indiana Jones (Harrison Ford) is hired by the U.S. government to find the Ark of the Covenant before the Nazis in this action-packed adventure, the first in the original trilogy cooked up by the dream team of Steven Spielberg and George Lucas.

2:00 p.m. November 27
It's a Wonderful Life
In Frank Capra's classic holiday comedy/drama, an angel (Henry Travers) helps a compassionate but despairingly frustrated businessman, George Bailey (Jimmy Stewart), by showing what life would have been like if he never existed.

2:00 p.m. December 4
White Christmas
A successful pair of nightclub entertainers (Bing Crosby and Danny Kaye) become romantically involved with a sister act (Rosemary Clooney and Vera-Ellen) and team up to save the failing Vermont inn of their former commanding general in this musical romantic comedy featuring the songs of Irving Berlin.

Are you hitting your target audience?

Advertising in Clarksville Living Magazine allows you to target your message to local readers who are regularly seeking specific your products and services.

Advertise smarter, not broader.

- 10,000 issues distributed at over 160 locations across Clarksville & Ft. Campbell every month
- 2nd largest print medium in town
- Full color glossy ads & free ad design
- A full month of advertising for one low price
- Locally owned

Ad campaigns starting at just $195 per month

Rachel Phillips
Advertising Sales

(931) 216-5102
rachel@clarksvillelivingmag.com

Advertising deadlines are the 15th of each month.

your stores. your mall. experience it ALL

gift cards

Mall Gift Cards are valid at over 100 stores!

Available at the Customer Service Center, or by calling 1-800-615-3535, or online at www.MallGiftCards.net.

GOVERNOR'S SQUARE MALL

10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.
2801 Wilma Rudolph Blvd. • Clarksville, TN • 931.552.0289
www.GovernorsSquare.net • www.MallGiftCards.net

NETWORK

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.

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

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

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

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

ARTS, CRAFTS & HOBBIES

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

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

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

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

ATHLETICS

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

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

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

CLARKSVILLE IMPACT SOCCER CLUB
Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, info@clarksvilleimpact.us or www.clarksvilleimpact.us.

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

CLARKSVILLE VOLLEYBALL CLUB
Located at 2231 Madison Street, we provide Volleyball training for all ages. Clarksville Volleyball Club offers training for all levels of volleyball beginner to advanced. Ages 7 and up. Club, clinics, camps and private lessons available. For more information visit www.JGvolleyball.com, email Director Jen Garinger at jeng917@hotmail.com or call Jen at (602) 741-8045.

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

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.

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 call (270) 226-8421 or e-mail 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 warriorscheersquad@yahoo.com.

CHILDBIRTH & PARENTING EDUCATION

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

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

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

HEALTHY START
Healthy Start is a community outreach program fostering healthy childhood growth and development by providing free support services to first time parents and their babies. (931) 645-3976.

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

NINE MONTHS & BEYOND
A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

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

CHILD CARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL
At 128 North Second Street, Suite 206, provides assistance to parents in understanding how to select quality child care, how to use the state web site to locate child care, and to understand the star quality rating system. Resources for Parents are available covering topics such as Child Development, Appropriate Behavior Management, Health and Safety, and the Social Emotional Development of Children. Contact number is 931-648-3695.

PARENT INFORMATION NETWORK
Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, clarksvillepin.net.

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

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

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

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

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

DEPARTMENT OF CHILDREN'S SERVICES
At 350 Pageant Lane, Suite 401. (931) 503-3200.

LEGAL AID SOCIETY
At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or www.las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE
At 93 Beaumont Street. (931) 572-1663.

SAFEHOUSE 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.mtcbsa.org.

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

GIRL SCOUTS OF MIDDLE TENNESSEE
331 A-1 Union Street, (931) 648-1060 or www.gsmidtn.org. Girl Scouts build girls of courage, confidence and character who make the world a better place. Email bkelly@gsmidtn.org for more information.

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

ALL NATIONS BIBLICAL STUDY CENTER
Offers free Bible courses to the community in the major fields of biblical research. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit www.studythescriptures.net or call (931) 648-8844 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 or 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 or 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, Cheatam, 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 Croatians and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croatians who want to move to Clarksville and make sure their transition is smooth. Visit www.facebook.com/groups/CroatiansinTennessee/

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

FREE CAKES FOR KIDS KY & TN
Serving Clarksville, Ft. Campbell, Oak Grove & Hopkinsville. We believe that every child deserves a birthday cake. Help us make the world a better place, one cake at a time! A volunteer run and supported organization that provides customized birthday cakes at no cost to children. We provide these cakes specifically to the children whose parents are experiencing financial difficulties and are unable to provide a birthday cake for their child. We simply ask though, if you use this service, that you are truly in need. Volunteer bakers are always welcome. No special talents or formal training needed, only a love of baking, a passion in your heart and a desire to bring a little sunshine into a child's day. If you do not bake or 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. Reach Mindy Parker or Christina Johnson at freecakesforkids_fortcampbell@yahoo.com.

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

FRIENDS OF ROTARY PARK
A volunteer group that is diligently working to improve the trail network and playground areas at the park. Those interested in joining Friends of Rotary Park can do so by emailing forp.president@gmail.com. Or visit 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, (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.habitatmctn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

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

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

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

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

LATINA ASSOCIATION
A nonprofit organization with the mission of unifying the Hispanic community within, and then unifying them in the community where they live, by being the center point of resources and education to strengthen family values. English as a Second Language classes are offered, in partnership with Adult Basic Education as well as How to Start Your Own Business seminars, offered in Spanish or English, in partnership with Your Spanish Link and Concept Training. Donations of any kind are welcomed. (800) 431-8364 or www.asociacionlatina.info.

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

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

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

MONTGOMERY COUNTY WIC CLINIC
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 or call (931) 233-0519.

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

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

TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAEYC)
The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit www.traeyc.org.

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

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS
Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050. Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

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

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

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

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

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

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

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

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

THE FAMILY GUIDANCE TRAINING INSTITUTE
800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

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.

OAK HILL RESIDENTIAL
118 Union Street, (931) 647-8257.

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

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

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

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.

INTERNATIONAL ORGANIZATIONS
MISS TENNKY AREA AFS VOLUNTEER LEADERSHIP TEAM
New AFSer's applications are available for viewing for the 2016-17 school year. Host parents may go to afsusa.org/host to view them and fill out a hosting application. Keep in mind that CMCSS 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 afsusa.org/study-abroad for more information and/or contact Becky Heywood (sending coordinator) at AFSbecky@comcast.net ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsusa.org or (865) 617-0665. The local Miss Tennky Area AFS Volunteer Leadership Team web site is afsusa.org/misstennky/. Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV and Fickr: afsusa.

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

PARENT GROUPS
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.cpcclarksville.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 is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

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

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

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)
An online Christian support group for home schooling families in the Clarksville/Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/

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

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

MOPS AT FIRST BAPTIST CLARKSVILLE
Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillemops@gmail.com. Check us out online at 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-Coordinators, at mops@hilldale.org. Visit hilldale.org/mops or find us on Facebook under Hilldale Baptist Church MOPS.

SPRING CREEK MOPS
Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd 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. Find us on Facebook at Spring Creek MOPS.

PARENTS OF MULTIPLES
An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail KCorley77@aol.com for more information.

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

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

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

WIC NUTRITION EDUCATION CENTER
All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 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.

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

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

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

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

AUTISM SUPPORT GROUP
Donna Richardson at (931) 503-2315.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)
Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com. Visit www.cadstn.org.

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP
For patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 or Mary Nell Wooten at (931) 647-8904.

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

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

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 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

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 cvohland-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 namiclarksville@namitn.org or call (931) 221-2696 or Bertha at (931) 216-3590. Some one you love has a mental illness, recovery is possible. Help. Hope. Healing.

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

TENDERPAWS PET THERAPY
Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of 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.

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

WINNER!
Best of Clarksville
Best Blinds Company
2015 & 2016!

Locally Owned & Operated
Right here in Clarksville!

Break away from WHITE!
These beautiful Graber
Faux Wood Blinds with a
wood-like print pattern
are a great way to
give your home a
unique look without
breaking the bank!

Check out
this awesome
AREA RUG!
Yes, we sell
those too!

They're your windows. Treat them well.

Ask about our Military Discount!

Check out a few projects below that we completed for your neighbors!

FREE Estimates • Name Brand Products

FREE CORDLESS LIFT UPGRADE!

On Graber Blinds, Cellular & Pleated Shades, Roman Shades, and Natural Shades.*

Blinds • Shades • Shutters • Draperies • And More!

WE BRING THE SHOWROOM TO YOU!

*Does not include Simple Selections. Not valid with any other promotion. Offer expires December 31, 2016.

BBB GRABER NORMAN SHUTTERS Horizons Window Fashions

Call David or AJ TODAY at (931) 378-5157

www.MITSClarksville.com

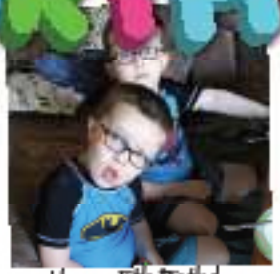
Made in the Shade
Blinds & More

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

HAPPY BIRTHDAY!

Happy Birthday to our Princess!
XO Love, Mommy Daddy & Henry

Happy 5th birthday Avery!
Love, Mom, Dad, and Sterling


Happy 5th Birthday
Justin and Jason!
Love you, from Mom & Dad

Olivia & Ezra
Happy 5th and 9th Birthdays!

K

Happy 6th Birthday Kam!
Love Mommy, Daddy, big brothers & lil sissy

S

Happy 6th birthday Samuel!!!
Love, Mommy, Daddy, Thomas and MaryBeth

L

Happy 7th Bday Lelia Lin Freeman
We all Love You, Love Your Family

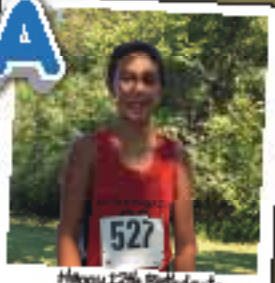
M

Happy 10th birthday, Madison!
Love, Mom, Dad, Megan, and Logan

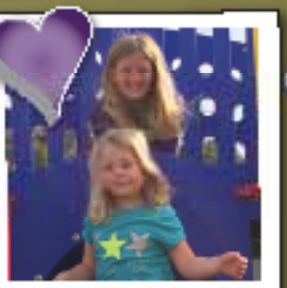
J

Jeremiah happy 11th birthday
we love you, papa and mama

A



Happy 12th Birthday to
Antonio Marley!!
Mom, dad and your bros!!


Happy 12th birthday Breanna
& 4th birthday Noelle!

A

HAPPY 13th BIRTHDAY!
LOVE YOU, Momma

B

Happy 13th Bennett!
Love Mom, Dad, Clay, Reese & Jack!

R

Happy 14th Birthday
RayLee Hope!
We love you so much!

A

Happy Birthday Son
We all love you
Anthony (Bookey)

J

Happy Birthday! Jesse
Your family loves you
XOXO

Happy 30th Birthday to MEEE

J

Happy Birthday!! Justin
Your family loves you
XOXO

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

UGLY SWEATER FUN-RUN/5k

12.3.16

At Beachaven Winery

Register Early to Save and get a FREE Ugly Sweater Knit Hat!

Benefiting
FUEL of Clarksville
fuel4kids.org

www.RunClarksville.com

THE UGLIER THE SWEATER *the better!*

/uglysweaterfunrun

"We've been with Altra for almost 20 years. As a busy family of four, we're always on the run, so we needed a financial that could keep up with us. Altra does just that."

Tara Schilts
Altra Member

A+ Checking

Earn 2.25% APY*

- **No Minimum Balance**
- **No Monthly Fees**
- **ATM Refunds**

Altra
Federal Credit Union

It's where you belong!

1600 Madison Street & 2625 Wilma Rudolph Blvd., Clarksville

931-552-3363 • 800-755-0055 • www.altra.org

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