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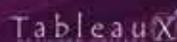
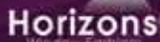
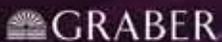
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Publisher's Message

First of all, Happy New Year! We hope your 2017 has gotten off to a great start.

Perhaps you're kicking the New Year off with some resolutions. I would love to share my list of New Year's resolutions for 2017...but the truth is that I don't have any (yet??). I have found over the years that resolutions (new years or any time) mean less and less to me. Both because when I've made such grand pronouncements in the past and then almost instantly broken them—I felt silly; but also when I try to set goals for myself throughout the year—not just for when the ball drops in Times Square.



No, you didn't accidentally just pick up the latest issue of *Dog Fancy*. I'm aware that we have had dogs on the cover two months in a row and I'm just fine with that! Be sure to check out Taylor Lieberstein's article about Woof Acres Doggy Home Away From Home Pet Sitter on page 10.

Pastor Larry Riley has a great article on page 16 about how to affect real change, with a practical method to make 2017 better than 2016 for you and your family. There are other great articles throughout the issue and all of the upcoming events in the calendar starting on page 28.

As usual, our Tennessee weather is throwing us curve balls and giving us crazy temps with almost 70 degrees on Christmas and nearly freezing the week before that, making it nearly impossible to predict what to wear much less anything else.

We hope your 2017 is safe, prosperous, and healthy for you all. As always, thank you for picking us up!

Sincerely,
Carla Lavergne

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Clarksville Living

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THE LOOS FAMILY'S CANCER FIGHT

Karen Parr-Moody

Up until the point when Jen and Brad Loos' young daughter was diagnosed with cancer, they lived a life that seemed picture perfect. Brad, the son of Dave Loos, a legendary basketball coach at Austin Peay State University, had followed in his father's footsteps and was also a successful basketball coach. The couple had three adorable children: son Brady, and daughters Rhyan and Charli.

Rhyan, the middle child, had always been independent, but in October 2015, she was behaving differently at kindergarten—clingy and anxious.

"We noticed her mood going downhill," says Jen. "She would get home from school and go lie on the couch. She didn't want to go outside."

Then Rhyan acquired a limp, which doctors originally thought indicated juvenile arthritis. They soon discovered the diagnosis was actually a childhood cancer called neuroblastoma, of which the most common symptom is a painless abdominal mass. Fever, irritability or limping are among the other symptoms.

"We found out on a Wednesday and we started chemo that Friday," Jen says.

Neuroblastoma is rare and almost always affects children. It develops in the sympathetic nervous system, yet scientists are



Rhyan Loos visits Cool Mess in New York City to make her own ice cream.

not certain what causes it. Like many children who get neuroblastoma, Rhyan's cancer had metastasized to other parts of the body before it was diagnosed. Because cancer had spread to her bone marrow, Rhyan was diagnosed at stage 4. Ultimately doctors found a tumor on top of Rhyan's adrenal gland.

Rhyan's first six cycles of chemotherapy took place in Columbia, Missouri, where Brad—a Clarksville native who played basketball for his dad as an APSU student—is the assistant basketball coach at the University of Missouri.

The Loos family then decided to transfer Rhyan's care to the world-class setting of Memorial Sloan Kettering Cancer Center in New York City.

"It is the mecca for neuroblastoma," Jen says.

While at Memorial Sloan Kettering Cancer Center, Rhyan's tumor was removed and she underwent another round of chemotherapy. Afterward, she underwent two more rounds of low dose chemo at home, all navigated by the doctors at Sloan Kettering.

Then another trip to New York City was scheduled for radiation followed by antibody treatment, a form of immunotherapy, at



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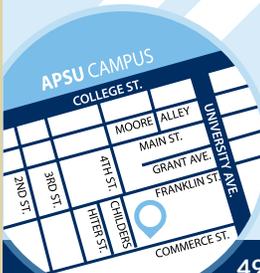


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Sloan Kettering. During her treatments in New York City, Rhyan stayed at the Ronald McDonald House, a place that kept her “mentally in the game,” Jen says.

By last summer, tests indicated that Rhyan was clear of cancer.

Back in Clarksville, however, cancer had spread to another Loos family member: Coach Dave Loos had developed a malignant tumor.

“It was colon cancer,” he says. “They removed 18 inches of my colon.”

Rhyan is now six and Dave Loos is 69. He stresses the difference in age and the difference in seriousness of their respective cancers.



Jen Loos with Santa and her three children: Rhyan, Charli and Brady.

“Hers is so rare and it’s serious,” he says. “No question about it. When you get that diagnosis, it’s not a good thing.”

He adds of his granddaughter’s cancer, “It’s just so hard to understand and it doesn’t seem fair and all of that. So I think we have all had her front and center going through all of this—understandably so.”

The basketball coach only missed 18 days from APSU while he recovered from surgery to remove the tumor. As with Rhyan’s neuroblastoma, Dave Loos’ cancer also metastasized. He began chemotherapy for cancer in his lymph nodes. After the holidays, he will receive his final treatments.

When he was diagnosed, Dave turned to Rhyan.

“I asked her for some tips on getting through chemotherapy,” he says. “She said ‘Google the sweet shops.’”

Rhyan is a fan of sweet shops—in particular, she likes The Sweet Shop, a

store across the street from the Ronald McDonald House that sells retro candy, homemade marshmallows, ice cream and gelato.

“What better place to put a candy shop?” Jen says.

After her many treatments, Rhyan got treats at the shop. Unfortunately, she is currently in New York City again, undergoing treatment for a brain tumor that was discovered in November.

“Her last scans were in September and they were still really good,” Jen explains.

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Jen Loos has described her daughter, Rhyana, as independent and strong-willed.

But during Thanksgiving week, Rhyana experienced headaches.

"She's not really a kid to have headaches," Jen says. "So I just knew."

A top surgeon at Sloan Kettering removed the brain tumor and now Rhyana is staying at the Ronald McDonald House again while she undergoes radiation of her brain and spine. While there, she and Jen have seen the Radio City Rockettes, visited Central Park and met singer Bruce Springsteen.

"She has done just about everything in a New York City tour guide," Jen says. "I feel weird saying this, but she's had

a fun time. It's obviously all business, we take care of what we need to do, but then we're like, 'Let's have fun!'"

After Rhyana's initial diagnosis, friends set up a Facebook page where people could voice their support at [facebook.com/RallyForRhyana](https://www.facebook.com/RallyForRhyana). A [gofundme.com](https://www.gofundme.com) account, with the hashtag #RallyforRhyana, was also established to help the family with expenses. It overflowed with donations—something Coach Loos calls "almost miraculous."

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Jen and Rhyan Loos have seen the Radio City Rockettes, visited Central Park and met singer Bruce Springsteen.

Jen and her husband Brad set up a foundation to distribute the extra funds. They earmarked \$100,000 each for Sloan Kettering and the Children's Hospital of Philadelphia.

"We were like, 'Okay, we've been thrown in here; we can do some good,'" Jen says.

At Sloan Kettering, the couple was impressed by what Jen calls a "promising trial" that is targeted toward children who have the ALK mutation, which makes neuroblastoma more stubborn to treat.

Jen says that the visible sports positions of her husband and father-in-law have certainly helped with the fundraising.

"But I think people can really relate to Rhyan and us, because we're an everyday family," she says. "Brad and I are healthy with three kids; it can happen to anybody. And honestly, I think that is why people have taken a liking to Rhyan, because they can picture themselves in our shoes."

Meanwhile, in Clarksville, Coach Loos says that when his chemotherapy is finished, doctors will do the requisite scans to see how it went.

"It's just kind of a wait and see thing," he says. "The other, with Rhyan, stays on your mind. You'd love to trade places with her, but that's just not how it works."

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Taylor Lieberstein

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safe environment chasing sticks, playing in puddles and enjoying being a dog. The dog visitors closely interact with her two dogs and are treated with the same hospitality they receive. Her goal is to always create a like-home experience for every dog. Dogs are not always ready to return to their permanent homes when it's time, a very good indicator that Woof Acres is dog boarding done right.

Traveling clients receive regular updates with photos of their pets enjoying their vacation. Wolfe tries to capture the enjoyment of her guests whether they're romping with friends or relaxing on the couch. Her photographs and collages say more than words and go a long way in ensuring that families can relax and enjoy their time away without worrying about their pet.

"I think the main reason my customers come back is because they see that their dogs are happy and having fun when they pick them up," said Wolfe. "Additionally I think it matters that I take a personal approach with the customers by texting them photo updates as well as sending each dog home with a little gift each time."

A typical day at Woof Acres is like what they would have at home. They go in and out a lot.



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with all the other dogs. They also love walking in the woods, playing fetch and the extended outdoor play times they go on each day.

Wolfe, a long-time dog lover is empathetic towards the dogs saying she tries to imagine what it must feel like to be in an unfamiliar place. She genuinely wants them to feel at home or as close to that level of comfort as possible. She makes that happen by taking extra steps such as using lavender spray on their bedding at night and/or playing calming music.

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Woof Acres accepts dogs of all sizes and breeds, the fit is based on the personality of each dog. They do strongly encourage all new customers to come for a visit with their dog before booking so both sides can see how they do with other dogs and in their home, especially if their dog has exhibited aggression in the past, or has had a bad experience around other dogs. There are only a few requirements which can be found on their website, [woofacresblog](http://woofacresblog.wordpress.com).



wordpress.com. They have had great success with all breeds and enjoy the variety that comes with their welcoming mindset.

“I am constantly amazed by all dogs. Specifically, at their loyalty and affection. We as humans can be moody, tired or preoccupied, but they still love us. I see it as a huge honor that I don’t completely understand but I totally appreciate. Being around my dogs is healing and relaxing. Getting to spend the day with all kinds of dogs with different personalities is a dream come true—a dream I didn’t even know I had,” she said.

All her training with dogs has been hands on. Wolfe has been the go-to person for dog sitting for my friends for years. It was her friends that encouraged her to offer her boarding services to the public. She knows opening Woof

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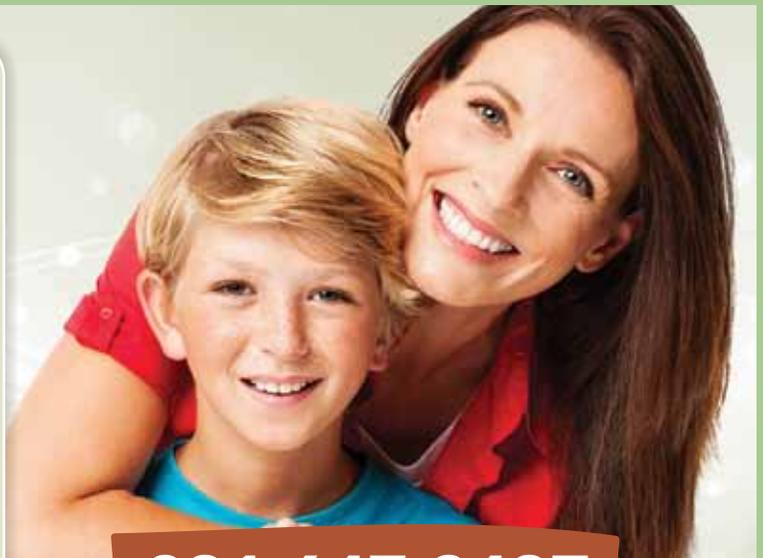
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Acres was the right move saying that she “finally feels home” after years of trying to find the right career fit. Although it is less traditional than her previous positions it is still in line with helping people, which is what she feels her purpose in life is. By boarding her clients’ dogs she is helping them by giving them piece of mind about their dogs while they travel. She is genuinely honored when a client lets her care for a member of their family.



Woof Acres offers daycare (up to 10 hours of daytime care), puppy play-dates (up to 4 hours of daytime care and romping), dog boarding (including day and overnight care) and extended stays. To learn more about Woof Acres, visit their website and Facebook page. Contact Kris directly by email at WoofAcres@gmail.com or by telephone (931) 603-9663 to schedule a meet and greet or to schedule a stay.

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Brenda Hunley

When the holiday season is upon us we can easily become overwhelmed with all the places we need to be, gifts to purchase, and people to see. Amongst the hustle and bustle of the season it is a pleasure to see so many businesses in our city take time and resources to shine the light on local charities. Clarksville's own Planters Bank has

fulfilled its slogan of "Expect Great Things" this past year through a program we want to share with you.

The "Season of Giving" is a promotion that runs from October through December at Planters Bank. It brings attention to several local charities in Clarksville's community. Each branch across town has a selected non-profit that they have an

opportunity to spotlight for an assigned week during the last three months of the year.

The non-profit gets featured on the Planters Bank Facebook and Twitter. For each "like" Planters Bank donates \$1, for each "share" they donate \$2. If you check in at a particular branch mentioning the Season of Giving and a specific charity Planters Bank then donates another \$2!

The charities in the spotlight were: After Breast Cancer Program at the YMCA, Sexual Assault Center, Kids 2 College, Pioneers, HCC Foundation, Redemption City, Junior Auxiliary, Grace Preparatory Academy, Planters Bank Pavilion, Union County Happy Pack, Webster County Food bank, and the Fuel Program.

Totals are still coming in as of press time, however, the charity with the most activity throughout the campaign was The Sexual Assault Center.

The Sexual Assault Center is located at 1725-1 Wilma Rudolph Blvd. This non-profit center provides healing for children, adults, and families affected by sexual assault. They offer several types of counseling for children as young as three, and for adults that were abused as children.

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Sexual assault as a topic is not a popular one, but nevertheless one that needs to be addressed. The statistics alone suggest that the chances of knowing someone who has suffered through this, or becoming a victim, are higher than any of us can be comfortable with.

Did you know that one out of every four women will be sexually assaulted in her lifetime? How about one out of every six men is a victim of unwanted or abusive sexual activity in his lifetime? This affects us all—it does not discriminate amongst sex, religion, race, age, education, or socioeconomic status.

Per the National Institute of Justice, the definition of sexual assault is any type of sexual contact or behavior that occurs without the explicit consent of the recipient. Falling under the definition of sexual assault are sexual activities such as forced sexual intercourse, sodomy, child molestation, incest, fondling, and attempted rape.

The SAC accepts most insurance plans and offers a sliding fee payment scale per income. For more information, to volunteer, or to donate please check out the SAC Web site at sacenter.org. If you or someone you know needs help, there is a 24-hour Crisis and Support Hotline: (800) 879-1999.

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THREE STEPS TO REAL CHANGE IN 2017

Larry Riley, Senior Pastor, First Baptist Church

As Bob Dylan once said "The Times They Are a-Changin'" and we have certainly seen an astronomical amount of change in 2016. From world conflicts, to a hotly contested election and a divided nation, to many servicemen and women being engaged in battles across the globe. Even our little city of Clarksville has seen much tragedy and triumph over the past twelve months. Regardless of who you are or what you do, very few will mourn the passing of 2016. We are ready for change!

And isn't that the point of the new year? With it comes renewed focus, new goals, fresh perspectives, and some honesty about where we are versus where we want to be. Before we can move forward with change and hope for 2017, we need to do an honest self-assessment about the areas of our lives we want to see flourish. I'd like to propose a three-step process to see thriving happen in your day to day life in the new year. Write these things down on a sheet of paper and answer the questions below!

- Honestly assess
- Boldly set goals

- Practically develop next steps

1. HONESTLY ASSESS

Write down the categories and the answers to the following questions. Mark negative areas or places of desired improvement with a star. Place a checkmark next to areas where you feel you are succeeding.

___ Personal Health: Are you frequently feeling anxious, out of control, or angry? How and when are the times you feel most at peace? Do you feel physically tired often? Do you often feel emotionally drained? Do little things set your anger off or make you disproportionately sad?

___ Balance + Margin: Do you feel like you have a healthy balance of work and rest? Are you feeling overwhelmed with the work of family or a job? Do you have times in your week that you take to have a time of quiet and meditation? How frequently do you carve out time to spend with your family or spouse?

___ Family Health: Do you and your spouse frequently have unresolved conflict? Do you go to bed angry? Do you and your spouse have date nights or devoted time together without children or other family present? If you



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have children, do you have corporate times to play and “waste time together”? Are you able to frequently devote one on one time with each child? Do you eat meals together on a regular basis?

___ Job Health: Do you feel satisfied and fulfilled at your vocation? Do you leave work with a sense of frustration or a sense of accomplishment? How is your relationship with your superiors? Co-workers? People you manage? Do you work more than 40-50 hours weekly? Would you describe your workplace as filled with tension or unity?

2. BOLD SET GOALS

Take a minute to celebrate your checkmarks! When we honestly assess ourselves, we can always find a few things that are flourishing in our lives. You have been uniquely gifted to be you, and certain things will come naturally for you that won't come naturally for others. Before looking at areas to improve, celebrate yourself and the things you're good at!

Now, take a minute and look at your stars, or areas of improvement. Is there a common theme? Are there areas of overlap which affect other areas of

your life (like working too much, not being disciplined enough, or being cavalier with your physical health)? Are there pressure points that are putting a strain on you, your job, relationships, or family? If so, articulate what they are by writing down the common themes.

If you can come up with a common theme or two, or maybe just identify a few areas of improvement on your list, dream about what the alternative would look like. Take a minute and ask yourself "what would flourishing look like here?" Writing down some of these goals and alternatives. For instance:

- If overworking is the challenge, then the goal would be working 40-50 hours weekly.
- If family connecting is the challenge, then the goal would be getting consistent time together as a family.
- If ongoing conflict with your spouse is the challenge, then the goal would be learning how to invest in your marriage and healthily resolve conflict.



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3. PRACTICALLY DEVELOP NEXT STEPS

Now we have honestly assessed our situation, celebrated our victories, articulated our struggles, and set bold goals, how will we accomplish them? We cannot simply will our way to discipline. Most new year's goals will fail in the first 30 days due to a lack of planning and a lack of measurement. What we measure, we excel in. What we plan for, we do. We have to have a measured plan in order to succeed.

Take a look at your goals and ask "how do each of these goals translate into a real, practical change in my week?" What does it look like for you to develop a new pattern or a new process in your life to meet these goals, and how does that result in real, actionable items over the next seven days or the next month?

Here are some examples:

- To prevent overworking, I will (1) set an alarm to go off at 5:30 p.m. each evening so I remember to leave the office, no matter what is outstanding, (2) discipline myself to schedule two hours a day to "focus time," not answering emails or texts to get projects done faster, and (3) I will say no to unnecessary meetings or conference calls.
- To connect better with my family, I will (1) not answer work emails when I get home, (2) plan a "no electronics" night with my family to play board games or go out and do something fun together, and (3) I will schedule out a once a month time to connect with each of my children.
- To seek peace with my spouse, I will (1) carve out a "date night" for us both to be together without agenda or children, (2) always speak well of my partner in front of others, being quick to point out their gifts and strengths, and (3) address hurts or conflicts when they happen and not suppress frustration or let it build over time.

Your next steps might be different, but do you see how each of the above examples has clear, measurable action items that someone could hold us accountable to? That is how we translate goals into action. Another key to action is writing and sharing our next steps with those closest to us. What we write, we commit to. What we share, we are held accountable to. Write and share these next steps with someone close to you in community.

If you are lacking a community who will hold you accountable to

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your goals, you are not alone! There are many people who are seeking just that, and there are places to connect with others like you. The doors of our church (First Baptist of Clarksville) are always open, we would love for you to reach out to us! We have groups for families and children to help you build a community of people who love and care for you. There are also many other good churches and communities in Clarksville that want to see you thrive and flourish in your day to day life.

For 2017, keep moving forward. Keep thriving. Keep seeking peace in your relationships at work and home. As Bob Dylan said:

For he that gets hurt

Will be he who has stalled

There's the battle outside raging

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Let's join together as a community in 2017 to stand firm in a world that shakes our windows and rattles our walls!



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Dr. Catherine Meeks

Is there a person on the planet that hasn't made a New Year's resolution—and then failed to follow through? Setting goals may be the easy part, but turning those goals into results... Well, we all know how hard that can be.

Whether you're hoping to shed a few pounds, step up your level of exercise, or kick that

smoking habit once and for all—you can take steps to improve your chances of success. Here are just a few ideas.

Set SMART goals. First of all, know how to set goals that will help you succeed. Here is an example of a SMART goal: "To help me lose weight, I will walk at least 10 blocks—instead of 7—at least 5 days a week for the next month."

Here's what makes this a SMART goal:

- **Specific:** The goal is precise. Your goal isn't just to walk more. With this goal, you will know exactly how many blocks you will walk each week.
- **Measurable:** You can tell whether or not you have achieved the goal.
- **Achievable:** Your goal should challenge you, but not be overwhelming. You're already walking 7 blocks, 4 days a week. So you know that it's likely you can walk 10 blocks, 5 days a week.
- **Relevant:** This goal is appropriate because exercise is a key part of a weight-loss or weight-management plan.
- **Time-bound:** Your goal is limited in time. At the end of a month, you can continue with this goal or commit to a new one.^{1,2}

Start small, think big.

Starting with small steps can help you succeed. But as you set goals, keep an eye on the big picture. How does this goal fit in with the rest of your life? With the SMART

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goal above, for example, it may help to remember that exercise is good for your overall health, whether or not you lose weight. It may give you more energy, decrease stiffness, and help you keep up with your kids—or grandkids.^{2,3,4}

Stay motivated.

Understanding the big picture is one way to stay motivated for the long haul. What else keeps you motivated?

- Try the buddy system. Have someone who's supportive join you. It really works.
- Visualize success. Picture yourself walking through the neighborhood. You can also use positive self-talk to stay on track. "I feel so much better after I get out for a walk."
- Reward yourself. Once you've met your goal, reward yourself with something material, like a movie or CD—but not food. Or, you can try something less tangible like a quiet afternoon sitting by a lake.
- If you slip up, start over. This doesn't make you a bad person. Congratulate yourself for your past successes, and begin again.^{5,6}

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Now, *that's* a great buddy system!

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

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Smoking is associated with nearly one in five deaths in America each year, according to the Surgeon General. The decision to quit can save your life, and your body begins to benefit from quitting even faster than you might think.

People who have smoked regularly for more than two weeks will see drops in heart rate and blood pressure 20 minutes after smoking their last cigarette. If that final smoke happens in the morning, carbon monoxide levels in the blood that can cause arteries to harden drop to normal levels by bedtime.

Quitting is difficult, but consider the long-term health benefits:

Less Than One Year

- **Two weeks to three months:** Your circulatory and pulmonary function increases, which means your risk for suffering a heart attack drops.
- **Less than nine months:** Your lung function begins to normalize, you'll experience fewer annoying coughing spells, and you won't be short of breath as quickly.



- **At one year:** Your risk for coronary heart disease (CHD)—the leading cause of death among men and women in America—is half what it would be if you had continued smoking.

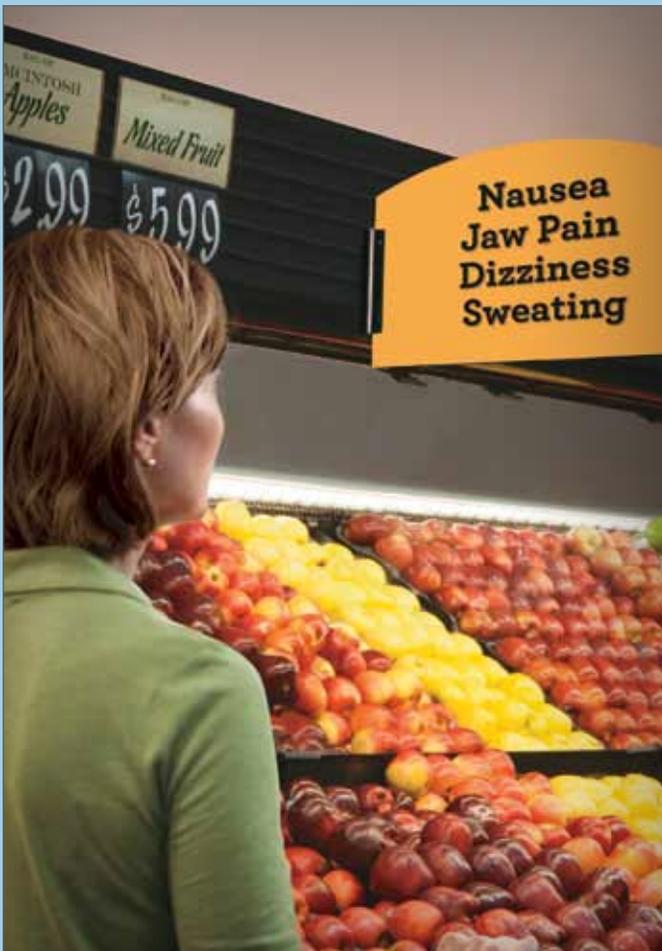
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- **Five years:** You've halved your risk for bladder, esophageal, mouth and throat cancers. Your risk for cervical cancer and stroke—the fourth leading cause of American death—can be equal to that of nonsmokers.
- **Ten years:** Compared to smokers, your risk of dying from lung cancer is half. You also have decreased risk for larynx and pancreatic cancer.
- **Fifteen years:** Your risk of CHD is equal to that of a nonsmoker.

The sooner you decide to quit, the better, but it's never too late.

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- **Make a plan.** Make a list of reasons why you're quitting. Remind yourself of these every day, even when you don't feel the urge to smoke.
- **Get rid of it.** Cigarettes, ashtrays, lighters and anything else that will remind you of smoking should go. Every time you look at an ashtray, you'll think of smoking, so there's no need to have one on your coffee table.
- **Know the benefits.** Reinforce your decision with the knowledge of why it's the right choice. Reference your list of why you're quitting. If health concerns aren't enough to maintain your resolve, consider this: If you smoke one pack per day, you spend thousands of dollars every year on cigarettes. What else could you do with that money?

It's hard to quit smoking. That is why Tennova Healthcare – Clarksville offers a free smoking cessation informational seminar on the third Wednesday of the month from 5 to 6 p.m. Classes are held in the Liberty Rooms of the Medical Center located at 651 Dunlop Lane. To register call (855) TENNOVA or visit Tennova.com.

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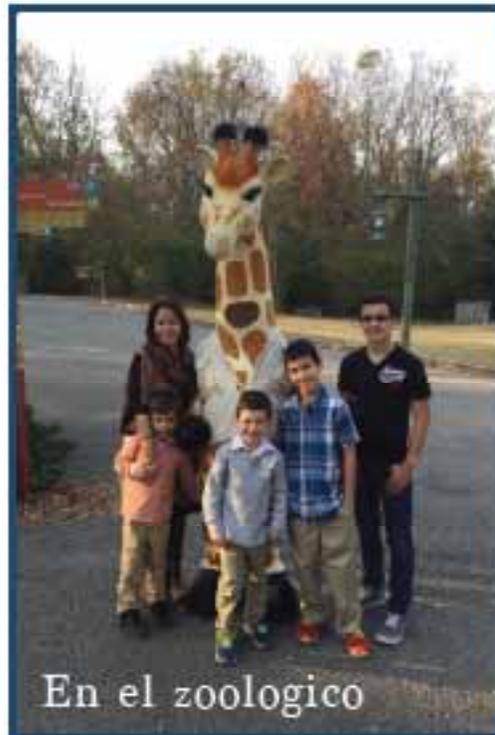
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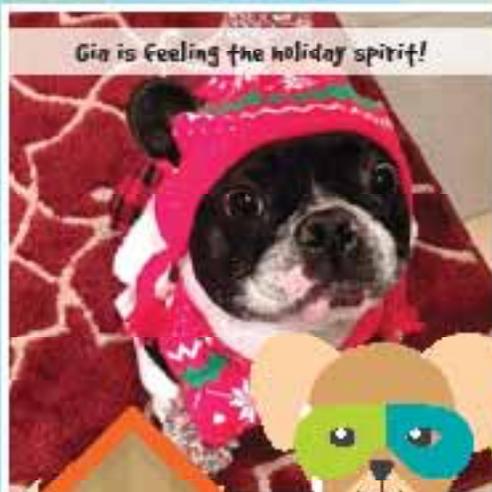
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basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, 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).

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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.

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genealogydiscussion@yahoo.com

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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

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.

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

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

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

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

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NATIONAL ALLIANCE FOR MENTALLY ILL (NAMI) SUPPORT FOR FRIENDS & FAMILIES

6:30 p.m. the third Monday of each month. This group is specifically for family members or friends who have a loved one with a mental illness. It is a time where we share and problem solve in a safe, confidential environment.

Contact Karen W. Grace, (270) 885-9410.

Tennova Healthcare - Clarksville
651 Dunlop Lane

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

21 SATURDAY

MERLE NORMAN COSMETICS GRAND OPENING

10:00 a.m. to 4:00 p.m. Refreshments, door prizes, a shopping spree give-a-way, and gifts for everyone! See ad on page 18.

Merle Norman Cosmetics
1502-E Tiny Town Road
(931) 645-4311

22 SUNDAY

CLARKSVILLE BRIDES WEDDING AND EVENT SHOWCASE

12:00 p.m. to 4:00 p.m. Plan your entire wedding in one afternoon as Clarksville and Hopkinsville's best wedding and event vendors come together for the 12th annual Wedding & Event Showcase. For more information and to purchase tickets visit ClarksvilleBrides.com. See ad on page 17.

Wilma Rudolph Event Center
1190 TN-48

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

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EXHIBITS:

Cut: An Invitational Exhibition November 4 – January 16
 Jostens Gallery

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

Christmas Town November 15 – January 22
Memory Lane

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.

Portraits of David Iacovazzi-Pau January 3 – January 29
 Peg Harvill Gallery

Born in Luxembourg, David Iacovazzi-Pau settled in Louisville, Kentucky where he explores portraiture through paintings and works on paper.

Tennessee Watercolor Society Traveling Exhibition December 1 – February 3
 Kimbrough Gallery

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.

Slave and Slaveholders of Wessyngton Plantation January 12 – February 27
 Orgain and Bruner Galleries

Wessyngton Plantation, Located in Robertson County, Tennessee, was comprised of 13,000 acres with an enslaved labor force of 274 African Americans in 1860. The exhibit, funded in part by a grant from Humanities Tennessee, tells the story of one of the largest tobacco plantations in the country and highlights the diversity and complexity of the slaves' experience.

Utility & Beauty: The Glass of Emmanuel Studio January 12 – March 5
 Crouch Gallery

This exhibit showcases projects from the Emmanuel Stained Glass Studio, Inc. in Nashville Tennessee, one of most highly respected studios in the United States for both restoration and new commissions.

"Her Honeybunch Sweetie Pie is Gone" December 6 – March 12
 Kimbrough Gallery

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 Tenyson.

ACTIVITIES:

Free Family Day: "All Aboard!" Saturday, January 14, 10:00 a.m. – 4:00 p.m.
 Today's activities highlight our very popular model train exhibit. We will make toilet paper tube trains and other train-related crafts, read some stories, and take the model train scavenger hunt challenge. The trains will run 10:00 a.m. – 12:00 p.m. & 2:00 – 3:00 p.m. All activities are free. For more information contact Ms. Sue at sue@customshousemuseum.org or 931-648-5780.

Children's Art Room Renamed the Family Art Studio

In addition to the basic art supplies (crayons, paper, scissors and the ever-popular toilet paper tubes) there are also materials for specific projects and activities. Visit the Family Art Studio in January for some train-themed craft ideas or to explore your own art designs! The Family Art Studio has a new exhibit case featuring objects from the museum's collection, as well as some of Ms. Sue's collectibles.

Look for train-related objects this month! Keep an eye out for more craft themes, related exhibits, and art programs in the months to come! 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.

Reading by Carr Johnson Saturday, January 21, 2:00 p.m.

Program is free with paid museum admission. In conjunction with the exhibition Slaves and Slaveholders of Wessyngton Plantation. The records found in the exhibit Slaves and Slaveholders of Wessyngton Plantation were researched by a descendant of the slaves, John F. Baker, Jr. of Springfield, TN. His years of research culminated in the book "The Washingtons of Wessyngton Planation". Throughout the book, Mr. Baker mentions Horace Carr, a slave preacher and the great, great, great grandfather of Carr Johnson, a Clarksville resident. Mr. Johnson will be at Customs House to read from a book of his own family's history in Tennessee, "Pioneer Colored Christian". On February 5th at 2:00 p.m., Mr. Johnson will do a second reading as well as introduce the featured speaker of the day, John F. Baker, Jr. who will be giving a power point presentation and book signing.

Wax Resist Watercolor Painting Saturday, January 21, 10:00 – 11:00 am

Enjoy the Tennessee Watercolor Traveling Exhibition and stop by the Family Art Studio to try your hand at water color painting! In this exciting activity, we'll be using crayons to learn about the wax resist technique, which uses wax crayons to create textures and block paint from certain areas of the paper when painting. This activity is appropriate for ages 2 and up. Free with paid admission or museum membership.

8th Annual Champagne & Chocolate Fundraiser

Thursday, January 26, 5:30 p.m.

Tickets are \$50 per person
 This elegant and highly popular event features wines and champagne, along with delectable hors d'oeuvres and scrumptious desserts. Live music will set the mood for active bidding in the evening's silent auction. A new addition to this year's event (and just in time for selecting that unique Valentine's Day gift) is a companion sale of select antique and estate jewelry. Mr. Elliott Herzlich of Elliott's Jewelers and his associate will be on hand to speak with guests about the approximately two dozen, fully authenticated pieces of exquisite jewelry offered in this one-time opportunity. Proceeds from the event, silent auction and jewelry sale go towards supporting the Museum's programs.

Saying the Unsayable: Writers Workshop with Stellasue Lee, Ph.D.

Saturday, January 28, 10:00 a.m. – 4:00 p.m.
 Tickets are sold at the door: \$30 for general public; \$25 for Museum Members

Journal writing is the key to a door of the subconscious. It is how one discovers what they are thinking/feeling. This kind of writing is about reaching into the mid-section and exposing what lies within. It is one of the oldest methods of self-exploration and expression. Join Pulitzer Prize nominated author Stellasue Lee for this engaging workshop. In conjunction with the exhibit Her Honeybunch Sweetie Pie is Gone. Students should bring a notebook and pen, as well as their lunch. R.S.V.P. by Thursday, January 26 to Terri Jordan, Curator at 931-648-5780 or terri@customshousemuseum.org.

CLOSINGS:

The Customs House Museum & Cultural Center will be closed Saturday, December 31 and Sunday, January 1 2017 in observance of the New Year. We will also be closed Monday, January 16 for Martin Luther King, Jr. Day.



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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. January 15

Frozen

After the kingdom of Arendelle is cast into eternal winter by the powerful Snow Queen Elsa (voiced by Idina Menzel), her sprightly sister Anna (Kristen Bell) teams up with a rough-hewn mountaineer named Kristoff (Jonathan Groff) and his trusty reindeer Sven to break the icy spell. Chris Buck and Jennifer Lee co-directed this Walt Disney Animation Studios production based on Hans Christian Andersen's beloved fairy tale The Snow Queen.

2:00 p.m. January 22

Mary Poppins

"Practically Perfect In Every Way" Mary Poppins (Julie Andrews) flies out of the windy London skies and into the home of two mischievous children. With the help of a carefree chimney sweep named Bert (Dick Van Dyke), the spirited nanny turns every chore into a game and every day into a "Jolly Holiday." Share the music, share the magic and share the joy with this Disney classic based on the books of P.L. Travers.

2:00 p.m. January 29

Groundhog Day

Bill Murray is at his wry, wisecracking best in this riotous romantic comedy about a weatherman caught in a personal time warp on the worst day of his life. But the more Phil relives the same day, the more he's forced to look at other people's lives, and something unusual happens: he begins to care about others. Andie MacDowell co-stars.

2:00 p.m. February 5

Toy Story

"Woody," a drawstring cowboy doll (Tom Hanks), is jealous of new-toy-in-town, spaceman action figure "Buzz Lightyear" (Tim Allen) in this computer-generated fantasy of an eclectic assortment of toys and their comical misadventures. Woody and Buzz must ban together to survive when they

find themselves in the outside world in the first ever feature-length computer animated film.

2:00 p.m. February 12

Casablanca

Considered by many to be the greatest Hollywood movie ever made, this World War II classic takes place in war-torn Casablanca, Morocco, and tells the tale of a mysterious nightclub owner (Humphrey Bogart) and his old flame (Ingrid Bergman), her husband (Paul Henreid) and other skeletons from his past.

2:00 p.m. February 19

Gone with the Wind

This classic epic of the American South based on the novel by Margaret Mitchell tells the story of Scarlett O'Hara (Vivien Leigh), the strong-willed daughter of a Georgia plantation owner, from her romantic pursuit of the married Ashley Wilkes (Leslie Howard) to her marriage to Rhett Butler (Clark Gable).

2:00 p.m. February 26

Singin' in the Rain

Gene Kelly stars as a Hollywood star of the silent era who finds his career jeopardized when he and his shrill-voiced leading lady must appear in a talkie together. His luck begins to change, however, with the arrival of chorus girl and aspiring actress Kathy Selden (Debbie Reynolds).



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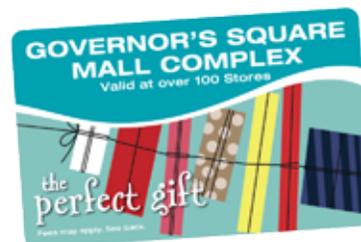
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NETWORK

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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.

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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@uhsinc.com. 3672-4723, 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 attention. 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. 551 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/qcr 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 Howie and he can be reached at PrHowie@aol.com for all who are interested. Visit clarksvilletennis.usta.com.

CLARKSVILLE VOLLEYBALL CLUB

Located at 2231 Madison Street, we provide Volleyball training for all ages. Clarksville Volleyball Club offers training for all levels of volleyball beginner to advanced. Ages 7 and up. Club, clinics, camps and private lessons available. For more information visit 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, Thursday and Friday; 8:00 a.m. to 4:00 p.m. Wednesday; and 8:00 a.m. to 2:00 p.m. Saturday. Open to the public with gym, walk track, weight room, aerobics, boot camp, Zumba, r&b line dancing, cafe, dining room, meeting rooms, and more. Visit clarksvillefamilycenter.org or call (931) 647-4341.

TEAM CLARKSVILLE YOUTH WRESTLING

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

THUNDERBOLT AQUATICS SWIM CLUB

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

WARRIORS SPECIAL NEEDS CHEERLEADING

A competition cheerleading squad for children with special needs and disabilities or handicaps. We give kids a chance to cheer year around in a competitive setting, but where they will not be judged. We welcome children ages four to 18. For more information call Michelle Lange at (931) 217-2392 or e-mail 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 birth setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or expectingnewlife@yahoo.com for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

Montgomery Co. W.I.C is excited to extend a Breastfeeding Basic invitation to ANY expecting mom in our local community! Learn how to successfully breastfeed your baby at a FREE session at the Montgomery County W.I.C office! Breastfeeding classes

will always be on the FIRST TUESDAY of the month at 11:00 a.m. and the THIRD THURSDAY of the month at 1:00 p.m.! Hope to see you there!

CLARKSVILLE BIRTH COMMUNITY

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

The 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. middletennalanon.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 8+ - 18 years. Families participating can expect weekly in home visits with a skilled professional providing information on Child Development, Family Routines/Structure, Family Systems and any goals the parent desires assistance with (weaning from the bottle, potty training, pre-school readiness, etc.). For more information or to set up an appointment contact Sarah at (931) 645-9969.

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or 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 mtcbca.org.

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

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineal, bloodline descent from an ancestor who aided in achieving American independence. Email us at sevierstation@yahooc.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 studythescriptures.net or call (931) 648-8844 for more information and to register.

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or 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 of issues facing military Families. 2601 Indiana Avenue, Fort Campbell. (270) 799-9322. campbell.armymwr.com/us/campbell/programs/acs or facebook.com/FortCampbellACS/.

ASERCARE 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. 247 on-call availability. Serving Montgomery, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

BAYANHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

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

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 BLUEWAY

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

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. Serving Montgomery, Cheatham, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

GOOD NEWS CLUBS

Teach children about Jesus in their schools! Though most children do not attend church, most do attend

public school! Good News Clubs® are after-school Bible clubs that meet one afternoon a week at the school to teach children about Jesus, run by volunteers who are trained and screened by Child Evangelism Fellowship (a worldwide interdenominational ministry to children since 1937). Perhaps God would use you in this important ministry! ReachingKidsForJesus.com, (931) 241-8202, Facebook - CEF Greater Clarksville Chapter

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, habitatmctn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

HAILEY'S HOPE WITH PROJECT SWEET PEAS

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

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at huhawaiioti.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 uplifting those in need through kindness, love, respect and a full stomach. 1319 Franklin Street, (931) 933-0970.

MEALS ON WHEELS

Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Deliveries 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 ANONYMOUS

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

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

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit 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) 647-9311-1050. 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 clarkvillefirst.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 1620 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. MHCC 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 JulieSPoolePHD@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 AFSSer's applications are available for viewing for the 2016-17 school year. Host parents may go to afsusia.org/host to view them and fill out a hosting application. Keep in mind that CMCSB 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 afsusia.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. Willis at (931) 378-7258 and afsbab59@gmail.com or Sandy Rich at rich@safsusia.org or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is afsusia.org/misstenky/. Follow AFS on Facebook: AFSUSA, Twitter: afsusia, YouTube: AFS TV and Flickr: afsusia.

YOUTH FOR UNDERSTANDING USA (YFU)

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

PARENT GROUPS

CHRIST PRESBYTERIAN CHURCH MOPS

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

AARP LOCAL CHAPTER 1957

Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. Affiliated with the National AARP. To become a member of the local chapter you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. 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.

BREAST CANCER SUPPORT GROUP

ABC (After Breast Cancer) outreach program provides survivor support through a free, comprehensive 16-week program that includes a YMCA membership, Pink Ribbon training classes, lymphedema education, and nutrition classes in a wellness-focused, caring environment. Survivors are encouraged to attend our monthly meetings held the 2nd Monday of each month. If you are going through chemo and are in need of a wig, please let us know. For more information or to sign up for the next session, contact Sherrie Lewis at (931) 647-2376 or slewis@ymcamidtn.org.

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 cadstin@hotmail.com. Visit cadstin.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 Neil Wooten at (931) 647-8904.

CLARKSVILLE OSTOMY SUPPORT GROUP

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

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

Are you the parent or caregiver of a child exhibiting challenging behaviors? Do you sometimes have feelings

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

COMPASSIONATE FRIENDS

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



MAJOR EXHIBITS OF ART

BY LOCAL ARTISTS IN CLARKSVILLE, TENN

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

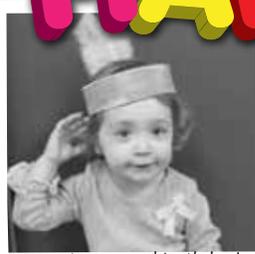
FIRST THURSDAY

== OF EACH MONTH ==

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

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

HAPPY BIRTHDAY!



Happy 2nd birthday!
 Oakleigh Rae - We love you,
 Mommy, Daddy & Tatum



Happy 3rd Birthday Beckett!! Love
 Mom, Dad, Campbell & Brantley



Happy 3rd Bday, Jordan & Blake
 Adams GOD Bless You -
 We all LOVE you



Happy 3rd Birthday, Lola P!
 Love, Daddy, Mama, & Celia



Happy 3rd Birthday to our
 princess - Love Mgm, Dad,
 Siblings and grandparents



Happy 4th Birthday MaryBeth!!!!
 We love you! Love, Mom, Dad,
 Thomas and Samuel



Happy 5th Birthday mi macho bello
 Love Mom, Dad, Siblings & grandparents



Happy Birthdays!
 We love you AVA n NATALIE!!!!



Feliz cumpleaños Justin



Happiest 8th Birthday
 Wishes Anastyn!!
 Everyone loves you!



Happy 8th birthday Joycelyn!
 The FORCE is with you!



Happy 10th birthday Angelina
 We love you the most!!!
 Love, Mama & Daddy



Feliz cumpleaños Matthew



Happy 10th birthday Thomas!!
 Shoot for the moon! Love, Mgm,
 Dad, Samuel and MaryBeth



Feliz cumpleaños Christian



Happy birthday Jaylen
 mom love u



Happy birthday cuz



Happy birthday to my
 beautiful niece love &
 aunt Rhonda



Happy birthday to
 my beautiful Aunt Gin



Happy birthday to
 my Uncle Rev. Webster

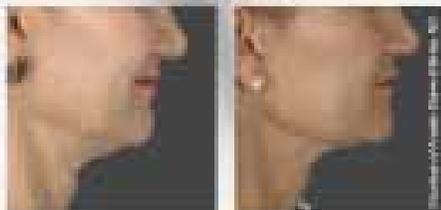
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Lift

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It's nonsurgical. Customizable. Beautiful. Ultherapy® is the only non-invasive, FDA-cleared procedure that lifts and tightens your neck, chin and brow, and improves lines and wrinkles on the chest. The power of ultrasound goes to work deep below the skin's surface, reviving and creating collagen for a different kind of lift.SM So you can have more control over the way you age.

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ULTRASOUND: Ultherapy is a non-surgical procedure that uses focused ultrasound energy to lift and tighten the skin. It is FDA-cleared for the treatment of the neck, chin, and brow. Results are visible immediately and continue to improve over time. Ultherapy is a non-invasive procedure that does not require downtime. Ultherapy is a non-surgical procedure that uses focused ultrasound energy to lift and tighten the skin. It is FDA-cleared for the treatment of the neck, chin, and brow. Results are visible immediately and continue to improve over time. Ultherapy is a non-invasive procedure that does not require downtime.

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