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More on pg 14.

Photography by
Tony Centonze
November 2017



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Clarksville Living

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Publisher's Message

I would love to say that Fall is finally here; but it almost feels as if it has come and gone too quickly and as I am typing this, it already feels like winter in October! I hope it's just a temporary cold snap, but with the whacky and temperamental whims of Tennessee weather, you never know what we're going to get.

Usually, in the November publisher's letter I like to list all the things I am thankful for and this year isn't any different: My and my family's health and happiness; good friends; our military service personnel and the sacrifices their families make; and of course the staff, advertisers and readers of *Clarksville Living*. Speaking of our readers, we would like to give an extra THANK YOU for voting for us in Best of Clarksville! This is the first year there was a Best Local Publication category, and we sincerely appreciate your love and your vote.

We are coming up on an exciting time of year where it's hard to decide what to do there's so many things going on. Starting on page 26, with the City's Parks & Recreation, Complete Holiday Fun Guide on into our calendar of events on page 32 to kick your holiday season off to an amazing start!

We hope you enjoy this issue, and Happy Thanksgiving to all of you!

Carla Lavergne

Proudly accepting our
Best of Clarksville Award for
Best Local Publication:
Carla Lavergne, Rachel Phillips
and her daughter, Skyler



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

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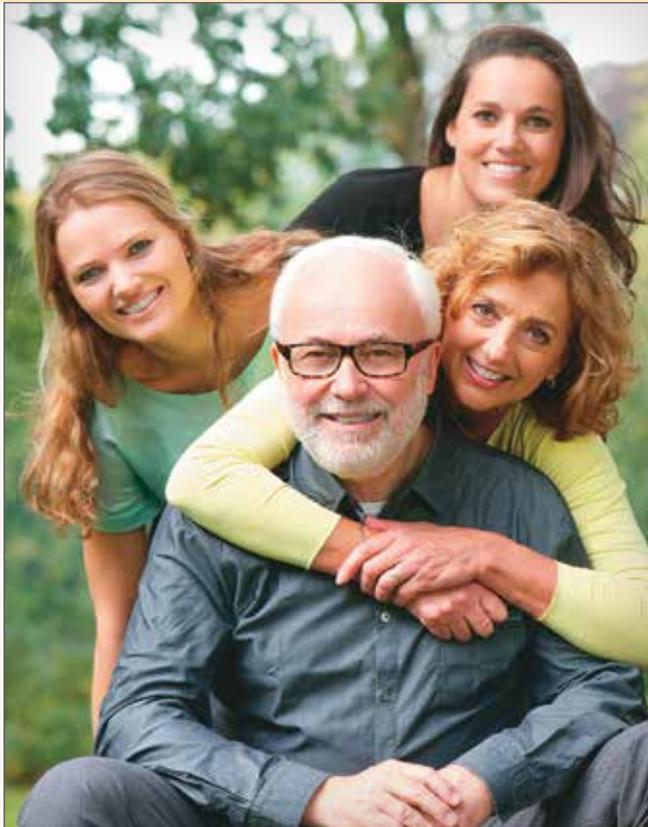
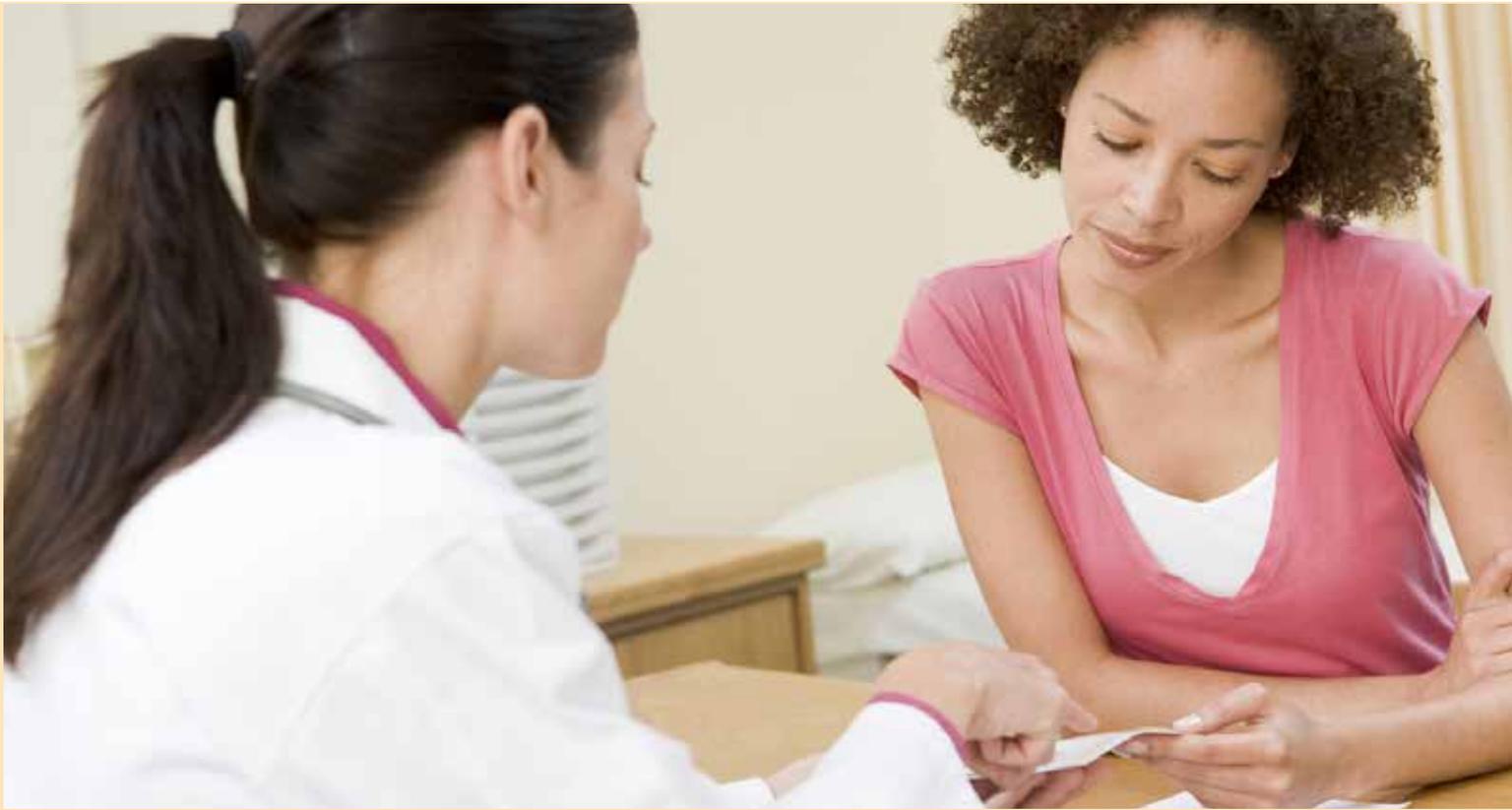


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Make Healthy Choices This Fall

Brought to you by Tennova Medical Group

2018 is fast-approaching: scheduling necessary appointments, tests and surgeries now can maximize your health plan benefits.

With less than three months left in the year, now is the time to check the status of health plan deductibles and schedule necessary appointments, recommended testing and surgeries before December 31.

Most health insurance plans have a deductible requirement—a predetermined amount of healthcare expenses that must be covered before the plan begins paying the majority (if not all) of expenses related to necessary medical care.

If you have been putting off scheduling prescribed care, it would be wise to check your deductible status and plan benefits. This can be an ideal time to access healthcare services because your plan may cover most, if not all, of the costs. The key is to obtain all the health services you need before December 31, because with the New Year comes a new deductible.

Additionally, individuals who have Flexible Spending Accounts (FSAs) need to check their balances. These accounts, which hold pre-tax dollars set aside to pay for healthcare-related expenses, must be depleted by the end of the year or the money is forfeited. This adds another incentive to schedule services now: ensure those hard-earned dollars are spent, not lost.

It's crucial to be prompt with scheduling, so there is enough time to have the test or procedure completed before the end of the year. Getting everything squared-away by early December will help ensure the services you receive are considered part of your 2017 coverage.

Don't have a doctor? Tennova Medical Group is here to help. Our family practice office located on Tiny Town Road welcomes new patients of all ages. Call 931-502-2423 or visit TennovaMedicalGroup.com. Ask about our same- and next-day appointments.

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Swan Lake's, Swan Song: Restoring a local treasure.

By Taylor K. Lieberstein

People and wildlife now have equally good reason to visit the recently renovated Dunbar Cave State Park. An area that Clarksville residents have enjoyed for over 50 years has been given a new life over the course of the last year. The goal of the project was to re-establish healthy water quality in Swan Lake, and provide a more functional design for Dunbar Cave State Park. Throughout any remaining work the park will remain open to visitors who wish to see the new access points along the lake or hike the existing trails in the woods that surround the park.

The 110-acre park was gradually revitalized under the leadership of the park staff and the Tennessee Department of Environment of Conservation (TDEC). The project has completed its second phase and now is in phase three, which includes the planting of native vegetation and beautification efforts. Some natural processes will take time, such as seeded grass and native plants growing around the water. The vision for the remainder of the project includes more planting and an island in the middle of the lake near the cave that will serve as a bird sanctuary. Officials have proposed a bridge to join the outer bank to the berm that crosses the middle of the lake, but say this will be dependent upon future funding.

Life thrives where water meets the land and the restoration at Dunbar Cave State Park is an excellent example of the multiple benefits that a living shoreline can

create for wildlife and people. Living shorelines improve water quality, provide a better habitat for fish, increase biodiversity and promote recreation.

Swan Lake is a man-made reservoir in front of Dunbar Cave and adjacent to the City of Clarksville's Swan Lake Golf Course. The lake is part of Dunbar Cave State Park. Before the renovation began the lake had almost run dry. The dam and spillway were repaired allowing the level of the lake to be raised- the water now ranges between 6 to 20 feet throughout the lake. The overgrown vegetation and sediment buildup that had clogged the lake bed has been removed and more careful planning will insure that the water quality stays healthy and the lake is protected from erosion. There have been several new access points created along the lake for visitor use.

Community participation is vital to the continued success of the park. Much of the project's success can be attributed to The Friends of Dunbar Cave, an independent, non-profit corporation committed to promoting, protecting and preserving the natural and cultural resources of the State Natural Area for this generation and for generations to come.

Anyone can join Friends of Dunbar Cave in Supporting and protecting Dunbar Cave State Natural Area. Members receive our newsletter, are invited to our monthly meetings held on the second Thursday of the month at 6:00 p.m.



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and are invited to participate in special park projects and activities. As a member you will be assisting the group in its short and long-term goals to encourage development that will protect and preserve the wilderness and recreation that Dunbar Cave State Natural Area represents.

At over eight miles in length it is one of the largest caves in Montgomery County. In the roomy mouth of the cave, square dances, radio shows and big band era concerts were once held. The cave has historical, natural, archaeological and geological significance. Excavations revealed that this cave has been used by man for thousands of years, drawn by its constant stream flow and natural air conditioning. The cave contains over eight miles of mapped passageway and is



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continued from page 9

the site of scientific investigation. The cave is the habitat for several rare animals including the federally threatened Northern long-eared bat, a blind cave crayfish and the southern cavefish.

Thomas Dunbar and his family settled the land containing the cave in 1784. Dunbar thought that he had title to the land, but due to incorrect paperwork he was

never actually the legal owner. The first known owner, Robert Nelson, claimed the land in 1792. Mr. Dunbar and his family were ejected from the land (Dunbar immediately purchased the land next to the cave property and lived there until his death in 1826). The cave retained Dunbar's name as he was the first settler to live there.

The entrance to Dunbar Cave is 58 degrees year-round which was a popular attraction during the summer months. After the Civil War, the first resort was built in the area surrounding Dunbar Cave. By the 1930s, the cave became a hotspot for local bands and other entertainment. In 1948, country music legend Roy Acuff bought the property and staged his Saturday Night Radio Dance Broadcast from the site. The cave's popularity declined in the 1950s when indoor air-conditioning became common in households. In 1973, Governor Winfield Dunn purchased the property and designated it a state natural area.

The day-use park is a local favorite for walks along the peaceful trails and views of tranquil Swan Lake. The park offers scheduled nature programs year-round for all ages. Topics include birds, wildflowers, bats and geology. The park offers ranger-led Cave Tours during May, June, July and August. Some stooping and climbing of steps is necessary and for this reason the cave is not handicap accessible. Group size is limited and reservations are required. For complete tour details, please call the park. Two annual events that the park hosts are the Spring Fling in May and July's Cooling at the Cave. To find out about more events see the parks activities page.

Dunbar Cave offers over three miles of hiking trails ranging from the easy 2/3-mile Lake Trail, the moderate

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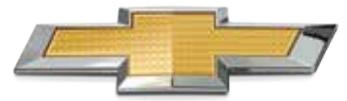
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one-mile Short Loop, to the strenuous two-mile Recovery Trail, which has several steep hills. All trails take you past the cave entrance and around the lake. The Short Loop and Recovery Trails take you into the forest and over successional fields. All park trails, with varying degrees of difficulty, begin and end at the visitor center. Six picnic tables without grills are available on a first come first-serve basis. Personal propane grills are permitted in the park. Restrooms are available in the nearby visitor center which is open from 8 a.m. to sunset daily (closed some holidays). Bank fishing is a popular activity on beautiful Swan Lake. The cold, spring-fed, 15-acre lake is open year-round and provides habitat for bass, panfish, and catfish. Boats are not permitted on the lake.

Hours of operation for the park are 5 a.m. to sunset seven days a week. Dunbar Cave State Park is located at 401 Old Dunbar Cave Road.

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Thanksgiving, Thankfulness, and Family By Karen Powers

Wife, mom of twins, lover of books, teacher of preteens and women at FBCT, co-founder of “DWell” Bible study group

“Remember, as far as anyone knows, we are a normal family.”

My husband and I found this saying on a plaque while souvenir shopping one spring break. We both laughed and knew his mom would appreciate this as much as we did. Families are quirky, weird, annoying, and awesome all in one mess. In fact, there really is not a “normal” family. “Normal” is just a family with messed up humans who, well, mess up.

The Thanksgiving holiday can bring up many emotions about these not-so-perfect families of ours. Some of us may be excited to see extended family we have not gotten to catch up with in a while. Some may be dreading gathering at all. Some may have that one annoying member that they hope to avoid sitting next to at the dinner table. Others, still, may simply wish they had some family left on this side of Heaven to be annoyed by.

Recently, a dear friend of our family passed away suddenly. Our friend was a young husband and father of three. His beautiful wife is left to pick up the pieces as we head into this season of family gatherings. She has a great support of extended family, but the loneliness that will accompany her will make Thanksgiving and the holiday season unbearably difficult. As I have prayed for my friend and her children, I have been reminded of my own losses and the heartache that will forever be with me. Grief, whether years old, or painfully fresh, has the ability to overwhelm those of us missing loved ones. Yet, when we can find our way through the pain to consider the reality that life is indeed short, we have the opportunity to begin seeing those surrounding us here on earth with fresh perspective.

If we determine to refocus our perspectives, we may find that we can smile again, bear that dear great aunt with a little more grace, and even rediscover laughter. Whether our perspectives have been filled with grief, annoyance, negativity,

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or the heartache of loneliness, there are ways that we can determine to refocus and allow thankfulness to make its way in. Having walked through quite a bit of grief over the last years, my family and I have developed a few strategies to help us keep our perspectives in check:

My family and I focus on intentionally being together without the distractions of the world.

During the Thanksgiving weekend, we intentionally keep our schedules clear so that we can decorate our house together and laugh over the memories different decorations bring. My husband and I also take time to remember our story of struggle in losing our son. This helps us refocus on what is truly important and puts our daily annoyances and struggles into perspective. As we soak in the gifts of our children and each other, we are able to prepare our hearts with thanksgiving as we enter into the holiday season.

We plan out how we can serve others together.

As a family, there are many avenues in which we can help those who are lonely, hurting, hungry, and in need of extra support over the holidays. When we choose where we serve and follow through as a family, we discover that God does amazing work in each of our hearts.

My family and I also endeavor to remember that our source of thankfulness rests in our Savior, Jesus.

With this, we take time to do family devotionals and fill our souls with God's truth. We all have a restlessness placed within us that only God can fill. Often, the world teaches us that we need to fill this empty place with busyness, social media, gatherings, and other commitments (especially during the holidays). Yet, when we slow down and allow our restless souls to land in the hands of God, we discover He is able to fill us with a divine breath of refreshment. This divine breath renews our weary selves and our clouded

perspectives in indescribable ways. When we soak in this refreshment, our perspectives have room to shift. As they shift, we begin to find a joy deep within that bubbles forth in gratitude.

What are ways that you and your family can determine to intentionally focus on gratitude this Thanksgiving? Perhaps we all could stand to slow down, refocus, and make room in our lives to soak in the joys of our not-so-perfect, but totally "normal" families. As we do this, we may discover that our perspectives shift. They may change so much that we can even make it through Thanksgiving dinner with more grace, less indigestion, and a soul full of thankfulness.



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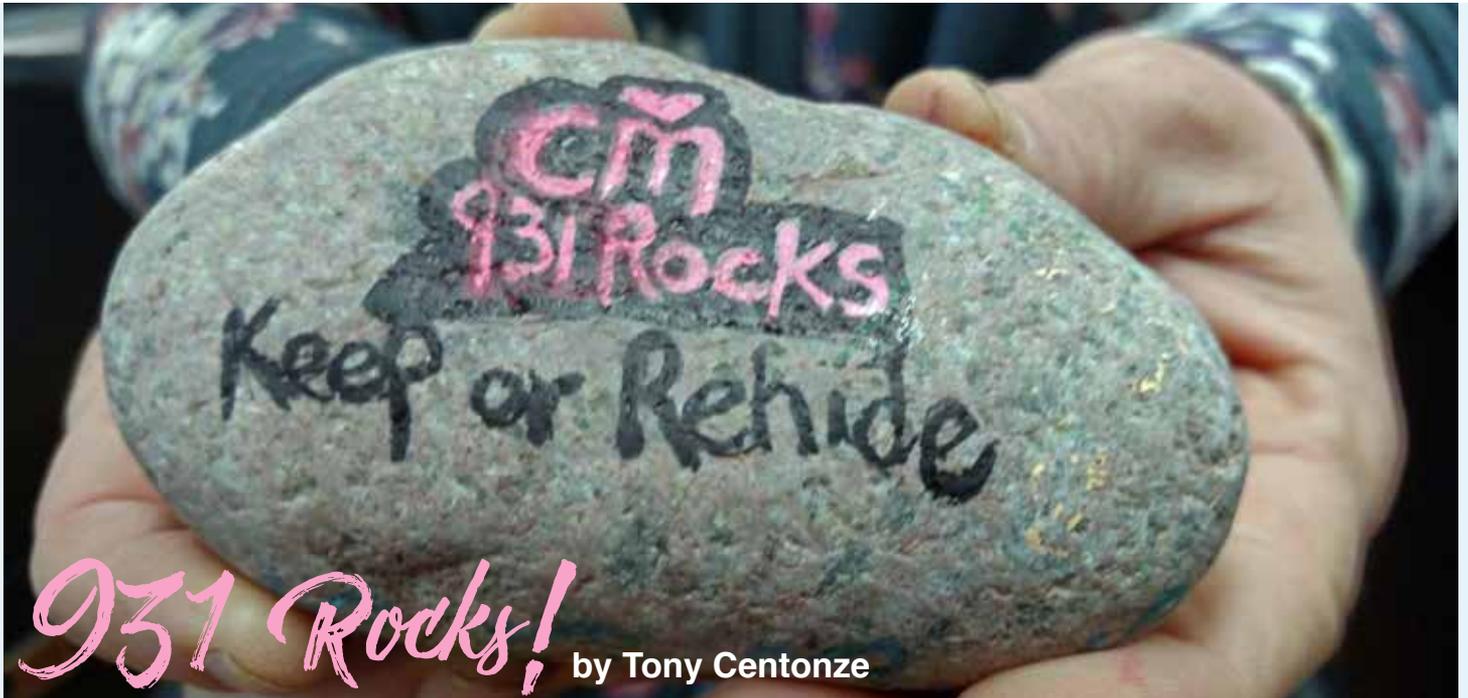
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Many Clarksvillians, as they have walked around our city and its parks in recent months, might have been surprised to find rocks, of various sizes, adorned with artwork and/or inspirational words. They may now be surprised to discover the creator of those little works of art is Cindy McElroy.

McElroy works at APSU, but is probably best known as lead singer of The Beagles. She sat down recently to talk about the inspirations for, and purpose of, this project she calls 931 Rocks.

“In 2015, my sister Heidi Copeland passed away after a long battle with cancer,” McElroy said. “One day, I saw this little bag by her bed, when I opened it up there were rocks inside that said Faith, Believe, Trust, and Hope. I said, Heidi these are beautiful. She said, ‘yeah, they were a gift. They’re there to encourage me.’ Those little rocks meant so much to her, at a time when she needed it, and that moment stuck with me.”

That was one moment of inspiration, another happened a few months later.

“I was talking to one of my student workers one day,” McElroy said. “I said to her, I just want to do something, I want to give back. She said, ‘have you ever heard of 901 rocks?’ I had not. So we pulled it up on the computer, and I thought, oh my goodness, this is beautiful. People were painting and hiding rocks for sick children at St Jude’s Hospital in Memphis. It was at that point that I knew.”

McElroy had seen firsthand the uplifting effect these little works of art could have. “There are a lot of people who are suffering. It may not be an illness, but just someone who is feeling down or unloved. Maybe they just need a hug. These rocks are like little hugs.”

She saw that some of the rocks had drawings, some had words. She contacted the people at 901 Rocks and asked to join their group. They welcomed her with open arms. With their blessing, she soon after launched 931 Rocks.

McElroy started painting rocks in 2016. She worked up the courage to start hiding them in early 2017, first on the APSU campus, then Liberty Park and Hilltop, then Franklin St. and Legion St. Soon, some of the downtown shop owners started asking her, ‘Cindy, is that you?’

She paints on them, ‘931 Rocks, keep or re-hide,’ and calls this a kindness movement. “Most people take them home, and that’s okay,” McElroy said. “I joined another rock group called RV-er’s Rock, and we recently placed some of my rocks in Gatlinburg. Total strangers found them, and posted pictures of them on Facebook.

“I credit the two ladies in Memphis for creating this,” McElroy said. “They started something that continues to grow. Being in these groups, I’ve found

that people have been doing this for a while, but lately it has become more of a love project, a kindness project. It's about generosity of spirit, and it's very therapeutic for the giver, and the finder."

McElroy gets emotional as she shares some of her stories. "One day a young woman came in crying, and said, 'I just need to hug you today. Everyone is finding your rocks, but I haven't found one yet.' So, I went home that evening and made her a bucket of rocks, some for her to keep, and some she could hide. She was so excited. I wanted her to hide some so she could experience the joy I feel, and see the happiness it brings to people."

McElroy wants to make it clear to everyone that she is not an artist. Her first rock was done with sharpies. She discovered that sharpies might not stand the test of time, so now she uses Posca paint markers, which she says can be found anywhere, or acrylic paint markers that can be found at Wal-Mart. All the rocks have to be sealed, for that she recommends Outdoor Mod Podge

By now, McElroy has produced and given away hundreds of little works of art. Others have started doing this as well. Rita Arancibia of Arts For Hearts invited McElroy to conduct a rock painting class, she taught her



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first art class in May. The theme was beaches, and she said she had a blast.

Next, she got a call from APSU's Academic Affairs Office. They saw an eclipse-themed rock she had posted on her page. She was asked to come in and teach a quick class at an annual training session for university employees.

"This is so amazing," McElroy said. "I got to teach my colleagues how to do this. Kim Balavre actually designed eclipse art that included APSU's Browning building. I also created an eclipse man design. Teaching that class was so much fun.

"Then, the APSU Public Relations Office had their photographers come down and take pictures of the rocks. They hid them on campus for the people who were coming here

to witness the Great American Eclipse. It was really cool. This project has just been a blessing."

Another of McElroy's favorite stories, a lady from 901 Rocks recently contacted her, saying her son would be attending APSU this fall.

"She said she would love to meet with me and introduce her son to me, so he would have a familiar face on campus," McElroy said. "It's the little things like that that have been such a blessing. I've been blessed way more than I have blessed others."

McElroy says her sister Heidi is with her every day on this project. "She is always on my mind as I work on each little piece of art. Sometimes, I hear her voice say, 'well, that one really stinks, or that is not a good one, Cindy.'

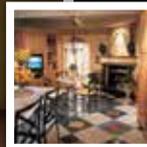
"The first time I saw that bag of rocks under her bed, I never thought I could do something like that. I really wanted to discourage myself because I'm not an artist. But, the thing I say to everyone is, you don't have to be an artist. You just have to have a heart full of love, and a desire to give."

McElroy says, even if it's just a little heart on a rock, you hide it, and it can make someone's day. Her faith also tells her that a person will find the rock and the message they are meant to find.

"This is not about me," McElroy said. "I don't want credit for any of this. God has instilled in each of us the desire and the ability to do something, to perform a simple act of kindness. In someone's time of sadness, hostility, or distraction, a painted rock that says, hang in there, be cool, or # me too, those are the ones that you hope and pray will find their way to inspire someone,

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and soothe their soul. I just think back to the day that Heidi and I were looking at those rocks.”

She stopped for a moment. Tears came to her eyes, then she continued. “There are people who aren't accepted for who they are, and when they find a message that says, you are loved or just be you, its a reminder that the most beautiful thing you can be, is yourself. I want people to live the life they want to live.”

People are now bringing McElroy rocks from everywhere, Tybee Island, Delaware, even Italy. She has also started sending rocks with her friends as they go on vacation.

“Yes, my friends take rocks on vacation with them and hide them for me,” McElroy said as she laughed a little. “This has just been an absolute joy. The rock painting movement evolved because of people wanting to do something. Look how far we've come.

“I'm going to keep doing this as long as I can. It's therapeutic, and it brings so much joy to me and so many others. So, I say to anyone, if you find one that you love, keep it. And, maybe paint another for someone else.”

To see what's happening with 931 Rocks, check out Cindy McElroy's Facebook page.



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Clarksville's History of Music Part 2

by Tony Centonze

As we ended part 1 of our music history series we talked about some of the great musicians that have graced Clarksville stages over the years. Mark Hawkins and Tommy Crow told some personal stories about what the music scene was like during the 60's and 70's, and we briefly touched on Clarksville's connections to Foreigner and the Scorpions.

In the early 1980's one of the hottest venues in our little city (population approximately 55,000) was a place called Showdown's on Fort Campbell Blvd. Some of the bands that played there went on to great acclaim, others did not.

One of the groups that played often, always packing the house, was a glam rock band from Louisville, Kentucky called Buster Brown. Johnny Edwards and James Kottak of Buster Brown went on to play with Ronnie Montrose,

and then went their separate ways. Edwards becoming the lead singer for Foreigner, and Kottak the drummer for the Scorpions.

So, has there been a major change in Clarksville's music scene over the years? And, is that change unique to our city or has live music changed similarly across our nation?

Ivan Colon has been part of Clarksville's music history for the last four decades, best known as one of the founding members of perennial favorite band, The Beagles. He sat down to talk about his experience as a fan, and performer, and the changes he has seen.

"It seems to me that we had a lot of big name bands come through here even into the 1970's," Colon said. "I remember seeing the Doobie Brothers at APSU. But there was a totally different culture then. Music was different too. Social movements were

more banded together than than now. Today, there is so much isolation and separation."

Colon is another musician who was inspired by The Beatles. "They were #1 for me," Colon said. "My older brothers and I, like everyone else at that time, saw them on the Ed Sullivan Show, February of 1964. Anybody who ever wanted to be a musician was transformed by them that night, into the mindset of 'I have to do this for a living.' They were phenomenal. The talent, the wit. They were charismatic. It all just came together."

Colon played music from the age of 14, but it wasn't until the late 80's that he started writing music, and performing on a consistent basis. The Beagles came around in the early 90's.

"We started as Revolver in the 80's," Colon said. "That was Kenny Copeland, Cindy McElroy, Bo and

Rollow Welch, and Jack Stone. Then we became Daddy's money. Then, we had a bluegrass band called Pickers from Afar with Kenny Vaughn and Charlie Runyon. It was just such a great time.

"In the 70's there were tons of venues to play in Clarksville, like Frenchy's, Holland House, and the Palms. All these clubs were toward Fort Campbell, and everybody went there. Texas East had bands, and Camelot, which turned into Sugar Daddy's. There was always a place to play, but they never payed much. So a lot of trios started forming. If a bar was only going to pay \$150 for a band, it was better to split that three ways than five or six."

Colon says that Holland House was a great venue, it later became Clarksvegas. And yes, that name has been around since at least the early 80's.

Colon talked about one of the bands he loved to see there. "Harrison Anvil, featured Marshall Pearson, Johnny Wooten, and Greg and Leighton Markley. People would flock to see them, they were fantastic. Pearson went on to play with Roy Orbison."

On a side note, Pearson's son Braxton relaunched Harrison Anvil in Nashville in 2013.

"One local guy I can tell you about is Mel Watts," Colon said. "He graduated from Northwest High School in 1976, I believe. He played with Earl Thomas Conley, (18 #1 hits in the 80's) and all these country acts. He went on to play with Sonny and Cher, and ended up touring with Little River Band."



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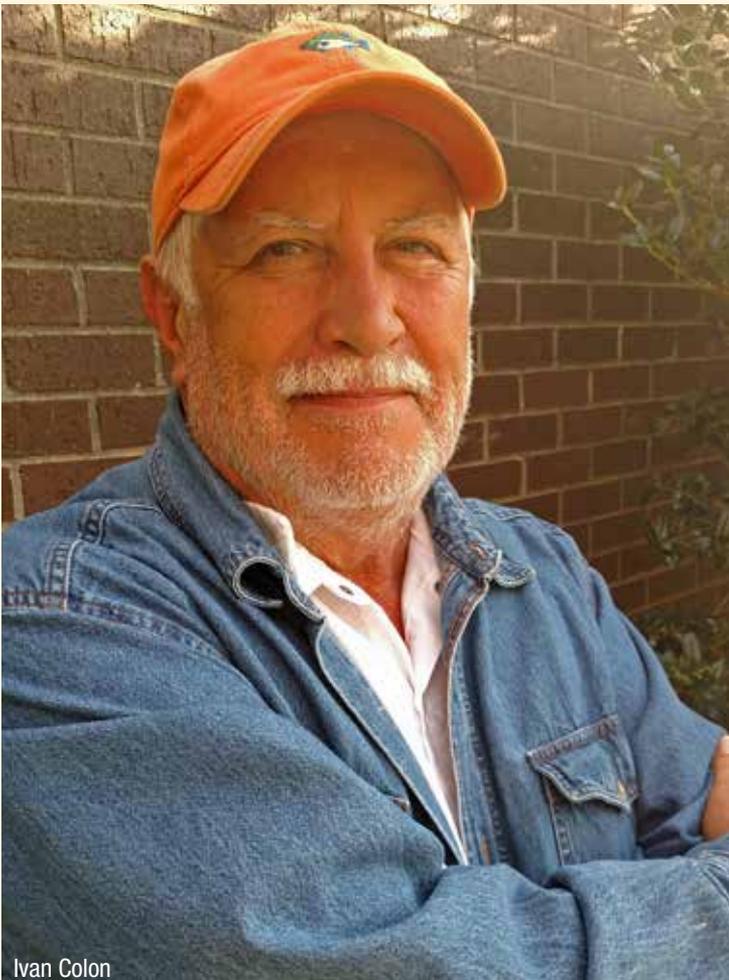
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Ivan Colon



Ivan Colon

continued from page 19

Colon says that being this close to Nashville really is a double edged sword. That city is overflowing with talent, so a lot of Nashville musicians started playing Clarksville. They would drive here just to make \$50 at a gig, which made it hard on the local guys who were trying to make a living.

“On the other side of that coin, we have a lot of local guys touring with some big names right now,” Colon said. “Lee Miller is playing with Buddy Jewell. Mike Bryant toured with Chris Young. Monty Bradford is Chris

“ Being popular doesn't necessarily make you the best or most successful.

When you can stand on that stage, do what you love to do, and make a living out of it, you have done it, you have hit it big.”

–Ivan Colon



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Young's drummer. All these guys are super talented and should be playing with these big names.

"Mike Robinson is another tremendous talent. He has brought a lot of great Nashville players to town. It is sad that there are so many talented people right here that may never get the break they deserve. I've always thought that Cindy McElroy should have made it big. But, music is a business, and to go to that next level you have to get management and that takes money."

Colon talked about some of his current favorite bands, The Nightmasters with Ken Jolly, Sam Haines and Tim Seay, and Vass Backwards with Greg and Mary Vass.

"Those guys are great and so entertaining," Colon said. "I also try to support Neil Brock and the Cover Up. That's a great band. People talk about the music business being dog eat dog, but around here, musicians have always supported each other."

So many local players have influenced and inspired me over the years. There was Jimmy Beunel, Tommy Faulkner, and Tommy Crow. Charles Lee played the guitar so well, I hated him (he laughed). He could play the lead to Nowhere Man, and it was exact. I thought to myself, I want to do that. I can't name anyone now that I really follow. I guess I'm still living in the 1960's. I am a child of the British Invasion."

Colon thinks that people still like listening to live music, but there are less venues than before. And, when a venue owner/manager has to factor in the cost of a full band vs a DJ or recorded music, it often becomes a matter of money.

"Being popular doesn't necessarily make you the best or most successful," Colon said. "When you can stand on that stage, do what you love to do, and make a living out of it, you have done it, you have hit it big."



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Over 50 million Americans don't know where their next meal will come from. These people range from working parents and veterans to children and elderly. That number is increasing each day and the line for the hot, mid-day meal that Loaves and Fishes serves six days a week is constantly growing longer. The good news is that Loaves and Fishes has been in Clarksville working hard to relieve some of that hunger for almost 35 years. This month they kicked off their 5th annual Jingle Bell Food Drive to continue their efforts.

Their mission includes an open-door policy to anyone who is hungry. Loaves and Fishes is the only place in Clarksville that provides meals to the public consistently generally feeding roughly 250 people per day. Towards the end of each month there seem to be even more people in need of meals

likely due to monthly income running out. They also see an increase in turnout anytime there is severe weather such as freezing temperatures.

Loaves and Fishes is again counting on the generosity of the Clarksville community to donate food items to help stock their shelves during their annual Jingle Bell Food Drive. The drive kicked off this month and will run through December. The Jingle Bell Food Drive is Loaves and Fishes end of the year push designed to restock the pantry for the colder months and the upcoming year full of meals. Leading the effort this season is Jill Crow who says this food drive is vital to their daily feeding program. The food drive wish list ranges from canned veggies and paper towels to 55-gallon trash bags and liquid hand soap. Meats such as ground turkey, chicken, beef and pork is something that is always at the top of their wish list. They do have a freezer in the food truck during the donation drives.

You can find the Loaves & Fishes Jingle Bell Food Truck on Saturdays throughout November and December at the following locations:

- Nov.4** Kroger on Madison Street, Kroger at Dover Crossing and Kroger on Lowes Drive
- Nov.11** IGA and Rural King
- Nov. 18** Gordon Foods and during tailgating at APSU's Fortera Stadium (A donation to the food truck will get you a discounted ticket into the game this day).
- Dec.2** Food Lion on Highway 48 and Hilltop Market
- Dec.9** Walmart on Madison Street and Walmart on Ft. Campbell Blvd
- Dec.16** Gordon Foods (GFS) and Walmart on Wilma Rudolph

Additionally, the community can help by letting the food truck come to your business, church, school organization or neighborhood. Businesses that are willing to set up a donation area can contact the Loaves and Fishes office to find out more about getting involved. By participating your business or organization will be added to the website as a "Jingle Bells" supporter and will receive a certificate for your support. Directors are more than willing to collect donations from your business. If a business, individual or organization prefers to donate a monetary gift the money will be used to eventually purchase a cargo van or box truck as well as purchase necessary items for the kitchen. For more information contact Jill Crow at 931-648-9529.

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To participate: Call Loaves & Fishes 931.645.9020 or email susan@loavesandfishestn.org

Outside of the four major fundraisers Loaves and Fishes hosts each year they rely completely on community support. We have over 250 volunteers who cook, clean, serve food and answer phones. Currently they are looking for kitchen supervisors to oversee the preparation of meals each day, this position is open to anyone who likes to cook or wants to give back. The Loaves and Fishes Soup Kitchen operates on monetary donations from local churches, civic organizations and private individuals. Breads, pastries and produce are donated by local supermarkets and stores. Citizens of Clarksville donate vegetables from their gardens and leftovers from banquets. Community food drives help keep our pantry full and operational. Loaves and Fishes operates at 215 Foster St. in the First Presbyterian AOC Building. Donations can be dropped off at this location.

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Arthritis. Why Does It Hurt So Bad???

By Dr. Catherine Shevlin Meeks, PharmD

About 27 million Americans have osteoarthritis (OA), which is the most common type of arthritis in older people. Hands and weight-bearing joints such as knees, hips, and lower back often take the biggest hit.^{1,2}

OA develops when the cushioning tissue in joints (cartilage) breaks down. Then bone may rub on bone, causing inflammation, stiffness, and pain. When arthritis is advanced, you may hear grinding noises or your joint may become enlarged.³

What's the cause of osteoarthritis? It could be a combination of things. Joints can simply lose their cushioning with repeated wear and tear over time. And an injury can hasten this process. Extra pounds can also harm your joints. Sometimes OA runs in families, too.²

You can learn better ways to move to protect your joints. Your doctor may even recommend physical or occupational therapy.¹ If you need a cane, make sure a professional fits it for you. You can also buy a brace or knee sleeve or special devices to help open jars or do other challenging tasks.^{2,4} Don't overlook our store's resources.

When pain flares up, it may be tempting to curl up in a ball and try to ignore it. That may be exactly the wrong thing to do. Although rest is important, moving may also help ease your pain. Some types of exercise can relieve stiffness and improve flexibility, while others promote strength or endurance. It may also help to

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switch to less weight-bearing activities, for example, swimming or cycling instead of running.⁴

If you've put on some extra weight, do your best to lose it. Did you know that with every pound you gain, your knees must handle four more pounds and your hips six more pounds of pressure? And, obesity may add insult to injury. That's because body fat may release chemicals that also cause joint damage.¹

What else can you do? Heat or cold may help ease the pain of arthritis. And pain medications may be essential as well. Stop by, and I can help you sort out the differences between the types of medications used for arthritis. Some require prescriptions; others do not, such as aspirin, acetaminophen, and ibuprofen.^{2,4}

NSAIDs (nonsteroidal anti-inflammatory drugs) can also be effective in treating symptoms. That's because, with arthritis,

fluid builds up when the body tries to compensate for lost cartilage. The resulting inflammation can cause pain and warmth around the joint.³

In more severe cases, you may need other types of treatment such as injections, splinting, or surgery such as a joint replacement.

As for alternative remedies, recent studies show that acupuncture may bring relief for some people. The oral supplements glucosamine and chondroitin may help with moderate to severe osteoarthritis pain. But studies in the knee show these don't appear to improve cartilage changes.² Whatever you do, steer clear of unproven supplements. The U.S. Food and Drug Administration (FDA) has warned the public about certain products marketed as "natural" dietary supplements for conditions such as arthritis. If you're not sure about a certain product, please ask me.⁵

Remember to mention this article on your next visit to Sango Pharmacy and you will receive 15% off our glucosamine and chondroitin products.

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. Arthritis Foundation: "Arthritis." Available at: <http://www.arthritis.org/conditions-treatments/disease-center/osteoarthritis/>

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5. FDA: "Dangerous Supplement Now Sold as 'WOW'." Available at: <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm333188.htm>



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ELF SPLASH

2-4 p.m., Saturday, Dec. 9: This year children can swim with Santa's helpers at Santa's Workshop! North Pole dwellers like to escape the cold by taking a dip at New Providence pool. Visitors can enjoy crafts, ornament making, face painting and all kinds of holiday fun. Cost is \$5 per person and includes admission to the pool.



CHRISTMAS PARADE

5 p.m. Saturday, Dec. 2: The City of Clarksville and Montgomery County Government have partnered to host the 58th annual lighted Christmas parade in downtown Clarksville. Be a part of a Clarksville tradition by participating in this year's annual night-time event by walking, preparing a float, or driving a fun vehicle all decked out in holiday cheer! This year's theme is "Christmas Around the World." All participants are encouraged to embrace the theme through music, dress and decor. Pre-registration is required. Register online at CityofClarksville.com/Parade. Deadline to register is Nov. 29.

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5:30-7:30 p.m. Thursday, Dec. 14: Families are invited to Burt-Cobb Recreation Center to celebrate the holidays with a fun evening of face painting, arts and crafts, letters to Santa, refreshments and more. Admission is FREE.

NEW YEAR'S EVE SPLASH

8:30 p.m. Sunday, Dec. 31: Ring in the New Year with family and friends at the New Providence Pool's New Year's Eve Splash. It's the perfect way to celebrate the start of 2018. Enjoy music, refreshments and free access to "The Aqua Run" wibit and "The Aqua Climb" climbing wall. Pool partiers can also enjoy a giant, inflatable water slide! Don't miss the beach ball drop at midnight. Cost is \$5 per person. Open to all ages, though minors ages 17 and under must be accompanied by a parent or adult guardian after 10 p.m.

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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

CLARKSVILLE SCRABBLE CLUB

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

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

CUMBERLAND WINDS

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

FAMILY LIFE CENTER ACTIVITIES

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



Lary Deeds, DMD
R. Michael Weaver, DDS
Sarah M. Deeds, DMD

THE CHILDREN'S DENTIST



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www.thechildrensdentist.net



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We fuse fun, intensive & varied workouts
Specializing in group fitness & personal training

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GRITFITWELLNESS.COM
280 INDUSTRIAL DRIVE, CLARKSVILLE TN

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

Hilldale Baptist Church Family Life Center
250 Old Farmers Road
hilldale.org

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 clarkvillegamedesign.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 or visit 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

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

Tuesday through Saturday, 9:00AM to 5:00PM Recycling Coordinator: Denny Mihalinec, 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

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

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An educational journey from the first steps to adolescence.

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—Maria Montessori

931-368-3818
amaremontessori.org
Clarksville, Tennessee

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off Dunlop Lane by Gateway Medical Ctr.
931-645-4685 • www.aquinopediatrics.com

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 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

NOVEMBER

2 THURSDAY

1ST THURSDAY ARTWALK

5:30 AM - 8 AM Clarksville is bursting with many talented artists. Whether it be photography, painting, pottery, metal works, sculptures, or any of the other means of expression, we all know the beauty that can be created. Come down to historic downtown Clarksville and enjoy the November 1st Thursday Artwalk.

Historic Downtown
Clarksville, TN

4 SATURDAY

FULL MOON 5K

8:00PM-10:00PM 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. We hope to unite our community in support of helping patients in need of a life-saving transplant. With your

support in fundraising as an individual or team potential marrow donors are added to the Be The Match Registry, patients receive the care and support services necessary and breakthrough research continues.

Price: \$25.00 to \$30.00

Sango United Methodist Church
3301 Sango Road
Clarksville, TN

HIKE FOR HOPE

11:00AM-12PM

When Hike for Hope, you join the effort to raise awareness and funds that allow AFSP to invest in new research, and support survivors of suicide loss.

Register your team for the event and learn more at <https://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=4395!>

Rotary Park
2308 Rotary Park Drive
Clarksville, TN

4 MAGICIANS & 1 RABBIT

6:30PM

The Tri-Cities Magicians' Society (and a rabbit!) present family-friendly wonders of prestidigitation in an evening of entertainment and balloon animals. Magicians Russ Nowak, Will Pryor, Nick Smith and David B. Magic are scheduled to "appear," with special guest Abra T. Bunny.

Tickets are \$10 for teens and adults and \$5 for ages 3-12. Kids younger than 3 get in free! (Refreshments will also be for sale)

Email uuclarksville@gmail.com to reserve tickets; they also will be available at the door.

Unitarian Universalist
Fellowship of Clarksville
3053 Highway 41A S
Clarksville, TN

**10 FRIDAY
TOUR HAUNTED
CLARKVILLE**

6 PM - 8 PM This BCcycle-bicycle tour will take participants through downtown Clarksville

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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298 Clear Sky Court • Suite C • Clarksville
931-802-5297 • 866-231-0701 • allergyasc.com

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Visit ExploreToddCounty.com for sample day trip itineraries, driving tours, specialty shops for Amish baked goods and bulk stores, farm markets, and unique dining.

Christmas in Todd County

GUTHRIE CHRISTMAS PARADE
Saturday, December 2nd, 10 AM

TRENTON CHRISTMAS PARADE
Saturday, December 2nd, 3PM

CHRISTMAS IN ELKTON & PARADE -
Saturday, December 9th, All Day
Business Sales with Parade at 6 PM

visit ExploreToddCounty.com for more information

**EXPLORE
TODD COUNTY, KY**

Contact Todd County Welcome Center at 270-265-7070

stopping at historical points of interest with dark pasts. The route is approximately 2 miles and will take approximately 2 hours. The tour will end at Roux where participants will receive drink doubloons worth \$2 off in the Speakeasy! Fee: \$20 per person. Limited spots available. Register online: <https://recpro.cityofclarksville.com/ViewCourseActivityDetails.aspx?id=C6163>

102 Public Sq,
Clarksville, TN 37040

**11 SATURDAY
A STARS & STRIPES USO
SHOW** 7:30 PM - 9 PM

The greatest entertainers of the 20th Century kept our troops laughing through the two World Wars, Korea, Vietnam, Afghanistan and Iraq. We believe their contributions should be preserved for future generations to know what good clean, timeless humor is all about. If the world ever needed a few good, clean laughs, it's now! Join us as we pay tribute to our Armed Forces

and take a walk through the hits of yesteryear. Tickets are \$15 with doors opening at 7PM and show at 7:30PM. This is a show that will touch your heart with laughter and love in a very special and unforgettable way.

The Starlight Grande
1810 Memorial Drive,
Clarksville, TN 37043

**PANCAKE BREAKFAST WITH
A PRINCESS**

Session A: 9am-10am
Session B: 11am-12 noon

ADVANCE PURCHASE ONLY.
No ticket sales at door. \$10 PER TICKET.

Each ticket is valid for 3 pancakes, scrambled eggs, 2 sausage patties or bacon, fresh fruit, and choice of coffee, tea, juice.

ALL guests over the age of 12 MONTHS MUST have a ticket, including parents. This ensures there's no overcrowding.

Event tickets are transferable

but are NEVER refundable. The Pampered Palace reserves the right to cancel any of our event dates or events due to low ticket sales, inclement weather or other circumstances that would cause our events to be unfeasible.

Proceeds will benefit "A Wish Come True Christmas" Program

The Girly Girlz Pampered Palace
Salon & Spa

360 Fantasy Ln.,
Clarksville, TN 37043

VETERANS DAY PARADE

9:00AM - 12PM
Pre-parade ceremonies are set for 9 a.m. in front of the historic courthouse (south side) on Third Street in downtown Clarksville. This year's Veterans Day parade theme is "Service and Sacrifice." The Parade will begin at 10 a.m. at the corner of N. Eighth and College Streets, next to the Sundquist Science Building at Austin Peay State University, with the reviewing stand at the Third Street side of the courthouse.

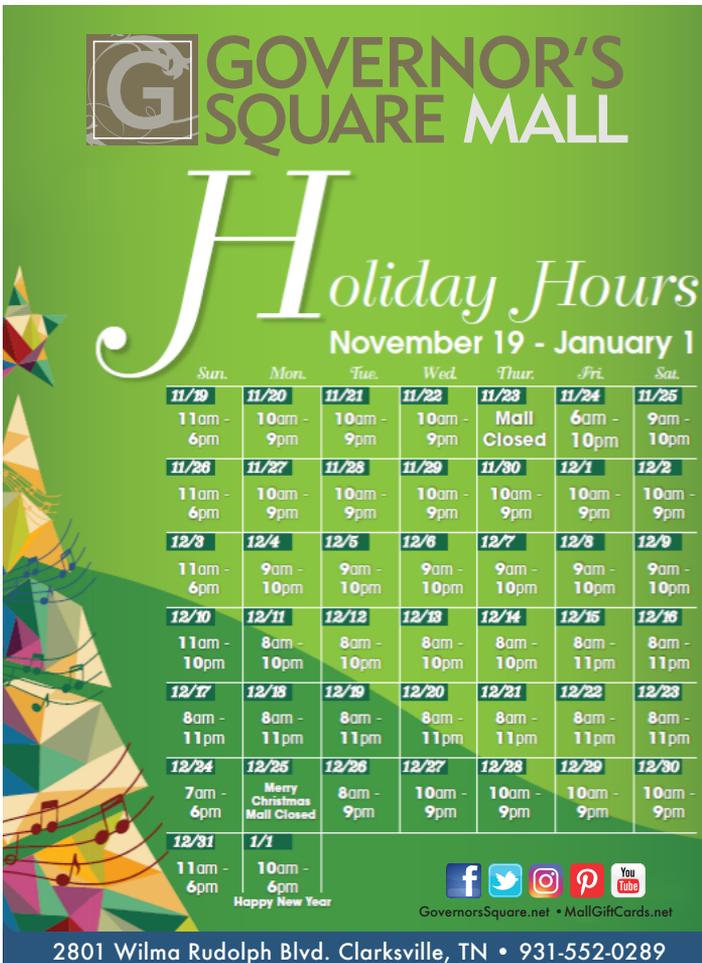
**SATURDAY, VETERANS DAY
CELEBRATION!**

12:00PM-10:00PM Come out and celebrate Veterans Day with great craft beer, food and music from America's Brewery! We will be having the Letters from home food Truck on location from Noon until 4pm and Live acoustic music by Kris Bradley from 4-8pm! Great beer, food and music! Come on out and see us!

Stars and Bars Brewing Co.
1030 Progress Dr. Suite E.,
Clarksville, TN 37040

**17 FRIDAY
TOUR HAUNTED CLARKVILLE**

6 PM - 8 PM This BCycle-bicycle tour will take participants through downtown Clarksville stopping at historical points of interest with dark pasts. The route is approximately 2 miles and will take approximately 2 hours. The tour will end at Roux where participants will receive drink doubloons worth \$2 off in the Speakeasy! Fee: \$20 per person.



G GOVERNOR'S
S SQUARE MALL

H Holiday Hours
November 19 - January 1

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

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GovernorsSquare.net • MallGiftCards.net



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2485 Ft. Campbell Blvd. Suite 102 Clarksville, TN (931) 245-6060

www.clarksvillepediatricdentistry.com

www.facebook.com/cpd_kiDDS @cpd_kiDDS

Limited spots available.
 Register online: <https://recpro.cityofclarksville.com/ViewCourseActivityDetails.aspx?id=C6163>

102 Public Sq,
 Clarksville, TN 37040

ROAST DAT TURKEY I COMEDY JAM

7:00PM-10:00PM
 Laugh and lounge celebrating 3yrs - bringing live comedy to - Clarksville.

Starring Headliner/Comedian:
 BRANDON "HOT SAUCE" GLOVER

Comedy Central's Russell Simmons presents stand up at the el ray. B.E.T Comic View One Mic Stand hosted by Kevin Hart and more!

DOORS OPEN AT 7PM I
 SHOWTIME 8PM

Clarksville's only official comedy experience...

Customs House Museum and Cultural Center

200 South 2nd Street,
 Clarksville, Tennessee 37040

16 THURSDAY GROWING UP WILD

10:00AM-11:00AM
 An early childhood educational program that builds on children's (ages 3-7) sense of wonder about nature and invites them to explore wildlife and the world around them. Drop-ins welcome!

Activities include: outdoor explorations, scientific inquiry, and hands on time with a variety of animals and plants.

THU | 10:00AM-11:00AM | 11/2, 11/16, 11/30, 12/14

\$3 per class
 Crow Community Center
 Clarksville, TN 37043

APOCALYPSE-PRE SHOW PARTY AT THE PINNACLE

5:00PM-12:00AM
 Come out for the Apocalypse Preshow party at the Pinnacle. This FREE, ALL Ages event.

This is your chance to meet and talk to all of your favorite wrestling stars the night before Tried-N-True Pro & Global Force Wrestling "Apocalypse 2017". Join your favorite TNT & Impact stars including: Jeff Jarrett, Crimson, Jax Dane, Samuel Shaw, Rebel, Jayme Jameson, Jeremiah Plunkett, former WWE Referee Justin King, and more to be announced soon!

Enjoy meet & greet with the stars, photo ops, autographed 8x10 photo give aways and more!

Pinnacle Family Ent. Ctr.
 430 Warfield Blvd.
 Clarksville, TN 37043

COMMUNITY THANKSGIVING FEAST

5:30PM-7:30PM
 The City of Clarksville has partnered with the New Hope Missionary Baptist Church and friends of the community to serve individuals and families a warm and hearty meal for the holiday. All are invited.

We will be collecting (non perishable items) through November 13 at Burt-Cobb Recreation Center to be placed in baskets and given away during the Community Thanksgiving Feast. This event is FREE

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

18 SATURDAY CIVIL WAR DANCING

1:00PM-3:00PM
 Learn common Civil War period dances, such as the Virginia Reel and the Patty Cake Polka! Local teacher and historian, Phyllis Smith, will lead the workshop. Tea and cookies will also be served.

Fee: \$10 per person.
 Space is limited to 12 participants.

Pre-register at <http://recpro.cityofclarksville.com/>

Fort Defiance Civil War Park & Interpretive Center
 Clarksville, TN 37040



The Girlz Pampered Palace Presents:
Breakfast with a Princess
 Saturday, November 11th
 9 am to 10 pm - AND - 11 am 'til 12noon
\$10 per person
 Tickets for events must be purchased online in advance.



Prettier in Paint
 Painting Party
 Saturday, November 18th
 10 am - 2 pm
\$35 per person • Snack included!

The Perfect Princess Tea Party
 Saturday, January 27 2018
 @ Trane Union Hall 121 Union Hall Road...Clarksville TN 37040
 Tickets can be purchased online • thepamperedpalace.com
 No tickets will be sold at the door.



360 Fantasy Lane, Clarksville TN 37043
 (931) 216-1366 or 572-1141
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 Happy to give free estimates! 931-320-3298

21 TUESDAY

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 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

22 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



24 THURSDAY

BLACK FRIDAY SALE AT BEACHAVEN WINERY

9:00AM to 6:00PM

ONE DAY ONLY Black Friday Sale! Select merchandise will be deep discounted, and buy any 6 bottles of wine for 15% OFF or 25% on cases.

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

25 SATURDAY

2ND ANNUAL HANDMADE NASHVILLE HOLIDAY MARKET

10:00AM to 4:00PM

Come join us for our 2nd Annual Handmade Nashville Holiday Market. All local Handmade vendors. Small Business Saturday.

Red Caboose Park
656 Colice Jeanne Rd.
Nashville, TN 37221

DINNER & SHOW [EDWARD'S STEAKHOUSE] : A CHARLIE BROWN CHRISTMAS

6:00PM-10:00PM

Enjoy a lovely dinner across the street at Edward's Steakhouse (107 Franklin Street) at 6pm, followed by the 8pm performance of A CHARLIE BROWN CHRISTMAS.

The menu features Edward's Famous 6-oz Steak, House Salad, Baked Potato and Cheesecake for dessert. Tax, tip and non-alcoholic beverage included in price. Tickets \$50

Roxy Regional Theatre
100 Franklin St.

DECEMBER

1 FRIDAY

TODDLER SPLASH

10:00AM to 12:00PM

Children, ages 1-5, can enjoy water games and seasonal crafts while getting acquainted with the water or practice previously learned water safety skills.

First Friday of each month, 11/3-5/4 Fee: \$5 per person. Pre-registration not required.

New Providence Swimming Pool
Clarksville, TN 37042

2 SATURDAY

BREAKFAST WITH SANTA

9:00AM to 10:00AM

It's the annual breakfast with Santa! Santa will be here to meet and greet with all his guests! Make sure that Christmas list is fine tuned and ready to hand off to Santa! Tickets are \$5 per person and must be purchased in advance.

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

58th ANNUAL



DECEMBER 2, 2017 • 5PM

CHRISTMAS AROUND THE WORLD

CITYOFCLARKSVILLE.COM/PARADE



2 SATURDAY
58TH ANNUAL CLARKSVILLE CHRISTMAS PARADE

5:00-7:00PM
 Be a part of a Clarksville tradition by participating in this year's annual night-time event by walking, preparing a float, or driving a fun vehicle all decked out in holiday cheer! This year's theme is "Christmas Around the World." All participants are encouraged to embrace the theme through music, dress and decor.

102 Public Sq,
 Clarksville, TN 37040

8 FRIDAY
HOLIDAY SPECTACULAR DINNER SHOW

6:00PM
 Call for reservations. Call 931-217-4608 or visit www.thestarlightgrande.com for more information.

Tickets are \$50

The Starlight Grande
 1810 Memorial Dri.
 Clarksville, TN 37043

9 SATURDAY
HOLIDAY SPECTACULAR MATINEE SHOW

2:00PM
 Call for reservations. Call 931-217-4608 or visit www.thestarlightgrande.com for more information.

Tickets are \$20

The Starlight Grande
 1810 Memorial Dri.
 Clarksville, TN 37043

15 SATURDAY
16 SUNDAY
HOLIDAY SPECTACULAR SHOW

7:30PM
 Call for reservations. Call 931-217-4608 or visit www.thestarlightgrande.com for more information.

Tickets are \$20

The Starlight Grande
 1810 Memorial Dri.
 Clarksville, TN 37043

RECREATION CENTERS

UPCOMING ACTIVITIES



BURT-COBB CENTER

1011 Franklin St | (931) 472-3381
COMMUNITY THANKSGIVING FEAST
 NOV 16 | THU 5:30-7:30PM | FREE
COMMUNITY CHRISTMAS PARTY
 DEC 14 | THU 5:30-7:30PM | FREE

CROW CENTER

211 Richview Rd | (931) 472-3382
NEW! KRAV MAGA (SELF-DEFENSE)
 NOV 30 - DEC 28 | 6-7PM | AGES 18+ | \$50
SANTA'S WORKSHOP
 DEC 8 | 5-7PM | FREE WITH ANY TOY DONATION

KLEEMAN CENTER

166 Cunningham Ln | (931) 472-3383
QUICK SILVER SOCIAL
 NOV 11 | 5-9PM | FREE WITH CENTER MEMBERSHIP
 We're ready to let the good times roll with another Quick Silver Social, sponsored by the Distinguished Steppers Unlimited. Adults, ages 50 and up, can enjoy delicious food and dance the night away!

THIS HOLIDAY SEASON
GIVE THE GIFT OF FITNESS

Gain access to all three recreation centers for only \$5 per year! By gifting a membership, you may help someone on their journey to health and fitness by utilizing our fitness centers.



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

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— Jose Silva Diaz
 Daymar College Student | Network Support Administration

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CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

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

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

November 13, 27
5:00 p.m. – 6:00 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

November 2
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

November 8
9:30 a.m. – 10:00 a.m.
This is a special story time for the bilingual members of our community.

SATURDAY STORY TIME

November 4, 18, 25
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

November 4
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

November 16
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

November 28
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

November 25
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: November 6, 13, 20, 27
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

November 6, 13, 20, 27
9:30 am – 10:00 am
This is a program for children ages 2-3.

JUST FOR ME STORY TIME

November 7, 14, 21, 28
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 care giver waits in the Children's Library. Parents are welcome to join during the craft or art activity.

BABY AND ME LAPSIT

November 2, 9, 16
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

November 2, 9, 16
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

November 14, 28
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.

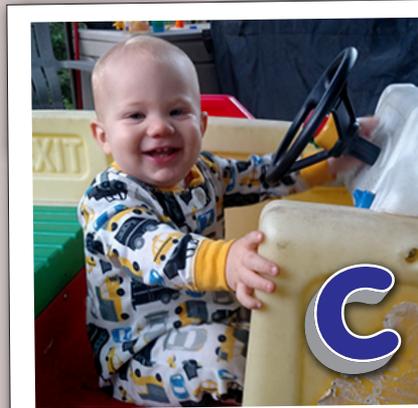
SCIENCE FICTION & FANTASY EXPO

November 4
2:00 pm – 5:00 pm
The event is a celebration of the science fiction and fantasy genres in literature, comics, film, television, and games. At the event there will be activities, demonstrations, games, crafts, face painting, and movie showings. Attendees are encouraged to support their favorite fandom by arriving in costume.

HAPPY BIRTHDAY!



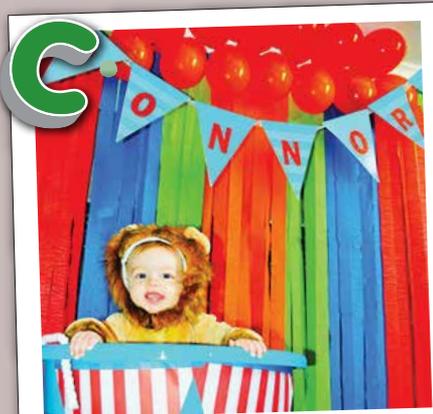
C
Happy 1st Birthday Chloe! We love you!
Great Granny Duke and Aunt Debbie



C
Happy 1st birthday Caleb!
Love, Eli, mommy, and daddy.



T
Happy 1st Birthday Thomas!
Love momma, dada and sissy



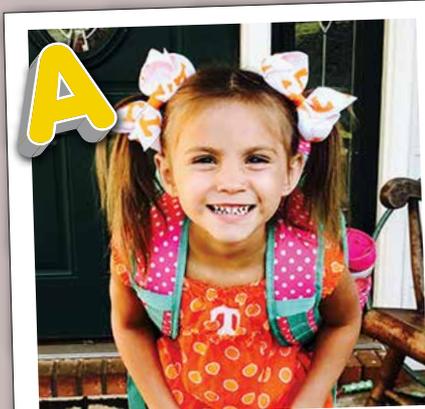
C
Wishing our little lion Connor a Happy
2nd Birthday on November 26th!



G
Alles Gute zum Geburtstag, Gloria!
Wir lieben dich! Terrific TWO!



R
Happy 4th Birthday Rylee!
Love Pop, Gigi, D & Nanu



A
Happy 5th Birthday to our crazy, fun, loving,
baby girl! We hope your birthday is as fabulous
as you are! We love you most times infinity!



N
Happy 5th birthday Noelle!
Mommy and Daddy love you!

HAPPY BIRTHDAY!

C



Happy 6th Birthday Catalayia!
We love you so much!
Love, all your family...

K



Wishing our sweet & handsome baby boy
Kamren a Happy 7th Birthday!! From
Mommy Daddy your brothers and sissy!

L



Happy 7th birthday LaLa!
We love u bunch!!!!

L



Happy 7th BDay Leila Lin Freeman,
GOD Bless You and we all Love You,
Gpa, Gma, Mom, Dad, Skyla, Zia, and Xavier

S



Happy 7th Birthday Samuel!
Love, Mom, Dad, Thomas & MaryBeth

E



Happy 8th Birthday Emma!
Love, Dad, Mom & Chloe

M



Happy 11th birthday, Madison!
Love, Mom, Dad, Megan, & Logan



Happy Birthday, Ezra & Olivia
You are Loved!

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.

CENTERSTONE FAMILY CENTERED SERVICES

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

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ADOPTION

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

MADISON STREET MUSIC & ARTS ACADEMY

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

MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

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.

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

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

CLARKSVILLE BADMINTON CLUB

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

CLARKSVILLE IMPACT SOCCER CLUB

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

CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and

he can be reached at PrHowle@aol.com for all who are interested. Visit clarksvilletennis.usta.com.

CLARKSVILLE VOLLEYBALL CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

THUNDERBOLT AQUATICS SWIM CLUB

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

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 for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

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

TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

Classes cover the initial steps to successful breastfeeding, uses for breast pumps and other supplies. Classes are normally taught in Legacy Rooms A & B (651 Dunlop Lane) on the first Tuesday of every month from 7-9 p.m. Registration is required. Register at Tennova.com.

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

Bring your older children to Sibling Class. It offers an introduction to sibling interactions, a tour of the Nursery, and time to mingle with other children from expectant families. The class is typically offered the last Saturday of the month from 12-1 p.m. in the 3rd Floor Classroom (651 Dunlop Lane). Registration is required. Register at Tennova.com. Whole Woman

WHOLE WOMAN BIRTH AND LACTATION SERVICES

We serve the whole woman from pregnancy to postpartum care. As certified Sacred Pregnancy Instructors, Sacred Milk Mentors, Sacred Postpartum Mother Roasters, and Internationally Board Certified Lactation Consultants we offer every service a pregnant and new mother needs. We do accept multiple insurances and are passionate in our care of our community. For current class schedules or for breastfeeding help contact us at (931) 206-9659 or wholewomanlactation.com.

CHILD CARE

CHILD CARE AWARE

Child Care Aware is a non-profit initiative committed to helping parents find the best information on locating quality childcare and childcare resources in their community. The website offers lots of tips on choosing a child care provider, lots of free publications for parents, local child care rates and a Child Care Options Calculator. childcareaware.org.

MID-CUMBERLAND 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.

PROGRESSIVE DIRECTIONS

At 1249 Paradise Hill Road, provides services to developmentally delayed children and adults. (931) 647-6333 or progressivedirections.com.

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

Provides nutrition education programs that help limited-resource individuals and their families improve their diets. When you participate in TNCEP programs, you will learn: how to stretch your food dollars, how to prepare good and nutritious food, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet and physical activity, and how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, food demonstrations, group classes, hands-on learning experiences, educational displays, handouts, and newsletters. For more information contact Tamara Adjei at (931) 648-5725 or tacj@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. middleschool.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.

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 mtcbbsa.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.

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

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

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

ALL NATIONS BIBLICAL STUDY CENTER

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

APSU EXTENDED EDUCATION

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

ARMY COMMUNITY SERVICE

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

ASERCARE HOSPICE

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

DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa. You want to go to mission in Africa, you want to plant a church in

Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church. Contacts: Mr. Adolph Dagan at (931) 302-0787 or daganfoundation@yahoo.com, or visit daganfoundation.org. Like us on Facebook at Facebook.com/DaganFoundation. Our main partner in Togo is Action Bethesda, actionbethesda.org.

FREE CAKES FOR KIDS KY & TN

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

FRIENDS OF THE BLUEWAY

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

GOOD NEWS CLUBS

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

GRACE ASSISTANCE PROGRAM

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

HABITAT FOR HUMANITY AND RESTORE

Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222, habitatmctn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet Peas headed here in Clarksville by Kristin Vanderlip. We provide long term stay care packages to families who have babies in Neonatal Intensive Care Units (NICUs). We currently make scheduled deliveries to the level 3 NICU at Monroe Carell Jr. Children's Hospital at Vanderbilt in Nashville. However, we also take personal requests and will mail

or hand deliver care packages to other local hospital NICUs. If you or someone you know has a baby who requires time in a NICU, the experience can be stressful and even traumatic; therefore, our care packages are designed to provide families with items they may need or find helpful during their baby's time in the NICU. Please contact us if you know someone who has a baby in a NICU. For more information please visit: facebook.com/haileyshopePSP or email division coordinator Kristin Vanderlip at Kristin@projectsweetpeas.com.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

HOPE CENTER

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

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MANNA CAFÉ MINISTRIES

Serving the Montgomery County area with hot meals and food pantry. FOOD PANTRY - Mondays, Wednesdays and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street. HOT MEALS - We serve hot meals three days a week. Tuesdays at 5:30 p.m. located at Vacation Hotel on Providence near Peachers Mill Road. Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School Systems Office located in the large parking lot on Crossland and Gracey Avenues. Saturdays at 8:30 a.m. for breakfast served at BOTH locations. We are committed to uplifting those in need through kindness, love, respect and a full stomach. 1319 Franklin Street, (931) 933-0970.

MEALS ON WHEELS

Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Volunteers deliver 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 tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit traeyc.org.

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-8311-1050. Clark Street AA Hotline: (931) 647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

APTITUDE HABILITATION SERVICES

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

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

COLUMBUS ORGANIZATION

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

HEALTH CONNECT AMERICA

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

THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 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 Uffelmann Drive, Suite A. For more information or to make a referral please call (931) 645-5440 or visit 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 pastoralcounselingctr.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, 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 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.

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

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

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

Restore Ministries offers one-on-one, couples (including marital and pre-marital) and family counseling in addition to play therapy for children ages 3-12 years old in a safe and confidential setting. Private counseling fees are frequently out of reach for individuals with limited

financial resources or no insurance. We are committed to providing professional, holistic counseling on a sliding scale so that no one is turned away due to the inability to pay. You do not have to be a member of the YMCA to seek counseling. For more information about our counseling services or to schedule an appointment, please contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

INTERNATIONAL ORGANIZATIONS MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

Host parents may go to 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 for more information and/or contact Becky Heywood (sending coordinator) at AFSbecky@comcast.net ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsusa.org or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is afsusa.org/misstennyky. Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV and Flickr: afsusa.

YOUTH FOR UNDERSTANDING USA (YFU)

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

PARENT GROUPS

CHRIST PRESBYTERIAN CHURCH MOPS

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

CLARKSVILLEMOMMIES.COM

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

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTOUSNESS ACADEMICALLY)

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

CLARKSVILLE HOMESCHOOL NETWORK

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

CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

The Clarksville, Hopkinsville, and Ft. Campbell SAHM playgroup is here to support mothers who are navigating the phases of newborn through preschool with

their children. We do all kinds of different activities throughout the year from Moms' Night Out, Potluck Lunches, Coffee and Donuts playdates, and other activities and events that include moms, kids and families. sahm.meetup.com/1943/

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

An online Christian support group for home schooling families in the Clarksville/Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

We are moms in and around Clarksville who meet-up for "play dates" and fun "mom time" activities. We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to eastclarksvillemomsclub@gmail.com. If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to 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. Check us out online at clarksvillemopsatfbc.wordpress.com. We look forward to meeting you!

HILLDALE BAPTIST CHURCH MOPS

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

SPRING CREEK MOPS

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

SUPER MOM'S GROUP

If you are a single mom—you are a SUPER MOM! We meet every Sunday morning at 9:45 a.m. at First Baptist Clarksville. We are a small group that does various studies on parenting, Christian growth, boundaries, dating again, and other topics! We also do monthly get-togethers, mom's nights out, and play dates for the kids. Any single moms are welcome to attend these monthly events even if you can't come to the small group on Sundays!

Please like our Facebook group to stay updated on all events: Clarksville - Super Moms. Contact Devin for more info at devin.maureen@yahoo.com.

PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail KCorley77@aol.com for more information.

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

"Growing Together Little by Little." A voluntary educational program for families with children ages birth to three years old with disabilities or developmental delays. Visit tennessee.gov/education/teis or call (800) 852-7157.

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

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

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

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

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the second Monday of each month at 6:30 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.

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

BREAST CANCER SUPPORT GROUP

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

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com. Visit cadstn.org.

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CLARKSVILLE OSTOMY SUPPORT GROUP

Clarksville Ostomy Support is for people who have undergone ileostomy, colostomy, or 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, Jennifer Allen at (615) 854-2165 or JAllen@invoices.org; or Sharon Jarrell at (931) 266-6064.

COMPASSIONATE FRIENDS

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

DIABETES SUPPORT GROUP

Need help managing your diabetes? Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month at 5:00 p.m. in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information visit Tennova.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

FOCUS AUTISM NOW

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources, support, advocacy and leadership tools. Hablamos Español. focusautismnow.com

GRIEF SUPPORT GROUP AT ASERACARE

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, and understanding environment. Remember that support groups will take several sessions to help develop coping skills and strategies to deal with one's loss(es). AseraCare Hospice offers

grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six-week support group will start every 10-12 weeks. For more information, please contact Henry Moore Jr. at (931) 551-4100.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact cvoiland-free@jdrf.org.

MEN HELPING MEN

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

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

PARENTS HELPING PARENTS

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

TENNOVA HEALTHCARE - CLARKSVILLE SMOKING CESSATION:

It's hard to quit smoking. That is why Tennova Healthcare - Clarksville offers a free smoking cessation informational consultation. The consultation covers quitting strategies, symptoms of nicotine withdrawal, techniques to cope with withdrawal symptoms, developing a support network, education on cessation medications, and tips for staying smoke-free. The consultation is free, but an appointment is required. To schedule an appointment, call (931) 502-4060.

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.

TUESDAY OVERTEARS ANONYMOUS MEETING

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

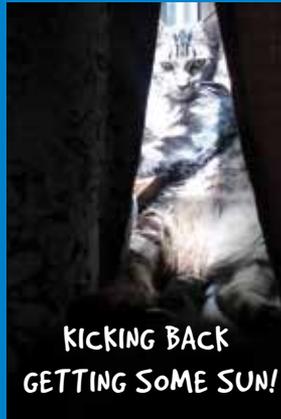
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