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# Clarksville Living

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



## *Pick Your Poison*

Make your own batch of these spooky but sweet, wicked candy apples.  
(recipe on page 30)



October 2017

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SAT, OCTOBER 28 | 3:00PM-6:00PM | DOWNTOWN CLARKSVILLE

**Costume Contest, Trick-or-Treating, Hayride & More!**

Costume contest is open to all ages. Pre-registration required. Open to ages 0-12 and groups of all ages!

## JOIN US FOR MORE FRIGHTFUL EVENTS:

### **NEW!** "SCARE-CROW"

FRIDAY, OCT. 13, 5-7PM

Crow Recreation Center | Free

Don't miss this indoor truck-or-treat event that will include games, costume contest and treats.

### HALLOWEEN AT FORT DEFIANCE

FRIDAY, OCT. 27, 6-8PM

Fort Defiance Interpretive Center | Free

Gather around the bonfire to listen to haunted historical tales of woe and terror! Hot dogs and hot chocolate will be served. Ages 8 and up.

### FLOATING PUMPKIN PATCH

SATURDAY, OCT. 21, 2-5:30PM

New Providence Pool

Hunt for your pumpkin in the pool this year and then decorate it!

\$5 per person or \$8 with pumpkin included, while supplies last.

### ZOMBIE CHASE RACE

SATURDAY, OCT. 28, 8AM

Liberty Park | \$35 per person

Try and survive the apocalypse by using your brains and disguises to outsmart hungry zombies along the 3.1 mile course. Ages 5 and up.

### HAUNTED SWIM

SATURDAY, OCT. 21, 7-10:30PM

New Providence Pool

Come out for a haunted evening swim where there will be music, a light show and more!

\$5 per person or \$8 with pumpkin included, while supplies last.

### **NEW!** BCYCLE HAUNTED TOUR

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## Publisher's Message

It's finally fall, y'all!

As much as I like for each season to have the chance to run its full course, I am very ready for some beautiful Tennessee fall weather and cooler temps. I did notice, however, that on one of those first cool days that we had when I put my jeans on that they seemed like they may have been a little bit tighter than they were last year. Perhaps they shrunk or something...I am still investigating this mystery.



Fall really is one of my favorite times of year but I feel like we don't get enough time to enjoy it. They start putting Halloween décor out in summer and then Christmas in September. *(Sometimes sooner!)*

Besides the temps and beautiful fall colors, there is definitely no shortage of activities of things to keep you busy this month. Just to name a few of the events there's: The City of Clarksville's Floating Pumpkin Patch & Haunted Swim at New Providence Pool, Halloween at Fort Defiance, The Zombie Chase Race 5K, First Baptist's Trunk or Treat, Governor Square Mall's Not-So-Scary Fall Fest and last but certainly not least, Fright on Franklin! Flip to the calendar on page 32 and find all the events inside **orange boxes** to plan your most spooktakular October ever!

I hope you have a great fall break and a happy Halloween; and as always, thank you for picking us up!

*Carla Lavergne*

### DISCLAIMER

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

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## HALLOWEEN:

The only day of the year when  
it is socially acceptable to  
remove your teeth  
*in public.*



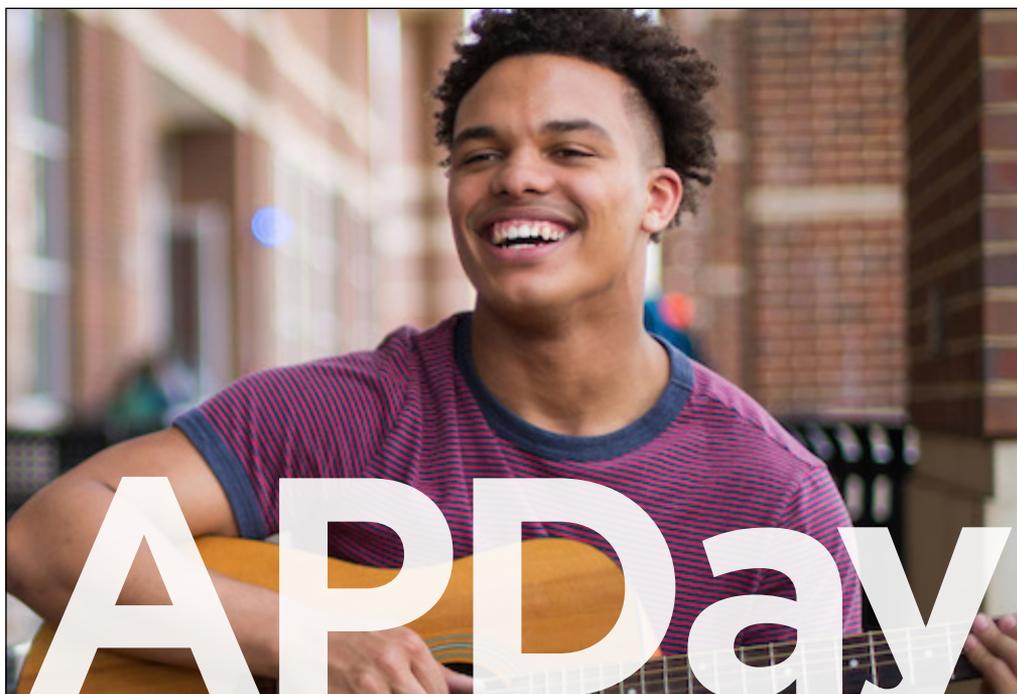
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## 4 Tips to Make Your Next Mammogram Easier



### Make a date to do something special for yourself and your family.

Having an annual mammogram can help make sure you'll be there for life's most important moments. A mammogram can help detect breast cancer in its earliest stages. The American College of Radiology recommends one every year for women 40 and older, and for younger women considered to be at risk.

**Tennova Healthcare provides screening and diagnostic tools, including digital mammography and computer-aided detection.**

**For more information, or to schedule your mammogram today, call 931-502-1180.**

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651 Dunlop Lane • Clarksville, TN 37040

Appointments are on a first-come, first-served basis. An order from a physician or qualified healthcare provider is not required for a screening mammogram, but the patient must provide a physician/provider name when an appointment is made. If the patient does not have a physician/provider, a list will be provided for the patient's selection. All mammogram reports will be sent to the physician/provider and follow-ups are the responsibility of the patient.





Brought to you by *Tennova Healthcare - Clarksville*

**Use these tips to make your next screening easier.**

Mammograms can detect breast cancer in the earliest, most treatable stages. That's why the American Cancer Society (ACS) recommends all women ages 45 to 54 get one every year.

However, the initial discomfort of a mammogram may discourage some women from taking time out each year for this extremely important test. To make your next mammogram easier, follow these tips:

**Don't wear deodorant.** Deodorants and other powders can show up as white spots on a mammogram, and that might prompt your doctor to call you in for a second test.

**Schedule smart.** The week before your period, your breasts can be swollen and tender — leading to an uncomfortable mammogram and poor-quality pictures. Avoid scheduling mammograms during this week.

**Leave the dresses on the hanger.** If you wear a dress, you will have to remove it entirely during the mammogram. Wearing a shirt and either a skirt or pants makes your appointment easier.

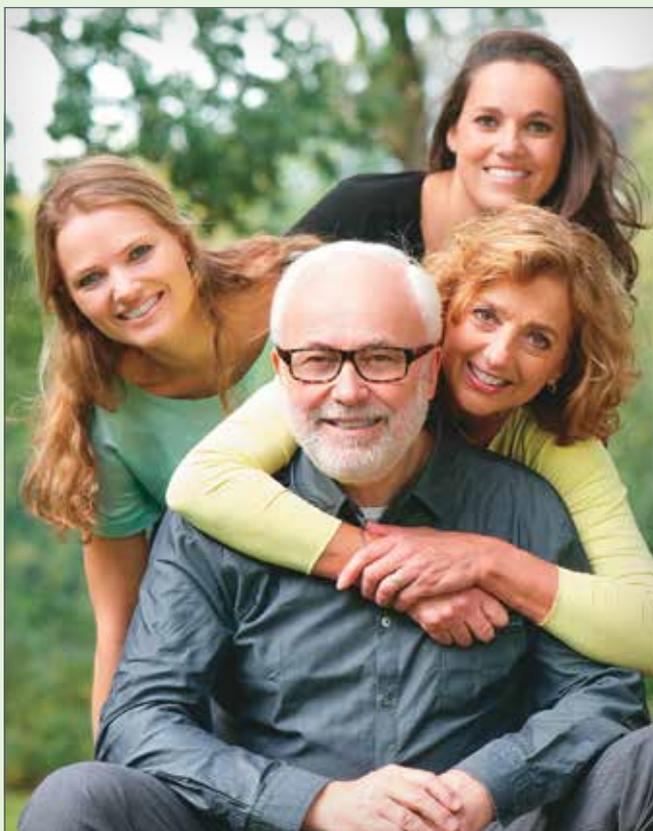
**Consider medication.** Over-the-counter pain relievers (such as aspirin or acetaminophen) may relieve soreness when taken before a mammogram. Talk to your doctor before taking any medications.

Finally, remember that breast compression during a mammogram lasts only a few seconds — and those few seconds are worth the peace of mind.

Tennova Healthcare provides screening and diagnostic tools, including digital mammography and computer-aided detection. For more information, or to schedule your mammogram today, call 931-502-1180.

For more health and wellness articles like this one, visit our blog at [TennovaWellness.com](http://TennovaWellness.com)

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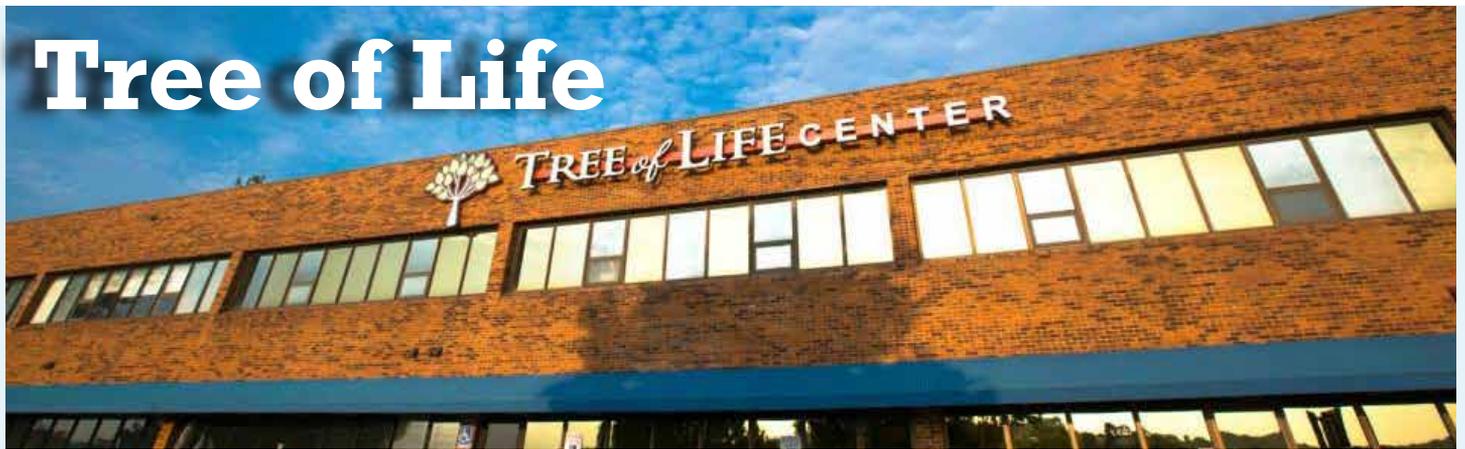
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# Tree of Life



By Taylor K. Lieberstein



**M**indful eating is an often-forgotten element of overall health and happiness. As more people become aware of the benefits of eating nutrient dense and flavorful organic foods, free from dangerous chemicals and genetically modified organisms, the more demand increases. The Market @ The Tree of Life Center is Clarksville's only natural food store with an emphasis on local and regional products when available and competitively priced.

Since 2014 the locally owned and operated market has been offering thoughtful and nutritious food and natural lifestyle products with the goal of helping our community and all who pass through Clarksville improve their health and quality of life. The store offers options for specialty diets including vegan, vegetarian, paleo, allergy-sensitive and gluten-free. Their already wide variety of products is constantly increasing- offering everything from fresh produce and bulk spices/herbs to body care and natural supplements. Most of the stores food is organic which means it's also non-GMO. Their most popular items are

their locally sourced items such as milk, eggs, meats, honey, elderberry syrups, grab-and-go meals (prepared fresh daily by the Macro Kitchen) and Cannabidiol products.

The Market recognizes the importance of dietary supplements and herbs as they are related to health maintenance and well-being. People have used the active ingredients in dietary supplements for thousands of years to help health and to treat illness. For example, people have used willow bark tea for centuries to relieve fever. Pharmaceutical companies eventually identified the chemical in willow bark that relieved fever and used that knowledge to produce aspirin.

Cannabidiol or CBD stands out as an all-natural supplement because it is both non-psychoactive and displays a broad range of potential medical application. There is no high associated with CBD and unlike pharmaceuticals it is non-habit forming. CBD contains many essential vitamins and minerals adding critical nutrients to your body. Research has shown that CBD products are proven to help with pain, anxiety, insomnia, Post Traumatic Stress Disorder, epilepsy along with many other types of illnesses. The market offers CBD products from oils, capsules, gummies and lotions to peanut butter and dog treats. Veteran Grown, a local hemp farm, is where the market sources some of its CBD products. The owners of Veteran Grown have a great story about the events that led them to consider a less traditional and more natural alternative to treat pain. The legality of the product is a common concern that causes many people to shy away from the natural medicine, however CBD oil is legal to purchase and to use in Tennessee.

The grocer sustains as many local and thoughtful farms as she can. Growing up in Northern Maine she was surrounded by local agriculture. There are countless reasons why to purchase products from small-scale farms. The most obvious reason being that locally grown food tastes better. Food grown in your own community was likely picked within the past few days. It's crisp, sweet and loaded with flavor. Produce flown or trucked in from California, Florida and Chile is, understandably, much older. Several studies have shown that the average distance food travels from farm to plate is 1,500 miles. In a week-long delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality. Local produce is better for you. Fresh produce loses nutrients quickly. Food that is frozen or canned soon after harvest is more nutritious than some "fresh" produce that has been on the truck or supermarket shelf for a week. Locally grown food, purchased soon after harvest,

retains its nutrients. Local farmers don't have access to genetically modified seed, and most of them wouldn't use it even if they did.

The markets milk supplier, JD's Country Milk, is a family owned and operated dairy farm/processing plant located in Kentucky. They pride themselves on hormone free milk. They do not give their cows antibiotics but instead feed them a vitamin enriched diet. They purchase a large amount of their meat from Tennessee Grass Fed Farm, located here in Clarksville. At this grass fed farm the owners believe the animal protein portion of our diet should come from livestock raised on their natural diet and one not containing added hormones, antibiotics, GMOs, or other additives. For beef, that means rotational grazing on high-quality grass provided in non-confined, open pastures. Much of the markets fresh produce comes from Broken Point Farm, also located in Clarksville. This farm grows a variety of fruit and produce. Although they are not certified organic the farm does follow strict organic practices.

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While Hurricane Harvey guaranteed that Halloween Express Clarksville would not open the doors to the Giant Pumpkin in 2017, we know you have Halloween needs that must be met! We've created a special online offer for our Clarksville family for all the costumes, wigs, masks, makeup and accessories you need to make Halloween great.

*Thanks for shopping and see you next year!*

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- **Free shipping on all orders over \$65** to anywhere in the continental US.
- This coupon code is *unlimited*, use for every halloween purchase.



In addition to healthy meal options the store carries unique body care items such as bath bombs and charcoal activated toothpaste. They also carry essential oils, books, candles, salt lamps, alkaline water and other items that may create health and harmony within the body, mind and spirit.

There were several reasons Yvonne Chamberlain wanted to provide an all-natural food market to the Clarksville community. The first being that the community needed an alternative to driving to Nashville for healthy food choices. As a former flight medic, the grocers interest has always been in helping people. Since childhood she has been a huge advocate of personal growth and living a balanced lifestyle. With our military being at war since 9/11, she wanted to create a place that was an asset to our community. Also, a place that helped facilitate the lifestyle changes that our soldiers would need when returning from months in conditions that are less than ideal to their health and wellness. The soldiers at Fort Campbell are a very big part of the Clarksville community. Although



this place isn't exclusively for them it is available for those dedicated, strong, community focused men and women that compromise their health and wellness while fighting for our country.

"Our physical and mental capacity can always be traced back to the food we take in," said Chamberlain.

Chamberlain, knows that well-being starts with making good food choices. She also knows from personal experiences that it doesn't stop there. Stress plays a huge role in our overall health. Just before opening her store Chamberlain went through a divorce and around year into becoming a new business owner she lost her brother to a heart attack.

"The stress of those two life events, coupled with the stress of a new business, could not be healed with food alone. Living a life of wellness and life-balance must be a holistic approach

A colorful poster for 'The Starlight Grande Performing Arts School SHOW CHOR'. The word 'SHOW' is in large white letters on a blue background, and 'CHOR' is in white letters on a red background. A yellow star with a piano icon is at the top. The poster includes a 'REGISTER TODAY!' call to action, a list of class offerings, and a class schedule. At the bottom, it provides contact information: 'Call (931) 217-4608 or Go Online to Register at www.thestarlightgrande.com'.

**The Starlight Grande Performing Arts School**

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- THE RISING STARS- Grades 1-3
- THE NOVAS- Grades 4-7
- ILLUMINATION- Grades 8-12
- THE CELESTIAL SOUND- 18 Years & Up

## Class Schedule

Monday	4 PM- 5 PM- COMETS
	5 PM- 6 PM- COMETS
Tuesday	4 PM- 5:30 PM- THE RISING STARS
	5:30 PM- 7 PM- ILLUMINATION
Thursday	5:30 PM- 7 PM- THE NOVAS

Call (931) 217-4608 or Go Online to Register at [www.thestarlightgrande.com](http://www.thestarlightgrande.com)



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that incorporates not only the body but also the mind and spirit. That is why my building is geared toward an overall lifestyle of wellness. I purposely set out to attract local businesses that would be a good match for the mind, body and spirit," said Chamberlain.

The center for well-being provides a habitat for health and healing in more ways than sustainable food. Aside from the market there are many services for mind and body integration ranging from nutritional consultation to mindfulness courses. Some of those include yoga classes, karate classes and art and music therapy courses and massage therapy.

The Tree of Life Center is located at 30 Crossland Avenue, Clarksville, TN 37040. The Market is open Monday- Saturday, 9 a.m.- 6 p.m. and Sunday, 10 a.m. – 6 p.m.



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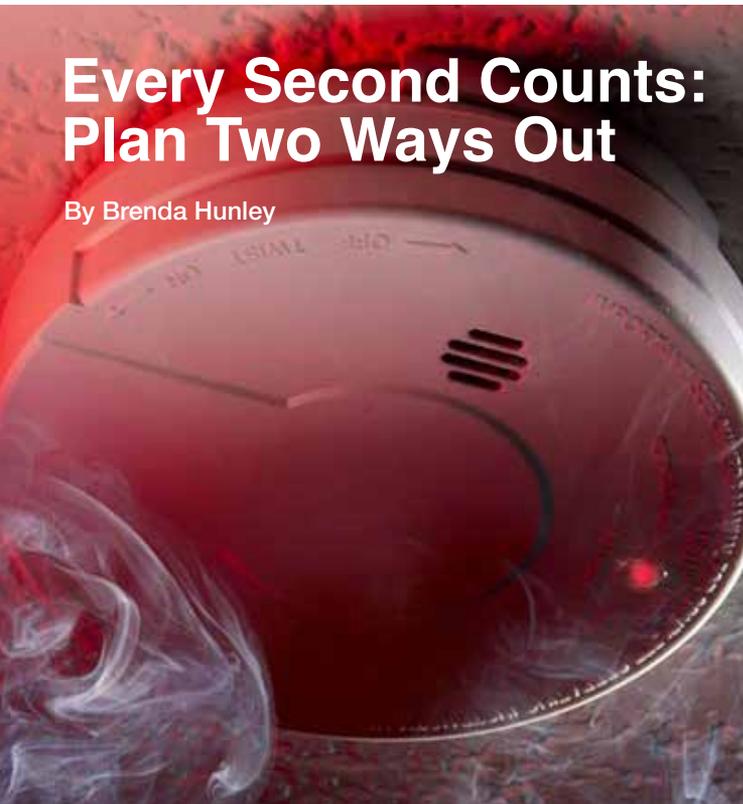
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# Every Second Counts: Plan Two Ways Out

By Brenda Hunley



**October 7-13 is Fire Prevention week.**  
**This year the theme is: Every Second Counts**  
**Plan 2 ways out.**

This time of year the weather is changing from hot days and warm nights to cool days and chilly nights. This is the perfect time to change those batteries in your smoke detectors.

Smoke detectors are a huge part of a home fire escape plan. When you have a fire, you also have smoke. A working smoke detector gives you and your family an early warning so you can get out of your home quickly and safely.

Where should you have smoke detectors? There should be one in every bedroom, outside each sleeping area, and on every level of the home.

Escape plan – every home needs one.

Get your family together and talk about fire safety. Sketch out a map of your home. Don't forget to include all windows and doors.

Plan two exits from each room and a path to the outside from each exit. This is helpful if perhaps the door is hot to touch, or smoke is coming from one or the other, this leaves

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you a second chance of escape. Remember if there is smoke – get low. If possible close doors behind you as this may slow the spread of smoke, heat, and fire.

Does your family have a designated meeting place outside? If your answer is no, get together with your family and decide on one. This will be extremely helpful if a fire occurs. Remember to make your meeting place a safe distance from your home.

Can everyone in your home make it to the designated safe meeting place? If you have small children or a disabled family member you should plan ways for them to get out on their own as well just in case you cannot help them.

It is important to practice your families' fire drill twice a year, once at night and once during the day. It's amazing how much things change in the dark. Consider taking different routes out of your home to the meeting place as well.

Okay, so you and your family have made it to your safe place. Someone has called 911. Will the emergency personnel be able to find your home? Make sure your house number is clearly marked and easy for the fire department to find.

Once you are outside – STAY OUTSIDE, never ever go back into a burning building. Wait for the fire department to come in and clear the scene.

For more fire safety tips contact your local fire department.



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**Mirror, mirror:  
Clarksville gets back  
an antique from its  
earliest days**

Story and photos  
by Karen Parr-Moody



A lady just might be a bit of a diva if she carves her initials with a diamond ring into a hotel’s grand pier mirror. That’s what opera singer Jenny Lind did at the Franklin House Hotel in downtown Clarksville, according to the oral history of the Bringhurst family, whose members have passed the mirror down through the generations. As the story goes, Lind signed the mirror with her diamond to prove it was real to the innkeeper’s children, who doubted her.

Now that mirror can be viewed – complete with Lind’s alleged signature – on the fifth floor of F&M Bank at 50 Franklin Street. The mirror was donated to the bank by Atlanta resident Charles Lord and his wife, Katherine, who is an heir of Billy and Sallie Bringhurst, the couple that bought the Franklin House Hotel in 1875 and were known for operating it with great hospitality.

Why did the Lords choose the bank for their generous donation? Firstly, it sits on the same spot that the Franklin House Hotel once occupied. So, in a poetic sense, they were returning the piece to its

original “home.” Secondly, the Lords were pleased that the bank’s management offered to have the antique refurbished by top-notch restorers, as well as display it permanently.

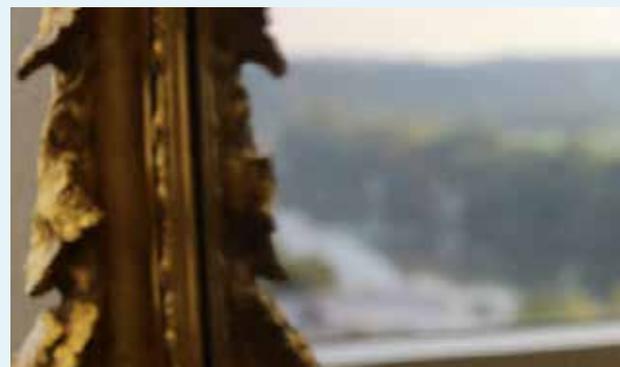
The donation thrilled Sammy Stuard, F&M Bank President and CEO, and Fred Landiss, F&M Bank’s senior VP of marketing and public relations. They both feel that the Franklin House Hotel, which created a legacy of hospitality, shares an affinity with F&M Bank, which also counts hospitality as a key element of its business model. The mirror is a physical symbol of that hospitality.

“We’re going to be carrying on the hospitality that was so famous at the Franklin House Hotel,” Stuard said. “We like to continue that on as the legacy of this bank.”

“The reputation of the Bringhurst family’s hospitality is still important today to F&M Bank,” Landiss said. “Salesmen would go out of their way 50 miles just to eat and enjoy the hospitality of the Franklin House Hotel. And since the bank is in the historic area of Clarksville, we try to make it an interesting facility to visit, while also being a functional bank.”

Landiss began creating an interesting aesthetic, for a bank, years ago by featuring the work of 80 local and area artists throughout the bank.

The mirror is a fascinating acquisition that brings with it a variety of stories. One tale is about weddings grand and small. Sallie Bringhurst encouraged couples getting married at the hotel to use the





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mirror, with its accompanying marble-topped pedestal, as an altar for the recitation of vows.

The tale about Jenny Lind would have been savored by generations of Bringhamsts because the Swedish opera singer was a worldwide star in the 1800s. Born into poverty in 1820, Lind was rich and famous by her late 20s after touring throughout Europe.

After American showman P.T. Barnum contracted Lind to tour America – and dubbed her “The Swedish Nightingale” – she became a stateside sensation. A variety of items, from snuff to paper dolls, were branded with her name. (From 1955 to 1965, Fostoria produced a milk glass pattern that included Lind’s cameo, surrounded by raised geometric and floral designs; it remains highly collectible.)

A story of Lind’s visit to Clarksville is recorded in the book “Franklin House,” in which Clarksville native and author Carolyn Stier Ferrell detailed an array of stories about the hotel.

Left: Fred Landiss, Carolyn Stier Ferrell and Sammy Stuard stand with the antique mirror that has been returned to its original location.

Below: Opera singer Jenny Lind’s signature, carved by her diamond ring into the mirror.



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According to Ferrell's book, a semiweekly newspaper called the Clarksville Jeffersonian reported in its March 29, 1851 issue that Jenny Lind arrived in town by steamboat and stayed for "three quarters of an hour" as a crowd stood by, hoping to catch a glimpse of her. They were disappointed, according to the report. Nashville, however, was not. On March 31, 1851, Lind created a fervor when she was in Nashville

preparing for two concerts; one was given that evening and another on April 2.

During Ferrell's research, she traveled to Atlanta to meet Katherine and Charles Lord and discuss the hotel's history with them. After several days of visits, Ferrell said she and the couple became friends.

After a time, Charles Lord called Ferrell with a question about the grand pier mirror that Katherine had

inherited. Since it had once been a fixture of the Franklin House Hotel, the downsizing couple wanted to return it to Clarksville as a piece of living history. Could Ferrell make a recommendation for a good recipient?

"They had given away many of the antiques to family members and they had no children of their own," Ferrell said.

Ferrell made a number of phone calls to assist the couple in the decision of where best to donate the mirror. In the end, F&M Bank was chosen for all the right reasons.

That said, the nearly 9-foot-tall, oval mirror was badly in need of restoration, as much of the grape and grape leaf ornamentation encircling it had fallen off or was damaged. Martha Elliott, a longtime interior designer in Clarksville, recommended Reed's Gold Leaf in Nashville. The company had done many gilding and restoration projects, including work in the Schermerhorn Symphony Center and on Alan LeQuire's Athena sculpture at the Parthenon.

"I'm glad that the bank went with taking care of it the way it should have been done a long time ago," said Micki Cavanah, who operates Reed's Gold Leaf with her husband, Mitchell. "All along the mirror's edge there were cracks and losses of ornamentation."

For the project, the loose grape and grape leaf motifs were removed and repaired. In cases where they were missing, molds were made to recreate them.

"It was really interesting, because with the grape leaf pattern, the leaves were all mashed down, like they were wilted," Cavanah said. "So we fanned out those leaves. Now it's really like it came to life after the work was done on it."

The type of composition ornamentation found on the mirror dates back to European frames of the 1700s and was a popular decorative method in 1800s America.

Also typical of such a grand frame was an expensive finish – in this case,

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The Franklin House Hotel in 1875



Restorers from Nashville firm Reed's Gold Leaf worked to bring the mirror back to its original state.

22- or 23-carat gold leaf. However, many unprofessional repairs had been made to the mirror since the mid-1800s and it was covered in layers of paint. The team at Reed's Gold Leaf removed these layers and replaced them with 22-carat gold leaf, which they then patinaed to a finish that made the frame look age-appropriate.

Stuard said he was amazed when the restored mirror finally arrived at the bank to be placed on the fifth floor outside the Franklin Room.

He said, "After all of the talk of the mirror and seeing photos of it in Carolyn Ferrell's book, it was more beautiful and spectacular than I had ever anticipated."

The bank fêted the mirror with a cocktail party on Sept. 14, unveiling it for more than 150 guests who were eager to see it.

So now what was once an esteemed mirror used in the décor of the Franklin House Hotel is located in another fine establishment in F&M Bank. And within the gold leaf and sparkle of the mirror, history is beautifully preserved.

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### **Wags and Wings: Family Fun Festival**

By Brenda Hunley

As soon as I heard about this event I was so excited to bring it to our readers! Wags n Wings is a festival hosted by Clarksville Regional Airport and Fortera benefitting the Humane Society of Clarksville Montgomery County.

Bring your family, load up the car, and come on out to Clarksville Regional Airport at 940 Tennessee Ave Clarksville, TN On Saturday, October 14th from 10 am – 4pm. Admission is \$5.00 a person, or \$10.00 a car. There will be multiple events going on – come join the fun!

This event combines activities for pet lovers (Wags) with lots of aviation attractions (Wings) for families.

There will be a Kid's Zone with all sorts of inflatables and other kid safe activities. Airplane rides and helicopter rides will also be available for an additional charge.

There will be an airplane show with skydiving demonstrations, as well as static displays of various aircraft. The highlight of this display will be the Commemorative Air Force Dixie Wing (otherwise known as "Red Nose" this North American P-51 Mustang is a photo opportunity in the making!

Mid - South Motoplex will have a selection of motorcycles and ATV displays set up. If cars are more your thing, you will want to check out the Corvette Show presented by James Corlew Chevrolet and Corvettes of Clarksville.



*Hangar Party at 7pm with The Beagles!*

# Wings Fun Fest

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With all these activities and entertainment, you are bound to get hungry! As of press time there have been several popular food trucks that have signed up to guarantee your taste buds will have a good time as well.

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Please visit their website [www.K9frisbee.com](http://www.K9frisbee.com) for details on how you could become a partner, or perhaps a forever home to one of their wonderful fur friends.

Adults stick around for a Hangar Party at 7pm. Tickets are \$50.00 and include food, beer, and live music by The Beagles.

Parking is available inside the airports fenced area. ADA accessible and VIP parking is also available in the main lot and in the grassy area outside the terminal.

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# Clarksville's History of Music Part 1

by Tony Centonze



Mark Hawkins (left) on stage with Mother Earth at Jammin' in the Alley

**M**ark Hawkins is well known in the community, for his music projects, Mother Earth, the Allman Brothers tribute band Hot-lanta, and American Floyd, considered by many as one of the top Pink Floyd tribute bands in the world.

But, if there is an event in Clarksville, or anywhere throughout the southeast and mid-west that requires professional staging with world class light and sound, he and his team from War Babies Productions are on the scene.

Hawkins and his friend Tommy Crow sat down recently to talk about music in Clarksville, then and now. Their knowledge and experience spans six decades. They have seen the ebb and flow of live entertainment in this city, and they love to tell the stories.

"The 1960's was such an amazing

time for music," Crow said. "In 1965, listening to the radio was an experience. Every week there was something new, something great. You couldn't keep up with it all.

It seemed like there were 100 bands in Clarksville. I remember The Gents Combo with Paul Wiley, Ronnie Mills and Ned Phillips. They could hold their own with any band in the world. Ned was one of the greatest drummers I've ever seen."

"I think there was a band on every street," Hawkins added. "Another great band was the Playboys with Bobby Dotson, Charlie Shrader, Nicky Morrison and Freddy Clark. Then there was The Echelons, Steve Glassmeyer's band. That was Joe Rigsby, Rusty Morgan and Wayne Wilkinson. They would play weekends at the Greenwood Jr. High School gym."

During the 60's and early 70's live music was an indispensable part of the culture, portable DJ rigs came later. If there was an event, there was a band. Every weekend you could hear live music at the skating rinks, high school dances, and at countless clubs in the Clarksville, Fort Campbell area. It was live music's golden age.

Sadly, many of the popular venues of the day no longer stand, Hawkins and Crow named clubs that were part of the Chitlin' Circuit. That was the name given to a network of performance venues that were deemed safe for African American musicians and performers to play. That network stretched throughout the southern, eastern and upper mid-west areas of the country, and came right through Clarksville.

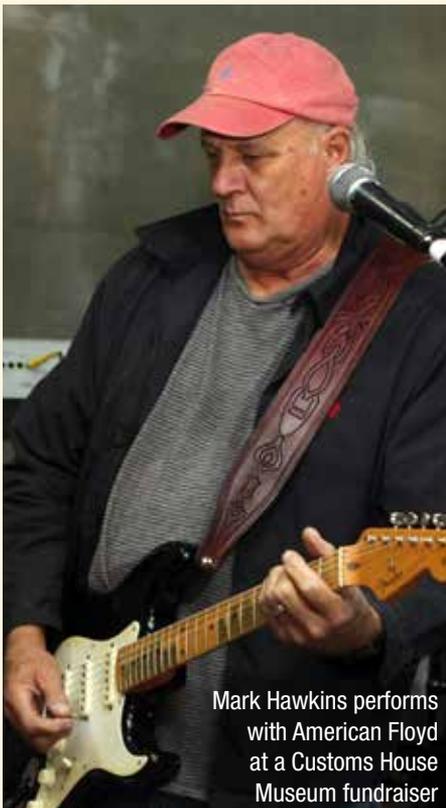
The duo started talking about the

Jimi Hendrix and Billy Cox playing a show at the King Club, Fort Campbell (March 1962) the King Club was a teen club at the time.



great shows at the Armory. Dick Clark's Caravan of Stars used to make annual stops there. Hawkins says the Armory formerly stood at the site of APSU's present day Foy Center. It was at this point that Crow interjected, "You know, Glassmeyer went on to play with Kenny Rogers?"

We will come back to some of the historic venues that have been lost over the years, and the great bands that played there, but at this point we veered into another fascinating topic. It turns out that back in the day this little town was a crossroads for great musicians, and in some ways it is still. Hawkins and Crow began recalling many of the players who started in Clarksville, then went on to world domination, or at least recognition.



Mark Hawkins performs with American Floyd at a Customs House Museum fundraiser



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Let's start with Steven Glassmeyer. He is a talented multi-instrumentalist and signer/songwriter. Kenny Rogers was making his famous transition to country music. He walked in to a club, saw Glassmeyer and his band, and they have been together ever since.

For those of us who grew up in Clarksville, there were fantastic stories to be heard. B.B. King used to come through town on a regular basis while performing on the Chitlin' Circuit, and rumor had it that he loved playing here because he had a regular girlfriend in town. To be fair, some say he had "girlfriends" in a lot of towns.

By now, most people know that a Washington native by the name of Jimi Hendrix was stationed at Fort Campbell and used to play at clubs up and down 41-A with his band the King Casuals. This is where he met Billy Cox, his bass player, friend and collaborator. A relationship that changed the direction of music.

But, many might not have heard the story of the guitar that hung for years by the cash register in Collins Music Store. Billy Cox co-signed for Hendrix to buy that particular guitar. Young Hendrix couldn't make the payments and had to return it to the store. Sam Collins kept the guitar and the signed receipt on display

for many years. Sadly, both items have mysteriously disappeared.

Those stories have been told countless times, but Hawkins and Crow tell a few that have been all but lost.

Crow mentions Chris Frantz. Born at Fort Campbell, Frantz went on to become the drummer for both Talking Heads and the Tom Tom Club.

Then Hawkins says, "What about Eddie Kirkpatrick?" He and Mike Seay moved to New York and formed a band called Fine Malibus with legendary Billy Idol guitarist, Steve Stevens.

Stevens wrote, "The Malibus were a really odd grouping of people. ... the members of the band were all Army brats from Clarksville, Tennessee, but many had met in Germany where their dad's were stationed at times. Mike Seay was the drummer, extremely charismatic and one hell of a drummer. Ed Kirkpatrick the bass player was all business. He paid the bills, booked the gigs and knew every damn person in the New York music scene."

Getting back to the conversation, Crow casually mentions, "I used to see Tommy Shaw over at APSU all the time." To which Hawkins responded, "yeah,

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he married Jeanne Mason.” Mason, a Clarksville native is married to Shaw, best known for his guitar work with Styx, and Damn Yankees.

As the afternoon went on, these guys shed light on Clarksville ties to Foreigner, the Scorpions, and Ronnie Montrose. They even talked about a local guy who went on to a key leadership role at Geffen Records. These are just a few of the interesting tidbits from that conversation.

For some reason, this city has always had close ties to greatness, and a musical soul. Maybe it’s because we are sandwiched between Fort Campbell and Music City. I just know that growing up here, the city now known as the “Gateway to the New South,” was viewed from where we stood as a gateway to the world.

These days, Hawkins and his team spend a lot of time creating the sound and light setup for bands in Clarksville and throughou the southeast.



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healthier montgomery





By Dr. Catherine Meeks

I'm guessing that the flu isn't on your top-10 wish list, right? But just in case you get sick this flu season, here's a list of 10 things you can do to help ease your symptoms—and to stop the flu in its tracks and protect others.

**1. Stock up.** A few supplies may make it a bit easier to manage the flu. It's best to have these on hand before you get sick. Otherwise, send a healthy member of your family out on an errand, if you can.

- Acetaminophen, ibuprofen, or naproxen for reducing fevers and easing aches
- A thermometer
- Cough syrup or cough drops, saline nose drops or sprays
- Immune support medicines, for example, echinacea, Vitamin C and D, Zinc, the list goes on for supplements that can help your immune system fight!
- Drinks such as fruit juices or tea (avoid caffeine, processed sugars, and dyes)
- Easy-to-eat foods such as clear soups, crackers, or applesauce<sup>1,2</sup>

**2. Stay home!** The first day you have symptoms, you may be tempted to venture out to work or school. Please don't! Not only do you need the rest, but this is also when you're most contagious.<sup>1</sup> Try to nap—and read or binge-watch your favorite television episodes. Stay home and catch-up on Netflix!

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**3. Prevent the spread.** In addition to staying home, wash your hands often and cover your cough and sneeze into your sleeve.<sup>2</sup>

**4. Drink fluids, breathe steam.** This is a great way to thin your mucus, making it easier to cough up. This may help prevent a lung infection. Using a humidifier (a cool mist) or breathing in steam from a hot shower may also help ease congestion.<sup>1</sup> Try some eucalyptus oil in the shower!

**5. Calm your cough.** It can be exhausting, I know. Try over-the-counter (OTC) cough medicines—an expectorant helps thin mucus. There are several options to help control your cough, especially while you are trying to sleep. Sucking on lozenges may also help your cough or scratchy throat.<sup>1</sup>

**6. Ease nose woes.** You—or your kids—can try saline nose drops or sprays to ease nasal congestion. First, put a few drops into one nostril. Then gently blow the mucus and saline out. Repeat on the other side.<sup>1</sup>

**7. Treat other symptoms.** Sure, a fever—along with chills and achiness—is a sign your body is fighting off the virus. But that doesn't mean you need to suffer in silence. Ask me if you have any questions about which fever reducer to take. But don't forget: Never give aspirin to someone younger than 19—it can lead to a serious illness.<sup>1</sup>

**8. Ask about antivirals.** Your health care provider may advise you to take one. If you do this within 48 hours of when symptoms begin, you have a fighting chance of reducing their impact.<sup>1,2</sup>

**9. Know when to seek medical help.** If you or a loved one has any of these symptoms, call the doctor:

- Dark urine
- Dizziness
- Fever of 100 degrees F for 3 or more days
- Returning fever or sore throat after feeling better

More serious symptoms require immediate medical care:

- Wheezing or shortness of breath
- Coughing up blood
- Chest pain or pressure
- Balance problems or confusion<sup>1</sup>

10. Talk to me! And of course it goes without saying: If you need guidance about any products—or any questions whatsoever—let me know, and I'll try to steer you in the right direction.

Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition. Sources: 1. WebMD: "10 Tips to Ease Flu Symptoms." Available at: <http://www.webmd.com/cold-and-flu/flu-guide/coping-with-flu#1> Accessed 8-31-17. 2. Public Health: "Treatment of Flu." Available at: <https://www.publichealth.va.gov/flu/treatment/> Accessed 8-31-17.

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# Floors and More

by Tony Centonze

**F**looring is one of those things that you might not think of often, so you may be surprised to discover that lots of time is devoted to the \$21 billion industry (2016) on television networks like HGTV, and that there is even a monthly publication devoted to current flooring trends.

Clarksville is lucky to have a landmark local business that has been leading the way in the local market since 1961, Larry Farley and Marcia Greene's Clarksville Floor Covering.

Scott Key laughs when he says he has been at CFC since 1999, and that makes him the new kid.

"We have a team of five sales people here with combined experience of way more than 100 years," Key said. "This operation is local all the way. Everyone of us grew up here and has lived in Clarksville all our lives. We know the area, and we know our customers."

Key and his team also know the market and its constantly shifting trends. "One of the hottest products right now is Luxury Vinyl Tile (LVT)," Key said. "It's a solid vinyl product that can be installed in a variety of ways to suit the customer's needs. And, it's very popular in both residential and commercial applications."

Key highly recommends the product to his residential customers. "LVT works great in family rooms, kitchens, bathrooms, really throughout the entire home," Key said. "It's a great product in wet areas. It's the one thing I have here that would be considered a waterproof floor. It's perfect for people with pets."

Key says you tend to see the trends trickle down from new construction. The hottest colors, textures and materials get used by builders in upper end residential construction first. Many of them collaborate with decorators who have an eye on regional and national trends.

Key's take on current trends comes down to a few main points. "People are moving away from carpet to some extent," Key said. "Hardwood and laminates are taking over because they provide easier maintenance and a longer lifespan. They are also better for people who suffer from allergies. Wood patterns are very popular, and lighter colors are trending, like honey tones, and grays.

"Dark colors were very popular in recent years, but are finally giving way to the lighter colors. Carpet is still the choice for bedrooms and bonus rooms, where people want warmer, softer feel."

If you're in the market for some upgrades, or just a new look, Key is confident that his team can take you through every step of the process.

"We will come out and look at the area(s), help them figure out a budget, then get them the best product in their price range," Key said. "We have great products in all different price ranges. Carpet can start as low as \$1

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per square foot. Hardwoods can start around \$3 per square foot.

“Once we've measured the area and seen the lighting of the room we can help with recommendations of colors and materials that would look best.”

Key says that there is some repetition in his job but he is always running into something new and that's what keeps him coming back.



“The new challenges keep the job exciting,” Key said. “We are blessed with what we do. We work with a lot of local builders, but we also have a lot of homeowners who come in for help with a room or two, or even a whole house remodel.

“I think the key to our longevity is we try to be fair and as straight as we can with people. We treat people like they want to be treated. We give the best product at the best price and we stand behind everything we do.



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# LADIES, DO YOU KNOW WHAT TO DO IF YOU HAPPEN TO BE THE NEXT WIDOW?

By Arlene Brown, ChFC, CDFA

According to the American Association of Retired Persons, there are 13.6 million widows in the United States. Over 11 million of the widowed are women. Every year more than 700,000 women find themselves widowed.

As a woman I can say with certainty what most women don't want – WIDOWHOOD. It's one of the life's tragedies that most of us hope to avoid. But for most married women it's inevitable. By age the age of 65, 45% of women are widowed. The average widow will be on her own for fourteen years.

In addition, the new issue brief by the US Treasury, The Economic Security of Older Women, looked at women's security – or lack thereof-over time as they aged. The study showed a significant drop in financial security for the newly widowed women. By the time a woman reached age 80, having consumed out of wealth for several years, very little remained to finance long-term care. According to the study, the median wealth holder has enough assets to finance just 5.5 months of care.

So women, why not better prepare for widowhood? I know, I can't imagine life without my husband, and I am always tempted not to imagine myself getting old. The report also says that the poverty rate for widows is much higher than for married women. In fact, 13.4% of widows at age 65 who received Social Security Survivor's Benefits were below the poverty line. Would you rather be an old widow without money or an old widow eating ALPO?

If you're single, never married or a divorced woman you're not exempted. Given that generally you lack the resources of a partner or generally have low resources, it is all the more important to prepare for what could turn out to be a very long life.

Therefore, now is the time to engage in your financial future. The first step is to engage the services of a Financial Planner who is a fiduciary. This Advisor will educate you about investing and help you navigate through different aspects of retirement planning. They will help decide the best time to take Social Security Benefits and why.

Today, nearly 60% of retirees see Social Security as a major source of income, compared to 40% a few years ago. Probably you've also heard the recent report from the trustees of Social Security that if no reforms are made by Congress by 2034 Social Security will only be able to pay 75% of the benefits. Doesn't it make

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Does your financial professional receive a portion of any trading fees on your account? <i>The answer should be "No"</i>	Is your adviser using mutual funds that charge 12 B-1 fees? <i>The answer should be "No"</i>
Is your financial professional a fiduciary for you all of the time? <i>The answer should be "YES"</i>	

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[Arlene@paulwinkler.com](mailto:Arlene@paulwinkler.com)

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sense that to plan well and start saving NOW rather than missing the boat because you did not see the whole important truth of SAVING, Planning and Investing? When you're old, the less you can afford to say OOOOP's I didn't see that coming.

I remember going through the Cash Flow Analysis with an older lady client. One of her non-negotiables was her expenses for her weekly trip to the salon for hair and nail work. She was mortified when I told her to cut the expense by 50%. I thought she was going to faint. I told her I understood how the state of her hair and nails impacts her psychological well-being. I told her that when she gets older she might not be able to physically make it to the salon so we would need to plan so she could afford to have someone who could come to her in that case. Lenore just turned 85 last January, and she still visits her hair salon twice a month instead of the weekly visits.

So, to my fellow women let's be PROACTIVE. I can help. And you might enjoy the whole financial planning process.

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

Listen to the Investors Coaching Show Saturdays 3-6pm on Supertalk 99.7 WTN

*\*Advisory services offered through Paul Winkler, Inc. ("PWI"), a Registered Investment Advisor. PWI does not provide tax or legal advice; please consult your tax or legal advisor regarding your particular situation. This information is provided for informational purposes only and should not be construed to be a solicitation for the purchase or sale of any securities.*

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**335 Franklin Street  
Clarksville, TN 37040**

**931-919-2600**

**www.GatewayFH.com**

# Pick Your Poison... Wicked Candy Apples

THE MAGIC INGREDIENTS FOR THESE BEWITCHING APPLES? A DEEP CRIMSON VARIETY LIKE RED DELICIOUS, A FEW DROPS OF FOOD COLORING, PLUS A DASH OF SPICY CINNAMON.



## DIRECTIONS

1. Remove stems and skewer apples (see "Tricks for Sticks," below).
2. In a saucepan over high heat, with a candy thermometer attached, heat sugar, water, and light corn syrup, stirring until sugar dissolves.
3. Bring to a boil until mixture reaches 300 degrees F. Remove from heat, and stir in ½ teaspoon cinnamon-flavored oil and ¼ tablespoon red food coloring.
4. To make red apples: Dip apples, one at a time, and then transfer to a greased baking sheet. Let cool, about 10 minutes.
5. To make black apples: Add ¼ tablespoon black food coloring to your red syrup. (If the syrup has thickened, reheat briefly.) Dip apples, one at a time, then transfer to a greased baking sheet. Let cool, about 10 minutes.

## TIPS & TECHNIQUES

**Tricks for Sticks:** First, simply twist off the stem. If your skewer is blunt, sharpen it using a utility knife to slice off one end at a diagonal angle. Then, working on a flat surface, firmly grip your apple and push the skewer two-thirds of the way in. If any juice leaks out, blot the fruit with a paper towel before dipping.

Maybe sprinkle on some black or dark red, edible glitter for that extra bit of wickedness.

## INGREDIENTS

Vegan, Gluten free

## PRODUCE

6 Red delicious apples (or green Granny Smith for contrast)

## CONDIMENTS

½ cup Corn syrup, light

## BAKING & SPICES

½ tsp cinnamon oil  
 Food coloring, red  
 Food coloring, black  
 3 cups sugar  
 1 cup water  
 6 skewers. (Store bought or stiff natural sticks for a more realistic effect.)



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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

### 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

### DRIVER SAFETY PROGRAM

The Clarksville Senior Activity Center will offer the AARP Driver Safety Program each month through October 2017.

To register, please call:  
(931) 802-2484 for details.

### PARKINSONS SUPPORT GROUP

5:00 PM The second Thursday of each month. Join us in learning about and coping with Parkinson's disease as we address relevant topics. Meetings are for patients and caregivers. Contact Vennie Evans (931) 358-9668 or Shirley Cook (931) 368-1361 for more information.

Church of Christ, Trenton Crossing  
2650 Trenton Rd. Clarksville, TN.

### 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 [thetpwillsound@charter.net](mailto:thetpwillsound@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



Dr. K. Jean Beauchamp  
Dr. Kevin Kennedy, Jr.

### Clarksville Pediatric Dentistry, P.C.

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

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931.919.3482 • [www.myshampoo lounge.com](http://www.myshampoo lounge.com)

### FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

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

Registration is not required, but encouraged. Register online and learn more about the program at [clarksvillegamedesign.net/about/](http://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

# FALL IS HERE!

## DON'T LET ALLERGIES KEEP YOU INDOORS.

Our board certified allergists are specially trained in treating allergic patients of all ages. If ragweed or any other fall allergens have you or anyone in your family sniffing or sneezing, schedule an appointment with us.

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## RECREATION CENTERS UPCOMING EVENTS

### BURT-COBB CENTER

1011 Franklin St | (931) 472-3381  
**SUPER HERO PARTY**  
OCT 26 | THU 5:30-7:30PM | \$3 PER CHILD  
Children, ages 10 and under, and their families are invited to participate in an evening of fun and games while sporting their favorite super hero costume that will be showcased in a parade at the end of the night.

### CROW CENTER

211 Richview Rd | (931) 472-3382  
**NEW! "SCARE-CROW"**  
OCT 13 | 5-7PM | FREE WITH CENTER MEMBERSHIP  
Crow will host an indoor trunk or treat event that will include games, treats and a costume contest! Registration for the costume contest will be free and take place on site (limited spots available).

### KLEEMAN CENTER

166 Cunningham Ln | (931) 472-3383  
**SENIOR APPRECIATION COOKOUT**  
SEPT 28 | 11:30AM-1:30PM | FREE WITH CENTER MEMBERSHIP  
Seniors, ages 50+, are invited to join us for a cookout-style luncheon to learn about our senior activities and to provide us with feedback on additional programs to offer.

### MEMBERSHIPS AVAILABLE

#### BURT-COBB, CROW AND KLEEMAN RECREATION CENTERS

Gain access to all three recreation centers for only \$5 per year! With a membership you may participate in activities and programs, work up a sweat by utilizing our fitness centers, and much more!



#CLARKSVILLEPARKSREC | [CITYOFCLARKSVILLE.COM/PARKSREC](http://CITYOFCLARKSVILLE.COM/PARKSREC)

For ADA Assistance, please call 931-645-7476.

# OCTOBER

## 5 THURSDAY ELKTON BIKE NIGHT

6:00PM-9:00PM Concerts, food, bike viewing, music and more. Local business and restaurants offer "bike night" specials.

Public Square, Elkton, Ky  
Phone 270.265.7070  
[www.toddcountycga.com](http://www.toddcountycga.com)

## BEST OF CLARKSVILLE

5:00PM-8:00PM  
You don't want to miss this annual fundraiser featuring the best of local Clarksville businesses as voted on by the community! Proceeds benefit various local charities each year. Governor's Square Mall is pleased to be the location for this wonderful event!

Governor's Square Mall  
2801 Wilma Rudolph Blvd,  
Clarksville, Tennessee 37040

## 7 SATURDAY HARVESTFEST

9:00AM-3:00PM Join us in Elkton for HarvestFest 2017! Food vendors,

arts and craft vendors, live music, and much more! Vendors will be setup on the Square selling pumpkins, gourds, mums, games, homemade ice cream, boutique clothing, rustic wood crafts, pottery, candles, home decor, hamburgers, barbecue, funnel cakes and much more! Alonzo Pennington Live music on the Square kicks off at 10:30 am with Alonzo Pennington

Public Square  
Elkton, KY

## LOUISIANA SATURDAY NIGHT!

4:30PM-7:30PM Loaves & Fishes is raising funds to continue their mission of feeding the hungry.

This exciting night, will be our 8th time to bring this event to Clarksville. We will be serving chicken/sausage gumbo, slaw, and pralines

This year we are designating half of the proceeds from the event to purchase a van/truck to help with our mission.

Tickets available at  
[www.eventbrite.com](http://www.eventbrite.com)

Loaves And Fishes

215 Foster St, Clarksville,  
Tennessee 37043

## CLARKSVILLE BBQ BASH

11:00AM-5:00PM  
Come watch teams from all over compete to see who has the best BBQ! Enjoy live music, inflatables, a dunking booth, a corn hole tournament and more! Food and beer will be available for purchase.

Liberty Park  
on the Cumberland River  
Clarksville, Tennessee 37040

## DOG DAY AT THE MARKET - FUN WITH FIDO

8:00AM-1:00PM Show off your four legged friend's best costume at Dog Days at the Market on October 7th from 8am-1pm at the Downtown Market! Stop by the Parks and Recreation Tent to get your pup's picture made and enter our Facebook Contest! Categories Include: Funniest Costume, Most Creative Costume, Best Owner/Dog Costume Combo, Best Costume Overall!

The Market will also host a few special Dog friendly vendors!

102 Public Square  
Downtown Clarksville

## 12 THURSDAY DUELING PIANOS

5:30PM Dueling Pianos is a high-energy, all-request, sing-along, clap-along, rock-n-roll, comedy piano show where you and your friends are just as much a part of the show as the entertainers.

Doors open at 5:30PM for The show starts at 7:00PM sharp.

This event is for ages 21+ only. No person under the age of 21 will be allowed entrance to the event.

Visit [www.eventbrite.com](http://www.eventbrite.com) for tickets and more information

## 13 FRIDAY FRIDAY THE 13TH HALLOWEEN WINE DOWN & PAINTING CLASS

7:00PM-10:00PM  
Join us for an evening of creation, food/drink, and fun with tons of laughter and community.

Bring the beverage of your choice and food to share as we prepare for Halloween with one of our Halloween



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# EXPLORE

## TODD COUNTY, KY

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**BALE TRAIL**  
Across Todd County, Kentucky




**BALE TRAIL ACROSS TODD COUNTY,**  
Now thru October 31  
**ELKTON HARVESTFEST,**  
Saturday, October 7

[ExploreToddCounty.com](http://ExploreToddCounty.com)



**EXPLORE**  
TODD COUNTY, KY

Contact Todd County Welcome Center at 270-265-7070

inspired paintings. Come wearing comfortable clothing and learn how to paint with simple strokes of a brush.

\$35, all supplies provided for class. Painting is yours to take home.

Ticket information:  
[yogamatclarksville.com](http://yogamatclarksville.com)

Yoga Mat  
227 Dunbar Cave Rd, Clarksville, TN

### SCARE CROW

5:00PM to 7:00PM

Crow Recreation Center will host an indoor trunk or treat event that will include games, treats and a costume contest! FREE!

Registration for the costume contest is free and will take place on site (limited spots available).

Crow Community Center  
211 Richview Rd, Clarksville,  
Tennessee 37043

### DINNER & A MURDER

6:00PM-9:00PM

You are cordially invited to dinner at the estate of Sir Warren Peace, so be prepared for a night of mystery, intrigue, and murder you will never

forget. With a killer crowd of people just waiting for murder to arrive on the scene, this night will keep everyone looking over their shoulders and guessing who the next victim will be!

Call (931) 919-4900 for tickets & information.

The show is PG-13. Alcohol will be present, and we do require a form of ID at the bar.

The Belle Hollow  
2231 Madison Street, Clarksville, TN

### 14 SATURDAY WAGS AND WINGS FAMILY FUN FEST & HANGAR PARTY

10:00AM-11:00PM

Family-focused activities such as a "Kids Zone" inflatable play area, musical entertainment, aviation and education-themed displays, airplane and helicopter rides, skydiving demonstrations, exhibits and live entertainment will be presented throughout the day. A variety of vendors will be selling merchandise and food – featuring gourmet chicken wings – as well as a selection of beverage options for festival goers to enjoy.

7pm-11pm: Hangar Party for adults

21 & over. Live entertainment by popular local band The Beagles, silent auction, cash bar, food & drinks!

Clarksville Regional Airport and Jet Center  
200 Airport Rd, Clarksville,  
Tennessee 37042

### MOVIES IN THE PARK- STAR WARS: THE FORCE AWAKENS + ROGUE ONE

5:15PM-9:00PM Star Wars DOUBLE  
FEATURE: The Force Awakens +  
Rogue One

Enjoy 2 free movies on the big screen outside at the Liberty Park Amphitheater! Bring a blanket and/or lawn chairs and come hungry as we will have food available for purchase. Please leave pets and alcohol at home. Movie begins at sunset (6:15 pm).

Event Timeline:  
Pre-show activities begin- 5:00 pm •  
Sunset/first movie begins- 6:15 pm  
• Second movie begins- 8:15 pm •  
Event/movie ends- 10:30 pm

Liberty Park Clarksville Marina  
Clarksville, Tennessee 37040

### PROJECT LINUS

1:00 PM to 3:00 PM

Make a Blanket Day!

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

### CLARKSVILLE DOWNTOWN MARKET

8:00am-1:00pm A weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products. (LAST MARKET OF THE 2017 SEASON!)

102 Public Square  
Downtown Clarksville

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—Maria Montessori

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**17 TUESDAY**

**FREE CANNING & FALL GARDEN WORKSHOPS!**

5:30PM  
Learn the basics of gardening, canning & freezing in this FUN & FREE workshop!  
Sign up now at:  
[healthiermontgomery.com/resources](http://healthiermontgomery.com/resources)

Montgomery Co. Health Dept  
330 Pageant Ln., Clarksville

**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.

Liberty Rooms: Tennova Healthcare  
651 Dunlop Lane  
Clarksville, TN

**18 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 Tennova Healthcare - Clarksville offers free informational seminars. Registration required. To register call (855) 836-6682 or visit [tennova.com](http://tennova.com).

Liberty Rooms: Tennova Healthcare  
651 Dunlop Lane, Clarksville

**19 THURSDAY  
TICKLE ME PINK**

11:00AM to 1:00 PM Save the date! Please make plans to join us for this year's Tickle Me Pink Luncheon. There will be shopping, great food, and great friends supporting our YMCA's After

Breast Cancer Program.

Battle of the Bras is back and bigger this year! Contact Amanda Cherry at [acherry@ymcamidtn.org](mailto:acherry@ymcamidtn.org) for more info on how to get in on the battle.

Wilma Rudolph Event Center  
Clarksville, Tennessee 37040

**20 FRIDAY  
CLIFTY TRACTOR AND CAR SHOW**

8:00AM (OCTOBER 21 @ 5:00 PM) The event is held at the Clifty Park and features tractors, cars and trucks on display, food vendors, door prizes, children's activities, games, and parade. Visit the Clifty Tractor Club Facebook Page for more information.

**21 SATURDAY  
BOO BASH BREAKFAST & SPOOKTACULAR COSTUME CONTEST**

9:00AM-12:00PM  
Come join us for the Boo Bash Breakfast at 9 am and stay for the Spooktacular Costume Contest at 11 am! We are teaming up with The Deli to provide breakfast and afterward we will do some Not So Spooky crafts.

We'll finish up just in time for the Spooktacular Costume Contest! Tickets for the Breakfast / Craft time are \$5 and must be purchased in advance at The Deli. There is no charge to enter the costume contest!

Governor's Square Mall  
2801 Wilma Rudolph Blvd,  
Clarksville, Tennessee 37040

**STARS AND BARS BREWING CO. GRAND OPENING**

12:00PM Stars and Bars Brewing Co will be opening its doors for the first time! Bring the whole family out for food trucks, live music, kids activities and of course, great craft beer! Stop by early and stay late for our Halloween event from 3pm until 10pm with face painting for kids, makeup artist effects for the grown ups by Unknown Origin FX, and a judged costume competition beginning at 7pm. Don't miss out!

Stars and Bars Brewing Co.  
1030 Progress Dr., Clarksville,  
Tennessee 37040

**GO COMMANDO HALF MARATHON, 5K, & KIDS FUN RUN**

7:30AM-11:30AM The Clarksville



yoga in a jar  
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[www.clarkvillecutmasters.com](http://www.clarkvillecutmasters.com)  
Happy to give free estimates! 931-320-3298

Rotary Club is pleased to present the 7th Annual Go Commando Half Marathon, 5K and Shadow Run. Go Commando is a non-profit event with proceeds going to many local charities and community projects.

451 Alfred Thun Rd,  
Clarksville, TN 37040-

### FLOATING PUMPKIN PATCH

2:00PM-5:30PM Tired of searching those dusty fields for your perfect pumpkin? We are, too. Hunt for your pumpkin in the pool this year! Once you pick your pumpkin, you can decorate it at our pumpkin decorating station.

The pool is open for recreational swim throughout the event. There will be games, bounce houses, face painting and more. \$5 per person or \$8 with pumpkin included (while supplies last)

No registration required. To learn more, visit <https://recpro.cityofclarksville.com/ViewCourseActivityDetails.aspx?id=C6035>

New Providence Pool  
166 Cunningham Ln, Clarksville,  
Tennessee 37042

### HAUNTED SWIM

7:00PM-10:30PM

When the daylight leaves the ghouls and goblins will come out for a haunted evening swim where there will be frightful lifeguards, swimming, music, a light show and access to the water play equipment.

Fee: \$5 per person or \$8 with pumpkin included (while supplies last)

No registration required. To learn more, visit <https://recpro.cityofclarksville.com/ViewCourseActivityDetails.aspx?id=C5926>

New Providence Pool  
166 Cunningham Ln, Clarksville,  
Tennessee 37042

### CLARKSVILLE KENNEL DOG SHOW

8:00AM-6:00PM

Come watch dogs of all breeds, shapes and sizes, strut their stuff while competing in this annual competition. \$5.00 charge for parking and admission. Concessions will be available. No baby strollers are permitted in the building. Only dogs that are registered to be shown are allowed on the grounds.

Montgomery County 4-H Arena  
1985 Rossvie Road,  
Clarksville, Tn.

### 26 THURSDAY SUPERHERO PARTY

5:30PM-7:30PM

Children, ages 10 and under, and their families are invited to participate in an evening of fun and games while sporting their favorite super hero costume.

Children will have the opportunity to enjoy several fun activities, such as face painting, temporary tattoos, arts and crafts, and a popcorn station. Kids will also be powered up with apple slices, fruit drinks and finger sandwiches.

Costumes are encouraged and will be showcased in a parade at the end of the evening. Parental supervision is required. \$3 per child

Pre-registration encouraged. Register online at: <https://recpro.cityofclarksville.com/ViewCourseActivityDetails.aspx?id=C6017>

Burt-Cobb Community Center  
1011 Franklin St, Clarksville,  
Tennessee 37040

ages 8 and up.

Fort Defiance Civil War Park and Interpretive Center  
Clarksville, Tennessee 37040

### 28 SATURDAY

#### FRIGHT ON FRANKLIN

3:00PM-6:00PM

Every year Historic Downtown Clarksville transforms into a frightfully fun scene for the entire family. Don't miss themed activities and safe trick-or-treating on Franklin Street.

Dress to impress for the popular costume contest. Contest is open to all ages. Pre-registration begins October 1. Spots fill up fast!

<https://recpro.cityofclarksville.com/CourseActivities.aspx?id=11&cat=7>

#### CLARKSVILLE VINTAGE

10:00AM-5:00PM

The Clarksville Vintage Fair brings together the unique, antique, and repurposed treasures. Handmade, homemade, and one of a kind vendors showcase their craft. Vendor space is still available as well - for more information email Jessica at [JGoldberg@5Starradio.com](mailto:JGoldberg@5Starradio.com).

Adults are just \$3 and kids under 10 are FREE! We will have trick or treating opportunities for the kids as well, at participating vendors.

Beachaven Vineyards & Winery  
1100 Dunlop Ln, Clarksville,  
Tennessee 37040

#### MICROCHIPPING EVENT

10:00AM-3:00PM

\$20 microchipping for dogs and

### 27 FRIDAY

#### HALLOWEEN AT FORT DEFIANCE

6:00PM-8:00PM

Visitors are invited to gather around the bonfire to listen to haunting historical tales of woe and terror. Don't be afraid, Fort Defiance isn't haunted... we think! Hotdogs and hot chocolate will be served. Recommended for



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cats.

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616 N Spring St, Clarksviln. 37040

### ZOMBIE CHASE RACE

8:00AM - 10:00AM Run for your lives! The City of Clarksville's Parks & Recreation Departement and the Clarksville Zombie Hunters have teamed up to find out how fast you can escape as zombies take over Liberty Park. Try and survive the apocalypse by using your brains and disguises to outsmart hungry zombies along the 3.1 mile course. You'll need endurance, stamina and quick wit to survive this 5K - your life depends on it! Don't miss the costume contest! All fitness levels are welcome. Open to ages 5 and up.

Fee: \$25, August 15-September 30, \$35, October 1-28

Liberty Park  
on the Cumberland River  
Clarksville, Tennessee 37040

### WICKED GOOD ZOMBIE PROM

8:00PM-11:59PM It's that time of year again! Join us October 28th for the 2nd annual Wicked Good Zombie Prom. Live music from Dobie Killus,

Gravity Cosmonaut, FUZZRIPPER, & Resistance House Band.

Wicked Good Sandwiches  
605 Cumberland Dr, Clarksville,  
Tennessee 37040

### 29 SUNDAY TRUNK OR TREAT

4:00-6:00PM Rain or shine! FREE!  
All Ages! Carnival style games, Candy,  
Food, Inflatables, Trackless Train, Photo  
Ops, Motorcross Stunt Show

Are you looking for a fun and safe way to celebrate Halloween? Then you'll be excited to hear that Trunk or Treat is coming to First Baptist Clarksville again this year! Even with the rain last year, we had a huge number in attendance as we moved the festivities indoors and filled three floors with games, inflatables, and food. We believe it's going to be even bigger and better this year! Rain or shine, we can't wait to see you there!

Remember parents: No scary costumes!

Want to spend more time enjoying Trunk or Treat and less time in the registration line? Pre-register online! [www.fbct.org/trunkortreat](http://www.fbct.org/trunkortreat)

First Baptist Church  
499 Commerce St.  
Clarksville

### FALL FESTIVAL

4:00PM-6:00PM  
Free Food, Games, Candy,  
Costume Contest, Train Ride  
& Pumpkin Decorating  
Contact Kim @ 931-647-2249

Hilldale United Methodist Church  
1751 Madison St  
Clarksville TN 37043

## NOVEMBER

### 4 SATURDAY

#### BE THE MATCH FULL MOON 5K

5:00PM-9:00PM  
Sango Pharmacy will hold a 5K family walk/run to benefit Be The Match, an organization that connects patients with a donor match for marrow transplants.

Please join us for the 1 mile fun walk/run, 5K race, vendors, food trucks and a beautiful full moon!

If you would like more information about our charity 5K please visit [www.bethematchfoundation.org/fullmoon5k](http://www.bethematchfoundation.org/fullmoon5k). For additional information about becoming a sponsor call us at (931) 919-2491

Have a  
community event  
you'd like to share?

Submit  
it to us:

[events@](mailto:events@clarksvillelivingmag.com)

[clarksvillelivingmag.com](http://clarksvillelivingmag.com)

by the 15th of  
the month for  
the next issue.

**NOT-SO-SCARY  
FALL FEST**

October 14, Noon-3pm, Center Court

Get the family together to enjoy some Halloween fun!  
The Hooked on Science Show will be at Noon,  
Jiu Jitsu Demo at 1pm and Captain McFinn Craft Time  
will follow at 2pm.

[f](https://www.facebook.com) [i](https://www.instagram.com) [p](https://www.pinterest.com) [y](https://www.youtube.com)

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— Jose Silva Diaz  
Daymar College Student | Network Support Administration

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For placement, financial and other important information, visit [daymarcollege.edu/disclosures](http://daymarcollege.edu/disclosures)

# CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

350 Pageant Lane, Suite 501, Clarksville, TN • (931) 648-8826 • mcgtn.org/library

## 4 PAWS FOR READING

October 14

1:00 p.m. – 2:00 p.m.

Children of all ages are welcome to attend this program where they will take turns reading books to a furry, four-legged friend!

## TEEN PROGRAMMING

Every Thursday

5:00 p.m. – 6:00 p.m.

Teens will meet and participate in different activities weekly. Check the library's Facebook page for more details.

## TWEEN PROGRAMMING

October 9

5:00 p.m. – 6:00 p.m.

October 23

5:00 p.m. – 6:30 p.m.

Tweens will meet and participate in various activities. The event on October 23 will feature a Halloween themed movie, and tweens are encouraged to come in costume.

## DIY AT THE LIBRARY: DECORATING PUMPKINS

October 5

6:00 p.m. – 7:00 p.m.

This is a program for adults who would like to decorate pumpkins. All supplies are provided by the library.

## HOLA STORY TIME WITH ABUELA ELENA

October 11

9:30 a.m. – 10:00 a.m.

This is a special story time for the bilingual members of our community.

## MAGIC TREEHOUSE PROGRAM FOR SCHOOL AGE CHILDREN

October 11

2:00 p.m.

## SATURDAY STORY TIME

October 7, 14, 21, 28

2:00 p.m.-2:30 p.m.

Saturday Story Time is for the whole family. There will be stories and songs and a craft afterwards. Come join the fun!

## SENSORY STORY TIME

October 7, 28

10:30 a.m.-11:30 a.m.

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

## LIBRARY BOOK CLUB

October 19

6:00 p.m.-7:30 p.m.

The Library has started a book club! The book club will meet every 3rd Thursday at 6:00 pm in the Boaz Board Room on the second floor. This month, book club members are encouraged to read any book of their choice and come to the meeting prepared to discuss it. For more information check us out on Facebook or contact Gracie or Jason at (931) 648-8826.

## ADULT TABLETOP GAME NIGHT

October 24

6:00 p.m.-7:30 p.m.

Come to the library to play table top games! Play one that the library has, or bring your own. The more the merrier, so bring your friends!

## RESUME AND JOB HUNTING ASSISTANCE

October 14, 28

10:00 a.m. – 12:00 p.m.

Do you need help perfecting your resume or assistance finding a job? Come to the Resume Building and Job Hunt Assistance workshop for help from our reference department. The workshop will be in the second floor computer lab.

## FAMILY STORY TIME

Mondays: October 9, 16,

23, 30

10:30 am – 11:00 am

Every Tuesday

9:30 am – 10:00 am

The Family Story Time programs will feature stories centered on a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal

way to enjoy the library together.

## BUSY BEES TWOS & THREES

October 9, 16, 23, 30

9:30 am – 10:00 am

This is a program for children ages 2-3.

## JUST FOR ME STORY TIME

October 10, 17, 24, 31

10:30 am – 11:00 am

Just for Me is designed for children ages 4 and 5 years old. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or caregiver waits in the Children's Library. Parents are welcome to join during the craft or art activity.

## BABY AND ME LAPSIT

October 12, 19, 26

9:30 am – 10:00 am

The Baby and Me Lapsit (pre-walkers) program is designed for infants from birth up until they begin walking. This program brings caregivers and infants together in the library and offers them an opportunity to enjoy a special sharing time together promoting and modeling early literacy. Infants sit on their parent's lap and interact with them while enjoying songs, music, bounce rhymes, play rhymes, free play and books designed with babies in mind! We provide age appropriate programming and ask that no older children accompany the caregiver and baby in this program.

## WALK WITH ME

October 12, 19, 26

10:30 am – 11:00 am

The Walk with Me program is designed for toddlers that are walking and under the age of two. This program allows toddlers to explore

language and books with their caregivers in a fun and intimate setting. Programs include rhymes, songs, circle games and books as well as time for free play and informal discussion of early childhood development. We provide age appropriate programming and ask that parents bring only the appropriate age child with them to the program.

## ARTS FOR HEARTS

October 10, 24

4:00 pm – 5:30 pm

Arts for Hearts will be at the library leading a craft project for children.

## BASIC COMPUTER & FACEBOOK SKILLS

Every Friday

3:30 pm -5:30 pm

Want to begin using a computer? If you need an in-person guide who can show you the basics of using a computer than this is the class for you. You will also learn basic social media skills for communicating with family and friends via Facebook. This class introduces first-time computer users to computer basics and gives practical tips for using social media. The pace of the class will be adjusted to attendees in the class and there will be plenty of time for questions and one on one time.

## FRIENDS OF THE LIBRARY USED BOOK SALE

October 26

4:00 p.m. – 7:00 p.m.

October 27

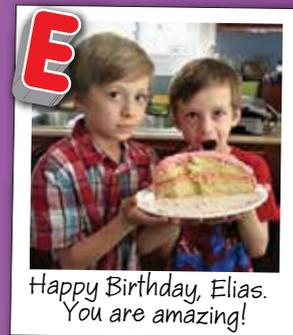
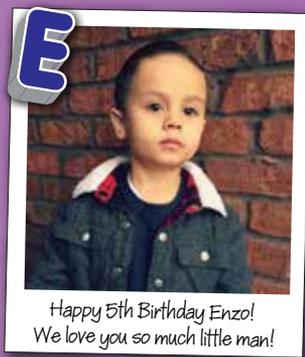
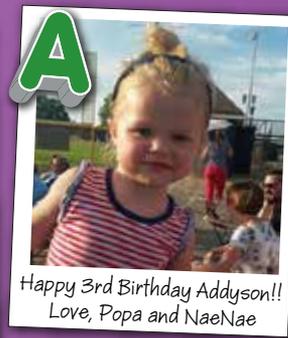
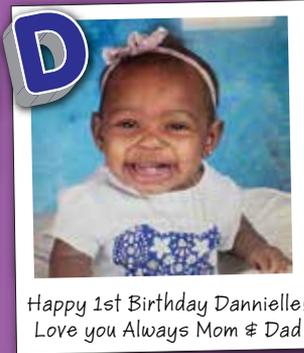
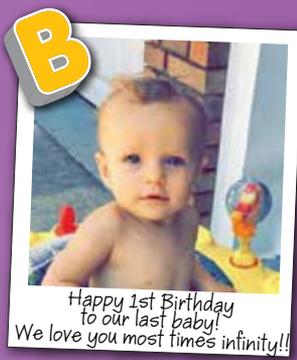
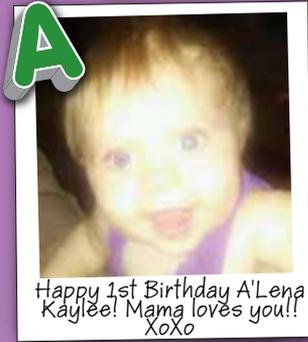
9:00 a.m. – 5:00 p.m.

October 28

9:00 a.m. – 2:00 p.m.

The Friends of the Library will host a used book sale. Thursday, October 26, the book sale is open to Friends of the Library members only. If you are not already a member, you can become one by paying \$5.00 at the door. The book sale will be open to the public on October 27 & 28.

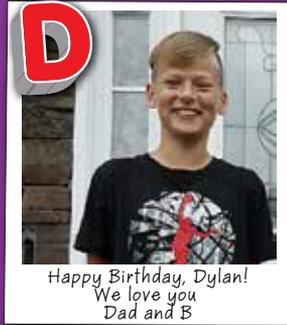
# HAPPY BIRTHDAY!



# HAPPY BIRTHDAY!



**S**  
Happy 10th Bday  
Skyla Lin Freeman, GOD Bless  
You and we all Love You



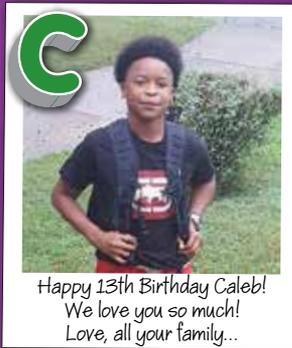
**D**  
Happy Birthday, Dylan!  
We love you  
Dad and B



**B**  
Happy 12th birthday  
Baby GooseEgg! Mom rules!



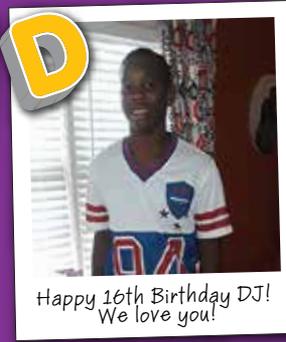
**T**  
Hip Hip Hooray Tymela  
Celebrates Her 12th Birthday  
Love Always Mom Mom



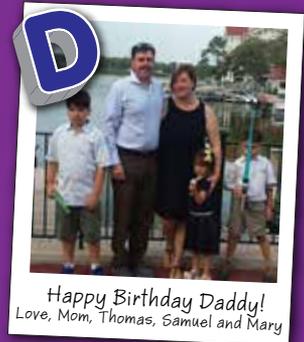
**C**  
Happy 13th Birthday Caleb!  
We love you so much!  
Love, all your family...



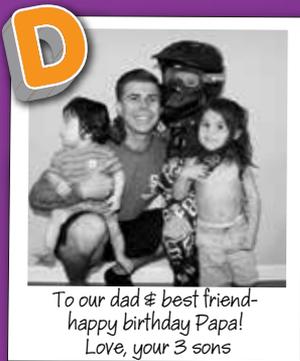
**M**  
Happy 13th Birthday McKinlee!  
We love you so much...  
Mommy, Bryan & Max



**D**  
Happy 16th Birthday DJ!  
We love you!



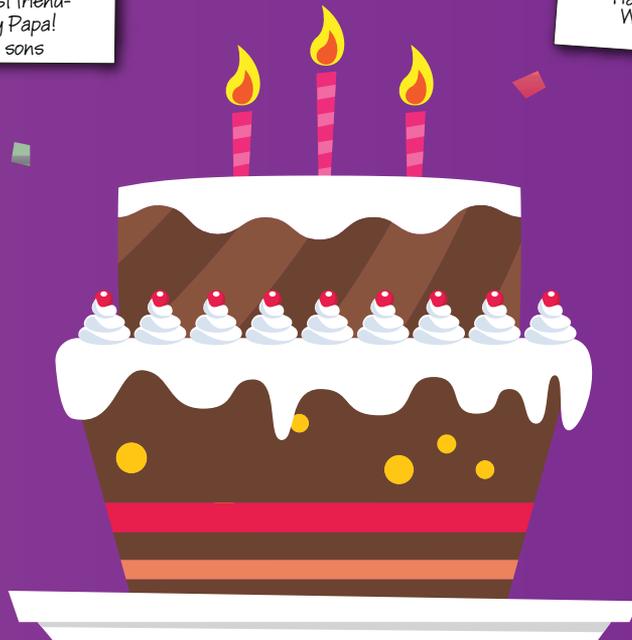
**D**  
Happy Birthday Daddy!  
Love, Mom, Thomas, Samuel and Mary



**D**  
To our dad & best friend-  
happy birthday Papa!  
Love, your 3 sons



**N**  
Happy Birthday Nama!  
We love you so much  
Kaylie & Robby



## 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 Karen Pinkett at 931-217-3813 or email [karen.pinkett@pathways.com](mailto:karen.pinkett@pathways.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. Deesree Williams: (931) 645-9969 or [dwilliams@ccctenn.org](mailto:dwilliams@ccctenn.org).

### OAK PLAINS ACADEMY

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, [karen.henderlight@uhsinc.com](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@madisonstreetumc.com](mailto:abby@madisonstreetumc.com), or visit our website at [madisonstreetumc.org](http://madisonstreetumc.org) and find us on Facebook (Madison Street Music & Arts Academy)!

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit [www.mcwgs.org](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.flyball.net](http://www.flyball.net).

#### CANINE FLYBALL CLUB

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

#### CLARKSVILLE BADMINTON CLUB

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

#### CLARKSVILLE IMPACT SOCCER CLUB

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

##### HEALTHY START

Healthy Start is a community outreach program fostering healthy childhood growth

and development by providing free support services to first time parents and their babies. (931) 645-3976.

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

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

#### NINE MONTHS & BEYOND

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

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

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

##### GIRL SCOUTS OF MIDDLE TENNESSEE

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

#### LEAP ORGANIZATION

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

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

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

#### ALL NATIONS BIBLICAL STUDY CENTER

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

#### APSU EXTENDED EDUCATION

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

#### ASERACARE HOSPICE

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

#### BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

#### CRISIS CALL LINE

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

#### CROATIANS IN TENNESSEE

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

#### FRIENDS OF THE BLUEWAY

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

#### TENNOVA HOME HEALTH & HOSPICE

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

#### GOOD NEWS CLUBS

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

#### HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet

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

#### HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

Chartered by the Association of Hawaiian Civic Clubs in Hawaii, the club's goal is to perpetuate the Aloha Spirit and the Hawaiian Culture throughout the state of Tennessee and the surrounding area. Because of our close proximity to Fort Campbell, we are able to contact many native Hawaiians who are stationed here or have decided to retire in the local area. Many soldiers and their families have been stationed in Hawaii and also elect to join us and partake in the activities. Membership is open to everyone, and we love our times to meet and share the Aloha Spirit and the "local grinds" that everyone learns to love. For more information, please call Marlene Livesay at (931) 572-0804 or visit our website at [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 Country area with hot meals and food pantry. FOOD PANTRY - Mondays, Wednesdays and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street. HOT MEALS - We serve hot meals three days a week. Tuesdays at 5:30 p.m. located at Vacation Hotel on Providence near Peachers Mill Road. Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School Systems Office located in the large parking lot on Crossland and Gracey Avenues. Saturdays at 8:30 a.m. for breakfast served at BOTH locations. We are committed to uplifting those in need through kindness, love, respect and a full stomach. 1319 Franklin Street, (931) 933-0970.

#### MEALS ON WHEELS

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

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

#### **RADICAL MISSION**

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

#### **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 try-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. Sifton, TRAEYC President, at (931) 221-7308 or visit [traeyc.org](http://traeyc.org).

#### **UNITED WAY**

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

#### **VETERANS UPWARD BOUND**

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

#### **COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH**

##### **ALCOHOLICS ANONYMOUS**

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

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

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

#### **CENTERSTONE**

Centerstone offers a comprehensive array of mental health services throughout Middle Tennessee, addressing issues from stress, depression, ADHD and PTSD to anxiety, grief, anger, addiction, substance abuse and family conflict. We provide psychiatric services; individual, marriage, family and group counseling; crisis and intervention services; school-based and foster care support services; life coaching; integrated primary care. 511 Eighth Street, (931) 920-7200, [Centerstone.org](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 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management,

and alcohol and drug treatment and education services. For further information call (931) 431-7580.

#### **LIFESOLUTIONS - ASPIRE & JOBLINK**

611 Eighth Street, (931) 920-7210.

#### **MENTAL HEALTH COOPERATIVE**

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

#### **PARKINSONS SUPPORT GROUP**

5:00 PM The second Thursday of each month. Join us in learning about and coping with Parkinson's disease as we address relevant topics. Meetings are for patients and caregivers. Contact Vennie Evans (931) 358-9668 or Shirley Cook (931) 368-1361 for more information. Meetings held at: Church of Christ, Trenton Crossing 2650 Trenton Rd. Clarksville, TN.

#### **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. Julee 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 TENNKY AREA AFS VOLUNTEER LEADERSHIP TEAM**

Host parents may go to [afsusa.org/host](http://afsusa.org/host) to view and fill out a hosting application. Keep in mind that CMCSS will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early. Go to [afsusa.org/study-abroad](http://afsusa.org/study-abroad) for more information and/or contact Becky Heywood (sending coordinator) at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Willis at (931) 378-7258 and [afsbarb58@gmail.com](mailto:afsbarb58@gmail.com) or Sandy Rich at [srich@afsusa.org](mailto:srich@afsusa.org) or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is [afsusa.org/misstennky/](http://afsusa.org/misstennky/). Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSV and Flickr: afsusa.

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

Would you consider hosting or serving as a welcome family for one of our carefully selected foreign exchange students this fall? The benefits of hosting a YFU student are as numerous and varied as the families who embrace this life-altering experience. Meet some of our incoming students at [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 Rossvie Road. Childcare is available. For more information please contact Sabrina Reiswig or Anne Coleman at [mops.cpcclarksville.com](mailto:mops.cpcclarksville.com).

##### **CLARKSVILLE MOMMIES.COM**

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

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

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit [orgsites.com/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/LLLCClarksville](http://facebook.com/LLLCClarksville). 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 [momsclubofclarksvilwest@gmail.com](mailto:momsclubofclarksvilwest@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-Coordinator, 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 Hurlay at [meagurhurlay@gmail.com](mailto:meagurhurlay@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, ECLECTIC)**  
SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: [facebook.com/#!/groups/inSharehomeschool/](http://facebook.com/#!/groups/inSharehomeschool/)

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

**WIC NUTRITION EDUCATION CENTER**  
All prenatal moms are welcome to a free preparation breastfeeding class (includes free breastfeeding information packet). 1:00 p.m. to 2:00 p.m. the third Thursday of each month at the WIC Clinic, 300 Pageant Lane. Call (931) 551-8777 for more information. No reservations needed.

**RETIREMENT GROUPS**  
**AARP LOCAL CHAPTER 1957**  
Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. Affiliated with the National AARP. To become a member of the local chapter you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. For additional information, please contact Charmist Fields, President, (931) 358-3875, [charmistfields@charter.net](mailto:charmistfields@charter.net).

**NARFE CHAPTER 870, (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)**  
The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 368-9903, (931) 249-9339 or [hsimms6551@charter.net](mailto:hsimms6551@charter.net).

## SUPPORT GROUPS

**ALZHEIMER'S CAREGIVERS' SUPPORT GROUP**  
Meetings are the second Monday of each month at 6:30 PM at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 11:00 AM at Clarksville Montgomery County Public Library. Contact Rick Richmond at (931) 362-3143.

**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 ostomy 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 [tcfofclarksville@gmail.com](mailto:tcfofclarksville@gmail.com).

**DIABETES SUPPORT GROUP**  
Need help managing your diabetes? Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month at 5:00 p.m. in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information visit [Tennova.com](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 Sharree 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).

**TUESDAY OVEREATERS ANONYMOUS MEETING**  
Tuesdays, 11:00 am to Noon  
Parish Library in the the Saint Joseph Center Room # 9 (downstairs: parking behind building)  
709 Franklin Street Clarksville, TN 37040  
Email contact: [tuesday11meeting@gmail.com](mailto:tuesday11meeting@gmail.com)

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

# Pet Pix

The Pride of Clarksville



**BFF....I'M SHORT AND CHUBBY.  
I'M TALL AND THIN. SIZE DOESN'T  
MATTER. COLOR DOESN'T  
MATTER. RACE DOESN'T MATTER.  
WE ARE BEST FRIENDS!!!**



**THESE FUR  
BABIES ARE  
READY FOR FALL  
WEATHER AND  
FOOTBALL!!!**



**HMM, I WONDER  
WHAT'S IN THE  
NEWS TODAY?**



**DON'T TALK  
TO ME UNTIL  
I'VE HAD MY  
COFFEE.**



**CAPTAIN IZZY**



**BEST  
FRIENDS  
FOREVER**



**SAY CHEEEEESE**

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**Pet Pix  
CONTEST**

**Submit YOUR  
Pet Pix by  
October 15<sup>th</sup>**

**THE WINNER  
WILL RECEIVE**

**\$50**

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# Beauty secret revealed. The first 5 year dermal filler has arrived!

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Actual Bellafill<sup>®</sup> patient

Actual Bellafill<sup>®</sup> patient. Not all visible scars were treated. Individual results may vary.



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Lehman Advanced Dermatology is Clarksville's newest and only full-service dermatology clinic. We are pleased to have on our team KAY DIXON NEHRBASS, RN, Lehman Advanced Dermatology's Clinical Nurse Injector. With over 14+ years experience in the industry, Kay is well known and trusted for her superb clinical skills, outstanding outcomes, and friendly personality. We invite you to experience the difference.



#### Important Safety Information

Bellafill<sup>®</sup> is indicated for the correction of nasolabial folds and moderate to severe, atrophic, distensible facial acne scars on the cheek in patients over the age of 21 years. Patients who have had a positive reaction to the Bellafill<sup>®</sup> Skin Test, have a history of severe allergies, have known bovine collagen allergies, are allergic to lidocaine, have bleeding disorders or are prone to thick scar formation and/or excessive scarring should not receive Bellafill.<sup>®</sup> The safety of Bellafill<sup>®</sup> for use during pregnancy, breastfeeding, or in patients under 21 has not been established. You may experience temporary swelling, redness, pain, bruising, lumps/bumps, itching, and discoloration at the treatment site. These side effects are usually transient and typically resolve within 1-7 days. You may experience lumps/bumps/papules that may occur more than one month after injection and that may persist. Less common side effects include rash and itching more than 48 hours after treatment, persistent swelling or redness, lumps/bumps, acne, and increased sensitivity at treatment sites. Infrequently, granulomas may occur and may be treated by your licensed physician provider. Be sure to call your licensed provider immediately if you notice any unusual skin reactions around the treatment area. Based on the 5-year Post Approval Study on nasolabial folds with 1008 patients, long term safety of Bellafill<sup>®</sup> for up to 5 years has been established.

For more safety information, please consult with your physician and the patient labeling that can be found by visiting our website [www.bellafill.com](http://www.bellafill.com).

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