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Publisher's Message

Last December was the first time we had only pets on the cover, and the feedback was overwhelmingly positive. Because, why not? Who doesn't love fur babies?

We had this year's four legged friends all arranged, and at the last minute, it fell through. So, I had to scramble and now everyone gets to see our sweet little Sophie on the cover. My 12-year-old son has already said he wouldn't be on there if I paid him (he was on a couple covers—years ago before he knew better, haha) so this way, I get my other "child"—who can't talk back—on there. Plus, I think you'll have to agree she's super cute!



In this month's issue, we've really brought the holiday cheer. Taylor Lieberstein is back with her local holiday shopper's gift guide (page 16). And to add a twist to that, Karen Parr-Moody, has added a local literary shopping gift guide with books that have a connection to Clarksville (page 26). Making your shopping experience easy for that person who's hard to shop for or just loves Clarksville.

As always, our city is busting with awesome activities for you and the kiddos to do. The majority of it is free or at a very low cost. Check the calendar starting on page 36 for all the deets!

Thank you so much for another amazing year. We love and value each of you so much and wish you and your families a very merry Christmas and happy new year!

Sincerely,
Carla Lavergne

DISCLAIMER

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

Clarksville Living

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

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Clarksville Living Magazine
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TABLE OF CONTENTS

GIVING BACK • 6

Jingle Bell Food Drive

FINANCE • 10

Choosing a Credit Counselor

GIVING BACK • 12

Grace Community Church Gives Back to the Community

FINANCE • 14

Attitude, Not Money, Determines Financial Success

FEATURE • 16

Holiday Gift Guide

GIVING BACK • 20

Arts for Hearts

SPOTLIGHT • 24

Christmas Lights Extravaganza

FEATURE • 26

Books with Clarksville Ties for Christmas

HEALTH • 32

5 Tips for Staying Well When the Family's Sick

PET PIX • 34

CANDID CLARKSVILLE & FT CAMPBELL FAMILIES • 35

CALENDAR • 36

NETWORK • 42

FRIDGE • 46



Merry Christmas and Happy New Year!

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JINGLE BELL FOOD DRIVE

Taylor Lieberstein

GIVING BACK

Over 50 million Americans don't know where their next meal will come from. Many are working families, children, and the elderly. Loaves and Fishes has been feeding the hungry in Clarksville-Montgomery County for almost 34 years. They serve a mid-day meal six days a week totaling around 50,000 meals a year. Last year they prepared and served 50,832 hot meals to be exact. Their mission includes an open-door policy to all who are hungry. Loaves and Fishes is the only place in Clarksville that provides meals to the public consistently generally feeding between 150-200 people per day.

Loaves and Fishes is again counting on the generosity of the Clarksville community to donate food items to help



stock their shelves during their annual Jingle Bell Food Drive. The food drive kicked off mid-November and will run through December.

The Jingle Bell Food Drive is the nonprofit's end of the year push designed to restock the pantry for the colder months and the upcoming year full of meals. Leading the effort is executive director Susan Chapman. This food drive is vital to the daily feeding program. Any individual or

business that would like to support Loaves and Fishes can contact the kitchen to find out how to go about taking in items to donate towards the food drive. Additionally, the community can help by letting the food truck come to your business, church, school organization or neighborhood.

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- FOURTH ANNUAL TOUR OF TREES AT FBCT**
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- DEC 04 CONTEMPORARY CHRISTMAS NIGHT OF PRAISE**
Sunday, December 4 @ 5:00pm | Grace Worship Center
- DEC 11 CHRISTMAS CHOIR AND ORCHESTRA**
Sunday, December 11 @ 5:00pm | Grace Worship Center
- DEC 24 CHRISTMAS EVE CANDLELIGHT SERVICE**
Saturday, December 24 @ 5:00pm | Grace Worship Center
- DEC 25 CHRISTMAS DAY SUNDAY SERVICE**
Sunday, December 25 @ 10:00am | Grace Worship Center
Join us for a combined Christmas Morning Worship Service or watch live at fbct.org/live

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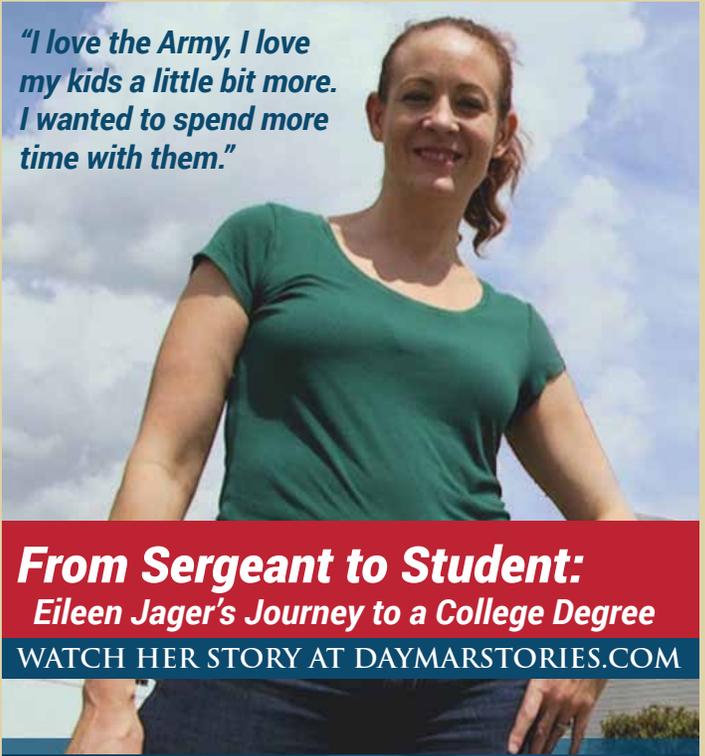
Merry Christmas! **FBCT.ORG/CHRISTMAS**

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"We need churches, businesses, schools, civic organizations and individuals to get involved and make the Loaves and Fishes Jingle Bell Food Drive ring loudly this Christmas season, with your help this can be done," said Chapman.

"I love the Army, I love my kids a little bit more. I wanted to spend more time with them."



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Watch for the Loaves & Fishes Jingle Bell Food Truck in December from 10:00 a.m. to 4:00 p.m. at the following locations:

Saturday, December 3: Hilltop Market on Hwy 149

Saturday, December 10: Kroger on Madison Street & Walmart on Madison Street

Saturday, December 17: Walmart on Madison Street

In 1983, several ladies from Trinity Episcopal Church put a sign out front saying "Hot meal, soup and bread." That's how Loaves and Fishes got started. They did this every Wednesday and later added more days until the program outgrew the space. Today, Loaves and Fishes operates at 215 Foster Street in the First Presbyterian AOC Building. Loaves and Fishes also distributes thousands of pounds of food to area agencies such as churches, social workers and anyone else that can get the food into the hands of the hungry. The mission does

their best to operate by the age old saying "waste not, want not" by never throwing food out.

Outside of the four major fundraisers Loaves and Fishes hosts each year they rely completely on community support. We have over 250 volunteers who cook, clean, serve food and answer phones. The Loaves and Fishes Soup Kitchen operates on monetary donations from local churches, civic organizations and private individuals. Breads, pastries and produce are donated by local supermarkets and stores. Citizens of Clarksville donate vegetables from their gardens and leftovers from banquets. Community food drives help keep our pantry full and operational.

The kitchen can always use more food and supplies. Generally, towards the end of each month there seem to be even more people in need of meals likely due to monthly income running out. They also see an increase in turnout anytime there is severe weather such as freezing temperatures.

While volunteers are grateful to receive anything that they can make a meal out of their greatest need, outside of volunteers to work in the kitchen, is for proteins to include in daily meals. They also have a great need for toilet paper and paper towels which are heavily utilized during the day while open to the public. There are two essential items Loaves and Fishes is currently seeking—a box truck and a commercial meat and cheese slicer. While those may seem like a tall order they would

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prefer them donated versus having to purchase the items using money that they could use to make hot meals. Other items needed include, but are not limited to, non-perishable canned goods, margarine, coffee, sugar, creamer, pasta, condiments, commercial-sized coffee filters, serving gloves and hand sanitizer.



By supporting Loaves & Fishes, you can be sure more of your donation dollars are going directly to individuals and families in our community that need the extra help. They have built a solid reputation and have many clients that depend on their services to make ends meet. Loaves and Fishes will be happy to pick up your food donations, or you can bring them to Loaves and Fishes at 215 Foster Street across from First Presbyterian Church, Monday-Saturday from 8:30 a.m. to 12:00 p.m. To donate or learn more and show your support for Loaves and Fishes during their Jingle Bell Food Drive call (931) 645-9020, email Susan Chapman, susan@loavesandfishestn.org or visit loavesandfishestn.org.



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CHOOSING A CREDIT COUNSELOR

Altra Federal Credit Union

Living paycheck to paycheck? Worried about debt collectors? Can't seem to develop a workable budget let alone save money for retirement? If this sounds familiar, you may want to consider the services of a credit counselor. Usually nonprofit, these agencies work with you to solve your financial problems—sometimes for free. But beware because a number of credit counseling agencies have been cited for ripping off consumers. That is why Altra Federal Credit Union has partnered with the GreenPath Financial Wellness to offer **GreenPath**, a **free** financial education and counseling program.

If you are looking for a credit counselor on your own be a smart consumer and follow the following guidelines.

Choosing an Agency: Questions to Ask

If you want to work with a credit counseling agency, interview several. Here are some questions to ask. Check with your state Attorney General, local consumer protection agency, and the Better Business Bureau to find out if consumers have filed complaints about the provider you are considering. Any reputable credit counseling agency should send you free information about itself and the services it provides without requiring you to provide any details about your situation. If not, consider that a red flag and go elsewhere for help.

Ask these questions:

Services and Fees

- What services do you offer?
- Do you have educational materials? If so, will you send them to me? Are they free? Can I access them on the Internet?
- In addition to helping me solve my immediate problem, will you help me develop a plan for avoiding problems in the future?
- What are your fees? Do I have to pay anything before you can help me? Are there monthly fees? What's the basis for the fees?
- What is the source of your funding?
- Will I have a formal written agreement or contract with you?
- How soon can you take my case?
- Who regulates, oversees, and/or licenses your agency? Is your agency audited?
- Will I work with one counselor or several?
- What are the qualifications of your counselors? Are they accredited or certified? If not, how are they trained?
- What assurance do I have that information about me (including my address and phone number) will be kept confidential?

Repayment Plan

- How much do I have to owe to use your services?
- How do you determine the amount of my payment? What happens if this is more than I can afford?
- How does your debt repayment plan work? How will I know my creditors have received payments? Is my money put in a separate account from operating funds?
- How often can I get status reports on my accounts? Can I get access to my accounts online or by phone?

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- Can you get my creditors to lower or eliminate interest and finance charges or waive late fees?
- Is a debt repayment plan my only option?
- What if I can't maintain the agreed-upon plan?
- What debts will be excluded from the debt repayment plan?
- Will you help me plan for payment of these debts?
- Who will help me if I have problems with my accounts or creditors?
- How secure is the information I provide to you?

Need a credit counselor? As a member of Altra Federal Union, you can take advantage of the **GreenPath Financial Wellness program**, a **free** financial education and counseling program. GreenPath counselors are available Monday through Thursday 8:00 a.m. to 10:00 p.m. (EST), Friday 8:00 a.m. to 7:00 p.m. and Saturday from 9:00 a.m. to 6:00 p.m. To use this new service, simply call (877) 337-3399 or visit them on the web at greenpath.com/altra.

Article sponsored by Altra Federal Credit Union, serving 92,000+ members in all 50 states and around the globe, including two locations in Clarksville, 1600 Madison Street and 2625 Wilma Rudolph Blvd. This information is intended solely to provide guidance and is not financial advice.

Ginny and Ron R.
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GRACE COMMUNITY CHURCH GIVES BACK TO THE COMMUNITY

GIVING BACK

Delora Peters

In a time when hatred is becoming the new norm and kindness is unusual, Grace Community Church is focusing on giving back to the community. Throughout the year, the church devotes time to spiritually strengthening families but during the last three months of the year, much focus is placed on helping those in need. The rising number of families in need is evident during our challenging economic times. Many are struggling to put food on the table in our community and according to Feeding America, over 13 million kids live in a home with little to no food to eat.

Knowing that October is the most critical month of the year for many families, Grace Community Church partnered with other non-profits in Montgomery County to host a day of serving entitled



“All for the City.” Chelsea Bayne the Outreach Director of Grace Community Church stated, “We want to be people of generosity, who willingly share our finances, time, and resources with our neighbors.” The event took place On October 22nd with over 500 volunteers coming together to serve in different capacities. First responders and the homeless community where some of the groups positively affected during the “All for the City” event.

There were many opportunities for volunteers to be involved during the event. To show appreciation for first responders, volunteers baked goods and delivered them to the police and fire stations throughout Montgomery county. In preparation for Manna Café’s busiest time of the year, volunteers helped clean freezers and organize the Mobile Café. The Mobile Café is a soup kitchen on wheels that allows the non-profit to drive to where the need is and provide hot meals throughout the week. Volunteers also assisted with handcrafting bowls for the Empty Bowls annual fundraiser banquet in 2017. Empty Bowls was started as an effort to help fight hunger locally by raising funds for Loaves and Fishes and Urban Ministries Grace Assistance Food Pantry.

Many volunteers took kids involved in the Buddy Ball Athletic League to visit Patterson Place Farm located in

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Woodlawn, TN. Buddy Ball Athletic League provides individuals with a mental or physical disability the opportunity to be involved in sports, regardless of their limitations. There were many other activities that included helping families in the community with minor home repairs. "Grace will continue to find ways to meet the needs of our community, joining God in the work He is already doing in Clarksville," said Chelsea Bayne.



During the month of November, Grace Community Church hosted a food drive to benefit Manna Café. The non-profit sees an increase in the need for canned goods during the holiday months. To end the year, Grace Community Church will partner with families at Byrns Darden Elementary School and Kenwood High School to provide Christmas gifts for children in need.

Grace Community Church has been a staple in the Montgomery County Community for over a decade. For more information about service times and community events, please visit graceclarksville.com or contact Chelsea Bayne at cbayne@graceclarksville.com. The Church recently moved to their new location at 2853 Dunlop Lane in Clarksville.



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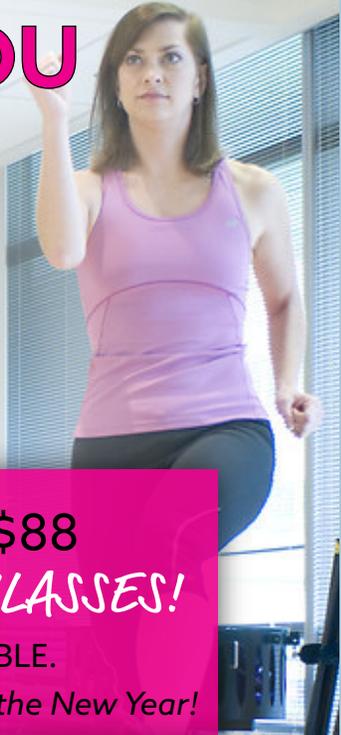


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As an Investor coach I've found that most of my clients need education not only in Investing but also about living within their means. More often it's not the absence of money, but one's attitude towards money that is the culprit of so called money woes.

I remember giving a lecture to a group of women on "Women, Money & Spirituality." I told the audience a story about my father showing me a silver coin. He said "This is an American silver dollar coin, its round." He put it in my hand and said, "Open your hand, close your hand. You are in control on when to close and open your hand and at what speed. The coin is round, therefore it can roll away from you if you let go. However, you are in control. Why? Because it's in your hands. And there's a very good reason why GOD put our head over our hands—so, your brain can control your hands. Brain, hand, money—and it must be in that order."

In this cashless society, you'll probably say the above doesn't apply anymore. Yes, it does. Your brain still controls your hand that could control how many times you swipe those credit cards. I remember a while back a client told me that she suffered from

a perpetual fear of credit card decline, and a sigh of relief every time it's approved. After I went through her cash flow, she was surprised when I told her that she wasn't hopeless. It's the OUTGOINGS. She simply has an OVERSPENDING problem.

This is not only true for women. Men and women both struggle with keeping a lid on their outgoings. A study by Ning Zhu, a professor at the University of California, shows that while divorce, unemployment, and even serious medical conditions actually have a limited impact on the growing number of people filing bankruptcy, OVERSPENDING is the main cause of personal bankruptcy. Interestingly, when it comes to areas with the highest rates of personal bankruptcy filings, the state of Tennessee reigns followed by neighboring Georgia and Alabama. Statistics also show that women are more prone to insolvency, and we can argue that its more likely to be linked to the fact that they have lower levels of assets or incomes to live on than their male counterpart. You may have less control of what's coming in, however you have full control of the OUTGOINGS. It's all about the OUTGOINGS!

When do you think overspending occurs? Yes, overspending is becoming a HOLIDAY tradition. A survey conducted by T Rowe Price shows that 62% of parents spent more than they should for their kids over the holidays, and 47% used credit cards, 9% dipped into their emergency funds, and 7% even tapped into their retirement accounts to bring extra HO! HO! HO! to Christmas. It's very easy to overspend especially around the holidays. Overspending gets easier when you don't have plans and goals.

So what can you do?

- Realize that it's a problem. And that problem is solely yours, and that only you have the Key to the solution.
- Ask yourself what is important to you. There's the word again "You."

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- Focus on what is important to you.
- Plan. Set a Spending Plan. Make a list and stick to it always!

A spending plan is a wonderful tool. Why? Because you are in control. Why? Because you are the one who made the list. Your list is made up of your needs. The concept of opportunity cost is very helpful. This is very important. It is your decision about which things you need and which things you want. Choose wisely.

I always get a laugh when I tell the story when I was still going to college full time, and I worked three part time jobs. I didn't have time to spend my money. So when I shopped I shopped with a purpose. I need milk, I go directly where the milk is. Therefore, Oreos and Doritos, beckoning and begging me to pick them up on my way to get milk, were unsuccessful.

By the way, when you shop, don't entertain MAYBE. Either you need it or not. "Maybe" will compel you to pick up BOGO items you don't need or won't use.

- Track spending. Track goals. Whose spending? Whose goals? Yours, right? Again, it's all about you. You're in control because you're the only one who can solely control yourself.
- Ask for help. Hire a professional. If you seriously want to improve your financial health, hire a financial/investor coach. Be sure though that you are coachable. The coaching relationship will help you improve your financial habits. You'll tend to become more committed to your financial goals, learning more, to focus on the more important things in life.

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Taylor Lieberstein

It's time to begin Christmas shopping if you haven't already. Remember to shop local this holiday season. It beats standing in a line or out in the cold at a retail store for a small deal on a flat screen television. As always we have put together a list of gift ideas that can be found at small businesses throughout our community and will certainly be among the favorite gifts under the tree on Christmas morning.

Sango Pharmacy

Sango Pharmacy offers a variety of unique gifts for everyone on your holiday list. Some of their best-selling gifts include the Zootility Pocket Monkey, Sugarboo & Co. wine bags, name charms, and baby blankets, Lulu Organics Hair and body products, Roam and Rewined candles and the full line of men's skin and beard care by Badger Organics. The pharmacy also carries scarves, boot socks, gloves, shawls, wraps, leggings, SEC jewelry and essential oils as well as local items such as Jeni's Ice-cream. One of the best gifts is a store gift certificate because the store is always adding unique products to their selection. *On our wish list: A jar of Natural Calm Cream, a transdermal cream that can be applied to any area that is tense, stiff, inflamed or in pain and used in lieu of magnesium oil.*

Sango Pharmacy is located at 2197 Madison Street

Merle Norman

One thing that never goes out of style is beauty. For all your beauty needs shop makeup and skincare with help from the professionals at Merle Norman. While supplies last receive a free holiday gift of popular trial-sized treats with any qualifying purchase. *On our wish list: Lengthening false lashes to finish off any look from casual to dramatic, day or night.*

The new Merle Norman Cosmetic Studio is located at 1502 Tiny Town Road, Suite E

Lula Roe

This brand's famous buttery soft leggings are the perfect gift. Lula Roe is a mostly women's clothing line that seems to be taking the mommy fashion world by storm. The line is made up of comfy, very wearable clothes—various tee shirt styles, leggings, tunics, and a few dresses—in a pretty wide size range. They also offer clothing for men, women, and children as well as gift certificates at any amount.

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Bella Med Spa

No one would be upset to find a gift card for products and services from Bella Med Spa under their tree. They are once again giving you \$25 worth of gift cards for every \$100 you spend. This year also add a beauty saving account to your wish list. With the savings account, you can now put any amount toward your desired service into a personal beauty account here at Bella. Once you have the full amount of the treatment saved we can then apply it to the service you've been saving for during your next appointment. When you accrue up to \$1,200 into your account Bella will add \$100 for free. *On our wish list: HA5 hydrating serum from the Skin Medica skin care line, this beauty product provides immediate smoothing in the appearance of fine lines and wrinkles.*

Bella Medical Spa is located at 2151 Wilma Rudolph Boulevard

Eden Day Spa

This Aveda concept spa includes a nail and hair salon. Gift cards can be purchased online in any amount and printed or emailed—a big bonus for last minute shoppers. Pre-packed gift sets are available in the store. Aveda and OPI products can be packaged in any assortment to make a personalized gift. *On our wish list: Day at the Spa Package which includes a facial, a one-hour massage and the choice of a mani or pedi.*

Eden Day Spa and Salon is located at 150 Hillcrest Drive



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Sango Pool and Spa

Sango Pool and Spa sells in-ground and above-ground pools and hot tubs, however they offer plenty of gifts outside of pools. They recently renovated to highlight all the other fabulous outdoor living features they offer fire pits, outdoor fireplaces, outdoor kitchen setups and vast selection of hot tubs to keep you warm this winter. Transform your unused backyard into a cozy gathering area for your family or for entertaining. Custom made

fireplaces, fire pits, outdoor kitchens, and custom made pergolas will transform your yard into the perfect outdoor oasis. Primo Ceramic Grills are among the leading grills in the outdoor cooking industry. They provide true charcoal flavoring while retaining the natural moisture of the food. *On our wish list: An outdoor fire pit to keep warm this winter.*

Visit Sango Pool and Spa's Showroom at 2800 Highway 41A South

Mary's Music

From guitars, electronic drums, ukuleles and PA systems to music books and accessories, they offer all things music. Shop name brands like Martin and Peavey. Guitar, piano, bass, violin and fiddle lessons are also available at Mary's Music. Surprise the musician on your list with a lesson to develop or brush up a skill, a gift that lasts a lifetime. If you aren't sure which instrument they are into, pick up a gift card which can be used towards any lesson or product.

Shop Mary's Music at 305 North Riverside Drive

Kindermusik

Give the gift of music to a little one on your list. Kindermusik classes were created by music educators and child development experts to enhance children's learning and instill a life-long love of music. They are taught locally by Abbe Haake. Unlike giving a toy or game this is a gift that will last long after the experience is over. Classes are for children ages 0-7. Visit kindermusikwithabbyhaake.com/ to learn more about specific classes.

Contact Abby at abby@kindermusikwithabbyhaake.com to purchase gift certificates

When picking the perfect gifts this holiday season, why not choose something that will be unique and put money back into the Clarksville community? From affordable, chic boutique gifts to dreamy spa days this is our essential roundup of exclusive, thoughtful and local gifts for everyone on your list.

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Rita Arancibia

The Clarksville-Montgomery County Arts and Heritage Development Council (AHDC) in collaboration with the Downtown Artists Co-Op launched a new program this summer, Arts for Hearts. The Arts for Hearts program is under the AHDC umbrella and receives artist support from DAC.

Arts for Hearts believe in the power of art to change lives and connect communities. With a big heart and even bigger mission the program wants to ensure better access to the arts for everyone, especially for those dealing with poverty and isolation. The program offers arts classes at various locations in the community serving at risk citizens. Arts for Hearts is the brainchild of Rita Arancibia and her daughter Patricia Arancibia Wilkinson. Rita is no stranger to wearing many hats. She founded the local Empty Bowl Clarksville initiative in 2009 and brought the 9/11 Serve to Remember Days of Service project to Clarksville-Montgomery County in 2011. Seeing how the community embraced art for a cause hand-painting bowls and creating



commemorative tiles for the 9/11 Pillars of Hope Memorial she realized the power of art as a catalyst for personal and social change.

After sharing the Arts for Hearts idea with her daughter Patricia, Rita contacted artist and teacher Peggy Bonnington from the Downtown Artists Co-Op. Rita worked with Peggy, Ann Waddle, from the First Presbyterian Church Activities and Outreach Center and Ellen Kanervo, Executive Director of the Arts and Heritage Development Council to begin planning the program. At that point, Arts for Hearts was still just a great idea. "Once we decided that we really wanted to move forward, the biggest

challenge was funding and a location to incubate the program," Arancibia said. Then support came in unexpected and creative ways. The First Presbyterian Activities and Outreach Center, also home to Loaves and Fishes, offered to lend free space to hold classes for homeless clients. Others offered supplies and



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volunteered to teach classes. It was then when Kara Dioguardi, American Grammy and Emmy nominated singer-songwriter, record producer and friend of the Arancibia-Wilkinson families heard about the idea and decided that she wanted to help by providing seed funding to get the program off the ground.

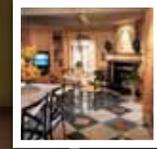


“With community support and seed money we were off to a running start. The response to the program has been fantastic,” Arancibia said. Volunteers make it all happen. The Arts for Hearts program currently holds FREE classes for clients at the Old Fire House Day Shelter and Resource Center, the residents of Summit Heights Public Housing, and families at Safe House Domestic Violence Shelter.

Arts for Hearts students love the classes. Pat, one of the first students to attend at Loaves and Fishes, now follows the program to other locations. She shared with volunteers recently that getting back to art reminded her of her childhood when she created art in elementary school and how proud her grandfather was of the art she brought home. Gary, who loves wood working, had the courage to sit down at the sewing machine with one of the volunteers to learn how to sew a fabric bag. When the class ended, Gary had made four bags. Chrissy, another student, shared that she looks forward to spending time with the volunteers, learning something new and making things that are useful.

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Arts for Hearts continues to grow with the addition of art classes at the Clarksville Public Library. The community is invited to register for the free classes currently held monthly. Pre-registration is required and class size is limited to 15 attendees. Check the library calendar of events or visit artsforheartsclarkville.org to learn more.

The Arts for Hearts program is a social enterprise model that truly embodies the spirit of collaboration, creative outreach, and community engagement with the creative arts. The program's colorful heart logo, designed by Kim Balevre, is a symbol that art is an expression of the heart, and can unite us and change our world. You will find hearts everywhere—from the logo; to the name of the artist co-share studio, HeartSpace; to the beautiful “Share your Heart” keepsake ornaments that are hand cut by volunteer Brenda Fauth and then hand painted by the community to help support the program. Arts for Hearts partnered with the Pottery Room to glaze and fire the ceramic



hearts. Heart keepsakes can be purchased at Spirit Fest and soon at Journeys Eye, Downtown Clarksville.

Share your Heart keepsakes not only help fund the community art programs but provide comfort and hope to people who are dealing with loss, illness and life's challenging moments. The hearts are donated to local organizations to share. So far more than one-hundred and fifty hearts have been given away to lift and inspire our friends and neighbors.

Arts for Hearts will open HeartSpace, an artist collective and workspace in December at the Tree of Life Center, 30 Crossland Avenue. The studio will provide local artists an opportunity to share space and a place to create if they don't have space in their home or elsewhere. Artists can purchase blocks of time which include all utilities and Wi-Fi access.

HeartSpace is also a great place to hold private parties. The Arts for Hearts team will help you create a masterpiece. They





offer a wide range of options for your guests of all ages. It is the perfect place for birthday parties, special events and groups of any kind.

The Corporate HeART Teambuilding program offers companies a unique and fun way to increase productivity and promote creativity. Arts for Hearts will help your staff tap into their creativity while you achieve your business goals and everyone enjoys a special event. Contact Arts for Hearts about scheduling your special event or teambuilding workshop. Corporate teambuilding workshops can be scheduled at your location or at HeartSpace Studio.

For more information about the Arts for Hearts Program contact Rita Arancibia at (931) 237-7647 or artsforheartsclarksville@gmail.com, or visit artsforheartsclarksville.org.






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CHRISTMAS LIGHTS EXTRAVAGANZA

SPOTLIGHT

Taylor Lieberstein

The quickest way to brighten spirits during the holiday season is to visit a light display. Luckily there is one nearby. Clarksville Speedway's Christmas Lights Extravaganza, the annual holiday light display in Clarksville, opened to the public on November 24th and will continue through New Year's Day.

Make Clarksville Speedway's Christmas Lights Extravaganza your family holiday destination this year. The magnificent drive-through Christmas light

show is bigger and better than ever before. With more than one million spectacular LED lights on a mile-long course, it's a must-see holiday attraction for the entire family. This year the drive-thru light show features many new displays along with all the old favorites such as a waving Santa, a candy cane machine, skiers, parachuting reindeer, a moving waterfall, teddy bear arches and a 200-foot long drive-thru tunnel.

William Scogin, owner of the Clarksville Speedway, said the genesis for the idea of bringing the Christmas Lights Extravaganza to the speedway was the community's need for local, affordable holiday entertainment. His intention was to create something that families can do to get in the holiday spirit locally versus having to spend time and gas money to drive to Nashville. Scogin built many new light up pieces for the 2016 display himself.

There are several animated scenes throughout the one mile drive-thru display. Christmas music plays throughout the light show's scenic drive. The best thing about this being a drive-thru light show is that it broadens the potential audience. Elderly and little ones can enjoy this event without the threat of walking long distances and being out in extreme temperatures. This is also a great opportunity for disabled and people who are not able to walk for long periods of time. You do not have to exit your vehicle for the duration of the experience.

Start a new holiday tradition and spread festive cheer with your family while enjoying over one mile, and over a million lights, from the comfort of your car.

The drive thru display runs from dark until 9:30 p.m.

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Sundays through Thursdays and dark until 10:30 p.m. Fridays and Saturdays. Admission is \$25 per carload however there are \$5 off coupons scattered throughout Clarksville and in your favorite local publications (hint: see page 24). Lights will be illuminated rain or shine. Clarksville Speedway is located at 1600 Needmore Road.

Special discounted rate group nights are as follows:

Church Nights (Dec. 4th and Dec. 11th): \$18 with a church bulletin

Military Nights (Dec.5th and 12th): \$18 with Military ID

Scout Night (Dec. 6th): \$18 for scouts in uniform

EMS & Healthcare Professionals Night (Dec. 7th): \$18

City & County Employees Night TN & KY (Dec. 13th): \$18 With City or County ID card

APSU Night: (Dec. 14th): \$18 with APSU ID card

**Additional coupons are not valid on special price nights.*

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Karen Parr-Moody

If you're going to pull out all the stops for an honest-to-goodness Christmas, with Elf on the Shelf, fruitcake, eggnog and all that, then you better put something cleverer than socks in the stockings.

To claim your Christmas bona fides, get creative by gifting meaningful books with sincere inscriptions. Clarksvillians can take it a step beyond by choosing from an array of tomes with Clarksville ties.

Clarksville author Christopher Smith subscribes to the book gifting, noting, "Giving people books for Christmas is a great thing because it helps personalize it. It gives you something to talk about and it helps you connect something to the person—that something special about the relationship that you thought of when buying the gift."

And since it's the busiest month of the year—and you're already overcommitted to inventing various vignettes of naughtiness for a tattletale elf—make gifting easy with this handy-dandy shopping list:

***Salamanders of the Silk Road* by Christopher Smith**

Available at [Amazon.com](https://www.amazon.com) and Parnassus Books in Nashville

Clarksville author Christopher Smith's book *Salamanders of the Silk Road* is a great gift. For starters, its cover is red-and-white, just like a Starbucks cup. And, as Smith explains, "Jesus is one of the characters in the novel, so there's that. But it is a lot of fun, the book has a lot of humor in it. It's surrealist literary fiction, but don't let that intimidate you, because it's not that dense as far as the wording goes. It's accessible."

Smith works as an editor at *The Tennessean* in Nashville and lives in a historic Clarksville neighborhood with his family. For almost a decade, he has been stealing moments of time during which he wrote his novel about Prester John, "a relic of medieval folklore, a character from a series of garbled tales that span eras and continents like an epic game of telephone," according to the book's description.

Prester John lives in a world populated with Cyclopes, gryphons, sciapods, and salamanders, but he's simply an unemployed surreal estate agent seeking a way out of the game of eternal life.

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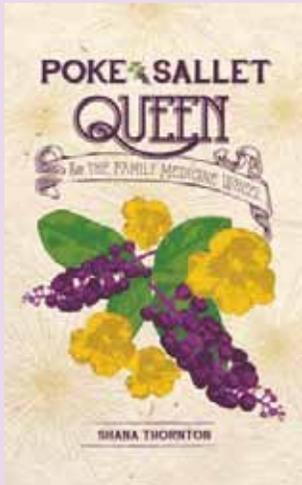
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During the early years of producing his novel, Smith used the daytime perch of a now-defunct Clarksville coffee shop from which to write. Called Body, Mind and Spirit, Smith describes it as “A metaphysical, spiritualist coffee shop. They had smudging wands and ingredients for making potions for Wiccans and crystals and all this bizarre stuff—and coffee.”

Sounds like the perfect setting from which to write a surrealist novel, right?



Poke Sallet Queen & the Family Medicine Wheel by Shana Thornton

Available at [Amazon.com](https://www.amazon.com) and Parnassus Books in Nashville

When Clarksville writer Shana Thornton published her first novel, *Multiple Exposure*, she created Thorncraft Publishing. “I didn’t really know I was going to start a publishing company,” she says. “I was just going to publish that story.”



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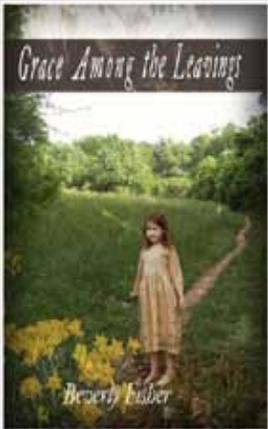
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Now, Thorncraft Publishing has grown into a boutique publisher of literary fiction by women. Thornton's highly-acclaimed second novel, *Poke Sallet Queen & the Family Medicine Wheel*, garnered her company's first book signing at Parnassus Books in Nashville. Virginia Brown, author of *Dark River Road* and the Dixie Diva mystery series, calls the book "a lyrical tale of love in the lush Tennessee hills, of generations gone by, of people appreciated for simple things as much as the passing on of their history."



Grace Among the Leavings
by Beverly Fisher

Available at [Amazon.com](https://www.amazon.com) and Parnassus Books in Nashville

Grace Among the Leavings by Beverly Fisher is another book from Thorncraft Publishing of Clarksville. Fisher, who has a background as a Clarksville lawyer, created this novella narrated by Grace, an independent young girl who experiences grinding poverty

in a war-torn South during and after the Civil War. Fisher's book was informed by her observations of her grandparents' farm in Sumner County, Tennessee, as well as by her grandfather's stories about a Civil War ancestor.

Thornton says, "It is a great Christmas gift because it's short, it's quick, it's accessible for a lot of different age groups, but it's also deep. It helps children think about growing up in war, what it's like for that to be around you all of the time."

An older generation will buy the book for their grandchildren, Thornton adds, because the Grace's way of life feels familiar to them, particularly if they are from the South and grew up on a farm. "They were practicing chores that were very similar to Grace's way of life, such as getting up in the morning and gathering the eggs."

The Diary of Nannie Haskins Williams: A Southern Woman's Story of Rebellion and Reconstruction, 1863-1890

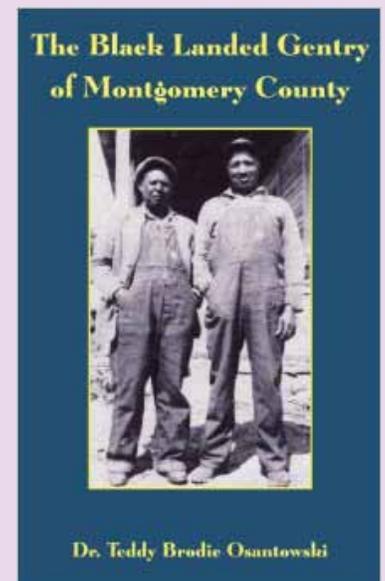
Available at [Amazon.com](https://www.amazon.com)

The historic diary of Nannie Haskins Williams has been made available in its entirety through a book edited by four area women, Minoa D. Uffelman, Ellen Kanervo, Phyllis Smith and Eleanor Williams. The intimate words of this Civil War-era teenager give readers a front row seat to the drama of Clarksville's occupation by Federal troops within days of Fort Donelson's fall in 1862. Haskins' flowery script details the mindset and lifestyles of Southerners who lived in an occupied city until the war's end.

The Black Landed Gentry of Montgomery County
by Teddy Brodie Osantowski, PhD

Available at [Amazon.com](https://www.amazon.com)

The author's grandfather was an African-American farmer in nearby Woodlawn, Tennessee. She was born on that farm and lived in the community for the first five years of her life. She wrote this nonfiction book with a bird's eye view of a community comprised of hardworking families who felt the church was their society's nucleus.



The book takes readers into Tennessee's farming decades of the 1930s and 1940s, when tobacco was king and radio and television were not yet in the mix.

C is for Clarksville by various area artists and writers

Available at Seasons, the gift shop of the Customs House Museum in downtown Clarksville, and for order at artsandheritage.us/programs/c-is-for-clarksville

This illustrated book is filled with alphabet letters that highlight the history, culture, environment and geography that comprise Clarksville's rich and unique heritage. While the book is targeted at children aged 4 through 10, it is filled with notable insight into Clarksville that will enchant people of all ages.

Proceeds from the sale of the book will be used for community projects which highlight Clarksville's vibrant arts activities and rich cultural heritage.

V is for Volunteer: A Tennessee Alphabet by Mike Shoulders

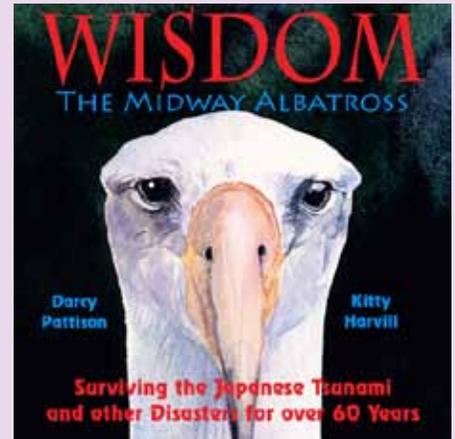
Available at Amazon.com

Mike Shoulders graduated from Northwest High School in Clarksville then earned a degree in education from

Austin Peay State University. He has gone on to author numerous children's books, including *V is for Volunteer: A Tennessee Alphabet*, in which he uses each letter from A to Z to describe the natural beauty and cultural uniqueness of Tennessee. Illustrator Bruce Langton captures the beauty through his colorful paintings.

Wisdom, The Midway Albatross by Darcy Pattison, illustrated by Kitty Harvill

Available at Seasons, the gift shop of the Customs House Museum in downtown Clarksville, as well as at Amazon.com



Clarksville-born Kitty Harvill is the daughter of the late Peg Harvill,

Smiles that sparkle are everywhere this season

Clarksville Dental Spa is the place to get those smiles. We treat our patients with uncompromised service and care – as we strive to provide the highest level of oral health and wellness. We are proud to offer dental services to children of all ages and watch them as their smiles sparkle out our door.

Services We Provide

- Root Canals • Wisdom Teeth Removal
- Dental Implants/Dentures • CEREC - Same Day Crowns • Laser Treatment to Heal Gum Disease
- Bonding • Whitening • 3D Digital X-RAYS
- Cosmetic Dentistry • Full Mouth Reconstruction
- Silver Filling Replacement

We Offer **Sedation Dentistry** for Kids, Teens, Adults & Patients with Special Needs!

★ We Accept All Major Insurances

Dr. Lance Harrison, Jr. | Family and Cosmetic Dentist

800 Weatherly Drive Suite 103-B, Clarksville, TN 37043

Dr. Lance Harrison is licensed as a general dentist in TN.



931-647-8437

ClarksvilleDentalSpa.com
ClarksvilleDentalSpa4Kidz.com

DENTALSPA
clarksville
& For Kidz! 😊

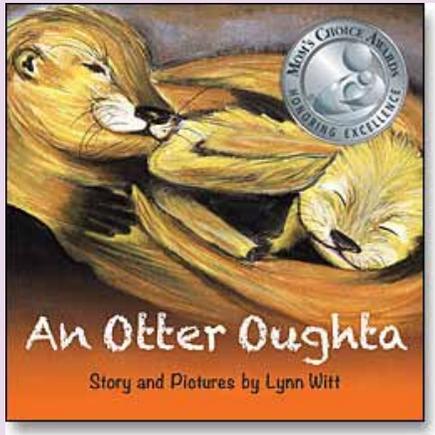
who was a renowned Clarksville watercolorist. Harvill specializes in painting wildlife in a vivid and detailed fashion.

This animal biography book details the story of the oldest known wild bird in the world, Wisdom, who was 64 years old at the time of this printing. In addition to other information, the book delves into the story of how Wisdom survived the Japanese tsunami. The book received a starred review in *Publisher's Weekly*.

An Otter Oughta by Lynn Witt

Available at Amazon.com

Clarksvillian Lynn Witt wrote and illustrated *An Otter Oughta*, which looks at an otter's life from birth to young adult and explores its



plucky progress from dependence to independence. The otter's life is a metaphor for learning how to live, grow and dream about possibilities.

From the San Joaquin: Stories by Barry Kitterman

Available at Amazon.com

Longtime English professor at Austin Peay State University, Barry Kitterman treats this excellent collection of linked stories with a deft hand, neither veering toward melodrama nor whimsy.

Rather, as described by author Heidi Jon Schmidt, "Barry Kitterman brings the dusty, fertile San Joaquin Valley vividly to life—a land of orange groves and religious revivals, where the mountains rise high on either side, marking the limits of the characters' lives. Kitterman writes with a plainspoken grace, showing men and women who face poverty, disappointment, and loneliness with a quiet daily courage and goodwill."

It's a book tailor-made for lovers of fine literature who enjoy delving into characters' internal dramas.

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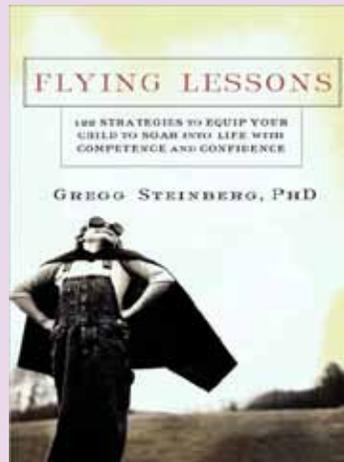
Paper New York: Build Your Own Big Apple and Paper London: Build Your Own Model Metropolis in 20 Models by Kell Black

Available at Amazon.com

Kell Black, a professor of art at Austin Peay State University in Clarksville, has long been fascinated by engineering objects from paper and has created several books that allow people to build such objects at home.

In his book, *Paper New York*, Black has created numerous architectural landmarks include the Empire State Building, the Brooklyn Bridge, the Guggenheim Museum, the Flatiron Building, the Chrysler Building, St. Patrick's Cathedral and the Statue of Liberty. Not to be left out, there are also models of an MTA subway car and a hotdog cart.

With similar scope, Black created *Paper London*, which includes models of Buckingham Palace, Tower Bridge, Westminster Abbey, the Tate Modern and the Gherkin. Both books make for excellent gifts for children or adults.



Flying Lessons: 122 Strategies to Equip Your Child to Soar into Life with Confidence and Competence by Gregg Steinberg, PhD

Available at Amazon.com and at Abebooks.com

A professor of performance psychology at Clarksville's APSU, Gregg Steinberg, PhD, penned *Flying Lessons* to show parents how to

enhance their child's mental toughness by using targeted activities. He developed these activities throughout 15 years of working with children. They can be used to teach values such as setting and achieving goals, team building, fair play and personal responsibility.

Using the same techniques being taught to adults by executive or life coaches, this book equips children with the tools needed for a maximizing their potential in a fun fashion.

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SPECIAL RATES FOR BOYS!

GIVE THE GIFT OF DANCE THIS CHRISTMAS!
NO REGISTRATION FEE WITH THIS AD*

HURRY IN! OFFER EXPIRES 12-16-16
*WHEN YOU REGISTER AND AND PAY FOR FIRST MONTH

TWO CLARKSVILLE LOCATIONS TO SERVE YOU.

EXIT 1 AREA EXIT 11
1919 Lily Town Rd. Ste 300 1808-C Ashland City Rd. #1A (Ipsipass)
(931) 494-5312 (931) 503-8050

email: lanasdancecentre5678@gmail.com
LANASDANCECENTRE.COM

merry Christmas!

Aquino Pediatrics

881 Professional Park Dr.
off Dunlop Lane by Tennova Hospital
931-645-4685 • www.aquinopediatrics.com

5 TIPS FOR STAYING WELL WHEN THE FAMILY'S SICK

Brought to you by Tennova Medical Group

Sharing is caring – unless it's a family member sharing germs.

When you're playing nurse, keep these tips in mind to protect yourself from sickness.

Wash, wash, wash.

Scrubbing your hands in soap and warm water for 20 seconds will kill most germs that can cause an illness. Wash your hands after coming in contact with a sick family member, before eating, and after using the restroom.



Keep the sick separate. Have those who are sick stay in one designated area—such as their bedroom—and bring food, water and medicine to them as needed. If your other children or family members are not sick, keep them out of the bedroom.

Try not to touch. Hugs and kisses can comfort a sick loved one, but they're also

a great way to spread germs. Think about other ways to show your love, such as blowing kisses or holding hands that can be washed soon afterward.

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Gift cards available at the Welcome Center.

the YMCA

ALL TOGETHER BETTER!
It pays to be a better buddy.

We are committed 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.

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!
Call or stop by for more details!

CLARKSVILLE AREA YMCA 260 HILLCREST DRIVE 931.647.2376

Clean and disinfect. Make sure you use cleaning products labeled as disinfectants. Scrub common areas and frequently used items including the remote control, the toilet handle and doorknobs.

Continue healthy habits. It's important to keep your own immune system in tip-top shape. Eat regular, balanced meals with lots of fruits and vegetables. Drink plenty of water to stay hydrated. And get some rest! Don't be afraid to enlist friends and family to help care for your family if you need a break.

If you do fall ill this winter, Tennova Medical Group is here to help. Our family practice office located on Tiny Town Road welcomes new patients. Call (931) 502-2423 or visit TennovaMedicalGroup.com. Ask about our same- and next-day appointments. Patients of all ages welcome!

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.

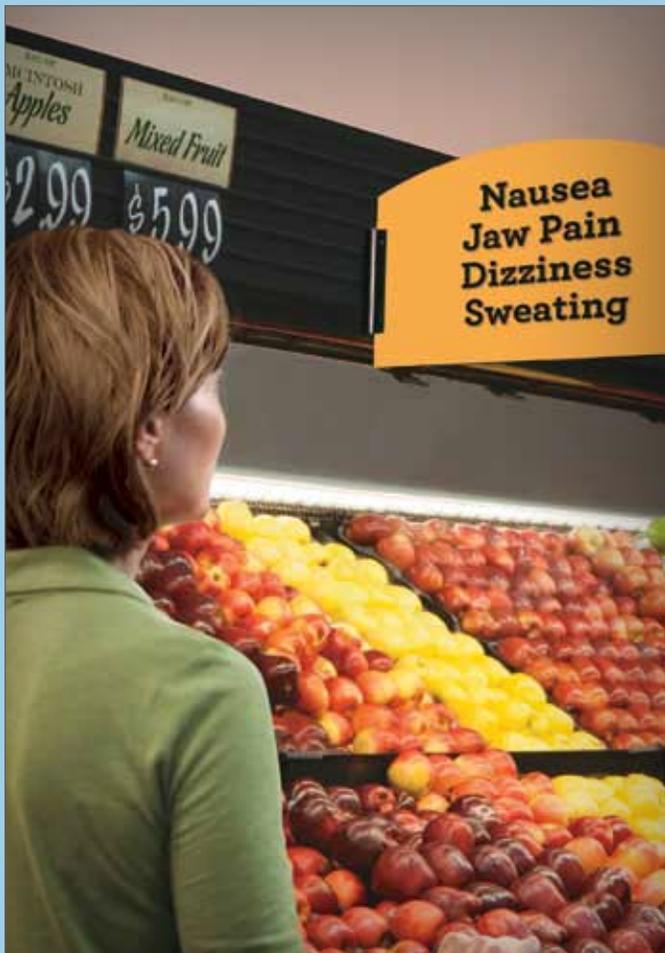


Your holiday hair headquarters!

Make an entrance and turn some heads this holiday season! Call today to book an updo or blowout with one of our stylists for an upcoming holiday party or special occasion.



The Shampoo Lounge   
 1740 Gateway Lane • Clarksville, TN • (behind Publix)
 931.919.3482 • www.myshampooounge.com



The signs of a heart attack can be different in women.

In fact, some women can experience a heart attack with no chest pain at all. So know the signs. If you feel them, get to an emergency room - fast. Call 911 and count on the Nationally Accredited Chest Pain Center at Tennova Healthcare - Clarksville for emergency heart care.



Nationally Accredited Chest Pain Center



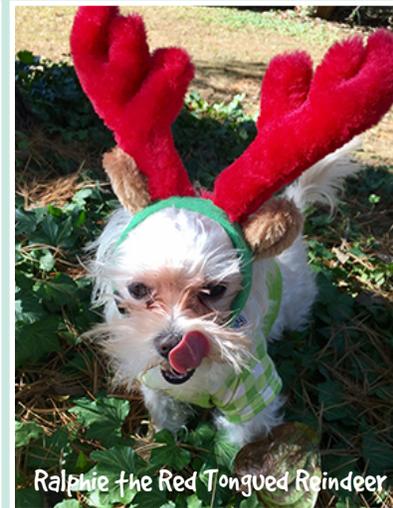
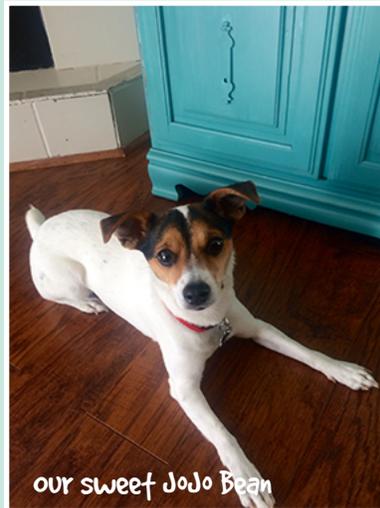
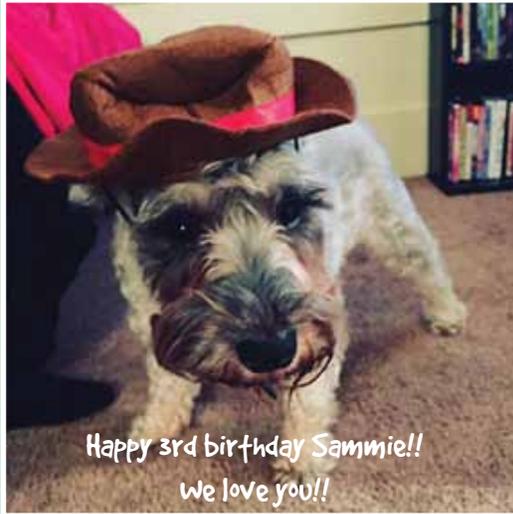
Trust the team I trust. 



Tennova.com

Pet Pix

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

CANDID *Clarksville*



Mekhi being the best character at our haunted house



Chloe and pals



Dean is always all smiles!!



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

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

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. See ad on page 27.

McGregor Park
640 North Riverside Drive

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 thetpwillsound@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

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Clarksville Cumberland Presbyterian Church
Steve Louder, Pastor

Sunday	
Fellowship	9:00 a.m.
Sunday School	9:30 a.m.
Worship	10:30 a.m.

Wednesday	
Dinner	5:15 p.m.
Programs for All	6:00 p.m.
Adult Choir	7:00 p.m.

1410 Golf Club Lane
931.648.0817
www.clarksvillecpc.com

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

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

Scholarship fund. For more information please check out fortcampbellspousesclub.com or facebook.com/fcscraffair.

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/fcscraffair.

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

December

1 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

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

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 cityofclarkville.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

TRACY P. KNIGHT & MICHAEL K. WILLIAMSON
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- Parental Relocation
- Wills & Trusts
- Estate Planning
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Wishing you a Merry Christmas & a Happy New Year!

LAW OFFICE OF MICHAEL K. WILLIAMSON
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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.

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/fcscraftfair](https://www.facebook.com/fcscraftfair).

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

9 FRIDAY

CHRISTKINDLEMARKT (GERMAN CHRISTMAS MARKET)

4:00 p.m. to 8:00 p.m. Free and open to the public. 44 craft vendors, German food and music. Contact Hunter Clouse for information, (931) 221-0536.

Christ Lutheran Church
2425 Kirkwood Road
christlutheranclarksville.org

10 SATURDAY

CHRISTKINDLEMARKT (GERMAN CHRISTMAS MARKET)

9:30 a.m. to 3:00 p.m. Free and open to the public. 44

craft vendors, German food and music. Contact Hunter Clouse for information, (931) 221-0536.

Christ Lutheran Church
2425 Kirkwood Road
christlutheranclarksville.org

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

12 MONDAY

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Clarksville-Montgomery County Public Library
350 Pageant Lane

15 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,

START THE NEW YEAR OFF RIGHT!

Try the all new
TAI CHI CLASS
Just for Adults!
Begins Tuesday,
January 10th

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





TAI CHI CHUAN

Offering Karate Classes for ages 2 & Up!
931.472.1008
2690 Madison Street, Suite 190
www.kriegischmartialarts.com



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

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

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

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

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

20 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

21 WEDNESDAY

WINTER SOLSTICE

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

24 SATURDAY

WARM SOULS CHRISTMAS CELEBRATION

10:00 a.m. Free dinner for struggling families and individuals. Visit radicalmission.org for information about volunteering.

Hilldale Family Life Center
250 Old Farmers Road

CHRISTMAS EVE WORSHIP SERVICES

5:00 p.m. Children's Service. Children participate in the Nativity Story. Be an angel, shepherd, animal, Mary, Joseph. Costumes provided. 6:30 p.m. Contemporary Worship. 8:00 p.m. Traditional Worship.

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

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. See ad on page 11.

New Providence Pool
166 Cunningham Lane

January

1 SUNDAY

NEW YEAR'S DAY

2 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

5 THURSDAY

ART & WALK

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

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

8 SUNDAY

MUSIC AT GRACE: HANDEL'S MESSIAH

4:00 p.m. Free and open to the community/public. Grace choir, orchestra and soloists.

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

9 MONDAY

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Clarksville-Montgomery County Public Library
350 Pageant Lane

16 MONDAY

MARTIN LUTHER KING, JR. DAY

17 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

18 WEDNESDAY

ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

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

Clarksville-Montgomery County Public Library
350 Pageant Lane

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

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

CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

EXHIBITS:

Surroundings: The Art of Darryl Steele October 20 - January 2

Nashville, Tennessee artist Darryl Steele depicts landscapes, birds, and other wildlife. His work is a showcase of mediums and methods, working in oil, watercolor, gouache, acrylic, and pencil, often striving to incorporate the qualities of one medium into the other. It has been included in many private and public collections around the world, including the collections of The Opryland Hotel, Vanderbilt University, and Nissan Corporation.

Anton Weiss: Reaching for Infinity October 27 - January 4

Anton Weiss was born in Belgrade, Yugoslavia. His family moved to Springfield, Tennessee after World War II, and then to Nashville. His abstract expressionistic art has influenced many and is in several collections. Anton Weiss was heavily involved in the regional arts scene beginning in the 1960s. He was director of the art department at Watkins and helped with the creation of the Tennessee Art League and Tennessee Watercolor Society. Anton continues to paint from his studio in Nashville.

Barry Motes: Relationships December 1 - 30

Work by artist Barry Motes is on display in the Peg Harvill Gallery. His often surrealistic art investigates spiritual themes and their relationship to the physical world. Barry Motes is a professor of art, and head of the fine arts department, at Jefferson Community and Technical School in Louisville, Kentucky.

Christmas Town November 15 - January 22

Hundreds of porcelain pieces recently donated by the Drye family make up a large display for Christmas Town! There are

moving parts and lights, and even a model train making its way through the village.

Cut: An Invitational Exhibition November 4 - January 16

This exhibit features work by several artists, all of whom cut materials such as paper, fabric, and aluminum to create their art.

120th Anniversary of Lui Heimansohn October 1 - January 5

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

Tennessee Watercolor Society Traveling Exhibition December 1 - February 3

A selection of the juried works from the 35th Biennial Exhibition makes its way across Tennessee as a traveling exhibit. The Customs House Museum & Cultural Center is the last stop, making this your last chance to see this gathering of watercolor work.

"Her Honeybunch Sweetie Pie is Gone" December 6 - March 12

This multimedia exhibit is a visualization of the poem by Stellasue Lee, depicting the tale of a cat's reaction to her owner's absence. Stellasue Lee received her Ph.D. from Honolulu University. Now Editor Emeritus at RATTLE, a literary journal, she previously served on the editorial board at Curbstone Press. She lives in East Nashville, TN with her husband artist Eric L Hansen and their two cats, Caylie and Tennyson.

ACTIVITIES:

Noel Night at Seasons: The Museum Store

Thursday, December 1, 5:00 - 8:00 p.m.

Noel Night is an annual event featuring special

sales and light refreshments to celebrate the holidays.

Seasons specializes in local and regional artisans, featuring merchandise such as jewelry, pottery, art, toys, and other unique gifts. This year live holiday music will be performed by the Northwest High School Choir. Enjoy free gift wrapping and two holiday greeting card printing stations with an exclusive design by the APSU Goldsmith Press.

Spend \$100 or more at Noel Night and receive a FREE 2016 Customs House Museum & Cultural Center Christmas ornament! Purchases made at Seasons: The Museum Store help support the Customs House Museum & Cultural Center. customshousemuseum.org/museum-store/noel-night

Free Saturday Family Day Saturday, December 10

Enjoy free admission all day from 10:00 a.m. - 5:00 p.m. as part of our Second Saturday Free Admission Day! We will have special activities throughout the day.

10:15 a.m. & 2:15 p.m. - Listen to some Christmas stories in the Turner Auditorium, featuring the original Rudolph the Red-Nosed Reindeer, written for the Montgomery Ward Co. in 1939 by Robert L. May and illustrated by Denver Gillen.

10:30 - 11:30 a.m. & 2:30 - 3:30 p.m. - Watch the Snowflake Special model trains run

10:00 a.m. - 5 p.m. - Make an ornament to take home and one to decorate our Christmas tree.

10:00 a.m. - 5 p.m. - Make a Christmas Pickle ornament to take home and one to decorate our Christmas tree.

1:00 - 4:00 p.m. - Visit artist Anton Weiss for a meet and greet in the galleries

Christmas Cookie Decorating

December 11, 1:00 - 4:00 p.m.

Decorate (and eat) your own holiday sugar cookies in the Coca Cola Café. Activity is free with price of admission or museum membership. Supplies are limited and will be first come, first serve.

Art & Lunch: Darryl Steele December 14, 12:15 pm

Artist Darryl Steele will be demonstrating his art in the galleries. Admission to this event is free. In conjunction with the exhibition Surroundings: The Art of Darryl Steele.

December 20, 21, & 22: School's Out Specials

Drop in at your leisure to enjoy the following activities.

10:00 - 10:30 a.m. - Listen to some Christmas stories in the Turner Auditorium

10:30 - 11:00 a.m. - Watch the Snowflake Special model trains run

11:00 - 11:30 a.m. - Play with Ms. Sue's vintage toys in the Children's Art Room

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

CLOSINGS:

The Customs House Museum & Cultural Center will be closed Saturday, December 24 and Sunday, December 25 for the Christmas Holiday, as well as Saturday, December 31 and Sunday, January 1 2017 in observance of the New Year.

THE ROXY REGIONAL THEATRE

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

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 December 1, 7, 8, 14 & 15

8pm December 2, 3, 9, 10 & 16

2pm December 3, 10* & 17

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

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

The Diary of Anne Frank

During the Nazi occupation of the Netherlands, Anne Frank began to keep a diary on June 14, 1942, two days after her 13th birthday and twenty-two days before going into hiding with her mother, father, sister and four others. Adapted from the book Anne Frank: The Diary of a Young Girl and told through the eyes and words of a teenage girl, the inspirational true story of two Jewish families' struggle to survive amid the chaos of war and religious persecution has become an essential tool for understanding one of the darkest periods in human history.

8pm February 17, 18, 24, 25; March 3, 4

7pm February 22, 23, March 1, 2

2pm February 25

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

Seussical

"Oh, the things you can think" when Dr. Seuss's best-loved characters collide and cavort in an unforgettable musical caper! Such colorful characters as Horton the Elephant, The Cat in the Hat, Gertrude McFuzz, Lazy Mayzie and JoJo, a little boy with a big imagination, will transport you from the Jungle of Nool to the Circus McGurkus to the invisible world of the Whos.

8pm March 17, 18, 24, 25, 31; April 1, 7, 8

7pm March 22, 23, 29, 30; April 5, 6

2pm March 25, April 1

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. 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.



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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.

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
11/20 11am - 6pm	11/21 10am - 9pm	11/22 10am - 9pm	11/23 10am - 9pm	11/24 Mall Closed	11/25 10pm	11/26 9am - 10pm
11/27 11am - 6pm	11/28 10am - 9pm	11/29 10am - 9pm	11/30 10am - 9pm	12/1 10am - 9pm	12/2 10am - 9pm	12/3 10am - 9pm
12/4 11am - 6pm	12/5 9am - 10pm	12/6 9am - 10pm	12/7 9am - 10pm	12/8 9am - 10pm	12/9 9am - 10pm	12/10 9am - 10pm
12/11 11am - 10pm	12/12 8am - 10pm	12/13 8am - 10pm	12/14 8am - 10pm	12/15 8am - 10pm	12/16 8am - 11pm	12/17 8am - 11pm
12/18 8am - 11pm	12/19 8am - 11pm	12/20 8am - 11pm	12/21 8am - 11pm	12/22 8am - 11pm	12/23 8am - 11pm	12/24 7am - 6pm
12/25 Merry Christmas Mall Closed	12/26 8am - 9pm	12/27 10am - 9pm	12/28 10am - 9pm	12/29 10am - 9pm	12/30 10am - 9pm	12/31 10am - 6pm
1/1 Happy New Year						

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. Deesree 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 Kesster at (931) 552-5260, jennifer.kesster@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 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 clarksvilletennis.usa.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 JVolleyball.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 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 warrriorscheersquad@yahoo.com.

CHILD BIRTH & PARENTING EDUCATION

ROOTS CHILD BIRTH PREPARATION

Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect for any birth plan or birthing setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or expectingnewlives@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 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, babyroom vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

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 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. childcareaware.org.

MID-CUMBERLAND CHILD CARE RESOURCE AND REFERRAL

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or 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. middletnaianon.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 93 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 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 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 lineage, bloodline descent from an ancestor who aided in achieving American independence. Email us at sevierstation@yahoo.com.

GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or 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, 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 studythescrptures.net or call (931) 648-8844 for more information and to register.

APSU EXTENDED EDUCATION

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

and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or 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, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

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

DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa. You want to go to mission in Africa, you want to plant a church in Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church. Contacts: Mr. Adolph Dagan at (931) 302-0787 or daganfoundation@yahoo.com, or visit daganfoundation.org. Like us on Facebook at facebook.com/DaganFoundation. Our main partner in Togo is Action Bethesda, 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-KY-TN/529017437122370. Reach Mindy Parker or Christina Johnson at freecakesforkids_fortcampbell@yahoo.com.

FRIENDS OF THE BLUEWEAY

A group dedicated to keeping Clarksville's Blueweay 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/FriendsoftheBlueweayClarksvilleTN for more information and sign up for email updates at outdoorclarkville.com.

FRIENDS OF ROTARY PARK

A volunteer group that is diligently working to improve the trail network and playground areas at the park. Those interested in joining Friends of Rotary Park can do so by emailing frp.president@gmail.com. Or visit 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, Roberson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

GOOD NEWS CLUBS

Teach children about Jesus in their schools! Though most children do not attend church, most do attend public school! Good News Clubs® are after-school Bible clubs that meet one afternoon a week at the school to teach children about Jesus, run by volunteers who are trained and screened by Child Evangelism Fellowship (a worldwide interdenominational ministry to children since 1937). Perhaps God would use you in this important ministry! ReachingKidsForJesus.com, (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, habitatmtn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

HALEY'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 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 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 lifting 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 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 Dere 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 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 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 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, 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 healthconnectamerica.com.

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

OK 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 pastoralcounselingctr.org.

THE PATH LIFE COACHING

Through The Path Life Coaching, ThePathLifeCoaching.com, you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life

Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julie Poole for more information at JulieS.PoolePHD@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 @ 10:00 a.m. to 12:00 p.m. Katrina Watts, RIP Coordinator @ (931) 494-4863, Katrina.Watts@centerstone.org.

VIVIAN HOUSE
125 Vivian Street, (931) 920-7235.

WEEMS ACADEMY
612 Greenwood Avenue, (931) 920-7370.

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

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

INTERNATIONAL ORGANIZATIONS
MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM
New AFSer's applications are available for viewing for the 2016-17 school year. Host parents may go to afsa.org/host to view them and fill out a hosting application. Keep in mind that CMCSF will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early. Go to afsa.org/study-abroad for more information and/or contact Becky Heywood (sending coordinator) at AFSbecky@comcast.net ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and alsbarb58@gmail.com or Sandy Rich at srich@afsa.org or (865) 617-0665. The local Miss Tenney Area AFS Volunteer Leadership Team web site is afsa.org/misstenky/. Follow AFS on Facebook: AFSUSA, Twitter: afসা, YouTube: AFS TV and Flickr: afসা.

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 on 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 Reiwig or Anne Coleman at mops.cpoclarkville.com.

CLARKSVILLE MOMMIES.COM
A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.com 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 MNQs 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 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 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 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 momsclubofclarksvillemomsclub@gmail.com. Look for both groups on Facebook. A typical month of activities may include story time at the library, lunch at a local eatery, and a crafting play date, to name a few. Clarksville is a growing town with many family friendly activities. Contact us to explore these opportunities together.

MOPS AT FIRST BAPTIST 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-ordinators, 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.

SUPER MOM'S GROUP
If you are a single mom—you are a SUPER MOM! We meet every Sunday morning at 9:45 a.m. at First Baptist Clarksville. We are a small group that does various studies on parenting, Christian growth, boundaries, dating again, and other topics! We also do monthly get-togethers, mom's nights out, and play dates for the kids. Any single moms are welcome to attend these monthly events even if you can't come to the small group on Sundays! Please like our Facebook group to stay updated on all events: Clarksville - Super Moms. Contact Devin for more info at devin.maureen@yahoo.com.

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: 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 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 SOCIETY
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. 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. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. 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.

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 cadstn.org.

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

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

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP
Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings of frustration, anger, helplessness, guilt or isolation? Do

you live in the Ft. Campbell/Montgomery County area? Join us at Thursday Nights, 5:00 p.m. to 7:00 p.m. at the LEAP Building, 1860 Wilma Rudolph Boulevard. Free child care and food—please call Monica to reserve child care. For more information contact: Monica Causey at (615) 269-7751 ex. 133 or mcausey@tnvoices.org, 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. focusautismnow.com

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

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)
Meets the last Saturday of each month. Contact cvoiland-free@jdrf.org.

MEN HELPING MEN
A Christ-based outreach ministry which focuses on restoring and inspiring men to return to God's glory. We believe that by encouraging spiritual unity, growth and providing assistance to men in need this can be accomplished. We assist by teaching small groups, partnering with other outreach ministries and volunteering in the community. Contact us at (931) 241-1884 or (931) 249-4806.

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

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

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Please include the name of who is in the photo, their age & a preferred short caption (optional).

HAPPY BIRTHDAY!



Happy 1st birthday Henry!
Love Mom Dad & Olivia.
We love you!



Happy 1st Birthday, Lucas!
Love Mommy, Daddy, & Ali
We love you!



Happy 2nd Birthday
Harper Gayle! We love you,
Mean it! -Mommy and Daddy



Happy 2nd Birthday Marquis!
Mommy & Daddy Love You!!



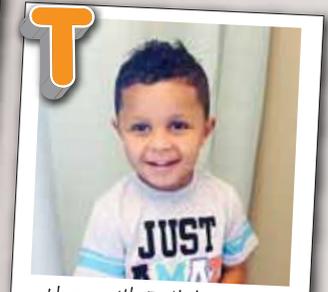
Happy 4th birthday Bentley!
Mommy and Daddy love you
more than the world!!!



Happy birthday stinky
We love you 100 times



Happy Fourth Birthday Nathan Jr.
From Mommy, Daddy &
Your Two Baby Brothers



Happy 4th Birthday, Taye!
Love, Mommy & Family



Happy 6th Birthday Madeline!
We love you! Mom & Dad,
Grammy, Grampy, & Uma



Happy 12th Birthday Shamaan!
We Love You!



Happy 15th Birthday, Mark!
Love, Your Family



Happy Birthday, E!
December 24th



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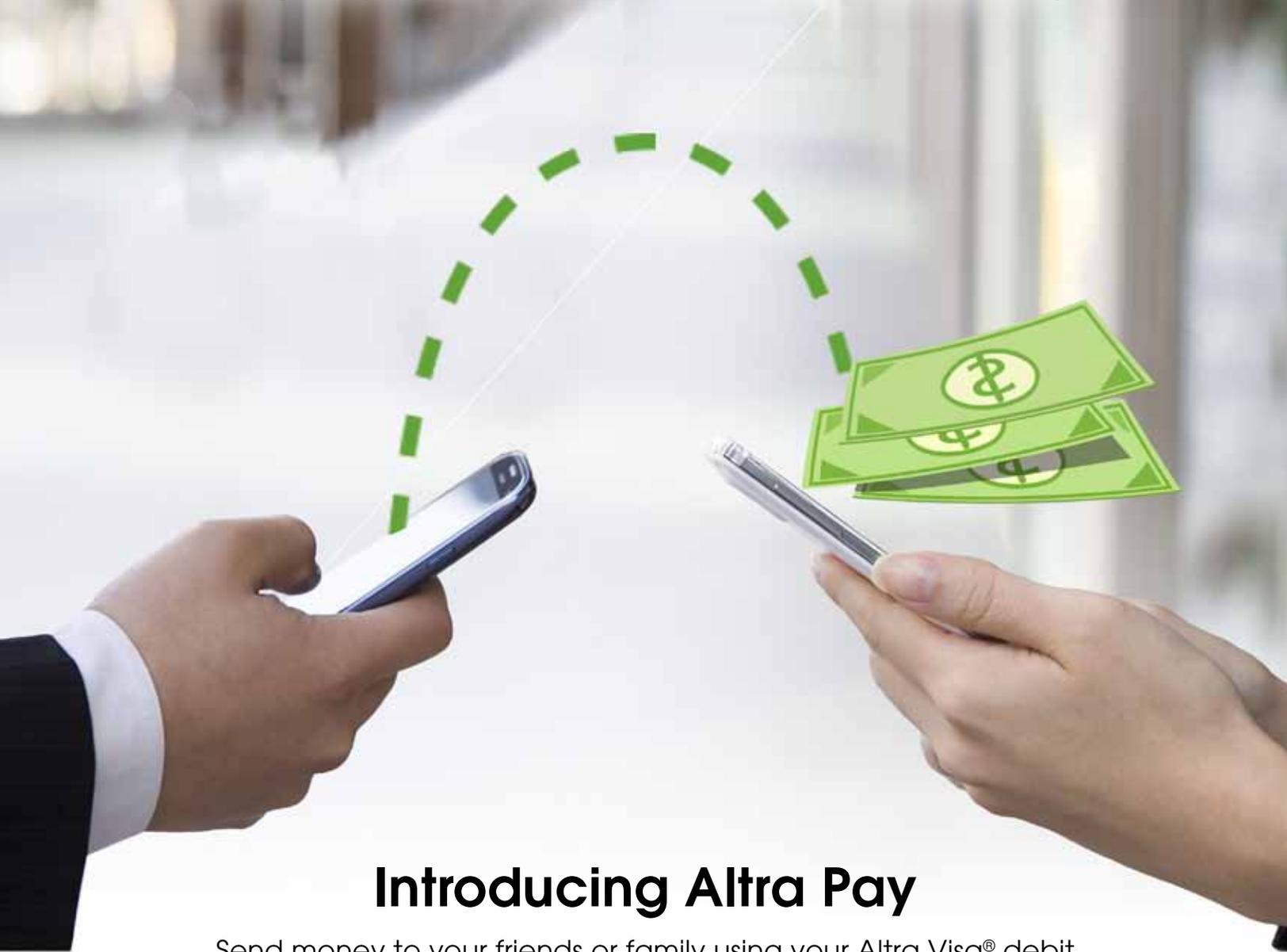
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