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## Publisher's Message

Hello and Happy February! By the time you're reading this it may be 65 degrees outside or your kids could be building a snowman. That's how unpredictable the weather has been this past year. As much as I dislike how the snow practically shuts down the whole town, I must admit, I wouldn't mind seeing a little of it and getting to enjoy a few snow days home with my (12-year-old) son before he's too cool to hang out with me anymore.

You may be wondering what the seemingly bi-polar candy hearts on this month's cover are all about? Of course February 14th is Valentine's Day. If you're excited, dreading, or indifferent about it, like most holidays it's kind of difficult to completely avoid. Taylor Lieberstein has an interesting approach about the many ways to celebrate this holiday whether you're married, single, dating, already have plans, not sure what you're doing yet, I think her article on page 10 is definitely worth a read!

Don't forget to check out our many other great articles. Our feature Candlelight Ball article (page 6), finance and how it can affect your marriage (page 14), vaginal rejuvenation (page 16), heart attack warning signs (page 24), paying off credit card debt faster (page 26), and last but not least, be sure to check out the calendar of events starting on page 28 to see everything going on in and around town!

Have a great month and as always, thank you for picking us up!

Sincerely,  
Carla Lavergne



# Clarksville Living

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

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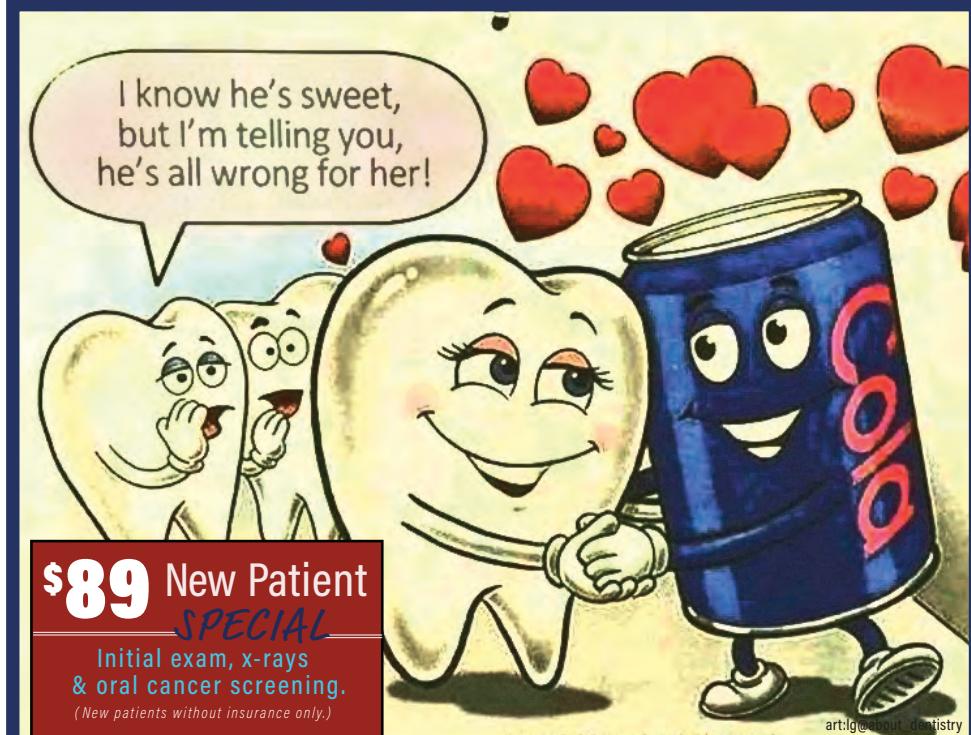
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## FEATURE

# CANDLELIGHT BALL 2017

### Taylor Lieberstein

This month Austin Peay will continue a tradition that started 33 years ago, the Candlelight Ball. The signature event boasts itself as one of the community's premier social events with hundreds of guests attending each year. It is through the passion and support of Austin Peay's friends and alumni that the event has raised more than \$360,000 in scholarship funds to date. Over 22 APSU students have been provided financial assistance and scholarships because of the generosity of the university's underwriters and guests. Funds raised by the ball have also been used for various projects around the campus including the restoration/renovation of the Pace Alumni Center at Emerald Hill and to provide financial support for the APSU Center for Teaching and Learning.

Austin Peay State University's 33rd Annual Candlelight Ball

Hilton Nashville Downtown

121 4th Ave South

Nashville, Tennessee

(615) 620-1000

March 11, 2017

Cocktail Hour: 6 p.m.

Dinner and Awards Ceremony: 7 p.m.

Dancing: 8 p.m. (To the music of Burning Las Vegas)

As always, the black-tie event will be held at the Hilton Nashville Downtown. All supporters of the community are invited and encouraged to attend the signature event. While it is held in Nashville, the ball is an event to network within the Clarksville community. With the main goal being to bring people together to have a good time and support deserving students that without these scholarships

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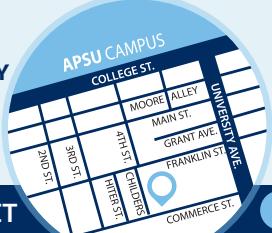
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The two recipients initially received their awards at a luncheon earlier this year. These award recipients will be recognized again at the Candlelight Ball during a dinner and awards ceremony.

The Wendell H. Gilbert Award honors a person who has significantly contributed to Austin Peay State University by sustained service, has made a significant contribution to the university or has

brought recognition to the university by his/her success. The honoree exemplifies excellence and integrity and has inspired others by his/her accomplishments.

This year's Wendell H. Gilbert Award Recipient is Don Jenkins. Jenkins is president and CEO of Jenkins & Wynne Ford, Honda and Lincoln in Clarksville. Currently, he is president of the

Austin Peay State University Foundation, a role he also served in 2000. He is a member of the APSU Executive Committee, a member of the APSU Red Coat Society and a former "Changing Minds, Changing Lives" Capital Campaign co-chair. Jenkins received the 2014 Outstanding Service Award for his work with the University, and, in 2015, he was honored with the Tennessee Board of Regents Chancellor's Award for Excellence in Philanthropy for his service to Austin Peay. On Oct. 11, 2016, Tennessee Gov. Bill Haslam appointed Jenkins to APSU's newly created institutional governing board.

The Spirit Award honors an individual who has met the same requirements as the ones of the Wendell H. Gilbert Award and in addition is 42 years of age or younger.

This year the Spirit of Austin Peay award recipient is Carolyn Yarbrough. For more than 40 years Yarbrough has been one of the most ardent supporters of Austin Peay State University basketball. She is a long-time member of the University's Governors Club, and in 2001, she served as that organization's first female president. She was also the first woman inducted into APSU's Red Coat Society, and in 2011, she was presented with the Outstanding Athletic Booster



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Jackie, down 25lbs

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Award. She has served as either chair or co-chair of every basketball fundraiser, has organized fan bus trips to away games and after-game food for APSU basketball players. Yarbrough has supported other APSU sports, helping with baseball cookouts, football alumni parties, fishing tournaments and men and women's basketball send-off parties.

Join Austin Peay on March 11 for a night to remember! For more information or to request a Save the Date card, contact the APSU Alumni Relations Office at (931) 221-7979. The Candlelight Ball an amazing way to help deserving students retain needed funds, preserve the beautiful campus and a great reason to get dressed up and enjoy an evening out with friends while enjoying amazing food and entertainment. The 2017 Committee is already hard at work to make this event one of the most successful yet. To RSVP online visit [www.apsu.edu/alumnievents](http://www.apsu.edu/alumnievents). For guests that wish to spend the night after the event, the Candlelight Ball Committee has set up group rate rooms at the Hilton, which you can request when you call to book a room.

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Taylor Lieberstein

Valentine's Day can be a different experience depending on your relationship status. Some of us are dreading the day while some of us are anxiously awaiting 24 hours devoted to our love. Here are our

advice and tips on how to make the most of the holiday whether you are in a relationship or single as a dollar bill.

**For the people who are with someone and excited for an entire day devoted to the celebration of their love here are some helpful hints and ideas to make sure you enjoy the holiday to the max.**

Manage your expectations of Valentine's Day remembering that meaningful relationships are built on small, consistent acts of kindness over the entirety of a relationship. While 53% of women say they would end their relationship if they didn't get something for Valentine's day (according to a study published by Statistic Brain) it doesn't have to play out like a scene from a movie. Only in the movies do men give rose bouquets the size of trees or rent planes to drag declarations of their love across the sky along with many more highly unlikely affirmations of love. Those things are highly unlikely and honestly, grand gestures pale in comparison to the smaller acts of ongoing appreciation and thoughtfulness.

Statistic Brain's survey also found that consumers spend \$116 each Valentine's Day. If you plan to spend the

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average amount get more for it by purchasing a meaningful gift. There are plenty of great gifts outside of roses and candy that cost the same or less than that. Gifts that are also experiences are always a good idea. A month of yoga classes or a gift certificate to a painting class. I assume more women will read this article than men. Women, if you are reading this, mention alternative gift options

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ahead of time. I'm always a fan of anything DIY incorporated into a gift, a handmade card at least.

I'm aware that men make the plans or are at least expected to when it comes to the Valentine's Date. However, know that the world would go on if that tradition was broken and the woman planned the night. Additionally, it is a sure-fire way for women to get the night they really want. My favorite date idea right now is recreating your first date. If you don't want to spend your time at a fancy dinner there are other equally fun dates to go out on—bowling, a coffee shop, volunteering at a local charity as a couple. If you are one of the women who couldn't care less about the day communicate that you would rather stay home to Netflix and chill or you and your partner's equivalent.

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If you're not looking forward to 24 hours of overly-hyped, excessively-priced, commercial madness here are some tips to cope with the holiday.

Instead of being anxious about Valentine's Day and taking it as a national reminder that you are *alone*, possibly alone *forever*, try to cast light on the most important relationship you'll ever have: the one with yourself. We place such a measured focus on relationships and couples and love that we forget that love is an internal thing as well. Remember that single doesn't equal alone.

If you aren't up for celebrating solo rally your girlfriends and plan a girl party. Round up your favorite women and treat yo' self. There is nothing more satisfying than spending hard-earned money on yourself, so be sure to do whatever your heart most desires. A spa day, a day trip, a day of deep chilling. Get in touch with the girls, your sisters or anyone who is equally single and decide on how to spend your day.

Throw a party with your girls if you're up for it. Get your friends together and use the holiday as an excuse to party. Or, if you're all looking for relationships, use Tinder on Apple TV to swipe and judge together. There's no reason this should be a sad day you spend alone with a pint of ice-cream.

Single but looking? Going on a date is a totally legitimate option. Just avoid romantic restaurants where you might feel *too* much pressure with all the celebrations happening around you.

Arrange to spend the day at a homeless shelter, soup kitchen, children's facility or other charitable organization—or forgo Valentine's Day altogether, in favor of a volunteer day. Create and celebrate your volunteer day, and use your energy and resources on behalf of people who need your help.

Whether you love the freedom that comes with not being in a relationship, or you're feeling a bit down about being single on February 14, figure it out, have fun and look forward to all the candy that goes on sale the day after Valentine's Day.



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Arlene Brown, ChFC, CDFA, Paul Winkler, Inc.

There's something to celebrate about the latest statistics on divorce. The divorce rate has dropped to its 40 year low, and Tennessee's ranking has dropped from the 10th highest divorce rate in 2015 to 19th among the 50 states. However, money issues are still one of the leading causes of divorce. Why is that? Couples don't like to talk about money. In fact, according to an American Express study, 91% of couples avoid money talks with their partner. A study conducted by the National Foundation for Credit Counseling (NFCC) revealed that 68% of

engaged couples express negative attitudes toward discussing money, with 5% indicating the discussion would cause them to call off the wedding.

As an Investor Coach I've found how imperative the need is for couples to break this money silence. It's deafening! I remember when I was still dating my husband 16 years ago whenever I would actively engage him in a money discussion he would complain that he didn't find talking about money romantic at all. I quipped back that it's the most romantic thing he could do for me, talking about money and the emotions that come along with it.

At that time, I didn't know that we all have what the financial and psychology field refer to as "Money script or Money demons"—I was just being mindful of the cultural differences that might trigger a clash over money. I'm from the Philippines, and to me money is a tool to help lift my family from poverty. I told my husband that I can't afford wasteful spending, and that I'm frugal almost to a point of parsimony. He smiled and said "Oh, so you're telling me that you're stingy when it comes to money?" I didn't realize at the time that the dialogue about money would promote intimacy in our relationship. It allowed us to share our dreams, goals, fears and think of strategies to help us deal with our fears effectively. We could offer each other alternatives, and ways to realize my dream of helping my family in the Philippines in a more impactful way than I could have done alone. It also allowed us to understand our own mindset towards and about money. We married six months later.

I've noticed among my clients that the more successful the marriage is the more comfortable they are in the discussion about money. Most of these couples are also comfortable about talking to their children about money and spending plans. This is very significant to me. If there is no Money Talk between couples, how can you grow financially fit children? The American Express study also showed that 69% of couples that don't talk about money stated that they are more comfortable talking to their teens about sex than money, 50% of Baby Boomers reported that they have never talked to their children about money. This is one of the reasons why assets are not properly transferred to children and heirs because of the absence of such dialogue. We need to change this mindset.

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# TALK ABOUT YOUR VAGINA

**Karen Parr-Moody**

Khloé Kardashian had no trouble in spilling the beans on her sisters' vaginas as she chatted on an episode of the TV show *Kocktails with Khloé*. She told viewers that her siblings Kourtney and Kim both had vaginal laser rejuvenation after childbirth.

But let's be honest: Clarksville isn't L.A., where the Kardashians' lives are an open book, and women in the Deep South tend to be shy about discussing their vaginas.

Still, there are many insults ones' vagina can endure during childbirth and menopause. While chatting about them doesn't make for riveting cocktail conversation, the topic might be worth discussing with a doctor.

At Bella Medical Spa on Wilma Rudolph Boulevard, the euphemism used for such banter is "women's intimate wellness," says marketing director Kelsey Harvey. To help women achieve more such "wellness," the spa has introduced a service called the CO<sub>2</sub>RE Intima Vaginal Laser Rejuvenation.

The CO<sub>2</sub>RE Intima treatment is a non-surgical, non-hormonal procedure with no downtime and no anesthetics. Intima is



a CO<sub>2</sub> laser, which is the current gold standard for all tissue rejuvenation. For example, such lasers can work miracles on the skin, from tightening wrinkles to filling out acne scars.

The CO<sub>2</sub>RE Intima laser includes special equipment designed for vaginal use and yields a rejuvenation of the exterior, lining and depths of the vagina, which results in internal muscle tightening and improved external aesthetics.

By contracting cells and stimulating cell growth production in the vagina, the CO<sub>2</sub>RE Intima technology can treat a multitude of issues, including stress urinary incontinence (leakage of urine), lax muscle tone, dryness, discoloration of the external genitalia and pH levels that are off.

"It delivers laser energy to the vaginal walls, so it basically forces your body to heal itself," Harvey explains. "That restores flexibility, tone, pH levels and moisture. For a lot of women, this restores their intimacy with their husbands. I think the biggest intimacy issue is dryness. We've seen that in multiple ages."

Harvey says that many women who have given birth to children vaginally have issues of laxity in the vagina.



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"It does help to kind of tighten and increase the flexibility and tone of the vaginal walls, as well," she says. "It can do several things."

Harvey says the results of CO<sub>2</sub>RE Intima studies are impressive.

"Statistically with this procedure, according to the CO<sub>2</sub>RE Intima technology's studies, 92 percent of women reported satisfaction with the treatment," Harvey says. "That's a big number when it comes to lasers. Then 73 percent reported an improvement in sexual gratification and 75 percent reported an improvement in vaginal rejuvenation in general. Those are pretty big numbers when it comes to this industry and the satisfaction rates."

At Bella Medical Spa, the treatment is performed by Dr. David L. Boles, a licensed medical doctor who specialized in osteopathic medicine during his studies. He has used lasers in his practice for 10 years and has been trained on the CO<sub>2</sub>RE Intima laser by a team from the technology's developer.

Before patients embark on the actual procedure, Harvey says Bella Medical Spa recommends they first have a complimentary consultation with Dr. Boles, during which they can ask any number of questions. A nurse or aesthetician is in the room with Dr. Boles during the consultation (as well as during the procedure).

Several of Bella's employees have had the procedure. One, a 29-year-old aesthetician who was treated for urinary incontinence after childbirth, agreed to be interviewed for this article if her identity would be concealed. Not only has she experienced the vaginal rejuvenation treatment, she has sat in on many patients' consultations.

She says that the question most patients ask during their consultation is, "Does it hurt?"

The aesthetician says that, based on her experience, "There is absolutely no pain whatsoever. I have felt more with a pap smear than I did with this." (Harvey explains, "We can't say the treatment is 'pain free' because some people might feel something with the insertion, but it's generally pain free as far as the internal procedure goes.")

As with her procedure, the aesthetician says that urinary incontinence is one of the most common reasons women do it.

When talking about their vaginas with Dr. Boles, the aesthetician says, "I feel like women feel a little bit shy at first. But then the doctor asks them a lot of questions about their issues and they open up more. I do think it helps that there is another female in there. Sometimes I'll say, 'I've actually had it done.' I'll tell them my firsthand experience."

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Harvey says that a series of three treatments is recommended for optimal results. Some patients opt for internal and external rejuvenation, while some only get it done internally. While a patient will occasionally ask only for external rejuvenation, this is rare.

The CO<sub>2</sub>RE Intima laser's features include a swivel arm that completely treats the vagina internally, including the walls, ceiling and floor along the entire canal. The laser features hand pieces for external resurfacing.

Before the first treatment, the patient must inform the office that she has had an up-to-date pap smear. During the initial treatment, the patient wears a spa wrap and Dr. Boles performs a quick vaginal exam. Then a topical anesthetic is applied to the vagina so that the area will be numb prior to treatment.

While there is no anesthesia, patients who are concerned they might experience anxiety during the procedure can ask for a sedative prior to their treatment date.

"If a patient is nervous, we do have a sedative to help relax her during the procedure," Harvey says. "We can make someone as comfortable and pain free as possible. But she must have a driver; that's the legal requirement."

Nervous patients can also request music to calm their nerves.

Each treatment takes about 15 minutes on average, Harvey says. Including the numbing and prep time, a patient can expect to be at Bella Medical Spa for about an hour.



The three treatments can be administered two weeks apart.

Harvey says that there is no downtime and the only restrictions, if the treatment is internal, is what Dr. Boles calls taking a "vaginal rest."

She explains, "You wouldn't want to apply anything to the vagina, so no sex or tampons."

Harvey says that it's no secret women have long struggled with issues such as urinary incontinence.

"A lot of women after childbirth actually struggle with that, especially if they're working out, because they'll have that kind of leakage. This is huge with women who are working out and have to wear a pad because they're so scared that they're going to pee."

Harvey points out that women can opt for laser help with urinary incontinence instead of going the surgical route. Women whose surgeries for urinary incontinence were unsuccessful may give laser rejuvenation a try, as well.

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The cost is \$3,000 for three treatments that are both internal and external. Should a patient choose to have the treatment done just internally, it is half the price.

Bella Medical Spa is currently running a special through an ad in *Clarksville Living Magazine*. If a patient mentions this ad, she will get a 20% discount on each treatment.

CareCredit is accepted at the spa and it also offers a "beauty savings account" that women may use to save up their funds for any procedures, as they would for a vacation.

In conclusion, Kelsey addresses the shy factor, noting the strength in numbers: statistics show that many women suffer from these issues of vaginal health.

"Women don't really talk about it, except maybe with their gynecologist," she says. "I don't think the awareness is out there that other people suffer from these issues, as well."

She adds, "We need to put this out in the open. A lot of women suffer from these issues. It doesn't have to be a secret anymore."

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Dr. Catherine Meeks

In the past 40 years, cases of heart disease in the U.S. have dropped by 20 percent.<sup>1</sup> Now, that's news worth celebrating! Efforts at prevention, detection, and treatment appear to be paying off. For example,

Americans' cholesterol levels keep falling. Researchers think that ditching trans fats from our diets may be one reason why.<sup>2</sup>

Still, heart disease here remains the number-one cause of death in both men and women.<sup>2</sup> We can do so much more to support our faithful tickers. You might

be surprised to learn how much your emotional health influences your heart. Check out a few recent studies:

**Pessimism.** A study lasting 11 years looked at the risks linked to pessimism among 3,000 men and women. Guess what? That "glass-half-empty" attitude seemed to have a pretty big impact. Those who were most pessimistic were twice as likely to die of heart disease as the least pessimistic. The researchers can't prove that negativity caused the rise in heart-related deaths. But this emotion can lead to an increase in hormones related to stress and inflammation. That might help explain the link.<sup>3</sup>

**Worry.** An even larger study of 7,000 Norwegians also found a link between worrying about a heart attack and having one. The "worried well" were twice as likely to have a heart attack as those who weren't

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anxious about their health. Again, the link can't be proven, but physical changes from anxiety are the likely culprit.<sup>4</sup>

**Depression.** Over 10 years, researchers tracked 1,100 women and found that those with a history of depression had a much higher risk of heart disease. In fact, in women younger than 65 with no history of heart problems, depression was the only significant risk factor linked with developing heart disease. Depression can produce stress hormones. It may also lead to unhealthy behaviors that can increase the risks.<sup>5</sup>

**Anger.** Either intense anger or physical exertion doubles the odds of having a first heart attack. Even worse? Combining the two triples that risk, according to a study of

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12,000 people. Chances are, anger and intense activity simply trigger an attack in people who already have artery-clogging plaques, say the researchers. Intense emotions or activity may cause a domino effect: A rise in blood pressure and heart

rate constricts blood vessels. That, in turn, causes plaques to rupture and cut off blood flow to the heart.<sup>6</sup>

Spotting any trends?

With medical help or even self-care such as meditation or relaxation exercises, you can learn how to shift some of these

moods. If these emotions are a challenge for you, I'll also do what I can to help. For one thing, I can point you to reliable sources of health information. Together we can work on managing blood pressure including discussing a few changes to your diet and lifestyle. Review the signs of a heart attack and make an appointment with your physician today to know your overall health.

*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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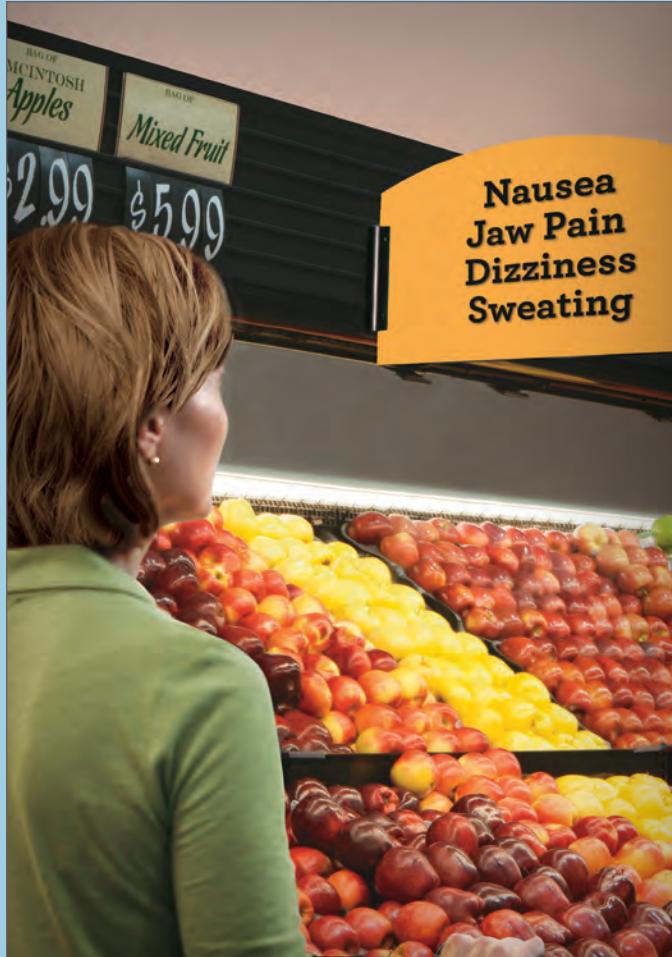
### Ladies, It's Time to Listen to Your Heart

Each year heart disease claims the lives of more women than any other health condition. Heart disease can result in heart attacks, yet the symptoms of a heart attack aren't always obvious, especially among women.

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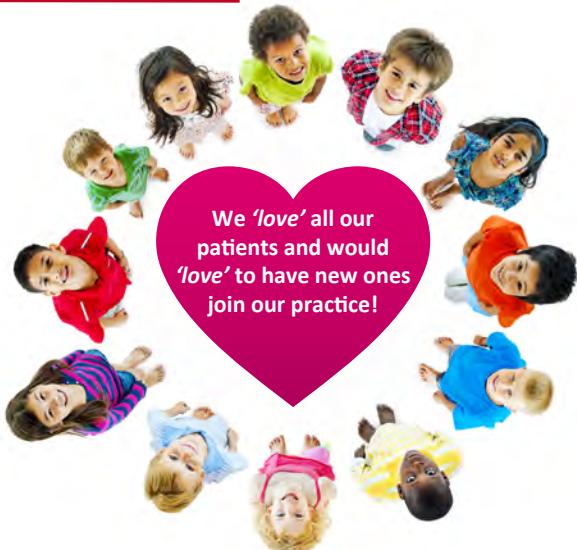
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*"More Than the Minimum: How to Pay off Your Credit Card Debt Faster." Balance PRO N.p., n.d. Web. 26 Jan. 2017.*

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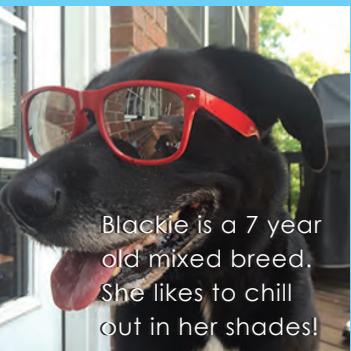
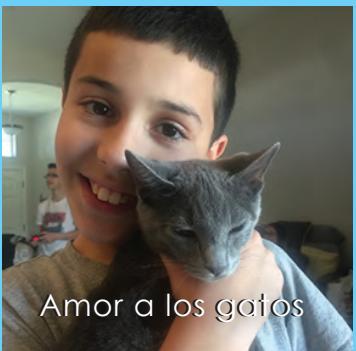
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Registration is not required, but encouraged. Register online and learn more about the program at [clarksvillegamedesign.net/about/](http://clarksvillegamedesign.net/about/). The event will be first come, first served and limited to the size of the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

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430 Greenwood Avenue Room 218

### GENEALOGY DISCUSSION GROUP

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

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

### HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

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

Clarksville Restore  
(931) 645-4242  
408 Madison Street

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

## HOPE RIDERS BIKER CHURCH

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

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

## MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

Clarksville-Montgomery County Public Library  
350 Pageant Lane

## SOCIETY FOR CREATIVE ANACHRONISM

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

## UFO CLUB

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

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

# February

## 2 THURSDAY

### GROUNDHOG DAY

### HARRY POTTER BOOK NIGHT

5:00 p.m. to 7:00 p.m. Get ready for a magical night celebrating the professors in the wizarding world of Harry Potter! Come to the library for crafts, a potions class, a live animal demonstration fro Care of Magical Creatures, a Fantastic Beasts Scavenger Hunt, trivia, a House-Elf Clothing Drive- and so much more!

Clarksville-Montgomery County Public Library  
350 Pageant Lane



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## 20th Annual Spring/Summer Consignment Sale

**RECEIVING DATES:** March 2-4  
(by appointment only)

Call or go on-line to schedule your drop-off time!

### SALE DATES:

#### PRE-SALES:

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

#### Tuesday

March 7  
PRESALE FOR CONSIGNORS, GUESTS & NEW MOMS

#### Thursday

March 9th  
1/2 OFF PRESALE FOR CONSIGNORS

find us on Facebook!

Sale Location:  
121 Union Hall Road  
Clarksville, TN

### OPEN TO THE PUBLIC:

#### Wednesday

March 8th 7:00 AM - 6:00 PM  
OPEN TO THE PUBLIC

#### Thursday

March 9th 6:00 AM - 8:00 PM  
25% OFF UNLESS MARKED NO DISCOUNT

#### Friday

March 10th 7:00 AM - 6:00 PM  
(1/2 OFF TO THE PUBLIC)

#### Saturday

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

For complete details & instructions go to: [www.tnconsign.com](http://www.tnconsign.com)

## ART & WALK

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

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

## 4 SATURDAY

### SENSORY STORYTIME

10:30 a.m. to 11:30 a.m. Sensory story times are geared for children who have a hard time in large groups, are on the autism spectrum, or are sensitive to sensory overload. We will use preschool-level books, songs and movement during these story times.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

### TEEN ANIME MOVIE CLUB

2:00 p.m. to 4:00 p.m. Join us for Teen Anime Movie Club in the large meeting room in the library. Check out our Facebook page for titles and other details. This is a teen event for grades 7th-12th.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

## 6 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

## 12 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



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## 13 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

## 14 WEDNESDAY

### VALENTINE'S DAY

## 15 WEDNESDAY

### COMPASSIONATE FRIENDS

#### MEETING

6:00 p.m. to 7:00 p.m. the third Wednesday of every month. 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 daughter, a

brother or sister, or a grandchild, and helps others better assist the grieving family.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

## 16 THURSDAY

### AS THE PAGE TURNS :

#### LIBRARY BOOK CLUB

6:00 p.m. to 7:30 p.m. The Library has started a book club! The book club will meet every 3rd Thursday at 6:00 pm in the Boaz Board Room on the second floor. Copies will be available at Circulation Desk. For more information about the title of the month, check us out on Facebook or contact Gracie or Jason at (931) 648-8826 and selection option 2.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

**the YMCA**  
FOR YOUTH DEVELOPMENT®  
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We are committed to helping you thrive and achieve your health-and-wellness goals. Studies have shown that when you add an accountability partner to your work out routine , you are more likely to succeed.

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Help us help you **succeed** in achieving your fitness goals. Refer a friend to join the Y, and you could **both** save **20% per month** for as long as you are both active members!

**1** FIND YOUR MEMBERSHIP ID | Your Membership ID serves as your referral code. You can share your number with the friend(s) who will be your 'BTB' (Better Together Buddy). To find it, simply log in to your YMCA account at [ymca.org/better-together](http://ymca.org/better-together).

**2** REWARD YOUR FRIENDS | Share your Membership ID with your friends & encourage them to join the Y. When they sign up for a qualifying membership, they'll receive up to 20% off their monthly membership fees as long as you are both active members.

**3** BUDDY BENEFITS | Depending on your membership type, you may also receive up to 20% off your membership as long as you and any of your 'BTB' have a qualifying YMCA membership.

CLARKSVILLE AREA YMCA 260 HILLCREST DRIVE 931.647.2376

## 18 SATURDAY

### SATURDAY STORYTIME

2:00 p.m. to 2:30 p.m. Saturday Story Time is for the whole family. There will be stories and songs and a craft afterwards. Come join the fun! This week's theme is Royalty! Come dresses as a prince, princess, king or queen!

Clarksville-Montgomery County Public Library  
350 Pageant Lane

### LEGO PROGRAM

3:00 p.m. to 4:30 p.m. We supply the Legos, you supply the imagination!

Clarksville-Montgomery County Public Library  
350 Pageant Lane

## 20 MONDAY

### PRESIDENTS' DAY

### 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



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Liberty Rooms  
Tennova Healthcare - Clarksville  
651 Dunlop Lane

#### 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

#### 21 TUESDAY

##### DIABETES SUPPORT GROUP

5:00 p.m. the third Tuesday of each month. Our Diabetes Support Group offers up-to-date information and peer support related to self-management

of diabetes. For more information visit [Tennova.com](http://Tennova.com) or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

Liberty Rooms  
Tennova Healthcare - Clarksville  
651 Dunlop Lane

#### 26 SUNDAY

##### MUSIC AT GRACE: LESS KERR & THE BAYOU BAND

4:00 p.m. Free and open to the community/public. Mardi Gras ushers in Lent.

Grace Lutheran Church  
2041 Madison Street  
[grace-lutheran-church.org](http://grace-lutheran-church.org)  
(931) 647-6750

#### 28 TUESDAY

##### MARDI GRAS

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

# HUMANE SOCIETY

## 2017 CALENDARS \$12 EACH!



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# Youth Leagues

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**Games Begin: June 5**

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**CUSTOMS HOUSE MUSEUM & CULTURAL CENTER**  
 200 South Second Street • (931) 648-5780 • [www.CustomsHouseMuseum.org](http://www.CustomsHouseMuseum.org)

**EXHIBITS:**

**Slave and Slaveholders of Wessyngton Plantation January 12 – February 27**

Orgain Gallery

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.

**The Local 5 February 1 – 26**

Planters Bank Peg Harvill Gallery

The Harvill Gallery features five local Clarksville artists: Leah Foote, Malcolm Glass, Terri Jordan, Richard Hogan, and Larry Martin.

**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.

**The Art of Margaret Evangeline January 26 – March 5**

The Leaf Chronicle Lobby

Margaret Evangeline is a contemporary painter, sculptor, and installation artist who lives and works in New York City.

See her paintings from the museum collection on display.

**"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 Tennyson.

**A Fine Note February 1 – May 28**

Jostens Gallery

Items from the Customs House Museum's permanent collection highlight the world of music with instruments, sheet music, photographs, and other artifacts.

**ACTIVITIES:**

**February in the Family Art Studio:**

**The Stories of Uncle Remus**

Through the fictional character of Uncle Remus, Joel Chandler Harris brought to life the stories of Brer Rabbit, Brer Bear, Brer Fox and their many woodland friends and neighbors that were told by enslaved Africans.

Having spent four years working on a plantation as a young man, Harris himself grew up amongst the stories

and the storytellers. His keen ear, combined with great wit, meticulous research, and a fortuitous position at the Atlanta Constitution, allowed the stories to flourish around the globe.

**February's Art Lesson: Drawing Action Lines**

Check out the Family Art Studio for tips for drawing action lines. While you are there, enjoy the Uncle Remus-related activities & crafts.

**Free Saturday Family Day**

**February 11, 10:00 a.m. – 5:00 p.m.**

Enjoy free admission to the museum and listen to some Uncle Remus stories in the auditorium:

10:15 – 10:45 a.m.

11:15 – 11:45 a.m.

1:00 – 1:30 p.m.

2:30 – 3:00 p.m.

**Stained Glass Inspired Art**

**Saturday, February 25, 10:00 – 11:00 AM**

Get inspired by the beauty of stained glass in our exhibit Utility and Beauty: The Glass of Emmanuel Studio. Then drop by the Family Art Studio between 10:00 – 11:00 AM to make your own mini stained glass-style art with tissue paper. This activity is appropriate for ages 2 and up.

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 and John F. Baker, Jr.**

**Sunday, February 26, 2:00 p.m.**

Program is free with paid museum admission. In conjunction with the exhibition Slaves and Slaveholders of Wessyngton Plantation.

The groundbreaking exhibit Slaves and Slaveholders of Wessyngton Plantation delves into the lives of slaves and slaveholders who worked and resided at the Wessyngton Plantation in Cedar Hill, Tennessee. The records found in the exhibit were researched by a descendant of the slaves, John F. Baker, Jr. of Springfield, TN. His years of research culminated in his book "The Washingtons of Wessyngton Plantation".

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". He will then introduce the featured speaker of the day, John F. Baker, Jr. who will be giving a power point presentation and book signing.

**CLOSINGS:**

The Customs House Museum & Cultural Center will be closed Monday, February 20 for Presidents' Day. eman\_glass.jpg

## CANDLELIGHT BALL

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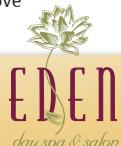
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### **Gallagher's "Joke's on You" Comedy Tour**

Get ready for an unpredictable evening as comedy legend Gallagher brings his unique show to the corner of Franklin and First on his 70th birthday farewell tour! Joined by master comedians Artie Fletcher and Bob Nelson, this whirlwind of ad lib spontaneous fun will have you rolling in the aisles ... and ducking for cover from the SLEDGE-O-MATIC! RECOMMENDED FOR AGES 14 AND UP

8pm February 14, 15, 16

Tickets \$50

### **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 thinks 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. 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 band 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).

**2:00 p.m. March 5**

### **Lord of the Rings: The Fellowship of the Ring**

The future of civilization rests in the fate of the One Ring, which has been lost for centuries. Frodo Baggins (Elijah Wood), a meek Hobbit from the Shire, and eight companions set out on a journey to destroy the powerful ring and save Middle Earth from the Dark Lord Sauron.

**2:00 p.m. March 12**

### **Beauty and the Beast**

Join brave, independent Belle on the adventure of a lifetime as she sets out to rescue her father and finds herself in the enchanted castle of a mysterious beast. Enjoy this timeless tale overflowing with unforgettable characters and Academy Award-winning music!

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# NETWORK

## ADOPTION & FOSTER CARE

### CAMELOT CARE

Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider servicing children, adolescents, and their families in the state of Tennessee. For more information on how to become a foster parent please call Molly Kent at (931) 516-9011 or email [Molly.Kent@pathwayshealth.com](mailto:Molly.Kent@pathwayshealth.com).

### CENTERSTONE FAMILY CENTERED SERVICES

Serves children and adolescents up to the age of 17. 901 Martin Street, (931) 503-4600.

### CLARKSVILLE FAMILY ADOPTION ASSOCIATION

Bringing families and individuals together that have been impacted by adoption, providing support for prospective families and keeping members educated about the needs of adopted children. Events include information meetings, drop in play dates for families with young children, fun days for adopted teens, fun family time and various celebrations throughout the year. Attendance at each event is optional. No commitment. For more information call/text Jaime at (931) 980-8498. To be added to the contact list, please send your e-mail address and/or phone number to [CFAA@outlook.com](mailto:CFAA@outlook.com).

### CARING CHOICES OF CATHOLIC CHARITIES

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

### OAK PLAINS ACADEMY

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

### OMNI VISIONS INCORPORATED

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

### YOUTH VILLAGES

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

### ARTS, CRAFTS & HOBBIES

#### CLARKSVILLE MODEL RAILROAD CLUB

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

#### COMMUNITY SCHOOL OF THE ARTS AT APSU

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

#### MADISON STREET MUSIC & ARTS ACADEMY

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

#### MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

#### LET'S PLAY CHESS

We meet on Fridays at 4:00 p.m. in the coffee shop at Books-A-Million, 125 South Hampton Place, for casual

games of chess. All ages and levels of chess players are welcome and encouraged to come. For more information, contact Joe at [chess.clarksville@yahoo.com](mailto:chess.clarksville@yahoo.com).

### ATHLETICS

#### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

#### CANINE FLYBALL CLUB

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

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

#### CLARKSVILLE IMPACT SOCCER CLUB

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

#### CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at [PHowle@aol.com](mailto:PHowle@aol.com) for all who are interested. Visit [clarksvilletennis.usata.com](http://clarksvilletennis.usata.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 [JGvolleyball.com](http://JGvolleyball.com), email Director Jen Garinger at [jeng917@hotmail.com](mailto:jeng917@hotmail.com) or call Jen at (602) 741-8045.

#### EMMANUEL FAMILY LIFE CENTER

303 Fairview Lane. Open 8:00 a.m. to 8:00 p.m. Monday, Tuesday, 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, & line dancing, cafe, dining room, meeting rooms, and more. Visit [clarksvillefamilycenter.org](http://clarksvillefamilycenter.org) or call (931) 647-4341.

#### TEAM CLARKSVILLE YOUTH WRESTLING

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

#### THUNDERBOLT AQUATICS SWIM CLUB

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

#### WARRIORS SPECIAL NEEDS CHEERLEADING

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

### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

#### CLARKSVILLE BIRTH COMMUNITY

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

#### 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

A 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/LLCClarksville](http://facebook.com/LLCClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

#### NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, baby moon vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or [ninemonthsandbeyond.com](http://ninemonthsandbeyond.com).

#### TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

Taught by a Lactation Consultant, Breastfeeding Class covers initial steps to successful breastfeeding, uses for breast pumps and other supplies. Moms also receive a book, *Nursing Mothers Companion*. Classes are taught in the Legacy Rooms on the first floor of the Medical Center (651 Dunlop Lane) on the first Tuesday of every month from 7:00 p.m. to 9:00 p.m. Registration is required. To register call (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 (835) 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 (835) 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](http://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](http://childcareaware.org).

#### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

### PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, [clarksvillepin.net](http://clarksvillepin.net).

#### PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or [progressivedirections.com](http://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 (931) 648-5725 or [tadjei@utk.edu](mailto:tadjei@utk.edu).

### CHILD PROTECTION & DOMESTIC CRISIS SERVICES

#### AL-ANON & ALATEEN

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

#### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

#### CHAP PROGRAM OF CATHOLIC CHARITIES

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

#### DEPARTMENT OF CHILDREN'S SERVICES

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

#### LEGAL AID SOCIETY

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

#### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

#### SAFEHOUSE DOMESTIC VIOLENCE SHELTER

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

#### CHILDREN'S GROUPS

##### 4-H YOUTH DEVELOPMENT

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

#### BOY SCOUTS OF AMERICA

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

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

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

#### GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or [gsmidtn.org](http://gsmidtn.org). Girl Scouts build girls of courage, confidence and character who make the world a better place. Email [bkelly@gsmidtn.org](mailto: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](mailto:info@leaporg.net), [leaporg.net](http://leaporg.net).

#### COMMUNITY OUTREACH

##### 101ST AIRBORNE DIVISION ASSOCIATION ONCE AN EAGLE...ALWAYS AN EAGLE

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

#### ALL NATIONS BIBLICAL STUDY CENTER

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

#### APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, [jonesma@apsu.edu](mailto:jonesma@apsu.edu) or [ed2go.com/apsu](http://ed2go.com/apsu).

#### ARMY COMMUNITY SERVICE

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

#### ASERACARE HOSPICE

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

#### BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

#### CRISIS CALL LINE

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

#### CROATIANS IN TENNESSEE

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

#### DAGAN FOUNDATION

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

#### FREE CAKES FOR KIDS KY & TN

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

#### FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at [facebook.com/FriendsoftheBluewayClarksvilleTN](http://facebook.com/FriendsoftheBluewayClarksvilleTN) for more information and sign up for email updates at [outdoorclarksville.com](mailto:outdoorclarksville.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. Servicing Montgomery, Cheatham, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

#### GOOD NEWS CLUBS

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

#### GRACE ASSISTANCE PROGRAM

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

#### HABITAT FOR HUMANITY AND RESTORE

Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222, [habitatmctn.org](http://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](http://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](http://facebook.com/haileyshopePSP) or email division coordinator Kristin Vanderlip at [kristin@projectsweetpeas.com](mailto:kristin@projectsweetpeas.com).

#### HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at [huihawaiiohawaii.com](http://huihawaiiohawaii.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 helpline. (931) 648-8042, [humanehumanesociety@clarksville.com](http://humanehumanesociety@clarksville.com) or [clarksvillehumaneorganization.org](http://clarksvillehumaneorganization.org).

#### LATINA ASSOCIATION

A nonprofit organization with the mission of unifying the Hispanic community within, and then uniting 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](http://asociacionlatina.info).

#### LOAVES AND FISHES

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

#### MANNA CAFÉ MINISTRIES

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

#### 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

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

#### RADICAL MISSION

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

#### REFORMERS UNANIMOUS

Christ-centered recovery program that offers guidebooks and weekly meetings with supportive caring people. Designed to assist people with addictive behaviors and any struggles of life. Meets at Bible Baptist Church, 3102 Prospect Circle, Fridays from 7:00 p.m. to 9:00 p.m. Visit [reformu.com](http://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 patient feel better, recover faster and live healthier in the place they call HOME. Call (931) 647-7411.

#### TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

The Two Rivers Association for the Education of Young Children, 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. Sittin, TRAEYC President, at (931) 221-7308 or visit [traeyc.org](http://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](http://webbm@apsu.edu). You can also visit our website at [apsu.edu/VUB/](http://apsu.edu/VUB/).

#### COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

##### ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050. Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (688) 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 [aptitudesservices.com](http://aptitudesservices.com).

##### THE PATH LIFE COACHING

Through The Path Life Coaching, [ThePathLifeCoaching.com](http://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](mailto: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](mailto:Katrina.Watts@centerstone.org).

#### WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

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

#### YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

#### INTERNATIONAL ORGANIZATIONS

##### MISS TENNENY AREA AFS VOLUNTEER LEADERSHIP TEAM

Host parents may go to [afsusa.org/host](http://afsusa.org/host) to view and fill out a hosting application. Keep in mind that CMCSS will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early. Go to [afsusa.org/study-abroad](http://afsusa.org/study-abroad) for more information and/or contact Becky Heywood (sending coordinator) at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [afsbarts58@gmail.com](mailto:afsbarts58@gmail.com) or Sandy Rich at [srich@afsusa.org](mailto:srich@afsusa.org) or (865) 617-0665. The local Miss Tenneny Area AFS Volunteer Leadership Team web site is [afsusa.org/misstenenyk](http://afsusa.org/misstenenyk). Follow AFS on Facebook: AFUSA, Twitter: afsusa, YouTube: AFSTV and Flickr: afsusa.

##### YOUTH FOR UNDERSTANDING USA (YFU)

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

#### PARENT GROUPS

##### CHRIST PRESBYTERIAN CHURCH MOPS

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

##### CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.Com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarksvilleMommies.Com](http://ClarksvilleMommies.Com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

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

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

#### CLARKSVILLE HOMESCHOOL NETWORK

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

#### CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

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

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

An online Christian support group for home schooling families in the Clarksville/Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit [groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/](http://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/LLCClarksville](http://facebook.com/LLCClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

#### MOMS CLUB OF CLARKSVILLE

We are moms in and around Clarksville who meet-up for "play dates" and fun "mom time" activities. We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to [eastclarksvillemensclub@gmail.com](mailto:eastclarksvillemensclub@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 [momsclubofclarksvillwest@gmail.com](mailto:momsclubofclarksvillwest@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](mailto:clarksvillemops@gmail.com). Check us out online at [clarksvillemopsatfc.wordpress.com](http://clarksvillemopsatfc.wordpress.com). We look forward to meeting you!

#### HILLDALE BAPTIST CHURCH MOPS

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

#### SPRING CREEK MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Wednesdays of the month September through May. Meetings are from 9:30 a.m. to 11:30 a.m. with childcare provided. For more information contact Meagan Hurley at [meaghurley@gmail.com](mailto:meaghurley@gmail.com). Find us on Facebook at Spring Creek MOPS.

#### 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](mailto: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](mailto:KCorley77@aol.com) for more information.

#### PARENTS REACHING OUT

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

#### TINSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

SHN is a non-religious home school group for Clarksville and the surrounding areas. All homeschooled 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/inSharehomeschool/](http://facebook.com/#/groups/inSharehomeschool/)

#### 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](http://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](mailto:charmistfields@charter.net).

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. 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](mailto:hsimms6551@charter.net).

#### SUPPORT GROUPS

##### ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the second Monday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 11:00 a.m. at the Senior Citizen's Center at 953 Clark Street. Patsy Shell (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](mailto:shelleytaroli@gmail.com).

##### ASMT 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](mailto: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 [cadstn@hotmail.com](mailto:cadstn@hotmail.com). Visit [cadstn.org](http://cadstn.org).

##### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

For patients, family members and caregivers in the day to day management of M.S. Activities include guest speakers, up to date medical news, advances in finding a cure for M.S., and open forum discussions. Meets the third Tuesday of each month (September through May) at 7:00 p.m. at First Christian Church, 516 Madison Street. For more information call Melba Dowdy at (931) 552-1486 and Mary Nell Wootten 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 [mccausey@invoices.org](mailto:mccausey@invoices.org); Jennifer Allen at (615) 854-2165 or [jallen@invoices.org](mailto:jallen@invoices.org); or Sharon Jarrell at (931) 266-6064.

#### COMPASSIONATE FRIENDS

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

#### DIABETES SUPPORT GROUP

Need help managing your diabetes? Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month at 5:00 p.m. in the Liberty Rooms of Tennova Healthcare – Clarksville. For more information visit [Tennova.com](http://Tennova.com) or contact the Diabetes Program Coordinator at (931) 502-1690 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 Espanol. [focusautismnow.com](http://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@df.org](mailto:cvoiland-free@df.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 [namiclearks@namin.org](mailto:namiclearks@namin.org) or call (931) 221-2696 or Bertha at (931) 216-3590. Some one you love has a mental illness, recovery is possible. Help. Hope. Healing.

#### PARENTS HELPING PARENTS

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

#### TENDERPAWS PET THERAPY

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

#### YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

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



# MAJOR EXHIBITS OF ART

BY LOCAL ARTISTS IN CLARKSVILLE, TENN

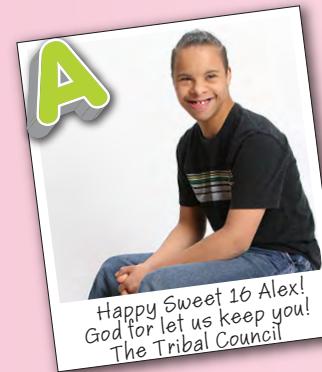
5:00 PM - 8:00 PM ON STRAWBERRY ALLEY

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](mailto:fridge@clarksvillefamily.com) by February 15th.  
\*Please include the name of who is in the photo, their age & a preferred short caption\* (optional).

# HAPPY BIRTHDAY!



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

# HAPPY BIRTHDAY



## CANDID Clarksville



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# Credit Card Balance Transfer

Looking for a better way to balance your budget?

RATES AS LOW AS

**5.9%**  
APR\*

FIXED FOR LIFE  
& NO BALANCE  
TRANSFER FEES

Ditch your high rate credit cards  
and transfer those balances  
to an Altra Visa Credit Card.

You'll get a fixed-for-life balance  
transfer rate as low as 5.9% APR  
and no balance transfer fees.



# Altra

Federal Credit Union

\*No Fee Balance Transfer offer is valid for telephone or in-office balance transfers posted to a new or existing Altra Visa. Offer valid 01/01/17-03/31/17. Balance transfers are sent by mail and may take up to 10 days to reach their destination; please be sure to make all minimum payments on any account from which you are transferring a balance until the balance transfer is credited to that account. Balance Transfers may not be used to payoff Altra credit cards or other Altra accounts. If you are ineligible for the top tier Altra Visa card, you may receive a card with a fixed promotional rate: from 5.9% to 9.9% based on your card program and creditworthiness. Your balance transfer rate will remain fixed for the life of the balance transfer as long as your account remains in good standing. Balance transfers do not earn Reward Points. Contact Altra Federal Credit Union for complete details. Federally insured by NCUA.

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