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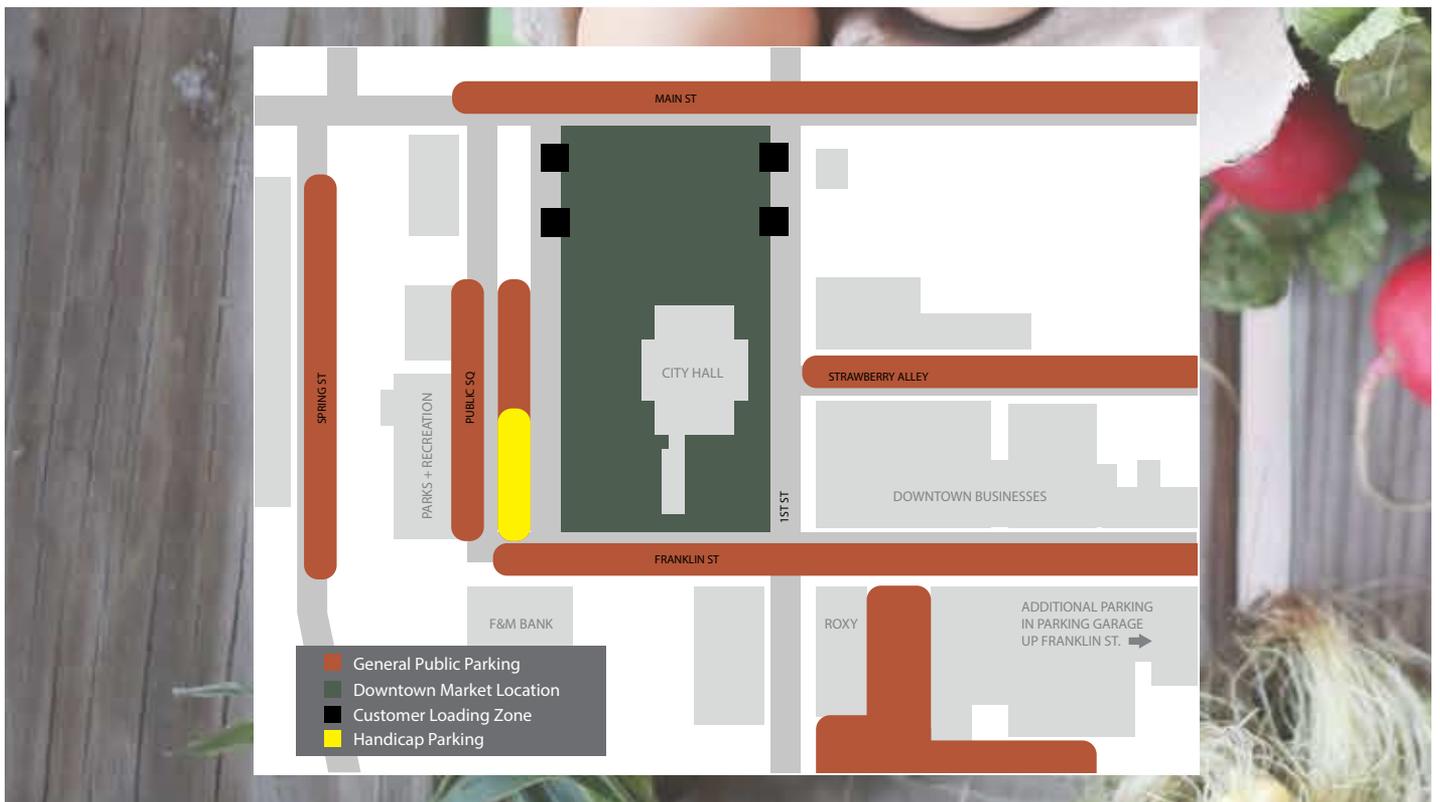
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Clarksville Living Magazine has 10,000 issues published and distributed monthly at over 160 locations across Clarksville and the surrounding area.

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## Publisher's Message

With all of the April showers we received, I certainly hope it will bring back my May flowers, and other lovelies.

Even if my flowers don't come back, one thing you can count on to pop up around town are all of the fun activities you can sign your kiddos up for this summer! It's never too early to start thinking about it! This month's issue is jam-packed with fun for all ages. Some you will need to register for, and some you don't, so be sure to check out all the details in our calendar starting on page 34.



We want to give a special, heartfelt "Thank you" to our fallen military on Memorial Day and every day. We commemorate those who so selflessly gave their lives for our nation and freedom.

Last but not least; we want to wish all the moms out there a Happy Mother's Day! Both of these groups have given some, if not all, of themselves so we can have a better life.

Here's to a happy and safe beginning to your summer, and as always, thank you for picking us up!

Sincerely,

Carla Lavergne

***CORRECTION: The "Day of Play" article in our April issue was written by Ashmin Small, MS CDFR***

#### DISCLAIMER

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

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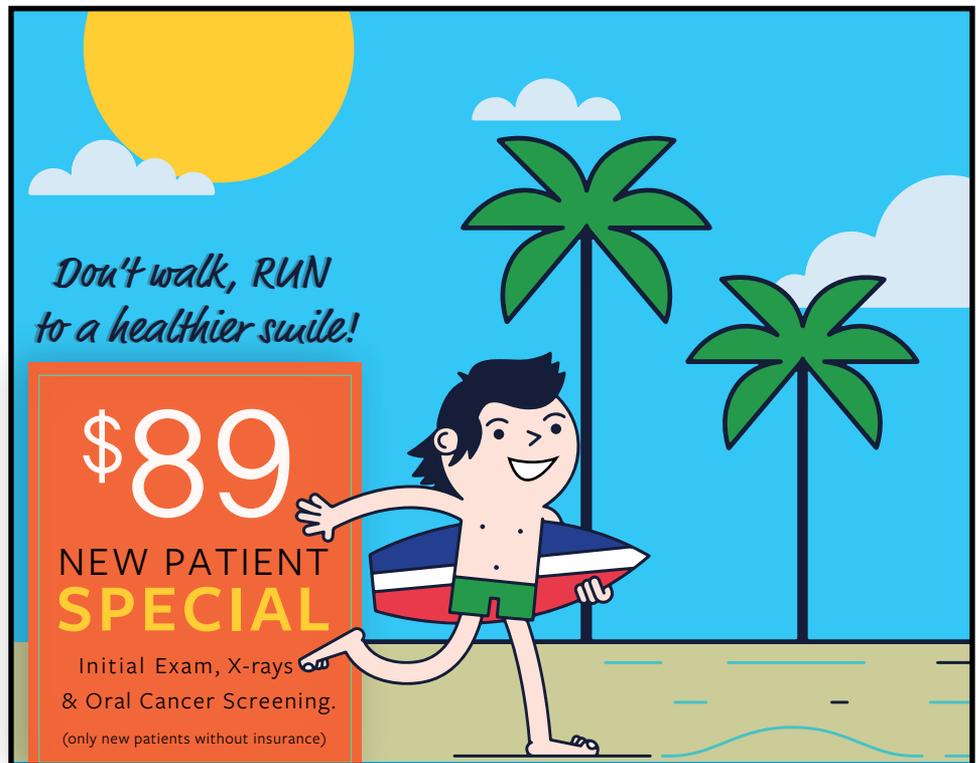
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# Upgrade your **SMILE**

*George S. Lee, MD, DDS*



**W**hile conventional dentures have served millions of people well over the many generations they've been in use, they have always had some limitations. Among the more notable of those limitations is the inability to protect against bone loss in the jaws, which begins to occur as soon as tooth loss happens. The issue is the lack of tooth roots to stimulate bone cell formation in the jaw. Without that stimulation the jawbones slowly shrink away in a process called resorption, and since the gum ridge that your dentures rest on depend on that bone to retain its structure, shape and size, it shrinks away right along with it.

That's why dentures – even the best fitting ones – will loosen and become unstable over time. While having them relined or replacing them often resolves that problem for a while, for many people, bone loss eventually becomes advanced enough that a good fit can't be achieved any more, leaving them to struggle with ill-fitting dentures that are only held in place by denture adhesive.

Ill fitting dentures are, of course, quite a hassle as you eat, speak or laugh, and when they slip, click or even fall out, they can be very embarrassing. While those issues are the most obvious ones to denture-wearers, loose, unstable dentures can cause other problems too, including mouth sores and gum infections. The motion and uneven pressure they place in the gum ridge can accelerate bone loss, making denture fit even worse and causing premature facial aging.

## How Can I Make My Dentures Fit Better?

Have Your Jawbone Examined and Any Irregularities Treated  
Your dentures rely on the gum ridge for their primary support. Since that ridge, in turn, relies on the support of the underlying bone of the jaw to maintain its shape and size, changes in the quality, quantity and shape of that bone tissue change the gum ridge too, undermining the support your dentures need to stay in place and function properly.

Among the more common problems seen in denture wearers over time are changes in the height and width of the jawbone.



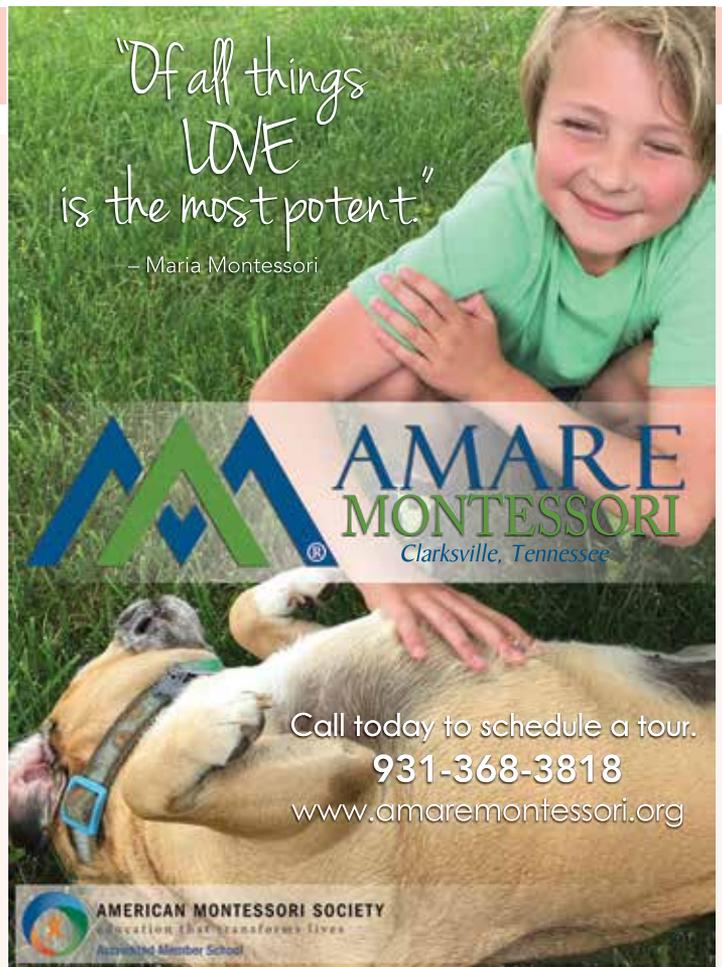
They also develop uneven surfaces on the jaw – lumps or areas where the bone tissue has compressed or folded over – that make achieving a good denture fit difficult.

These issues can be resolved in a number of ways by experienced oral and maxillofacial surgeons, including bone and/or tissue grafting or other minor procedures to smooth, enhance or reshape the surface of the jawbone.

#### Upgrade To More Reliable Restoration Options

More reliable options for long-term stability and comfort include permanent, implant-supported dentures, which look, feel and function like natural teeth, and implant-supported removable overdentures, which snap onto implants for secure, stable retention.

Adding extra support with dental implants is another way to make dentures fit better when relining or replacing them isn't enough. This can be done with both upper or lower dentures, but is most commonly done to stabilize a "floating" lower denture.



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Typically, 2 or more implants are placed in the jaw, and corresponding attachments placed on the underside of the denture, allowing the denture to snap onto the implants, holding it solidly in place.

Implant based dental restorations offer advantages that traditional dentures cannot, including a much greater level of stability – both immediately and over the long run. Permanent dentures or removable overdentures will not loosen over time like traditional dentures, since the dental implants that anchor them offer protection against the bone loss at the root of that problem.

### **How New Dentures Can Solve Your Problem Forever**

Newer types of dentures, supported by dental implants, can help address that chief limitation – bone loss – that creates these long-term problems in denture wearers. Because dental implants are

surgically placed in the jawbone, they act as artificial tooth roots, stimulating the jawbone much like your natural tooth roots once did to keep it stronger, denser and healthier. Additionally, since the dentures placed upon the implants are firmly anchored to the jawbone, they do not slip, slide, click or fall out, holding strong and steady as you eat, laugh and speak – much like natural teeth.

Implant supported dentures can be removable, snapped or hooked onto the implants every morning, or permanent, left in place 24-7 like natural teeth. They are an option for most dental patients, even many with extensive bone loss -- thanks to newer materials, surgical techniques and bone augmentation technologies.

- Anchor conventional dentures with dental implants – Conventional, removable dentures can be made more secure with dental implants. This is done

by placing two or more implants into the jawbone, which will be topped with fittings that attach to fixtures placed onto the underside of the denture, anchoring it firmly in place. The denture will still be removed at night and for cleaning as usual, but will not shift or fall out as you eat. This is most commonly done for lower dentures, which are generally the most unstable, but can be done for upper ones as well.

- Get bar attachment dentures – This type of denture is also supported by dental implants, but offers greater long-term comfort and stability than simply anchoring conventional dentures with a few dental implants. This dental restoration involves the placement of dental implants – typically four in each jaw – which are topped with a metal bar that follows the contours of the jaw. Specialized dentures clip onto that bar and are held solidly in place by its strong support, ensuring that dentures



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will not slip or fall out as you bite and chew. These implant-supported dentures are removed at night and for cleaning, much like conventional dentures.

- Upgrade to permanent dentures – Permanent dentures are also known as a “screw retained dental bridge or prosthesis” and offer levels of comfort and stability comparable to natural teeth. The implant surgery and teeth placement can be accomplished in one day. Permanent dentures are a fixed dental restoration, which means they are meant to stay in place 24-7 like natural teeth and can only be removed by your dentist. This restoration is done by placing anywhere from 4 to 8 implants in the jaw, according to your personal needs, onto which a full arch of replacement teeth is mounted. The result is replacement teeth that look, feel and function like natural teeth, and most certainly will not fall out at mealtimes. Maintenance of permanent dentures is also much like that of natural teeth – brushing, flossing, and regular dental appointments for cleanings and checkups.

So if you're suffering the day to day hassles of living with loose dentures and the hassle and embarrassment of dentures that tend to slip, click or fall out, there are solid solutions to your problem that can help you get back to enjoying your mealtimes, rather than dreading them.

*Dr. George Lee is a Board Certified Oral and Maxillofacial Surgeon at Cumberland Surgical Arts in Clarksville, TN. He practices oral, facial, and cosmetic surgery. To learn more about Dr. Lee or Cumberland Surgical Arts, visit [www.cumberlandsurgicalarts.com](http://www.cumberlandsurgicalarts.com) or call him at 931-552-3292.*

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# SANGO PHARMACY GETS BIGGER & BETTER

By Karen Parr-Moody

Catherine Meeks grew her business from flax seed, in a sense. Years ago a customer requested some flaxseeds while shopping at Sango Pharmacy, a business Meeks owns and at which she is also the pharmacist. The store didn't carry flax seeds at the time, but the request sparked Meeks' curiosity. So she did some research.

Meeks discovered the health benefits of flax seeds, a superfood that was once relegated to health-food havens like Berkeley, California. The seeds are rich in omega-3 fatty acids and contain important vitamins and minerals, as well as fiber.

Meeks decided to stock some seeds in her store, beginning the evolution from a store that began, in March 2013, as a relatively traditional pharmacy, to something unique in Clarksville.

Sango Pharmacy is now a beacon in a sea of fast food and other unhealthy offerings. It is the go-to spot for customers who seek pharmacy services and prescriptions, along with herbal supplements, protein powders, essential oils, health foods and gift items. Most of these products fall under the umbrella of "healthy," "organic," "natural" or "handmade."

For the past four years Sango Pharmacy has operated out of an 1,100-square-foot store on Madison Street in Sango. But that store has now been shuttered in favor of a new 3,700-square-foot store located in Suite A at 2622 41A U.S. Highway 41A Bypass.

"It has turned out very well," Meeks says. "Better than I could have imagined, for sure."



The key reason for the move was to expand the range of health food, gifts and supplements that the store offers. Of course there will still be a pharmacy, but as Meeks says, "It's so much more than a pharmacy."

The store's architect was Stephen Lee of the firm Vision Architects in Nashville. He has designed a chic store with high ceilings and an open floor plan.

Inside, Meeks chose to paint the walls a pale gray from Benjamin Moore. IKEA shelves, with their neutrality and versatility, display many of the products.

"We definitely tried to make it an experience for customers, while at the same time making it aesthetically pleasing," Meeks says of the store.

The interior décor includes chandeliers in the windows, as well as a variety of décor items and light fixtures that Meeks found at Clarksville vintage shops and Ferguson Bath, Kitchen & Lighting Gallery. Jody Isaacs, the owner of Journey's Eye on Franklin Street, gave Meeks lots of helpful ideas about the design.

"She has been a great inspiration to me as far as the look being very different," Meeks says. "And Clarksville needs something funky and different."

Gift items are key among the items increased at the new Sango Pharmacy.

"There's not really a gift shop anywhere in Clarksville," Meeks says. "There have been a few gift stores that have been here four or five years and then have closed."

The store carries several lines that are handmade or made in the U.S., including leather goods companies Sturdy Brothers and Margaret Vera.

"So we've got some really nice, heirloom-quality products," Meeks says.

While it is not a grocery store, Sango Pharmacy does offer a specialized array of health foods. There are meats

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from Tennessee Grass Fed Farm, as well as Jeni's Splendid Ice Creams, which Meeks has been able to stock in greater quantities due to having more freezer space in the new store.

"It has a big following," Meeks says of Jeni's Splendid Ice Creams, which are made from whole ingredients and milk from grass-pastured cows.

Protein bars and paleo bars are also a big draw at the store, featuring brands such as Quest, Julian Bakery and RXBARs.

Among the many health products are electrolyte drinks. Meeks calls them an alternate to Gatorade, which contains dyes and a high sugar content, and says they are popular among children who play sports and those who practice CrossFit.

Sango Pharmacy is also the pick-up point for Macro Kitchen, a food preparation service that creates meals with food balanced in macronutrient ratios. Meeks says that customers can pre-order their meals and then pick them up on Saturdays.

Customers also visit Sango Pharmacy to purchase popular supplements, including Garden of Life, Great Lakes and Vital brands.

"SFH protein – Stronger Faster Healthier – is one of our top proteins that sell well," Meeks says. "It has a really big following in terms of being a really clean protein."

The store's shelves are filled with dry goods, such as chocolate and fruit chips, as well as many personal care items, including Dr. Bronner's famous organic castile soap, Zum soap and Everyone soaps and lotions. Meeks says she looks for skincare products that are chemical free and contain no parabens, including the sunscreen brands Green Goddess and Badger.

Today's retail landscape is changing rapidly; Meeks says that independently-owned stores, like hers, are generally competing with the internet.

But since Clarksville is growing by leaps and bounds, many citizens want to see a city of more polish and sophistication when it comes to shopping. Meeks says that some Clarksvillians still buy specialty foods in Nashville. She wants to change that.



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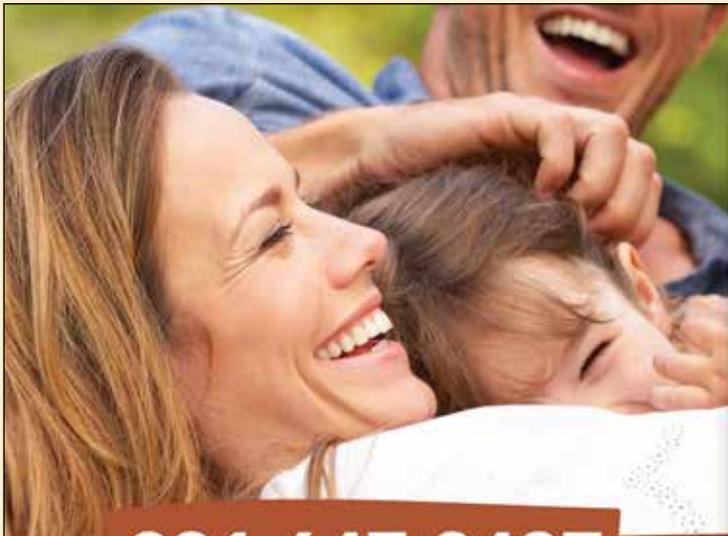
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“If we’re really trying to make the city what we want it to be, we shouldn’t send all of our shopping to Nashville,” she says.

Meeks has obviously embraced her store’s mission of offering healthy products, evolving along with her customers in a process of gleaning information about health and how the body works.

“There wasn’t a lot of teaching in pharmacy school about natural products,” she says.

In an effort to teach others, Meeks has included a room in the back of her store that she calls the “education room.” Its main purpose is to serve as a location for diabetes education, as Sango Pharmacy is credentialed as a diabetes educator. (Meeks also plans to offer classes for the public on topics such as DIY and essential oils.)

Meeks notes that today’s society is fed on an assortment of chemical and



**Catherine Meeks, Sango Pharmacy’s owner and pharmacist, has increased the amount of gift items at her new store, including jewelry, Nat & Jules heirloom-quality stuffed animals and Story Time Socks for children. (Photo by Tony Centonze)**

processed foods and that the American healthcare system definitely has a problem.

But one advance over decades prior is the modern focus on prevention, including screenings for diabetes in routine physicals. Meeks says that fasting blood sugar levels are a key predictor of a person's likelihood of becoming diabetic.

"If we can start educating these patients early on about what diabetes is, then hopefully we can prevent some of these diabetic cases," Meeks says. "There is a lot of personal responsibility on patients now to take care of themselves. Education is key."

It is clear that Sango Pharmacy has been built on education and will continue to educate customers and the public about a healthy lifestyle.



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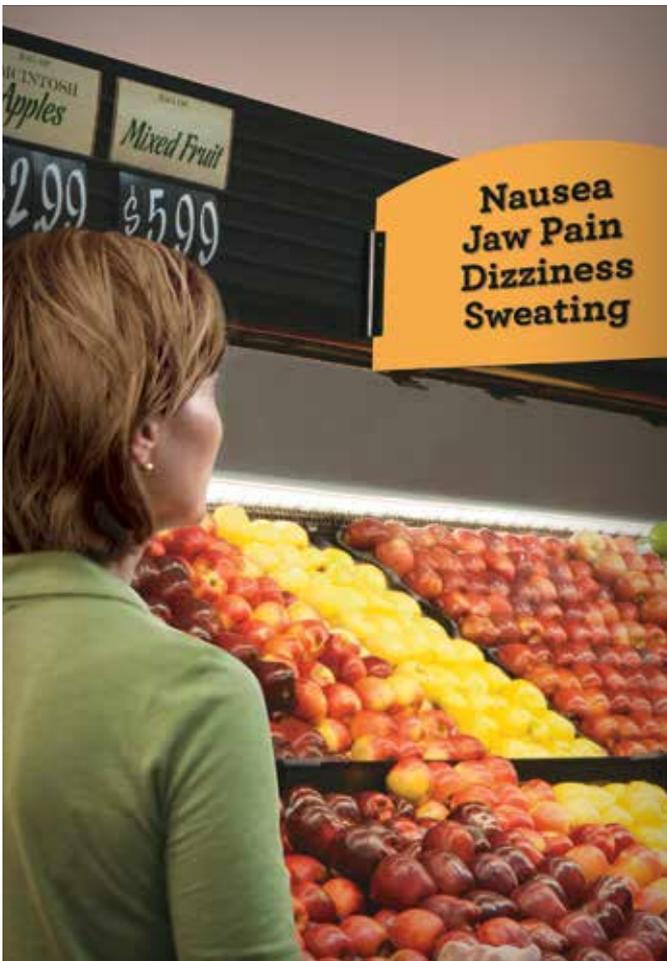
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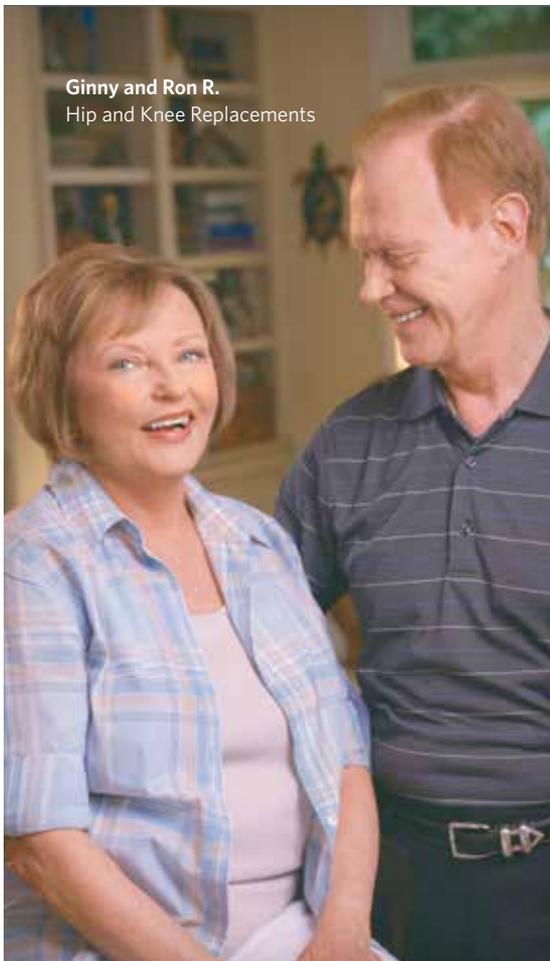
- Soak away stress with a relaxing bath.
- Take a 15-minute walk around the neighborhood with a friend.
- Schedule a doctor's visit to keep up with routine health needs.

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# FATHER DAUGHTER BALL BEYOND COMPARE

*by Martha Sitzler*

**I**t's difficult to believe, but 2017 marks the thirteenth installment of Hope Pregnancy Center's annual Father Daughter Purity Ball. Thirteen years of dancing and connecting and growing and learning.

Five year olds who attended the very first Ball are eighteen now. We don't know how many, but there are some families who have been with us from the very beginning, and we have been honored to be part of their lives.

Not everyone loves this event, but the vast majority of the feedback we receive is positive. Perhaps you've read articles or seen news stories about similar events in other parts of the country. Often, those who observe don't understand what's happening, or they cast it in a creepy, negative light.

Our event is not heavy on ceremony. There's no elaborate pledge of purity on the part of the young ladies who attend. No strange, almost wedding-like extravaganza. It's just a fun night for fathers and daughters to connect. That's all, and I think that is what sets our event apart.

It may sound like too little. Some dessert, a short message of encouragement, a portrait. We provide a gift for each young lady. There is a blessing from dad and a response from their daughter (the sweetest part of the night for us!) and the rest is just dancing. Crazy, silly, fun dancing.

Somehow, it all comes together to produce an evening that is magical for daughters and dads alike. A lot of work goes into preparing for the event. We carefully plan the theme, decorations, speaker, message, gift, and countless other details. It all contributes to the success of each night, but I think the most powerful element is simply the time set aside for dad and daughter to spend together. The

*Beyond Compare*

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 Hosted by Hope Pregnancy Center

June 2, 3, & 9:  
 daughters entering grades K-5

June 10:  
 daughters entering grades 6-12

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 (Click on 'Get Involved')  
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energy in the room is palpable, the excitement contagious, and the smiles we see are beautiful.

If I were pressed to explain it, I'd say it ultimately comes down to creating an evening when a dad can step into his daughter's world and be her hero. He can do that any day of the week, but by setting him up for spectacular success, it becomes something that repeated many times throughout the year. That bond is built and strengthened, and becomes something that characterizes their relationship. If that's even just a little bit true for our guests, then we feel we've done our job.

Going beyond the event itself, there is something special about the poise and confidence I observe in many young women who tell me they have attended the ball with their father since they were little girls. It's there I see the fruit of a family who has worked hard to build strong relationships between parents and children, and I'm proud that the Father Daughter Ball has been a small part of that.

This year, the Ball is set for the first two weekends in June. We anticipate as many as 1,400 guests and hope for beautiful weather for each of the four nights we will offer. The event

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continues to be held at Valor Hall in Oak Grove, KY. Girls entering grades K through 6 and their dates will have three nights to choose from, June 2, 3 and 9. Girls entering grades 7 through 12, and college-age young women, will join us on June 10. Each night will include dancing, dessert, door prizes, a brief message of encouragement, and a special gift for each young lady.

Registration is required for this event. Please visit Hope Pregnancy Center's website for details and to reserve your place at the Ball. Go to [www.HopePregnancy.net](http://www.HopePregnancy.net) and click on "Get Involved" to reach the portion of our site that includes events. We look forward to seeing you there. Like many of you, we can't wait!

Martha Sitzler serves as Executive Director at Hope Pregnancy Center. This medical pregnancy help center provides accurate information and quality services to those facing an unexpected pregnancy, as well as anyone struggling with a past abortion experience or miscarriage. Visit them online at [www.HopePregnancy.net](http://www.HopePregnancy.net), or call 931.645.2273 for more information.



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# National Moving Month



by Taylor Lieberstein

**T**here is something about packing our worldly possessions into boxes for a move that strikes fear into most of us. While the prospect of moving to a new place can be stressful and unsettling the actual moving process doesn't have to be. May is National Moving Month and the beginning of the busiest season for moving companies. Nearly 40 million Americans will have a new address before the summer ends.

First Choice Moving and Storage Inc. has been serving the Clarksville community and beyond for over 20 years. The professionals at First Choice are available to move your flat screen across town or your entire family across the country. They offer everything you need for your next move from packing and storage services to providing all the supplies you need to make a smooth transition as they *'take the stress out of moving'*. In the event you are making a move this summer here are some helpful packing and moving tips from the professionals:



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**START EARLY.** While it may seem like an obvious rule of thumb many people don't leave enough time to properly prepare for their move. Starting early reduces stress and allows you to deal with unintended problems. Make sure you allow yourself six weeks to do your research on companies of interest, and call at least two weeks in advance for scheduling. Some good resources for reviewing movers are bbb.org, yelp.com, safer.fmcsa.dot.gov, as well as social media sites. If you are doing the packing yourself, begin boxing up items at least four weeks ahead of the move day to provide ample time to prepare your valuable items for the big move.

**WHEN SCHEDULING YOUR MOVE, ADD AN ADDITIONAL DAY!** Keep in mind unforeseen events that could delay your timeline, such as inclement weather. Moving companies understand your excitement about getting into your new home, but they do not recommend scheduling your move on the same day as your closing. The keys to your new home should already be in your possession come moving day.

**LABELING IS KEY!** If you are packing yourself, label the boxes by the room they are destined for. This will help you and your movers know where every box belongs in your new place. Numbering each box and keeping an inventory list in a small notebook is a good way to keep track of what you've packed and to make sure you still have everything when you unpack. It is also important to use the right size boxes. Label each box with the room it's destined for and a description of its contents.

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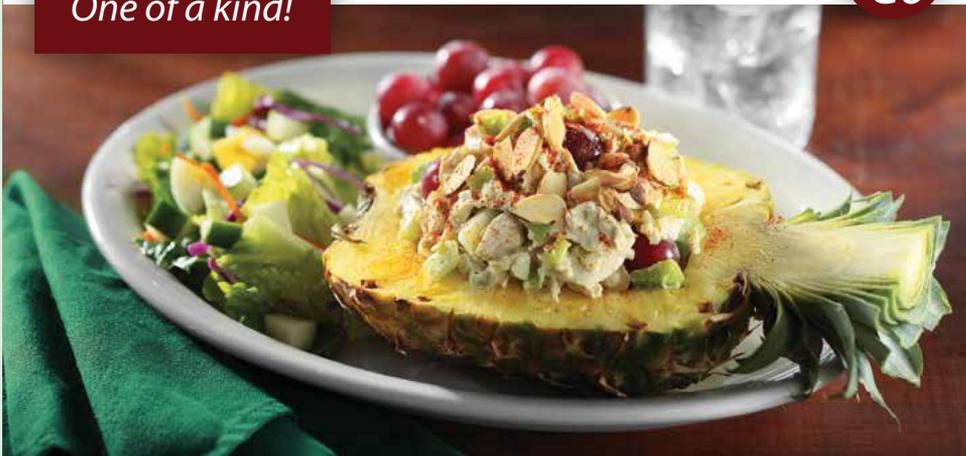



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Put heavy items, like books, in small boxes; light items, like linens and pillows, in bigger ones. Large boxes packed with heavy items are a common complaint of professional movers. They not only make the job harder but also have a better chance of breaking.

**CLEAN OUT THE CLUTTER!** Weed out items to sell, donate, or throw out. Be ruthless — moving is a chore, but it's also a chance to make a clean start. As you go through your things to fill boxes, make piles or fill trash bags with what you really don't need. Unload unneeded furniture on Craig's List, have a yard sale, or make a tax deduction on

donated goods to help you recoup some expenses. Don't move hazardous materials. This is less about something you don't need and more about safety. Propane tanks, cans of spray paint, batteries and other things that could be flammable, corrosive or explosive are better to be properly disposed of and cannot be loaded onto the moving truck.

**BE READY!** It makes everything easier on the movers if they arrive at a house that is completely ready to be loaded on the truck. They can assess the load, plan for how they're going to pack it in the truck, and get started. If they need to wait for you to finish packing it's costing their time — which translates into costing you more money. Having the floors clear of loose items and packed boxes stacked along a wall will benefit the customer. It is always wise to leave a box or two open for items to be placed in that the movers cannot transport in the moving van. Disconnect refrigerators and the washing machine the evening prior to moving day to allow the water in hoses to drain properly.

**SECURE YOUR VALUABLES!** Your movers don't want to be worried about keeping track of your valuables on moving day when they've already got so many other things to consider, and they'd like to steer clear of the possibility of

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false accusations if anything goes missing. Take your valuables, coins, and medications out of the cupboard and put them in your trunk. It is always recommended that the customer transport their jewelry, medication, coins and anything that has sentimental value. Sentimental items may not have large dollar value but are absolutely irreplaceable. It is better to be safe, than sorry!

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items belong where in your new home make sure you take proper measurement beforehand. Sometimes the item may fit in the room but will not go through the door jamb smoothly. Movers may point this out prior to attempting the item. If you insist and it causes damages to walls or door jambs the cost will not be covered by the moving company. Of course, you have lots of opinions and thoughts on the moving process, but you hired full service movers for a reason. They are trained professionals who've moved many couches, boxes, and fragile things.

## BE A THOUGHTFUL

**CUSTOMER!** On moving day remember that it is summer and your movers are human. Although, they should not be allowed long breaks on your dime, they should be allowed a short break every couple of hours. This allows them to stay hydrated and regroup. Moving etiquette is often discussed with the customer at the time of scheduling. Over half of customers tip their movers. The recommended amount is entirely up to the customer. However, 20 percent of your hourly rate per crew member is most common. Also, consider offering your movers refreshments and snacks which will ensure that your moving team stays energized and moves quickly and efficiently ultimately costing you less.

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# A SOLDIER

By Taira G. McAfee

A Soldier is born to live and that's no lie

A Soldier is born to die, and of course everyone asks why, why, why

A Soldier is hated, a Soldier is loved, but when a Soldier is in trouble a Soldier looks to his Father up above

A Soldier who can, is a Soldier who commands

A Soldier travels far, a Soldier stays home, but when so many Soldiers are gone, this Soldier knows where he belongs

A Soldier never gets enough rest, but no matter how hard the task, a Soldier always does his best

A Soldier rarely sleeps, but a Soldier still prays to the Lord for his or her soul to keep.

A Soldier is a son, a Soldier is a daughter, a Soldier is a husband, a Soldier is a wife, a Soldier is your sister, a Soldier is my brother, a Soldier is a father, a Soldier is a mother, and most of all a Soldier is truly your friend because, a Soldier is the one you can count on in the end

Dedicated to the men and women of Operation Iraqi Freedom, 101st Airborne Division (Air Assault), and Screaming Eagles, Fort Campbell, Kentucky

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# Retirement Planning, Loneliness & Mother's Day

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

**I**t's always exciting to sit down with a client and create a plan that shows they can retire whenever they want. That would seem like good news, but as it turned out money was not the main thing in this situation. This is what happened with a client, Victoria.

"We've talked about me retiring in August," Victoria said. "I understand that I have more than enough to live a very comfortable lifestyle. Financially I'm ready, but I just realized that I cannot retire."

"Why would you say that?" "What's on your mind?" I asked.

Tears flowed down her cheeks. As I handed her a tissue, she continued. "Two weeks ago when I was horribly coughing and sick, you were the only person who called me and the only reason you called was to confirm this meeting".

When our eyes met, it was evident that she was distraught. She continued, "I didn't give it much thought the last time

I was here and you asked me, "How do you imagine your life once you stop working? Paint me a picture". I always ask this question to all my clients during

***So, now you're ready to have a meaningful conversation about the non-financial matters of your retirement.***

the planning process. This is always a fun exercise for me, sharing their dreams, and goals. She continued, "I'm

alone since my husband died five years ago, I don't have siblings, so therefore, I cannot retire."

I pondered for a minute and then quietly said, "So, now you're ready to have a meaningful conversation about the non-financial matters of your retirement."

This client meeting happened many years ago, but the memory of Victoria's troubled expression is etched clearly in my mind. It's a reminder that retirement planning is not all about numbers. Of course, having enough money to maintain your lifestyle in retirement is supremely important, but it's not a guarantee for a happy and meaningful retirement life.

In fact, a research study published by Employee Benefit Research Institute (EBRI) shows a decrease in retirees saying they're "very satisfied" with their retirement. A growing number says that they're "not at all satisfied" with their

retirement. What's more interesting is that the study wasn't able to get a clear trend as to why this is happening, and is not limited to any particular economic group or gender. Though, they found that "higher net worth is associated with higher levels of satisfaction, and poorer health is associated with lower levels of satisfaction."

And then we have what is called the "Loneliness Epidemic." While both men and women wrestle with loneliness at old age, the number of women in this category is growing. Loneliness has been linked to physical illness and to functional and cognitive decline.

As the final part of the planning process, we discussed ways that Victoria could avoid loneliness and feel fulfilled during retirement. She said her goal was to help others and travel. She smiled, when I told her that we planned well to

get to this point, it would be a shame if we didn't plan the proper deployment of her assets to her satisfaction while helping others. As it turned out, she had a satisfying and very engaged retirement life. If she was not on mission trip to some exotic, foreign land, she was delivering for Meals and Wheels. She also volunteered at the hospital and library. On Sundays she helped out at her Church's nursery. She took cruises to Europe and she learned to play the violin. She even ended up playing violin for the ladies at the nursing home. One time I asked her if she was paying those ladies so she would have someone clapping after she played the violin. She would break into a lovely peal of laughter, while exclaiming: "Cakes on their birthdays, a gift from Santa at Christmas, and flowers on Mother's Day!"

She told me that some of those ladies in the nursing home were forgotten by their children which caused them profound loneliness especially on Mother's Day. Victoria told me before she passed last November that the reason why she was never lonely was probably because she was never a mother. Hmm, suddenly I felt a stab like pain in my chest. Perhaps, I should follow Victoria's example and send flowers to some forgotten Mother on Mother's Day.

To all the mothers out there, **HAPPY MOTHER'S DAY!**

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by Taylor Lieberstein

**G**race and Mercy is a faith based transitional home that offers a 12 to 24-month program for women coming out of incarceration, homelessness or crisis. The ministry is a non-denominational, non-profit house dedicated to empowering women in crisis by extending the love of Christ. They believe in offering hope to the hopeless and changing lives by “loving people back to life”. Grace and Mercy is a traditional re-entry program that differs from other re-entry ministries in one important way. Their program is based on a strong belief that only Jesus Christ has the power to completely heal and restore broken persons.

The prison system is the fastest growing industry in America, a system that is also facing financial crisis and, therefore, opting for early releases at an extremely growing rate. Thanks to Grace and Mercy ministry the Hopkinsville community is now more prepared for the growing influx of citizens returning into its community, specifically women. The program pushes for reintegration in a desire to see relationships restored among women returning from incarceration with their families, communities, the larger society and, when possible, the victims of their criminal behavior.

The home has been open for almost 20 months. 42 women have already benefitted from the love and support that flows through the house. In February, the ministry saw their first 11 graduates. The graduating women successfully completed the yearlong program and were reunited with families where they began their transition into

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productive, private lives with Christ as their guide. Eight of the women are already working and have begun over in their own homes with their children.

Women considered for Grace and Mercy's ministry may come from custody or off the street. They must apply personally, understand the program's expectations and be committed to change before coming to reside in the house. If incarcerated, the judge may make the referral and in some cases, if they have already been discharged from jail, a parole officer may refer them. The ministry has no geographic or incarceration boundaries. While most women are from the surrounding area they will accept anyone that qualifies if they have space. When women hear of Grace and Mercy, they contact us and go on the waiting list, whether in jail at the time or at another treatment facility. Currently they are expanding and will be able to take in 24 women at one time, up from the 18 they currently have space for- and they hope to continue to increase their space and resources. In April, a prayer was answered when they found a new house for Grace and Mercy. They are looking forward to future renovations and are currently seeking building supplies, fixtures and builders to help with the remodel.

Grace and Mercy is a re-entry program that is committed to giving the women more than jobs and homes. As a faith-based program, they take time to provide a new way of living life, meaning the women spend a considerable amount of time in Bible study, meditation, and worship- both individually and guided. The program requires a one-year commitment from the women so there is time to teach job, life, home and parenting skills as well as deal with their co-dependency, past abortions and lack of boundaries in weekly studies along with traditional 12-step programs.

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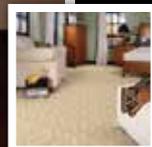
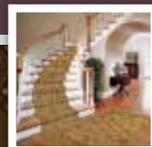
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While the program does not care to look back and focus on the crimes their residents committed, they do say that most of the women's issues were drug related and beneath those addictions were many other problems. During the year, counselors focus on abstinence from drugs, sexual behaviors, illegal behaviors and manipulation of all kinds. All while trying to deal with the issues that may have started them down a troubled path.

Relationships are formed with women in transition to provide friendship and to walk with them through their process of healing. Services

include housing, Bible study, educational opportunities and training in basic life skills, home management, parenting, community involvement, employment preparation and placement. The program is based on Bible principles and Christ-centered guidance along with a proven program of daily organization. Grace and Mercy partners with courts and law enforcement, local churches and community agencies for support and resources to aid in the ministry.

Grace and Mercy began with a small group of women and lots of prayers. These women

had been ministering in jails for years. They saw the same women released from jail only to return time and time again, recognizing a need in the community. In June 2015, a facility was identified that was immediately available and housed 18. The women formed an official board and less than four months later the ministry began taking in women from jails. Carolyn Self, a licensed clinical social worker, and volunteer at the ministry is on the board of directors for Grace and Mercy. She says her favorite part of working with the women is watching them change and grow into the whole, healthy women that God intended them to be.

Due to the faith based nature of this non-profit ministry they aren't eligible for any ongoing government funding. The cost to maintain the house and provide for its residents falls between \$25,000 to \$30,000 a month. Their greatest need is financial assistance, although there are other ways to contribute such as donating personal items, grocery gift cards, clothing and furnishing for apartments for the women after they depart from the house.

Once residents have taken "Jobs for Life" training and counselors think they are prepared to face outside world, they carefully seek job placement for each. After they begin work, they begin paying the Grace and Mercy house 85 percent of their earnings for room and board. With many having court fees, child care, debt, and other expenses they are unable to afford to put any income back into the house. Grace and Mercy accepts online and direct mail contributions, recurring monthly pledges and annual commitments from churches and community groups. In addition to ongoing fund-raising events, their homemade Gracefully Sweet Fudge provides a small supplement.

The fudge is made, packaged and sold from the Grace and Mercy house. It is available in a variety of flavors including chocolate, rocky road, chocolate walnut, peanut butter, salted caramel and chocolate raspberry dream. You can order these on their website at <http://www.graceandmercyky.org/fudge>. You may also find it in select stores in and around

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- Internal Medicine

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- Geriatrics

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

Clarksville. Those stores include Cayce's Pharmacy, John Schrecker Jewelers, The Place Restaurant, Rooms for Less, Broadbent's, Johnson Family Chiropractic, Gracious Me and a few others that are posted on the ministry's Facebook page. If you or anyone else you know is interested in setting up a fudge rack at your business to help our ministry, contact Fallon at 931-278-3734.

Upcoming events to benefit the ministry include a golf scramble which is scheduled for May 20th at Pennyryle State Park and a benefit concert which will be headlined by John Carter Cash at the James Bruce Convention Center in September. Check out their Facebook page for specific details on the events. Churches and service organizations invite Grace and Mercy staff and residents to tell their testimonies regularly. If your group would like to spread the word about the ministry or learn more about it contact Grace and Mercy at (270) 987-9021 or [www.facebook.com/GandMercy](http://www.facebook.com/GandMercy).



# SUMMER LESSON PROGRAM

**NOW ENROLLING FOR THE SUMMER LESSON PROGRAM!**  
LEARN TO PLAY AN INSTRUMENT THIS SUMMER!

**Now enrolling for music lessons. All instruments. All ages.**

305 North Riverside Drive, Clarksville, TN 📞 **931.552.1240**  
Mon-Fri 9am-6pm 📞 Sat 9am-5pm 📞 [www.marysmusicofclarksville.com](http://www.marysmusicofclarksville.com)

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**SUNDAY WORSHIP**

- 8:30AM CLASSIC
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- 11:00AM KIDS
- 11:00AM KOREAN

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**FBCT.ORG**

**JUNE 12-16** | **VACATION BIBLE SCHOOL**  
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**FOCUS** 9:00AM-12:00PM  
6-8TH GRADERS  
**REGISTER NOW FOR VBS OR FOCUS** [FBCT.ORG/VBS](http://FBCT.ORG/VBS)

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DISCOVERING THE GOD OF THE UNIVERSE

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# CALENDAR

## ONGOING

### ART LINK

5:30PM-7:30PM

Every Monday ArtLink hosts Music Monday at the Salvation Army. Free for all ages! This gives children of all ages and skill levels an opportunity to learn music theory as well as actual guitar playing. We need several volunteers each Monday from 5:00 to 8:00 to help set up, sign each child in, encourage and support the children as they learn new skills each week, and tear down. If you or anyone you know would like to be a part of Artlink, Please visit us at [www.artlinkclarksville.com](http://www.artlinkclarksville.com) or [artlinkclarksville@gmail.com](mailto:artlinkclarksville@gmail.com)

Salvation Army  
210 Kraft St,  
Clarksville, TN 37040

### L&N TRAIN STATION

Tuesdays and Saturdays 9:00AM to 1:00PM Our historic train station was open for passenger service 1882-1966. Now home to the Montgomery County Historical Society, it is used for meetings and art shows, can be rented for private events, hosts a

seasonal farmers' market, and houses a museum and gift shop. Free tours of the station, its museum and gift shop are available during staffed hours.

L&N Train Station  
10th & Commerce  
(931) 553-2486  
Clarksville, TN

### MONTGOMERY COUNTY HISTORICAL SOCIETY

Program meeting the 3rd Monday of each month of 2017 except for June and December. Meetings provide an interesting and informative program on a topic of local history. Visitors are always welcome. Refreshments provided.

Civic Hall  
Veterans' Plaza  
350 Pageant Lane  
Clarksville, TN

### CELEBRATE RECOVERY

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

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

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

First Church of the Nazarene  
Community of Hope

150 Richview Road  
(931) 648-0110

### CHESS CLARKSVILLE

Fridays, 4:00 PM until.

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

### CLARKSVILLE SCRABBLE CLUB

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

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

### CUMBERLAND WINDS

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

### FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30AM to 9:00 PM (except Wednesday,

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

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

### FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

Children and teens from ages 5-18 can unleash their creativity and curiosity with free coding workshops at the Clarksville-Montgomery County Public Library. The Clarksville Game Design Club has two separate groups that meet at the Library—the Game Design Club for ages 10-18 and the Junior Coder's Club for ages 5-9. Each group meets every other Saturday at the Library in the upstairs computer lab.

Registration is not required, but encouraged. Register online and learn more about the program at

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298 Clear Sky Court • Suite C • Clarksville

clarksvillegamedesign.net/about/. The event will be first come, first served and limited to the size of the computer lab.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

**FREE COMPUTER LAB FOR ADULTS WANTING TO IMPROVE THEIR COMPUTER SKILLS**  
REGISTRATION IS REQUIRED @ the office of CMC Adult Literacy Council

430 Greenwood Avenue Room 218  
Clarksville, TN

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

**GENEALOGY DISCUSSION GROUP**  
6:00 PM to 7:30 PM 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, 9:00AM to 5:00PM Recycling Coordinator: Denny Mihalinec, [RecyclingHabitatMCTN@gmail.com](mailto:RecyclingHabitatMCTN@gmail.com). Recycling bin is located at:

Clarksville Restore  
408 Madison Street  
(931) 645-4242

**HOPE RIDERS BIKER CHURCH**

Church every Sunday morning at 9:30AM Bible Study every Wednesday at 6:30 PM Ride each Sunday at 11:00AM 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**

10:00AM 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 PM 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 9:00AM 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

**MAY**

**1 MONDAY SUMMER CAMPS!**

Looking for something fun & exciting for your kids to do during the summer

break? Enroll them in one or more weekly summer day camps at Kids-N-Play. Camp schedule begins June 5th, and we offer several themes to pick from thru July 28th. Get \$5 off until May 31st with Online Promo Code CL0517  
Check out more details on our website.

Kids-N-Play  
525-B Alfred Thun Rd.  
Clarksville, TN 37040  
931.896.1328  
[kidsnplay.com](http://kidsnplay.com)

**6 SATURDAY**

**QUEEN CITY ROAD RACE**

8:00am. This race is not just a running competition - it is a promotion for fitness and health in the Clarksville community. This year's race includes a 5K, 10K, and a one-mile movement. Open to ages 16 and up.

APSU Fortera Stadium  
Clarksville, TN

**ADAPTIVE WALK**

1:00pm-3:00PM  
Clarksville's City Forester will meet participants at the Valor Pavilion, located near the dog park, and take them on a guided tour through the paved and wooden walkways of the park. Participants will learn about the wetlands, the park's wildlife and vegetation and create an outdoor craft to take home. Open to all

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10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.  
2801 Wilma Rudolph Blvd. • Clarksville, TN • 931.552.0289  
[www.GovernorsSquare.net](http://www.GovernorsSquare.net) • [www.MallGiftCards.net](http://www.MallGiftCards.net)

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**Happy to give free estimates! 931-320-3298**

ages and abilities.  
 Liberty Park Clarksville Marina  
 Clarksville, TN

**MARCH TO THE PAST**  
 10:00am-3:00pm The Friends of Fort Defiance will host a living history event and fundraiser! Come and enjoy educational historical demonstrations about the Civil War period in Clarksville. This event is free and open to the public.

Fort Defiance Interpretive Ctr.  
 120 Duncan St, Clarksville, TN 37042

**FREE COMMUNITY SHRED DAY**  
 9:00AM-12:00PM  
 Free and open to the public. Each individual may bring two grocery bags of confidential documents to shred. All types of office paper and materials are accepted. Plastic bags used for transporting materials will be returned. The Shred-it mobile shredding truck will crosscut documents into confetti-sized pieces. 100% of all shredded paper will be recycled.

Altra Federal Credit Union  
 1600 Madison St.  
 Clarksville, TN

**7 SUNDAY**

**MOTHER'S DAY LEAGUE OF THEIR OWN**  
 2:00PM - 4:00PM. \$5 (Cash or Check ONLY) \*\*Tickets Available Sunday, April 30\*\* Two sisters (Geena Davis and Lori Petty) join the first female professional baseball league and struggle to help it succeed amidst their own growing rivalry. The all-star cast also includes Madonna and Rosie O'Donnell, with Tom Hanks as the team's washed-up, hard-drinking coach. 2pm May 7

RATING: PG RUNNING TIME: 128 minutes RELEASE YEAR: 1992

Roxy Regional Theatre  
 100 Franklin Street  
 Clarksville, TN

**13 SATURDAY**

**FUN WITH FIDO**  
 12:00PM-2:00PM Fun with Fido encourages you to have an active lifestyle with your 4-legged friend. Join us for games, prizes, vendors with a pet-focus, and off-leash fun at the bark parks.  
 Heritage Park  
 1241 Peachers Mill Road  
 Clarksville, TN

**CLOTHING GIVEAWAY**  
 9:00AM-3:00PM  
 Hilldale United Methodist Church  
 1751 Madison St  
 Clarksville TN 37040  
 931-801-5300

**SLEEP UNDER THE STARS**  
 Join us for a bonfire, games, ghost stories and more at our great family campout. Pre-registration is required. Deadline to register is May 11, and

registration can be done online at [recpro.cityofclarksville.com](http://recpro.cityofclarksville.com) under EVENTS.

Billy Dunlop Park  
 1930 E. Boy Scout Ln., Clarksville, TN 37040

**FREE YOGA CLASS**  
 2:30PM-3:30PM  
 Join us for a free yoga class sponsored by the Yoga Mat

Clarksville Montgomery County Library  
 350 Pageant Ln  
 Clarksville, TN

**PROJECT LINUS**  
 1:00 PM to 3:00 PM 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 Carol Ballard at (931) 648-0918.

Cumberland Presbyterian Church  
 1410 Golf Club Lane

**15 MONDAY**

**CLARKSVILLE'S EARLY HOTELS & THEIR STORIES**  
 7:00PM, Local author Carolyn Ferrell presents information on Clarksville's earliest hotels and the colorful personalities who operated and occupied them. Competition between the town's hotels sometimes created situations that were quite humorous. The Cumberland River traffic often deposited some historic as well as memorable characters who stayed in the three main hotels: the Franklin House, the Southern, and the Montgomery/Arlington Hotels. Visitors welcome.

Civic Hall in Veterans' Plaza 350  
 Pageant Lane  
 Clarksville, TN

**16 TUESDAY**

**FABULOUS 50 PLUS GAMES!**  
 9AM. Over 20 events are scheduled to encourage participants 50 years of age and up to continue fitness opportunities and to compete and interact with peers. No experience is necessary. Pre-registration is required. Locations & Times vary daily through Saturday May 20th. Register online at [recpro.cityofclarksville.com](http://recpro.cityofclarksville.com)

**DIABETES SUPPORT GROUP**  
 5:00 PM 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.

Etiquette & LEADERSHIP TRAINING SESSIONS	
presented by: Patricia Woods	
<b>JUNE 19<sup>TH</sup>-23<sup>RD</sup></b>	<b>JUNE 26<sup>TH</sup>-30<sup>TH</sup></b>
ages 8-12	ages 13-17
10 AM - 12 PM	10 AM - 12 PM

Liberty Rooms

Tenova Healthcare  
651 Dunlop Lane  
Clarksville, TN

**17 WEDNESDAY**

**COMPASSIONATE FRIENDS MEETING**

6:00 PM to 7:00 PM 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

**SMOKING CESSATION CLASS**

5:00 PM to 6:00 PM the third Wednesday of the month. It's hard to quit smoking. That is why Tenova Healthcare - Clarksville offers free informational seminars. Registration required. To register call (855) 836-6682-- or visit [tenova.com](http://tenova.com).  
Liberty Rooms  
Tenova Healthcare - Clarksville  
651 Dunlop Lane

**19 FRIDAY**

**SPRING OPEN HOUSE**

9:00AM-6:00PM. Join us for chocolate covered strawberries and champagne, mingle with the staff. Take advantage of specials on: Water-Assisted Liposuction, Laser Hair Removal, Microneedling, Kybella, Microdermabrasions, Filler, and MORE! RSVP to:

Bella Medical Spa  
2151 Wilma Rudolph Blvd  
931.245.0500

**20 SATURDAY**

**CLARKSVILLE DOWNTOWN MARKET**

8:00am-1:00pm The Clarksville Downtown Market is a weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products.

102 Public Square  
Downtown Clarksville

**CANOE KAYAK & FLOAT**

7:30AM Canoe & kayak enthusiasts are invited to float the river with us! Participants will need to have their own canoe/kayak and life jacket.

The float is FREE of charge but pre-registration is required and available online at [recpro.cityofclarksville.com](http://recpro.cityofclarksville.com)

Billy Dunlop Park  
1930 E. Boy Scout Ln., Clarksville,  
TN 37040

**LIFE IN THE 1800S**

Mark Britton provides a display of Civil War period medical instruments and medicines..

Fort Defiance Interpretive Ctr.  
120 Duncan St, Clarksville, TN  
37042

**27 SATURDAY**

**PUBLIC POOLS OPEN FOR OUTDOOR SEASON**

10:00AM. Beachaven, Bel-Aire, New Providence, Swan Lake Pools

**MOVIES IN THE PARK:**

**FINDING DORY**  
7:00PM-10:00PM

Enjoy free movies on the big screen outside in our parks! Bring a blanket and/or lawn chairs and come hungry as we will have food available for purchase from at least two food vendors on site to provide the perfect meal to accompany the movie. Please leave pets and alcohol at home

Heritage Park  
1241 Peachers Mill Road,  
Clarksville, TN 37042.

**JUNE**

**MAYOR'S SUMMER NIGHT LIGHTS**

The Mayor's Summer Night Lights program features a multitude of activities including a DJ, dance team competitions, local music artist performances, arts & crafts, motivational speakers, athletic competitions, and free food!

JUNE 5 Kleeman Center  
JUNE 7 Lincoln Homes  
June 12 Summit Heights  
June 14 Bel Aire Park  
June 19 Edith Petis Park  
June 21 Lettie Kendall Park  
June 28 Lincoln Homes

**5 MONDAY**  
**SUMMER YOUTH PROGRAM BEGINS**

June 5-July 14th 9AM-3PM  
[recpro.cityofclarksville.com](http://recpro.cityofclarksville.com)

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

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(931) 245-6060

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

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## EXHIBITS

### PEGGY KRETCHMAR LELAND: ABSTRACTED SURROUNDINGS



Knoxville artist Peggy Kretchmar Leland uses hot wax to create abstract encaustic paintings, often incorporating elements of nature and architecture. Leland holds two masters degrees: one in educational administration and one in art education. She recently retired from a twenty year career teaching high school art. *In the Planters Bank Peg Harvill Gallery*

### FORWARD MARCH



This exhibit showcases maps, documents, dioramas, flags, and photos from several wars, featuring objects from the collection of Dr. John Olson. *In the Kimbrough Gallery through July 30.*

### READING APPALACHIA: VOICES FROM CHILDREN'S LITERATURE



This groundbreaking exhibition of Appalachian children's literature examines seminal titles published since the 1800s. Come explore our region's literary heritage and see how children's literature tells the story of Appalachia. This is a traveling exhibit from East Tennessee Historical Society and Knox County Public Library. *In Memory Lane through August 20.*

### A FINE NOTE



This exhibit gives a brief look at the importance of music in Clarksville. Items from the Customs House Museum's permanent collection highlight the world of music, including instruments, sheet music, photographs, and other artifacts ranging from the 1820s until the 1970s. A majority of the objects featured have a close connection to Clarksville and span from an Aeolian harp to a Jimi Hendrix tape. *In the Jostens Gallery through May 28*

## KIDS ACTIVITIES & PERMANENT EXHIBITS

All activities are free with your museum membership. Non-members pay regular admission fees.

### THE BUBBLE CAVE & THE EXPLORERS' GALLERY



Open for exploration! Not only can you have some great bubbly fun, but you can also learn about the science of bubbles and caves. Both are packed with fun, learning and fantasy where children can learn through play! Appropriate for children ages 2 to 102! The Explorers' Gallery and Bubble Cave close at 4:30 p.m. daily.

### MODEL TRAINS



Boasting one of the largest model railroad layouts in the region in our Heimansohn Gallery. We invite you to come interact and help animate our trains, helicopters and more. And visit our Thomas the Tank Engine at the Island of Sodor, as well as the Hogwarts Express exhibits. Trains run from 1:00 pm – 4:00 pm every Sunday.

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A FEW OF OUR CLIENTS!



# Clarksville Living

DESIGN@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!**

## 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. Deasree Williams: (931) 645-9969 or [dwilliams@cctenn.org](mailto:dwilliams@cctenn.org).

### OAK PLAINS ACADEMY

1501 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, [karen.henderlight@uhsinc.com](mailto:karen.henderlight@uhsinc.com).

### OMNI VISIONS INCORPORATED

Every child deserves to be a member of a healthy and supportive family. Omni Visions, Inc. provides therapeutic Foster Care, a home-based program for children who are in state custody and need support, supervision, and personal intervention. 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 AJAX TURNER SENIOR CENTER**  
953 CLARK ST. CLARKSVILLE, TN 37040  
(931)-648-1345

We are a non-profit senior activities center. There are a wide variety of programs and activities for seniors age 50 and above. Educational activities such as ceramics, coloring, and quilting classes. We have a card room, billiards room, wii bowling, exercise room and more. Our Senior Circle of Friends adult daycare room is available for seniors needing extra care during the day. We hold weekly dance, seminars, bible study. We are currently providing free tax preparation for seniors with a fixed income. For information contact Diana Akin or Dan Blair @ (931)-648-1345

### 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@madisonstreetmusic.com](mailto:abby@madisonstreetmusic.com), or visit our website at [madisonstreetmusic.org](http://madisonstreetmusic.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.org/qcr](http://www.flyballdogs.org/qcr) for more information about this exciting canine sport.

#### CLARKSVILLE BADMINTON CLUB

The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+, novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows: Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd; Thursday evenings: 5:00 p.m. to 8:00 p.m. at APSU's Roy 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](http://clarksvilleimpact.us).

#### CLARKSVILLE TENNIS ASSOCIATION

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

#### CLARKSVILLE VOLLEYBALL CLUB

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

#### EMMANUEL FAMILY LIFE CENTER

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

#### TEAM CLARKSVILLE YOUTH WRESTLING

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

#### THUNDERBOLT AQUATICS SWIM CLUB

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

#### WARRIORS SPECIAL NEEDS CHEERLEADING

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

#### CHILDBIRTH & PARENTING EDUCATION

##### ROOTS CHILDBIRTH PREPARATION

Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect for any birth plan or birth setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete

continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or [expectingnewlife@yahoo.com](mailto:expectingnewlife@yahoo.com) for info on classes (group, private or home-study).

#### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

#### CLARKSVILLE BIRTH COMMUNITY

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

#### HEALTHY START

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

#### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

#### NINE MONTHS & BEYOND

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

#### TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

Taught by a Lactation Consultant, Breastfeeding Class covers initial steps to successful breastfeeding, uses for breast pumps and other supplies. Moms also receive a book, *Nursing Mothers Companion*. Classes are taught in the Legacy Rooms on the first floor of the Medical Center (651 Dunlop Lane) on the first Tuesday of every month from 7:00 p.m. to 9:00 p.m. Registration is required. To register call (855) TENNOVA (836-6682).

#### TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

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

#### TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

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

#### WHOLE WOMAN BIRTH AND LACTATION SERVICES

We serve the whole woman from pregnancy to postpartum care. As certified Sacred Pregnancy Instructors, Sacred Milk 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](mailto: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 at (931) 648-5725 or [tadjei@utk.edu](mailto:tadjei@utk.edu).

#### CHILD PROTECTION & DOMESTIC CRISIS SERVICES

##### AL-ANON & ALATEEN

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

##### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

##### CHAP PROGRAM OF CATHOLIC CHARITIES

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

##### DEPARTMENT OF CHILDREN'S SERVICES

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

##### LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or [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 [mtbsa.org](http://mtbsa.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](http://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 [studythescriptures.net](http://studythescriptures.net) or call (931) 648-8844 for more information and to register.

#### APSU EXTENDED EDUCATION

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

#### ASERACOG 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/CroatiainsinTennessee/](http://facebook.com/groups/CroatiainsinTennessee/)

#### DAGAN FOUNDATION

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

#### FRIENDS OF THE BLUEWAY

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

#### TENNOVA HOME HEALTH & HOSPICE

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

#### GOOD NEWS CLUBS

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

#### HOPE CENTER

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

#### HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

#### LATINA ASSOCIATION

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

#### MEALS ON WHEELS

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

#### MONTGOMERY COUNTY WIC CLINIC

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

#### RADICAL MISSION

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

#### REFORMERS UNANIMOUS

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

#### TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

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) 647-8311-1050. Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

#### APTITUDE HABILITATION SERVICES

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

#### ASPERGER/AUTISM CENTER

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

#### BRADFORD HEALTH SERVICES

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

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

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

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

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

#### CENTERSTONE

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

#### COLUMBUS ORGANIZATION

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

#### HEALTH CONNECT AMERICA

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

#### THE FAMILY GUIDANCE TRAINING INSTITUTE

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

#### LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

#### MENTAL HEALTH COOPERATIVE

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

#### PASTORAL COUNSELING CENTER

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

#### 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 [JuleeSPoolePHD@aol.com](mailto:JuleeSPoolePHD@aol.com) or (931) 906-5449.

#### REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 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 socioeconomic issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

#### YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

#### INTERNATIONAL ORGANIZATIONS

##### MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

Host parents may go to [afsusaa.org/host](http://afsusaa.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 [afsusaa.org/study-abroad](http://afsusaa.org/study-abroad) for more information and/or contact Becky Heywood (sending coordinator) at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) on exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [alsbarb58@gmail.com](mailto:alsbarb58@gmail.com) or Sandy Rich at [srich@afsusaa.org](mailto:srich@afsusaa.org) or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is [afsusaa.org/missstennky/](http://afsusaa.org/missstennky/). Follow AFS on Facebook: AFSUSA, Twitter: [afsusaa](https://twitter.com/afsusaa), YouTube: [AFSTV](https://www.youtube.com/channel/UCvFSTV) and Flickr: [afsusaa](https://www.flickr.com/photos/afsusaa/).

#### YOUTH FOR UNDERSTANDING USA (YFU)

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

#### PARENT GROUPS

##### CHRIST PRESBYTERIAN CHURCH MOPS

Mothers of Preschoolers (MOPs) is an international organization aimed at empowering mothers from pregnancy to the day they wave goodbye to their child on the first day of school. We meet from 9:30 a.m. to 11:30 a.m. most 1st and 3rd Thursdays of the month from September to May. Meetings are held at 1230 Rossview Road. Childcare is available. For more information please contact Sabrina Reiswig or Anne Coleman at [mops.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 MNOCs 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/tn/chara](http://orgsites.com/tn/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/LLLClarksville](http://facebook.com/LLLClarksville). If you have breastfeeding questions please contact one of our local group's leaders at [BreastfeedingTN@gmail.com](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

##### MOMS CLUB OF CLARKSVILLE

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

##### MOPS AT FIRST BAPTIST 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 [clarksvillemopsatfbc.wordpress.com](http://clarksvillemopsatfbc.wordpress.com). We look forward to meeting you!

##### HILLDALE BAPTIST CHURCH MOPS

MOPS, Mothers of Preschoolers is for moms with children between the age of pregnancy through Kindergarten. We meet most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Meetings are at 2001 Madison Street, Student B Building, Main Campus. Childcare is provided. For more information please contact Arin Johnston or Jenny Kent, Co-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.

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

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

##### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

"Growing Together Little by Little." A voluntary educational program for families with children ages birth to three years old with disabilities or developmental delays. Visit [tennessee.gov/education/teis](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 at (931) 648-1884.

###### ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

###### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

###### BREAST CANCER SUPPORT GROUP

ABC (After Breast Cancer) outreach program provides survivor support through a free, comprehensive 16-week program that includes a YMCA membership, Pink Ribbon training classes, lymphedema education, and nutrition classes in a wellness-focused, caring environment. Survivors are encouraged to attend our monthly meetings held the 2nd Monday of each month. If you are going through chemo and are in need of a wig, please let us know. For more information or to sign up for the next session, contact Sherrie Lewis at (931) 647-2376 or [slewis@ymcamidtn.org](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 or Mary Nell Wooten at (931) 647-8904.

###### CLARKSVILLE OSTOMY SUPPORT GROUP

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

##### CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

##### COMPASSIONATE FRIENDS

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. Meets the third Wednesday of each month from 6:00 p.m. to 7:30 p.m. at the Clarksville-Montgomery County Public Library. Contact Henry Moore, Jr. at [tcfcclarksville@gmail.com](mailto:tcfcclarksville@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 Tennessee Healthcare - Clarksville. For more information visit [Tennova.com](http://Tennova.com) or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

##### FOCUS AUTISM NOW

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources, support, advocacy and leadership tools. Hablamos Español. [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@jdrf.org](mailto:cvoiland-free@jdrf.org).

##### MEN HELPING MEN

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

Do you have a loved one battling a mental illness? Our monthly support group is for families and friends of the mentally ill. We encourage, support, and provide information to families. We meet monthly every third Monday at 6:30 at Tennova Healthcare (formerly known as Gateway Medical). For more information, call Karen at 931-221-2696 or look for us on Facebook at Clarksville NAMI.

##### 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).

# Pet Pix

The Pride of Clarksville



I am digging my bunny ears



Pebbles enjoying the sun.



Snoopy always go to sleep with his favorite toy Froggie.



Ralphie loves being lazy in the daisies!



If I can't see the Dr. the Dr can't see me.



Remember..don't leave us in the car in the heat.



WHAT! NAPTIME ISNT OVER YET!!!



Minnie the Cheshire Cat



Sailor Girl Maggie, striking a pose.



Showing the Easter bunny love!!!



I just want to be lazy and lay in your bed

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WILL RECEIVE

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IN PRODUCTS  
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& FAMILY PET HOSPITAL!

April Winner:

Maggie



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

Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by May 15th.  
\*Include the name of the photographed, their age & a short caption\* (1-18 years only, please).

# HAPPY BIRTHDAY!

M



Happy 2nd Birthday Mason,  
Love you YiaYia & Pap

B



Happy 4th Birthday Blaise!  
Love Mom, Dad, Knox,  
Piper and Finn



Happy 4th Birthday, Emily and  
Ally! We love you both so  
much, Momma, Daddy & Mia

K



Happy 4th Birthday to our sweet  
princess Kaely bug!!  
From mommy daddy and bubbas!

A



Happy 5th Birthday Austin!  
Love Mom and Dad

C



Happy 5th Birthday Christalyn!!!  
We love you so much!!!  
Mommy & Daddy

M



Happy 5th Birthday Mason,  
Love you YiaYia & Papa

K



Happy 7th Birthday Knox!  
Love Mom, Dad, Piper,  
Blaise and Finn

T



Happy 7th Birthday, Tyler  
Love Mommy & Daddy

T



Happy 8th birthday Tatum  
we love you so much  
Mommy, Chris and Oakleigh

D



Happy 9th Birthday Dazireon  
from Mommy and Anyla  
We love you!

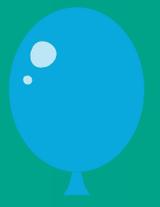
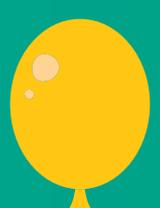
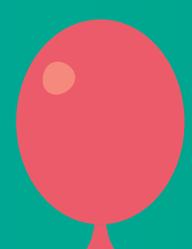
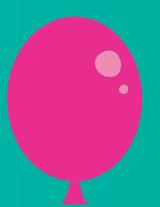
M



Happy 11th Birthday Makayla!  
Mommy loves you !!!

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

# HAPPY BIRTHDAY!





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