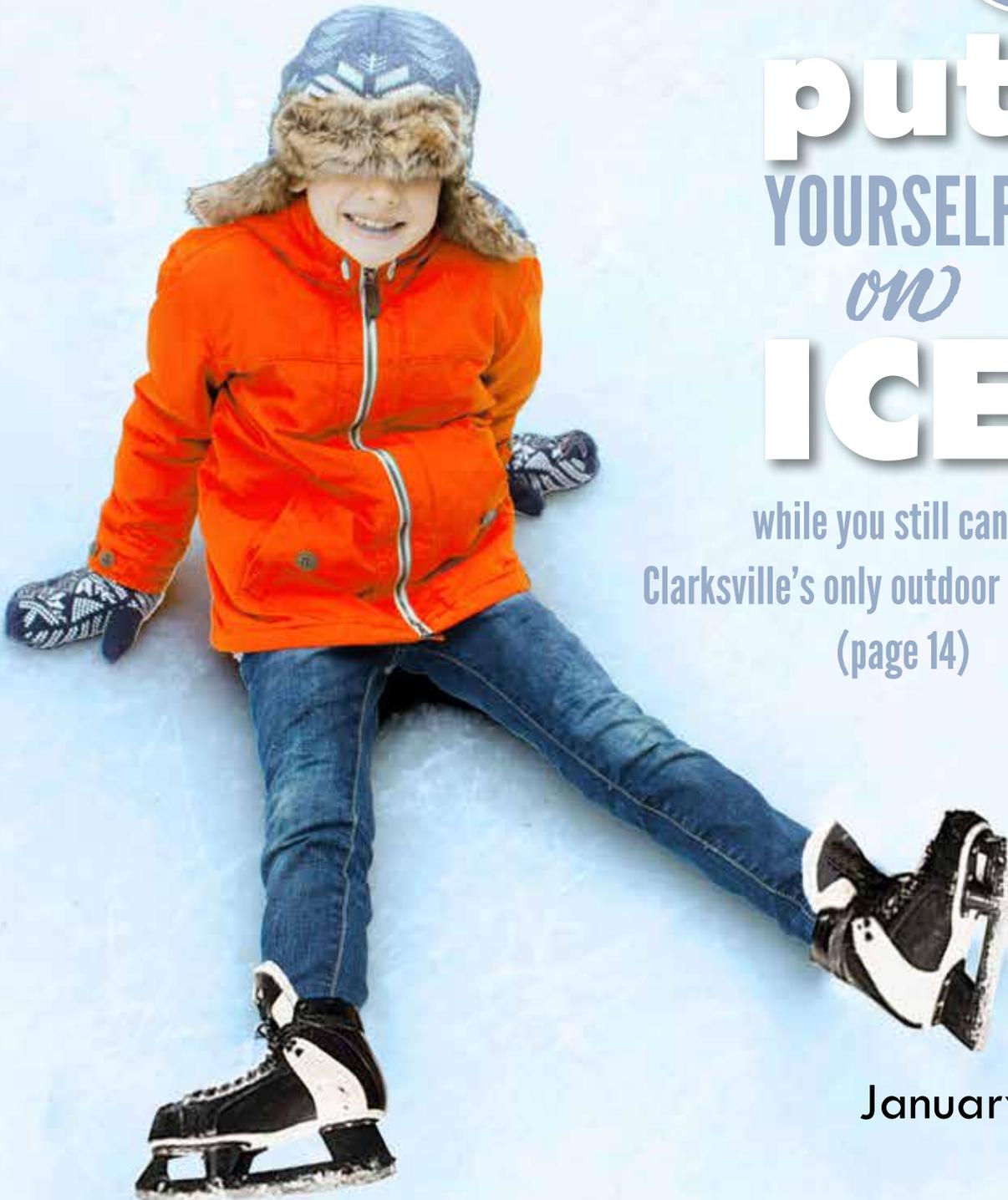


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(page 14)

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Publisher's Message

As usual, the holidays came and went like a whirlwind. It always looks like a Christmas bomb exploded in my house until I am finished with the January issue. (Unless I am able to bribe my son to clean it up) I *do* enjoy looking at all the holiday décor, but after a while, I am ready for it to go by any means necessary.

As I am sure you saw on this month's super cute cover, we are highlighting the outdoor ice skating rink in Clarksville's new Downtown Commons, that opened the day after Thanksgiving. I am sure most of you have heard about it by now, but you may not know everything about it. Like,

what the plans are when it's not an ice rink, when the projected finished date is, etc. It's always so exciting when something positive opens for the whole community. So, hopefully most of those questions will be answered in Tony Centonze's article on page 14.

If you're anything like me, you're always battling those last pesky 10 (give or take ;-) pounds. And if you're REALLY like me, from about Thanksgiving on, you just avoid the scale for the rest of the year, and hope for the best! You vow that after the 1st of the year you'll change your filthy ways. One way to do this is to start cooking your own healthy meals. Well, I'm not the best cook. I've wanted to try a meal kit service, but there seems to be a new one every other week. We have reviewed 12 different ones, including 2 smoothie services, to hopefully take some of the guesswork out of it for you. (page 30)

There are lots of other outstanding articles as well: like making mini-resolution's each month instead of year long (page 28), A new interactive APSU art exhibit that you'll have to see to believe (page 18) and a local Mexican organic ice cream shop with fresh, delicious flavors that are as tasty as they are beautiful. (page 22)

We hope you enjoy this issue, and as always, thank you for picking us up. Stay WARM and have a safe and happy new year!



Carla Lavergne

DISCLAIMER

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

Table of Contents

Kicking the Habit
6

TN Brew Company
8

5 Bonus
Benefits of Exercise
12

The New Downtown
Commons
14

Kaleidoscope Art Invites
Clarksvillians to Play
18

A beautiful, sweet,
taste of Mexico, right here
in Clarksville!
22

To Be More Childlike
in 2018
26

Mini-Resolutions-
a New Twist on
New Year's Resolutions
28

Mealkits reviewed
30

Calendar • 34

The Fridge • 40

PetPix • 43

Network • 44

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HABIT



Smoking is the leading cause of preventable disease and death, claiming the lives of more than 443,000 adults in America each year. In Tennessee alone, where more than 24 percent of the population smokes, tobacco use kills at least 30 people every day. Parents who smoke can also make their kids sick. And that's no surprise, considering that cigarette smoke contains at least 250 chemicals known to be harmful to your health.

Most smokers also don't realize exactly how much money smoking is taking out of their pockets every year. The cost of the cigarettes alone is quite a lot, but when you add in healthcare costs and lost productivity, it's huge.

Smoking can lead to a variety of respiratory complications and chronic diseases that affect the quality of life. The list of smoking-related diseases is considerable: asthma, chronic

bronchitis, emphysema, heart disease, stroke, pneumonia, peripheral artery disease, impotence in men, and a wide variety of cancers, including oral/throat, lung, bladder, stomach, cervix, kidney and pancreas.

More than 8 million people in the U.S. have at least one serious illness caused by smoking. The good news, however, is it is never too late to quit. Smokers can gain health benefits by giving up the habit—regardless of whether they are an occasional smoker or have a lifelong, several pack-a-day habit. Health benefits include improved circulatory and pulmonary function, reduced risk of heart attack, stroke and cancer, and improved sense of smell and taste.

Kicking the habit isn't easy. 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.

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★ TN VALLEY BREW COMPANY ★

By Taylor Lieberstein

There are currently more than 6,000 craft breweries scattered across the U.S.. Over the past couple decades, the craft beer boom has turned homebrewing into a mainstream hobby taking amateur brews and turning them into professionals. Honestly, many of the current master brewers in the industry started with a homebrew kit. Eric Brannstrom's story follows that tradition. He started his beer-crafting career in 1990 when his father gifted him a homebrewing kit for Christmas. Almost 30 years later he and his wife have brewed up a business where they are now serving their own beer recipes in their own taproom. Tennessee Valley Brewing Company opened last summer and quickly received local acclaim for unique atmosphere and flavor.

Owners Eric and Wendy Brannstrom share an appreciation for good craft beer and a military background. They also share an interest in educating to the Clarksville community about craft beer. After the couple faced a handful of layoffs in Michigan where Eric was working as an assistant brewer they decided to move back to Clarksville and open a brewery of their own. After moving across the country for years Clarksville was an obvious choice for a town to put roots in for two reasons. They have family here and there is a large military presence who are exposed to various beer styles throughout the country and world. Like many other military families, they had grown accustomed to places that had a large craft beer presence. There simply weren't enough craft beer options for soldiers that got stationed at Fort Campbell.

"The craft beer industry has exploded, and Clarksville was lacking that culture that the soldiers are used to at



other duty stations. We have always loved Clarksville and Tennessee and wanted to bring more of the craft beer scene here", said Wendy.

They are brewing delicious high-quality beers ranging in flavor from pecan nut brown to mango sour. They have six standard taps and four rotating taps. The standard beers have names that pay tribute to the military community. They sell growlers of their beers that you can have filled and take home.

101st Strike Pale Ale

(American Pale Ale)

Rakkasan Rye

(Rye Pale Ale)

Bastogne Brown

(Pecan Nut Brown)

Queen City

(American Style Light Lager)

Wings of Destiny

(Scottish Export)

Night Stalker Stout

(Dry Irish Stout)

Tennessee Valley Brewing has a cozy atmosphere, decorated with repurposed wood, hand-crafted tables and bar-tops. On one of their walls hangs a wooden American flag, decorated with patches from people who serve in the community, whether it's the Clarksville Police Department or U.S. Army. They encourage members of the military to bring in unit patches to display on the American flag.

They are an official watch location for the Nashville Predators and always have sporting events on when the Predators aren't on the ice. It is a family friendly taproom-meaning you do not have to



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be 21 to enter, only to drink the beer. Although they don't have a food menu, they do let you bring food in or order takeout from local restaurants and eat in the taproom. On the weekends they host food trucks and have performances by local talent. They also offer board games and card games.

They are setting their brewery apart from others through their hospitality. It is one of the main things the owners pride their business on, emphasis on guest experience. Eric and Wendy take time to understand a customer's palette and try to introduce them to flavors they may not have tried before. They take time to educate customers through tasting their beers and understanding the aromatics and flavors. They want to engage with guests as much as possible because they're drinking these recipes and they hope the flavors are exciting and sticking with them making them return time and time again. They offer tastings and flights so that the guest can find out what they like.

The taproom has various events throughout each month such as Arts and Drafts where you come into the brewery and paint a picture while enjoying beer. Pints and PiYo where you can come in and have a PiYo class and a pint. In the past they have hosted the local homebrewing club, The Clarksville Carboys. They partner with the group to help educate the community on homebrewing, craft beer education and encourage folks interested in the hobby to join. They also partner with The Grog on events, a local homebrew shop, another way they try to promote homebrewing as a hobby.

The Tennessee Valley Brewing Company Mug Club is a yearly membership of \$50. With that membership you get a punch card good for 10 beers on the house. You get a 20 ounce pour



instead of a 16 ounce pour on the big batch beers. They also host private closed events throughout the year exclusively for mug club members. At the end of each year you get to take the mug home and the following year they will have a different color mug for you on the wall. And finally, you get first rights to renew your number the following year. January is a busy month for renewals, you can stop in during business hours to sign up or renew a membership. They also have items for sale such logoed as hats, shirts, brewer's shirts, flight paddles, six pack holders, wall mounted bottle openers, pint glasses, patches, stickers, keychains and gift cards.

By helping with fundraisers in the community and having food drives for the homeless as well as donating items to local charities they are showing that they are committed to making a positive mark on Clarksville through their brewery. They are constantly fueled by the support this passionate community has shown them since opening their doors. They seem to be doing it and doing it well. People are remembering them and building a relationship with the small craft brewery which is still not even a year old.

The new brewery is located at 2088 Lowes Drive. The taproom is open Monday-Thursday from 3pm-9pm, Friday and Saturday from 12pm-12am and Sunday from 12pm-9pm. Follow them on Twitter and Instagram @tnvalleybrewco for exciting updates and events.

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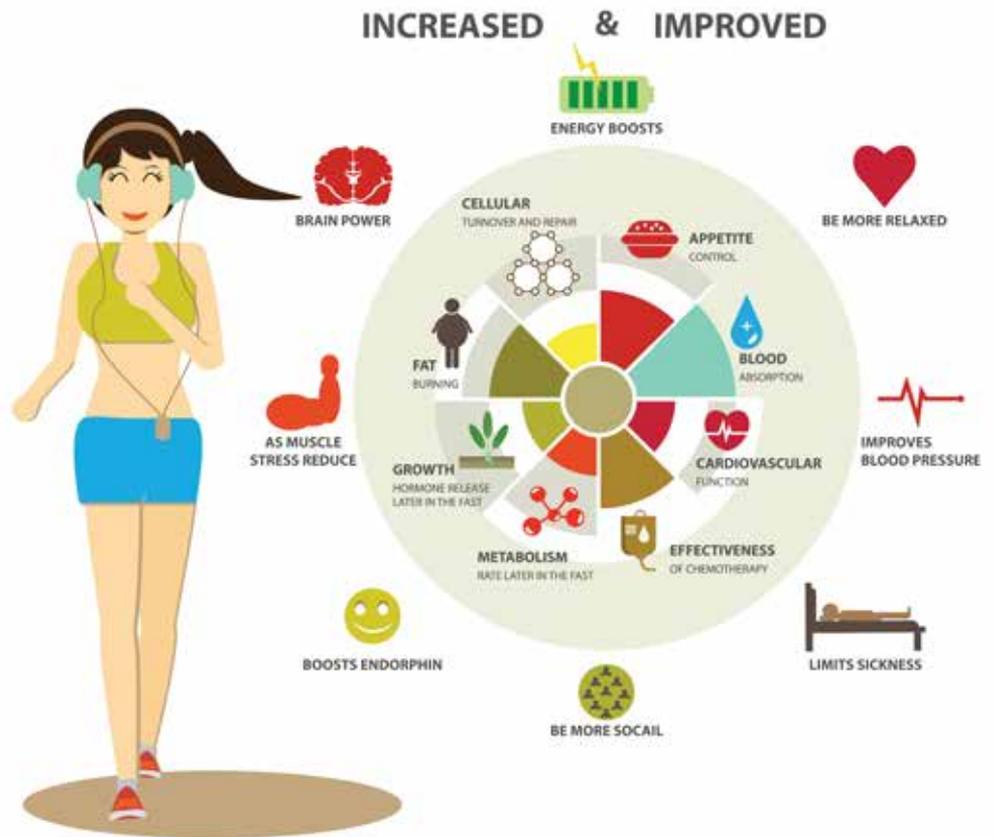
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5 BONUS BENEFITS OF EXERCISE

By Dr. Catherine Shevlin Meeks, PharmD



For as long as you can remember, you've been hearing about the benefits of exercise: Weight control, chronic disease management, stronger muscles and bones, to name a few. But the list of exercise benefits just keeps getting longer. If you could package it in a pill, you might have a multi-million dollar product!

Maybe these less touted benefits will offer the motivation you need to make exercise a regular part of your daily routine.

1 Improve your immune system. Seem like you catch every bug in the book? Maybe exercise can help. Researchers are finding that as little as 30- to 45-minute brisk walks five times a week can greatly boost your immune system. It does this by increasing the levels of natural killer cells that fight off infections such as colds or the flu.^{1,2}

2 Influence aging. Early research indicates that exercise may partly reverse the aging process caused by stress. How do we know this? Shorter telomeres are a sign of aging, and researchers have found that exercise lengthens them. Telomere is a fancy name for the strands of DNA at the tips of chromosomes.³

3 Enhance your mood. You may already know that exercise can improve self-confidence, distract you from negative thoughts, and help you feel fitter. Increasing body temperature may have a calming effect. Exercise also releases brain chemicals that may relieve tension and ease depression and anxiety. Some studies have even shown that exercise may be as effective as an antidepressant.^{4,5}

4 Boost your brain. Exercise increases growth factors in the brain, which help the brain make new brain cells and new connections between them. This may enhance memory, attention, and concentration, helping with learning.⁶ Some studies have even begun to show a link between exercise and grades on math and reading tests.⁷ But the benefits aren't limited to kids in school. Exercise may also greatly reduce the risk of developing Alzheimer's disease, a form of dementia.⁸

5 Sleep better. A recent poll conducted by the National Sleep Foundation uncovered some interesting connections to exercise. Those who exercised—no matter what time of day—reported better sleep than those who didn't, even when they slept the same length of time. Sedentary people were also about twice as likely to be sleepy during the day and were more likely to have sleep apnea, a disorder that interrupts breathing while you're asleep.⁹

So how much do you need to reap benefits like these? Experts recommend getting at least two hours and 30 minutes each week of moderately intense aerobic activity or one hour and 15 minutes weekly of vigorous aerobic exercise. It's best to combine this with muscle strengthening two times a week. But remember: short stretches of physical activity throughout the day can bring many of the same advantages as a structured gym workout.

If you're not sure where to begin, I may be able to help. Before you start a new routine, it's also best to have a talk with your physician. Stop by Sango Pharmacy for information on your new you!

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The New Downtown Commons

by Tony Centonze

"Imagine a summer concert series or a specialty event like a Moon Pie Festival or Grilled Cheese Festival," Norman Quirion said. "Or, just picture a great central gathering place, or that perfect spot to host a birthday party. That's just the tip of the iceberg of what can be done at Clarksville's Downtown Commons."

Quirion, along with Paula Atkins and Deanna McLaughlin sat down recently to talk about the endless possibilities for the new park that is still under construction in the heart of downtown. They could barely contain their enthusiasm.

Quirion is the Executive Director of Two Rivers Company which manages and operates the park now known as Downtown Commons. TRC still oversees its normal responsibilities in the district working daily to bring new business to downtown.

"The park was originally a TRC conception, but a lot of people have been involved in the planning to get us to this point," Quirion said. "The ice rink idea came from the County Mayor's office, and Paula was brought on to oversee events and activities at the park."

The TRC team has some big ideas for its own

events, but also sees great potential for the space being used for individual and corporate events, summer camps, even weddings.

TRC's first big surprise for the citizens of Clarksville was the city's first outdoor ice rink, which opened the day after Thanksgiving to big crowds, and lots of community support.

"The ice rink is seasonal," Quirion said. "It will be leaving us on January 31, but we're definitely bringing it back next year. For most of the year, that will just be an open space that can be used for events, large and small, or as just a great spot to sit, have lunch and enjoy the free Wi-Fi.

"Some events at the park will be ticketed and therefore it will be fenced off. Others will be free and people will be able to move in and around the park without much restriction. There will also be events that require us to close the streets at times. We will be working closely with the city and its agencies to make Downtown Commons safe and successful."

A lot of questions cannot yet be answered. The park is on track to be finished around March of 2018, but no firm date has been announced. How many people the park can handle, how it will extend into

the streets and sidewalks of the city for larger events, how roads might be closed to maximize potential, Quirion and his team are still working out those details.

“We have some big opportunities here,” Quirion said. “We hope to tag on to events like Riverfest, and the annual Christmas Parade. And, we are looking at continuing some great events, like Jammin' in the Alley. We also hope to bring back some of the great events that have left us, like Rivers & Spires, and

Oktoberfest. This would also be the perfect place to host a Brewfest or Wine fest.”

Most striking about the TRC team is their open-minded approach to the park's use. Quirion insists that they are looking at all ideas, and are eager for input from the community.

The ice rink opened November 24, and has averaged 250 skaters a day, 7 days a week. This interview was conducted prior to CMC Schools' winter break. The team was confident that those numbers would go up once winter break began.

“I think people will be on the property seven days a week,” Quirion said. “As for major events, we want to do something on a weekly or biweekly basis, but we want to do the proper planning and organizing to make sure these events are done right. That's the most important thing.”

The TRC team is hoping that APSU students will start using the space during the day. Ideally,

students would grab something to eat at one of Clarksville's downtown eateries, then enjoy their food in the park.

“We don't want to take away from any of the downtown businesses,” Quirion said. “We want to be a draw that attracts more people downtown to support those businesses. We will definitely consider that in the timing of all our events. We don't want to compete with Clarksville's downtown merchants and restaurants.”

Atkins says she is getting calls from groups in Hopkinsville, Murray,

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even Goodlettsville, that want to visit the ice rink. She sees that as a positive indicator for the park's potential to be an important piece of the downtown revitalization puzzle.

"This park, done right, will hopefully spur much more

development in our downtown," Quirion said. "When the big restaurant chains and retail shops look at opening a location, they look at foot-traffic. People on the ground will create new opportunities for us. I think we are on the cusp of

attracting some bigger names to the area. This is the type of project that takes us in that direction. This formula has been proven.

"Also, the barrier between APSU's campus and downtown has now been broken, with some of the recent property transfers, like the Jenkins & Wynne deal. We now have a Barnes & Noble coming to the corner of 4th and College Street. We are really excited about creating a gateway to downtown for the 11,800 APSU students."

Quirion talked about bringing in some big name entertainment, saying "We have some real possibilities in the works."

"We have so many people involved in the success of this park," Quirion said. "Our city and county leaders have done a lot to make this happen. TRC did its part, but local leadership brought it the rest of the way.

"We've had some naysayers on this project, but like many things, people are against the idea at first, but once it's there, they enjoy it just like everyone else. This park is not everyone's vision. But I think the first time they come here to see their kid or grandchild perform in a choir or something of that nature, they will see what this space is about."

Atkins and the team talked about the excitement they have seen, not just from the kids, but from parents and grandparents as well.

"When you're here at night,



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and you see these kids playing and enjoying the ice, you'll become a fan pretty quick," Atkins said. "This is a multi-generational thing. We're seeing kids, parents, grandparents, college students, couples. People of all ages are so excited to have something new to do in this town, something they have never done before. We just want people to come and see it for themselves. I'm happy when I walk away from here every night, after watching these families have so much fun. And, this is just the start."

One of the things that gets the TRC staff so excited is the number of people who are contributing to the park's development.

"There is so much experience represented within the different groups that are working on this project," Quirion said. "We have so many great resources and so much knowledge to tap into. It's amazing, to see the concern and excitement about what can happen downtown.

"We are open to so many great possibilities for this park. If anyone has ideas or suggestions that will make this Downtown Commons great, please reach out and let us know. That's what we're here for. This is going to be everybody's park. What is good for Clarksville, is good for Montgomery County.

For more information about Downtown Commons or TRC, go to their website www.tworiverscompany.com, or call (931) 245-3700.



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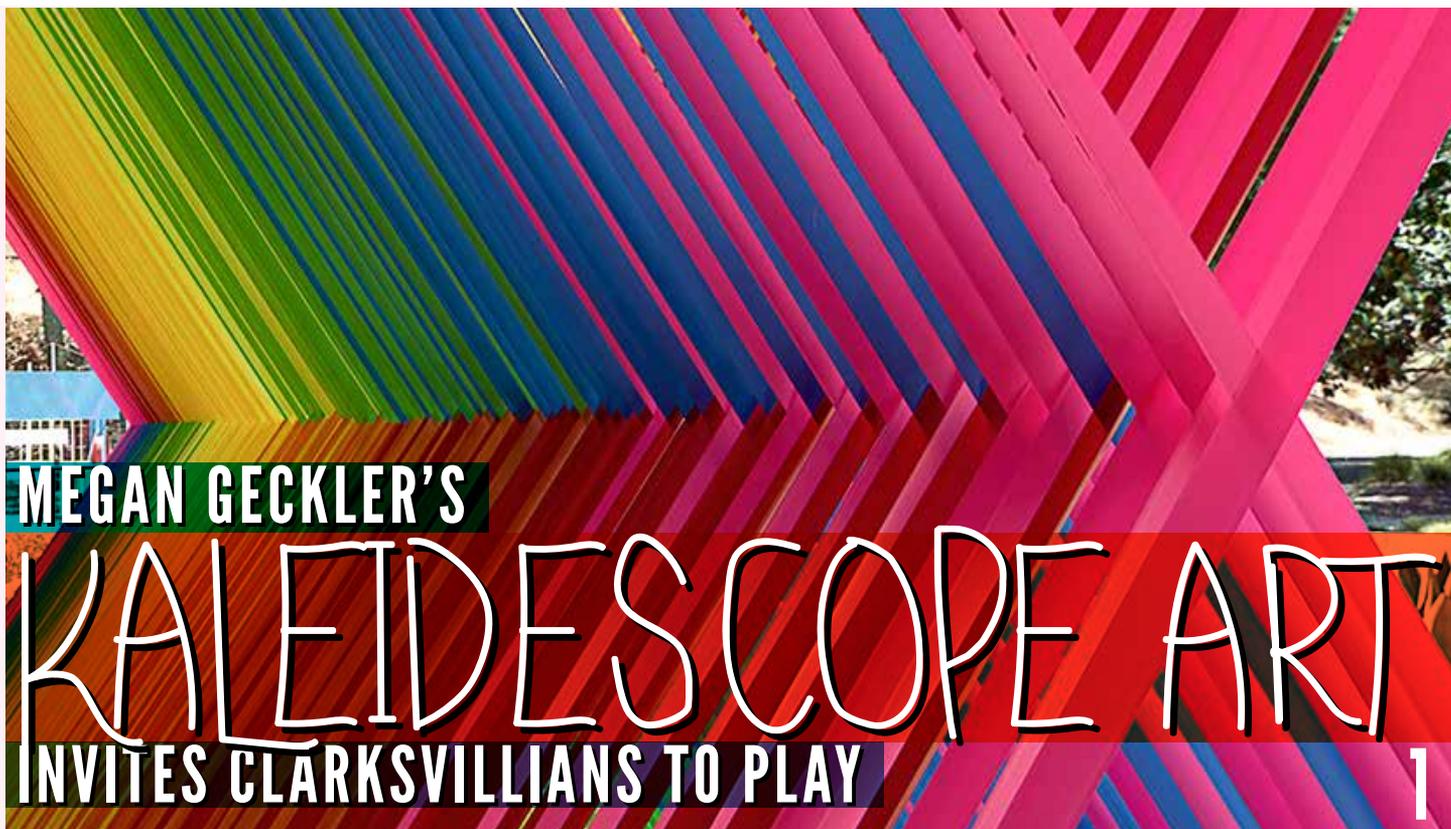
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1

By Karen Parr-Moody

Clarksvillians, you have been summoned to take part in an artwork that might blow your collective minds. Internationally-known artist Megan Geckler is creating a massive art installation this month at Austin Peay State University and everyone is invited to come out and play.

While many bemoan the alienating nature of technology, Geckler uses it to actively engage community members. She creates the template for her artworks and then anyone can come in and help build them.

Michael Dickens, APSU's Director of Galleries, explains how it works. "People can just show up and Megan will talk to them, get them started, hand them a staple gun. They can go to town."

The installation will be comprised of strands of colored flagging tape, a material that can be found in any hardware store.

"The total amount of strands in the APSU installation will be about

6,000, all plotted out to have a rainbow of color," Dickens says.

Geckler breaks down the entire project into basic constructions so that anyone from the community can come and help, regardless of skill or talent. And no prior art experience is necessary.

"Using computer-aided design software, I begin with a three-dimensional digital model of the building," Geckler says. "This is where I daydream and sketch out my various approaches to the installation. This 'digital sketchbook' is where the bulk of the creative process takes place."

How incredibly precise does this artwork get? Almost infinitely so.

Geckler, who works with an assistant, says, "We use coding software plug-ins to help us extrapolate the data from the model to create physical paper templates that are used during installation. From this point forward, it becomes a logistical puzzle that is broken down into a series of production

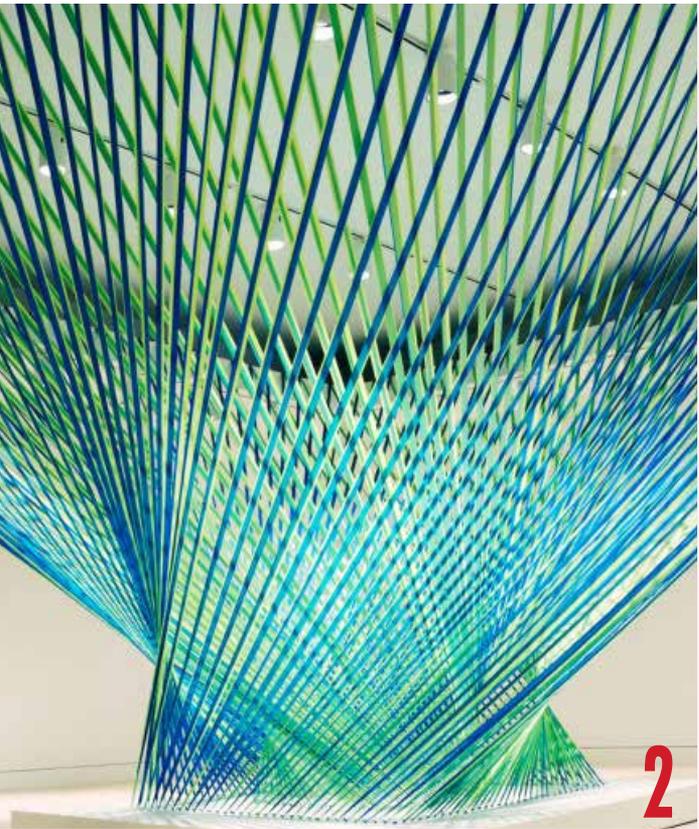
The installation "Believe in what you say" was created in the Sturt Haaga Gallery, in La Cañada Flintridge, California.

stages so that we can accomplish the creation of the artwork within the installation window."

Unlike conventional mediums, such as painting and sculpture, viewers are encouraged to touch and work with Geckler's art -- with nary a security guard in sight.

Clarksville locals don't need an appointment to get involved with the installation that will be going up. Geckler will be at the university from Jan. 29 through Feb. 2 and the public is invited to join in from 10 a.m. to 5 p.m. The installation will be produced in the atrium of the university's new Art and Design Building. It is located on Jackson Alley between Henry and 8th streets.

On Monday, Jan. 29, the artist will speak to the public in the lecture



2 A funnel called *fill it up an pour it down the inside* is one of artist Megan Geckler’s enormous and colorful art installations.

3 Megan Geckler, an artist who lives and works in living and Los Angeles, California, exhibits her work internationally and has created an installation for the new Art and Design Building at APSU.

hall that is located next to the atrium in the Art and Design Building. And on Thursday, Feb. 2, those who attend the First Thursday Art Walk from 5 p.m. to 8 p.m. are invited to help produce the installation at the university as part of the social engagement.

Geckler’s medium of flagging tape is typically used on construction sites to demarcate certain areas. Each ribbon is about 16 feet long.

Geckler says, “I prefer to use common, everyday materials. By elevating them into a fine art environment, it gives them a second life.”

Community engagement is at the heart of Geckler’s work.

“She works in public spaces, because it’s the public’s space,” Dickens says. “So they’re involved. And if you can get the public involved in your projects in the public space, they understand it more. It opens

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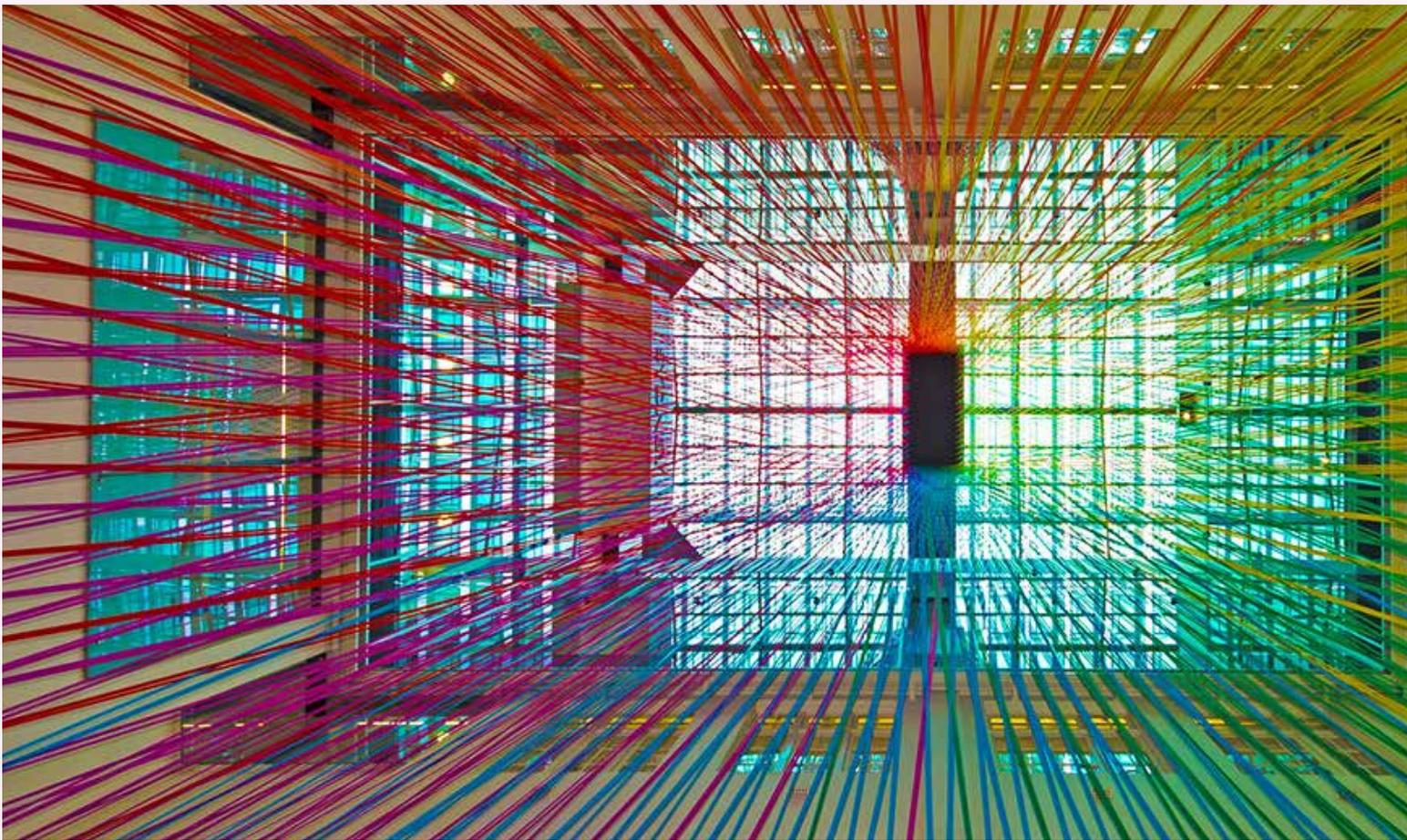

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continued from page 19

up the art world to the public, who would normally pass by and say, 'What is this?' Now they have a concept of what it is and can tell their friends and community members and get them involved. It's a way to use public art for community engagement, rather than just plopping it down."

This emerging field of modern art is called interactive installation; it is a subcategory of installation art. A sense of inclusiveness makes this movement spirited and creative, akin to children working on an art project in school. Both artists and those experiencing each artistic piece, as it is brought to life, find that this participation channels the fun-filled experience of their youth.

Geckler discovered flagging tape in 1999 in a hardware store in L.A., where she was pursuing a master's of fine art in sculpture. Because the tape is available in a wide of cheery colors, Geckler is able to create grand kaleidoscopes of shades for her installations.

She described it best in a profile in Oprah magazine: "Imagine living in the movie 'Tron' and being on acid."

Dickens describes how he anticipates the final installation to appear. "The strands of tape will be hanging in such a way that, when you are approaching from the street, you will see the color but you will also be able to look through the building."

Approaching from one angle, the color will look solid,

whereas approaching from another angle it will reveal slats of light between the ribbons.

"It's designed specifically for the new space," he adds, referring to the sophisticated new Art & Design Building.

The process of producing such an installation can be physically demanding.

"We are often standing with our arms above our heads for days on end," Geckler says. "At the same time, it is also very relaxing to create at times due to the repetitive nature of the process. It becomes akin to a sewing circle where people are creating something together, but are also able to switch their brains off and let their hands do the work. This essentially helps to build a community on site where people make new

friends and are a part of something (literally) bigger than ourselves."

Together, Geckler and Dickens came up with the notion of asking the community to physically assist with the installation.

"I find this idea compelling and fascinating, Geckler says.

During her career, Geckler has produced such installations on a massive scale. Her largest artwork was entitled "A million things that make your head spin" included 33,000 feet of flagging tape.

Her favorite works of her own are "Your escape



4

4 The title “A million things that make your head spin” is apt for all of Megan Geckler’s art, which is truly mind-bending.

from patterns your parents designed,” which was installed in the Los Angeles Municipal Gallery of Los Angeles, California, and “Rewritten by machine on new technology,” which was installed in the Lancaster Museum of Art and History, in Lancaster, California.

When she arrives in Clarksville armed with multi-colored tape, Geckler will be ushering a new form of art into the local mix. Dickens says the exhibit will remain in place until the flagging tape gives out. It has a lifespan, after all, but while it’s in Geckler’s hands, it’s a fabulous life.

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A beautiful, sweet, taste of MEXICO, right here in Clarksville!



By Tony Centonze

This past April, a unique ice cream shop opened, La Michoacana Delicias began business in the old Two Rivers Mall, next to Casablanca, and brought traditional Mexican flavors to Clarksville.

La Michoacana, a state in the country of Mexico, is famous for its own style of ice creams and popsicles. These flavors are well known in the Hispanic community, and to residents of California, Texas, and Arizona.

“I was born and raised in California, but my wife, Iris, was born in the region from which this style comes,” Will Soto said. “What makes these products special is that everything is homemade. This is not flavored ice cream, everything here is all from scratch, all original. A lot of these recipes were handed down from my wife’s mother.”

Soto is currently serving 26 flavors of ice cream and about 27 flavors of popsicles. The selection changes slightly from day to day. He rotates items from his repertoire of 68 traditional recipes.

In 1998, Soto’s parents moved from California to Nashville. He followed them in 2014.

“If I had known when my parents first moved here, that Tennessee was this wonderful, we would have moved here a long time ago,” Soto said.

Since arriving in Tennessee, Soto’s family has been busy. Beginning in 2012, they now have two Nashville area stores and plans to open a third store very soon.

“I talked to my brothers, and wanted to get involved in the busi-

ness,” Soto said. “I was told that Clarksville would be a great place to open a store. Because of Fort Campbell, this community is so diverse. So many different cultures are represented here.

“In the Southwest United States, shops like these are everywhere. This area has a great Hispanic population, and it is growing. I see other businesses owned by/catering to Hispanics opening. That is great for this community as a whole.

“Clarksville has been very supportive. Our business is blooming. This city has not let us down. Every day, there are new people coming in, and the word of mouth is giving us continued steady growth.”

The most obvious key to Soto’s success is the product. His recipes are packed with flavor, when you have the mango, you’re getting the whole product, and it’s very flavor forward. He makes



Michelle & Samantha Soto, showing off some of La Michoacana Delicias vibrant, fresh flavors!

every recipe in small batches, (16 quarts) by hand.

Ice cream is the store's biggest seller, followed closely by the popsicles. La Michoacana Delicias is also known for savory snacks. Soto has a variety of imported chips that they will top with cabbage, cucumbers, queso, sour cream, and Valentine sauce, to make traditional Tostitos.

Soto also offers flavored beverages, Frutas, made with melon, pear, apple, strawberry and banana, Horchata, Pina Colada, and a cucumber, chia and lime concoction that is very refreshing.

"My brother's shop in Springfield includes a bakery," Soto said. "That is something I have thought about as well. I hope we can do that one day. For now, we only offer the traditional Tres Leches cakes. They are very good."

"People think you own the business and you're just making easy money, but it's hard work. Every day you wake up and purchase product, fresh, because you always want to give the best to your customers. That's what we do here."



La Michoacana Delicias owner, Will Soto



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Soto says there is about 35 minutes of prep time per batch. He talks about the time it takes to peel mangoes. He and/or his wife are always in the kitchen making cakes or ice cream “There is always something to do,” Soto said. “We put in some very long days.”

Soto’s winter hours are 11:30 a.m. - 9 p.m. He says that on the night before this interview, he looked up to see a line of custom-

ers at 8:55 p.m. “We understand,” Soto said. “You go home and have dinner, and then that craving for ice cream hits you. We are always willing to adapt to people’s schedules. We do stay open later in the summer.”

Everyone always asks if ice cream sales are seasonal. Soto says that he hasn’t seen any drop since the beginning. The business has been steady since he opened in April.

“Most of our customers are discovering

these products for the first time,” Soto said. “But, the ones from western states are like, thank God you guys are here. We wish you the best, and hope you stay forever.”

Ice cream flavors at the shop include the classics as well as some more unique choices like Bubble Gum, Coffee, Marzipan, and Pistachio. Gansito is popular. It’s a Mexican Twinkie dipped in chocolate, with a strawberry glaze. Nanche fruit is also quite popular.

Some popular popsicles include pineapple with Chamoy, which has a spicy/sour flavor, Tamarind Con Chile, and Sprite with Gummy Bears

“One flavor that everyone loves is avocado,” Soto said. “I tend to offer different flavors every week, but customers are always asking about that one. The key is to give it the authentic flavor, but it has to be balanced. It has to make sense. They go crazy after they sample it. Another popular one is queso crema. Some say it’s like biting into a bar of cheese.

“A lot of people say they were driving to Nashville on the weekends to get this. They see that we are offering the same products, quality and flavors, but the prices here are much better than in Nashville.”

Soto says that his products are all natural, totally homemade, 100% authentic and

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organic.

“Now, my customers come in and know exactly what they want,” Soto said. “We do frozen bananas dipped in chocolate and coconut. We do the same thing with strawberries. Our fruit pops are non-dairy. We also have some ice creams that are dairy free.

“In California, we always lived in the city. When we came here we fell in love with the countryside and the four seasons. My girls love it here, Crystal is 18, Michelle is 12, and Samantha is 9. Samantha once said to us, ‘I’m very proud for what you guys do here.’ That meant a lot.

“Sometimes the girls help us out here at the shop. We tell them to always treat the customer like it’s the first time they have come in. This has been a great learning experience for them.

“I just want to say thanks to the people in this community, for opening your arms and welcoming us here. There are so many people from so many cultures here, and they have been wonderful and supportive. And, we’re not worried about the winter. When it comes to ice cream I always say, even if it’s cold outside, it’s warm in here, so why not.”



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To Be More Childlike In 2018

By Tara Vinson, Director, First Learners Preschool of First Baptist Clarksville, wife and mother

January always brings with it an opportunity to evaluate things. I can easily point out the things in my life that I want to resolve to do differently - to do better. This year I've decided to take a lesson from my kids . . .

Despite the decade that spans the ages between the oldest and youngest, their lives are pretty cushy and worry free. They don't even know how blessed they are! By God's grace alone, they are growing up in a pretty easy environment with all their needs being met. Most days the hardest decision that they have to make as a group is what to watch together on TV or Netflix.

The youngest, at four, is happiest playing with her plethora of toys or following the eight year old around. She doesn't worry about how her laundry is going to get washed, dried and magically appear back in her drawer. She doesn't care much about what we are going to have for dinner until we sit down at the table and her plate has something on it other than a corn dog. Wouldn't that be nice?

The middle, in third grade, is not-so-carefree. She does tend to care about what someone is thinking of her. However, she has the uncanny ability to switch between extreme emotions. This is played out when she can instantaneously go from having the "worst day ever" to the "best day ever" with the snap of the fingers. I long to be able to do that!

The oldest now in high school, is facing more pressure than ever before. Her life is not as carefree as her younger sisters. The stress of grades, school, and peers, is real, (and I am not discounting that), but at fourteen she is still blissfully innocent of many adult realities. What does she know of the real-world responsibilities of taxes, home-ownership and parenting? I long to play and not feel the pressure of a to-do list, just like my preschooler.

My expectations and emotional baggage are crushing at times. I too care too much about what others think and expect of me. I can completely relate to my passionate eight year old.

"Adulting" is hard. While many may not want to re-do their teen years, many will agree that it would be "freeing" to shrug off a few adult responsibilities and the balancing act that comes with them.

How can I do this? Play without the nagging voices in my head telling me what else I "should" be doing? Not letting the emotions produced by my current situation suffocate me? Manage all the things I have to do so I can get to those things I want to do? What can I learn from my daughters? How can I resolve to be more like them?

In the Bible Jesus tells us that we need to have faith like a child - not a naive faith, but a faith that trusts Him completely. As a child of my heavenly Father, I have the ultimate parent taking care of me, meeting my needs and delighting in me. When I seek Him first, His word tells me that He will take care of the rest.

Through faith in Christ, I can play freely. By His strength, I can deal with the emotions and expectations. Because He lives, I can rest knowing He willingly carries the load of my responsibilities.

How do I know these things?

"The Bible tells me so."

This little line in the little song we sang as children is packed with truth. As we study and learn God's Word, we discover who He is and what He has promised us.

No, the Bible is not a genie's magic lamp. It can't sit on a table, desk or shelf and never be opened and we expect that it will simply bring this peace and freedom I've described.

And I understand to open it and start reading can be intimidating and overwhelming. So what do I suggest?

Pray about it. Seek a believing friend. Find a church. Do a little research. Download an app.

All of that too much?

Start in the book of John and read about Jesus. You remember

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Him, the One that little song says who loves you so.

I started there almost two years ago and read in the book of John a little each morning. When I finished, I read it again and then again once more. His Holy Spirit gave the page meaning to me and I found truth I could apply to my everyday situations and not-so-ordinary circumstances.

My life isn't perfect. In fact some days are downright messy. The words I am studying haven't been a "cure all," instantaneously producing that peace and freedom, but they are slowly and surely showing me that a childlike faith is possible. At times it's not easy. But as I learn to put my relationship with Christ first, the process is oh-so-worth it. He truly does take care of the rest.

This new year, through the Jesus of the Bible I am going to live more like my kids. It is in these pages I will find the freedom, peace and even purpose to face all that goes with being an adult in this season of life.

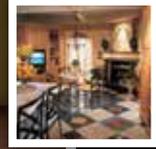
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MINI-RESOLUTIONS

A New Twist On New Year's Resolutions

By Taylor Lieberstein

Keeping a goal for a month is not nearly as intimidating as keeping up with a goal for an entire year. It's hard to create a new habit. Even if we are highly motivated in one area of life, we may desire to make a change in an area that we struggle with. The thing is, experts agree that if you can stick to a habit for 28 days, the habit becomes permanent. You no longer think of it as a difficult task. It just becomes part of your daily routine. This year commit to twelve mini-possible resolutions, one per month, rather than one big, impossible resolution.

Don't let 2018 be the same story in a different year. For example, use the most common resolution – the one we always fail to keep – “lose weight.” Once we overeat at one party, we figure we've failed and then continue to disappoint ourselves and the resolution by eating anything and everything we can find with the negative mindset that the diet is over. Maybe next January we will try again. With this mini-resolution plan if you fail at first you can start over the next month with a fresh goal. Mini-goals may not be any easier but will hopefully be more achievable. Without knowing what everyone wants to excel at in 2018 I cannot make a printable goal list to follow, however I do have some ideas for my own monthly mini-resolutions that may help.

JANUARY Drink 8 glasses of water every day

FEBRUARY Put out positive vibes at work each day

MARCH Skip the soda all month

APRIL Exercise three times each week

MAY Buy fruits & veggies from local farmers markets only

JUNE Reach out to friends and family more

JULY Read five books

AUGUST Cook 10 meals at home

SEPTEMBER Schedule more 'me' time

OCTOBER Declutter one closet or drawer every other day

NOVEMBER Volunteer once a week

DECEMBER Give a genuine compliment to 3 people daily

See where I am going with this? Have fruit for dessert for a month, ride your bike to work for a month, live simply and only buy what is needed for a month, set a time at night to unplug and unwind for a month, say yes to adventures and experiences outside of your comfort zone for a month. Again, by challenging yourself to these mini-goals and reaching them one at a time they will likely become habit. By years end you will have created twelve healthy habits.

When creating your own twelve-month list be realistic, choose goals that are attainable. It's not realistic to plan on making 4-5 drastic changes as of January 1. Sometimes you even need to set low goals to be successful, like doing five pushups per day for a month. Don't settle entirely on easy goals, but don't set yourself up for failure either.

Need help sticking to these mini-resolutions? Use technology. Apps on your mobile or desktop can be a great way to keep track of your monthly mini-resolutions. Whether it's trying to save more money with digital budgeting tools or monitoring your gym program with the latest fitness apps to planning your weekly diets to speed up your weight loss. Make it easier to track your progress by getting monitored by your digital companions.

I stumbled across a great idea for sticking to resolutions and goals, stickK. stickK is a free goal-setting platform that works by

providing people with the tools they need to fight back against human nature. By asking users to define their goal (whatever it is), pick a timeline to accomplish it, and put something at stake (whether it's money or their reputation), stickK allows users to create a custom plan-of-action for how they're going to turn their goal into a reality.

Another way to hold yourself accountable is to talk about it. Let others know about your goals. Keeping people in the loop is a good way to create your own support network. These people will also end up reminding you about your goals and checking-up on your progress which gives you extra incentive to keep on track. Finally, have a game plan for moments of weakness. No matter how determined you are, there may be a time where you have a moment of weakness. Think now as to when those times are the most likely and come up with a plan for how you will not let those moments derail you from your mini-resolutions.

We have 365 chances to do better this year and we absolutely can do it. Another great thing about having twelve mini-resolutions rather than one big resolution is it means twelve celebrations. At the end of each month, reflect on your successes, keep your friends posted when you complete a monthly mini-resolution and have a mini-celebration.



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MEALKITS

by Meg Lappe

When every New Year rolls around, so does the hope and determination for self-improvement.

Whether you're resolving to stop procrastinating, stop smoking, watch less TV, improve your financial or physical fitness, or (sometimes the hardest of all to stick to): eating healthier food.

One easy way to do this is with meal-kits. But, it seems like every week, a new meal-kit company is introduced, making it difficult to choose which one. It also seems costly, but when you consider the time you save, you might be surprised.

To make it easy for you, we've rounded up most intriguing and popular, meal-kit delivery services, (and some you may not know) all of which send everything you need to make amazing, restaurant-quality meals at home take shopping and chopping off your to-do list. Think: Exciting and interesting meals, clear cut and easy to follow instructions, and all the ingredients you need in the perfect amounts, so there's no guesswork and no waste. (Not to mention no leaving the house or planning ahead.)

The field is growing, with specialty purveyors focusing on vegan foods, seasonal ingredients, and smoothies. We tried a dozen of what we feel are the best meal delivery services out there and we gotta say, they made us feel like bonafide healthy chefs. Here's what we learned:

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HelloFresh lets you customize your weekly menu. Pick from curated chef boxes, plus veg-friendly and family-style boxes to create meals ranging in difficulty from 1 to 3. You can try mahimahi, garlic-butter shrimp or even butternut squash agnolotti. The meal kits are designed to fit easily in the fridge, which is super convenient.

HelloFresh.com; from \$59 for 3 meals

Italian Meatloaf with Roasted Green Beans and Mashed Potatoes



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Italian Meatloaf with Roasted Green Beans and Mashed Potatoes



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Smoked Gouda & Mushroom Flatbread with Endive & Apple Salad



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BlueApron.com; \$60 for 3 meals (each serves 2)

TERRA'S KITCHEN

Meals from Terra's Kitchen are delivered to you in the Vessel, an insulated container, similar to a mini-fridge, without the electricity. Simply pull everything out and send the Vessel back. Easy and space saving, with less waste. Oh, and did we mention that all the ingredients are prechopped and many recipes take just 15 minutes to throw together?

TerrasKitchen.com; \$4-\$18 per serving



GREEN CHEF

The color-coded meal cards make fancy organic meals easy and fast. All Green Chef meals are meant to be made in 30 minutes. In addition to carnivore, omnivore, vegetarian, and vegan, there are Paleo, keto and gluten-free menus to choose from. We loved the vegan Moroccan cauliflower and Cuban chimichurri tofu.

GreenChef.com; \$10 for 1



Korean Pork Noodle Bowl



HOME CHEF

In 30 minutes or less, you can whip up most dishes that work with your taste profile and dietary restrictions. Meat or veg? Avoiding dairy? Nuts? Soy? Wheat? Home Chef has you covered with meals such as tomato risotto, Greek flatbread, and pineapple shrimp fried rice.

HomeChef.com; \$10 per meal

Shrimp and Green Beans with Bacon and Spicy Grits. Serves 2



FRESH DIRECT

If there's a company that knows a thing or two about delivering food to hungry humans, it's Fresh Direct. Pick from crowd pleasers like stir-fry and tacos, then whip up your dinner in as little as 20 minutes—one of the fastest prep times we found.

FreshDirect.com; \$13 and up for 1 meal (serves 2)

THE PURPLE CARROT

If you don't eat animal products or are lactose intolerant, you're in luck. Every single dish from Purple Carrot is vegan. But don't worry, we're not talking boring grilled veggies. This box features seasonal produce, herbs, and creative sauces for dishes like cauliflower l'orange and coffee teriyaki skewers.

ThePurpleCarrot.com; \$68 for 3 meals (serves 2)

Socca Pizza w/Creamy Artichokes and Arugula Pear Salad



PEACHDISH

Southern fare isn't exactly known as health food. But PeachDish's fresh takes on Southern classics like chicken and kale with grits change that. Sourced almost entirely from farms in the Southeast, many dishes are 600 calories or less.

Peachdish.com; \$25/ serves2

Biscuit-Topped Chicken Pot Pie with Field Peas & Mushrooms





DAILY HARVEST

Daily Harvest's smoothies, soups, oats, parfaits, and sundaes come in cups you can eat right out of. The base comes frozen; add liquid, blend, and enjoy. Super easy, super fast—and only one thing to wash when you're done.

Daily-Harvest.com;
\$6–\$8 per cup



GREENBLENDER

GreenBlender is all about smoothies. Each week you'll get five new smoothie recipes, with enough of the proportioned ingredients to make two of each. Inspired smoothie flavors like spicy mango and blueberry-walnut cobbler elevate your standard fruity breakfast. Each shipment also includes information about the nutrients in each smoothie and why they're good for you. (BYOB... blender, that is.)

GreenBlender.com;
\$49 for 10



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Couture Crush
101 Franklin St.
(across from the Roxy Theater)
Downtown,
Clarksville, TN
931-368-8850

CALENDAR

ONGOING

SWIM LESSONS 6:30 PM - 7:15 PM

Mon 8
Tue 9
Wed 10
Thu 11

We offer five of the American Red Cross Learn-to-Swim levels of swimming instructions that teach participants how to swim skillfully and safely.

Two-week sessions are held Monday-Thursday.

Session dates: 1/1-11, 2/5-15,
Fee: \$40

Pre-registration is required and available online: bit.ly/1kVHuHX

Registration opens the last Thursday of the previous session.

New Providence Pool
166 Cunningham Ln.
Clarksville, TN 37042

EVENING WATER AEROBICS 5:00PM-5:45PM

Monday/Wednesday

Mon Jan 15
Wed Jan 17
Mon Jan 22
Wed JAN 24
Mon Jan 29
Wed Jan 31

Water aerobics uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. Classes include a warm up, aerobics, and cool down. Excellent for all skill levels.

Cost: \$35 per session | Ages: 18+
Register online at: bit.ly/2Asxt8P

New Providence Pool
166 Cunningham Ln.
Clarksville, TN 37042

HIGH INTENSITY INTERVAL TRAINING (HIIT) 5:45PM-6:45PM

Tuesday/Thursday
Tue Jan 16
Thu Jan 18

Tue Jan 23
Thu Jan 25
Tue Jan 30

HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, and improve your endurance.

Cost: \$50 per session

Ages: 18+

Registration dates: Dec 1 - Jan 14

Register online: bit.ly/2nck4zb

Kleeman Community Center
166 Cunningham Ln,
Clarksville, TN 37042

BURT-COBB AFTER SCHOOL PROGRAM

MON-FRI JAN 3 - MAY 21 2:30-5:30PM

Youth can enjoy the use of the gymnasium and game rooms, as well as a variety of activities including dodgeball, basketball, volleyball, enrichment classes, arts & crafts, and more.

Dates exclude Jan 15, Feb 19, and Mar 26-30. FREE with Center Membership | Ages: 10-18

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

R&B STEP

7:00PM-8:00PM

Monday/Thursday

Thu Jan 4
Mon Jan 8
Thu Jan 11
Mon Jan 15
Thu Jan 18
Mon Jan 22
Thu Jan 25
Mon Jan 29

Get a rigorous workout with this medium-intensity class that incorporates today's popular music into exercise.

Cost: \$3 per class or \$20 per month | Ages: 18+

Register online beginning Jan 1 at bit.ly/2pBfMHA

Kleeman Community Center
166 Cunningham Ln,
Clarksville, TN 37042

Start the new year with class!
3 FREE CLASSES IN THE NEW YEAR
GRIT FITNESS & WELLNESS
Register today! Limited spots available!
(931) 326-4748 • GritFitWellness.com
280 Industrial Drive, Clarksville, Tenn.
Limit one per customer. Space limited. Expires January 31, 2018

NEW YEAR *New Goals*
OPEN HOUSE
Dec. 12 - January 12
Monday - Friday
during our regular hours.
Daymar College Can Help With
Resume Writing
Mock Interviews
Professionalism Training
Learn about Daymar's Programs
Healthcare
Business
Criminal Justice
Technology
Find a program that fits your goals.
DAYMAR COLLEGE
(931) 552-7600
2691 Trenton Rd. Clarksville, TN 37040
www.DaymarCollege.edu

ART LINK

5:30PM-7:30PM

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

Salvation Army
210 Kraft St,
Clarksville, TN 37040

MONTGOMERY COUNTY HISTORICAL SOCIETY

Program meeting the 3rd Monday of each month of 2017 except for June and December.

Meetings provide an interesting and informative program on a topic of local history. Visitors are always welcome. Refreshments provided.

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

CELEBRATE RECOVERY

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

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

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

First Church of the Nazarene
Community of Hope
150 Richview Road
(931) 648-0110

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 thetpwillsound@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, 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).



What are your
NEW YEAR'S HAIR RESOLUTIONS?

SL
SHAMPOO LOUNGE SALON

**BALAYAGE • BRAZILIAN • BLOW OUTS • CUTS
COLOR • HIGHLIGHTS • OMBRE & MORE!**

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931.919.3482 • www.myshampooounge.com



Calling all Princesses and Princes...

Our Featured Princess: **Moana**

Join us Saturday, January 27 2018 for
The Perfect Princess Tea Party
- an enchanted evening of delight and fun -
@ Trane Union Hall 121 Union Hall Road...Clarksville TN 37040
Tickets can be purchased online • thepamperedpalace.com
Once Tickets are purchased they will be mailed.

12:00 PM - 3:00 PM (First Session)
5:00 PM - 8:00 PM (Second Session)

Each Guest Will Enjoy:

- Meet and Greet With Your Favorite Character
- Enchanting Tea Foods and Desserts
- Special Performance From the Princesses
- Goodie Bag

Upgrade to VIP Seating:

- Signature Mini Princess Cake
- Elite Princess Swag Bag
- Tiara
- Princess Photo
- Princess CD with songs
- Tea set w/tea

Children, come dressed as your favorite character or just Fancy...
January birthday celebrants or VIP can get a free ticket for an accompanying adult by reserving a VIP Table. Please note that seating is limited.
200 Seats per Session. Gift Shop and Photographer will be onsite.

360 Fantasy Lane, Clarksville TN 37043
(931) 216-1366 or 572-1141
New Location! thepamperedpalace.com

2017 Best Kids Party Entertainment Company
March of Dimes Best of Clarksville

Hilldale Baptist 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 encouraged, but not required. Register online and learn more about the program at clarksvillegamedesign.net/about/. The event will be first come, first served and limited to the size of the computer lab.

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 Ave
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

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

CUT MASTERS

LAWN SERVICE

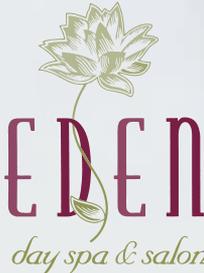
Licensed and insured, affordable and dependable. Cut Masters Lawn Service is the key to keeping your lawn well maintained without worries.



FOR COMPLETE DETAILS VISIT
www.clarksvillecutmasters.com

 Happy to give free estimates! 931-320-3298

Don't neglect your skin during the winter months!



150 Hillcrest Drive Clarksville TN | www.edendayspas.com | 931-552-2313

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

JANUARY

4 THURSDAY

SPECIAL NEEDS NIGHT 5:00PM-8:00PM

Kids-N-Play offers "Special Needs Night" on the first Thursday of every month from 5pm-8pm. Kids-N-Play close to the public at 4:00pm to the public and reopen at 5:00pm exclusively for families with a special needs child and their siblings for a private night of fun.

Kids-N-Play
525 Alfred Thun Rd
Clarksville, TN 37040

5 FRIDAY TRY HOCKEY FOR FREE WITH THE NASHVILLE PREDATORS

5:00PM-7:00PM

Get in on the excitement of the hockey season! Try hockey for free at the Downtown Commons on Friday, January 5, 2018. This try hockey for free event is open to boys and girls ages 4-8. Basic equipment (helmet, gloves, stick, shin guards and skates) will be provided at no cost.

Downtown Commons
215 Legion St.,
Clarksville, TN 37040

TODDLER SPLASH 10:00AM-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

New Providence Pool
166 Cunningham Ln.
Clarksville, TN 37042

6 SATURDAY

POUND & POUR 12:00PM-1:30PM

Caprine Fitness is throwing a Pound party and Leatherwood Distillery is invited! Come rock out to your favorite music and sample some of Leatherwood's fine Moonshine! Caprine Fitness and Leatherwood are both Veteran Owned and Veteran Operated companies. The price of the event includes samples, one drink and all the fun!

Caprine Fitness
30 Crossland Ave
Clarksville, TN

8 MONDAY



TODDLER PLAYGROUND 10:00AM-11:00AM

A drop-in program held in the gymnasium providing a variety of indoor recreational activities, music, games and unstructured playtime for parents and their toddlers. This program provides toddlers with the opportunity to improve their gross motor skills, make friendships and create memories.

Cost: \$2 per class . Ages: 1-4.
MONDAYS, JAN 8 - MAR 26 |
10-11AM

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

THE CITY OF CLARKSVILLE
TENNESSEE'S TOP SPOT
PARKS & RECREATION

STAY HEALTHY BE FIT

HIGH INTENSITY INTERVAL TRAINING (H.I.I.T.)
JAN 16 - FEB 22 | Kleeman Recreation Center | \$50/session

BOOT CAMP
FEB 27 - APR 5 | Kleeman Recreation Center | \$60/session

Don't forget the kids!

INDOOR TODDLER PLAYGROUND | Burt-Cobb Recreation Center | \$2/class

HOME SCHOOL P.E. | Crow & Kleeman Recreation Centers | \$3/class

#CLARKSVILLEPARKSREC
CITYOFCLARKSVILLE.COM/PARKSREC

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

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

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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

9 TUESDAY

FREE ESTATE PLANNING CONFERENCE

6:00PM-7:00PM

You are invited to join Attorneys John Crow and Lauren Safley as they discuss the essentials of estate planning: wills, trusts, powers of attorneys, and living wills.

FREE & Open to the Public

Door Prize: Must be present to win!

Hosted by the Batson Nolan Estate Planning Team:

John Crow and Lauren Safley

The Belle Hollow
2231 Madison St.
Clarksville, TN 37043

FORT DEFIANCE STORY TIME

10:00AM-11:00AM

Bring your little ones and join us for a historically themed story time

at the Fort Defiance Interpretive Center, the second Tuesday of each month at 10:00 AM. The story will be followed by a craft and game and is geared for children ages 2-5. This program requires a fee of \$3.

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

11 THURSDAY

GROWING UP WILD

10:00AM-11:00AM

An early childhood educational drop-in program that builds on children's sense of wonder about nature and invites them to explore wildlife through activities. Cost: \$3 per class | Ages: 3-7

Crow Community Center
211 Richview Rd.
Clarksville, TN 37043

13 SATURDAY



8:00PM-11:00PM

Divisive w/ Abyss Walker, Impuritan, & Autumn Lies Burried
\$7 Doors, 8 pm. (WGS 68683)

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville, TN 37040

CIVIL WAR DANCING

1:00PM-2:30PM

Learn common Civil War period dances, such as the Virginia Reel and the Patty Cake Polka! Tea and cookies will also be served.

Fee: \$10 per person.

Pre-registration is required, space is limited to 16 participants.

Register online at: <http://bit.ly/2BDmqP7>

Ft. Defiance Civil War Park & Interpretive Center
Clarksville, TN 37040

15 MONDAY

Martin Luther King Jr. Day

Clarksville Montgomery County Schools are closed.

16 TUESDAY

DIABETES SUPPORT GROUP 5:00PM

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

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An educational journey from the first steps to adolescence.

Peace is what every human being is craving for, and it can be brought about by humanity through the **Child.**

— Maria Montessori

931-368-3818
amaremontessori.org
Clarksville, Tennessee

AMERICAN MONTESSORI SOCIETY
Association that transforms lives
Accredited Member Schools

Happy New Year

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

THE CHILDREN'S DENTIST

Martin Luther King Jr. Day is Monday, January 15th.
"Let no man pull you so low as to hate him."

INFANTS • CHILDREN • TEENS • ADULTS • SPECIAL NEEDS PATIENTS • HOSPITAL DENTISTRY • PARENTS PRESENT FOR ALL PROCEDURES • FREE VIDEO GAMES
NO CHARGE FOR LAUGHING GAS • RETIRED • MILITARY PROVIDERS
IN NETWORK WITH DELTA, BCBS AND OTHERS

931-551-4400 • 271 Stonecrossing Dr. • Clarksville, TN

19 FRIDAY



9:00PM-11:00PM

Under Clouds & Surveillance
w/ 3DX & TBA. \$5 Doors, 8 pm.

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville, TN 37040

20 SATURDAY



8:00PM-11:00PM

Songs & Stories with Hannah
Katheleen, Melanie Davis, Cindy
McElroy, Rufus Dawkins, &
Madeleine. \$7 Doors, 8 pm. Text
Club (WGS 68683)

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville, TN 37040

COMMUNITY HEALTH AWARENESS DAY

Free blood pressure checks
will be administered on site and
attendees will be able to take
home information pertaining to
key health issues.

Cost: Free with Center
MembershipAges: All

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

21 SUNDAY

**CLARKSVILLE BRIDES
2018 WEDDING & EVENT
SHOWCASE**
12:00PM-4:00PM

The best area professionals come
together for an afternoon or
networking and fun. Covering every
category a Bride could need, plan
your entire wedding in one afternoon!

Wilma Rudolph Event Center
1190 TN-48
Clarksville, TN 37040

25 THURSDAY



5:30PM

Champagne & Chocolate is
the signature event of the winter
season!

This elegant and highly popular
event features champagne, along
with delectable hors d'oeuvres
and scrumptious desserts. Live
music will set the mood for active
bidding in the evening's silent
auction, where you will find gift
baskets, jewelry, and original
artwork.

Tickets are \$50 per
person and are available at
ChampagneChocolate2018.
eventbrite.com starting December
11. You may also purchase
tickets by calling us at 931-648-
5780 or by visiting Seasons:
The Museum Store. If you'd like
to be invoiced for your tickets,
please contact Colin McAlexander
at 931-648-5780 or [colin@
customshousemuseum.org](mailto:colin@customshousemuseum.org).

Customs House Museum
200 South 2nd St.
Clarksville, TN 37040



8:00PM-11:00PM

**Family Fun Karaoke w/ Kool
Breeze** All ages Karaoke. Text
Club (WGS 68683)

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville, TN 37040

27 SATURDAY



**PERFECT PRINCESS TEA
PARTY**

12:00PM-8:00PM

The Princess Palace invites all
princesses and princes to enjoy
our 11th Annual Perfect Princess

Tea Party , an enchanted evening
of delight and fun. Below are the
details of the party.

121 Union Hall Rd.
Clarksville, TN 37040

TRIBUTE NIGHT AT WGS

8:00PM-11:00PM

Featuring Weezer's Blue Album in
full performed by The Heathers.
As well as the music of Blink 182
performed by The Girl Next Door,
& TBA Doors 8 pm, Show
\$7 TBA.

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville, TN 37040

29 MONDAY

MARDI GRAS TAKEOVER

6:30PM-8:30PM

Pre & Post Party

5 pm & 8:00 pm: \$2 off
cocktails and drafts. Exclusively in
the Speakeasy

Tickets \$30. Includes food
pairings with 4 limited edition craft
Louisiana beers.

You must be 21+ to purchase a
ticket. An eventbrite.com \$2.64
processing fee per ticket will be
added to your total purchase.
Tickets only available through
Eventbrite. Tickets are refundable
24 hours or more before the
event.

Food & drink selections are
subject to change. Enter through
Strawberry Alley entrance.)

Roux SpeakEasy
124 Strawberry Alley

FEBRUARY

3 SATURDAY

A CHOCOLATE AFFAIR

2:00PM-8:00PM

Join the City of Clarksville for
another Chocolate Affair, February
3 at the Wilma Rudolph Event
Center. The event will feature
sweet and savory treats from local
businesses.

Purchase tickets online at

<https://goo.gl/RhQhmv>

Wilma Rudolph Event Center
Clarksville, TN 37040

10 SATURDAY

VALENTINE SPA PARTY

5:00PM-9:00PM

Valentine Spa Party
Manicures, pedicures, chocolate
facials with food and candy buffet.
Ages 5 and up.

\$40.00 per person

Tickets Available: [www.
thepamperedpalace.com](http://www.thepamperedpalace.com)

The Girly Girtz Pampered
Palace Salon & Spa
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Tennessee 37043

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HAPPY BIRTHDAY!

K



Happy Birthday!



Happy 4th Bday Jordan and Blake Adams, GOD Bless You and We All Love You, All of your Family

K



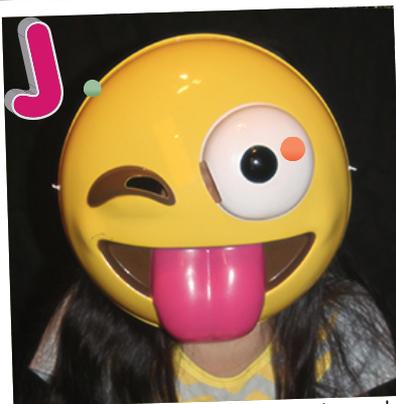
Happy Birthday Koren, I love you so much!! Love Mommy

R



Happy 5th Birthday R.J. Love Your Family

J



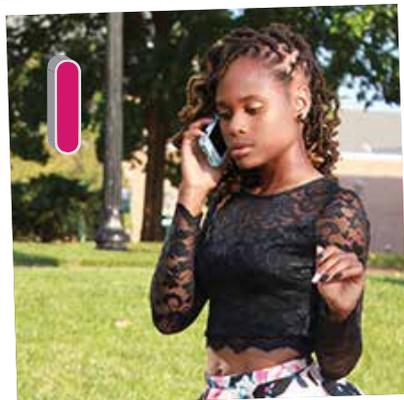
Happy 9th birthday Joycelyn F.! Stay silly, smart, and super! Love- Daddy & MaMa

R



Happy 15th Birthday, Ryan. We love you!

I



Happy 16th Birthday to our beautiful daughter and sister India!

E



Happy 18 birthday Emma Allsbrooks nanny is so proud of u MARINES BOUND

R



Happy 18th birthday young man! We're ALL proud of you!

CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

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

SCOTT HUMSTON'S HOLIDAY MAGIC SHOW December 1 6:30 p.m.

The library is hosting a free magic show that is suitable for all ages. The library will close for business at 6:00 p.m. and the magic show will take place after hours at 6:30 p.m.

TEEN PROGRAMMING Every Thursday 5:00 p.m. – 6:00 p.m.

Teens (grades 7-12) will meet and participate in different activities weekly. Check the library's Facebook page for more details.

TWEEN PROGRAMMING December 11 5:00 p.m. – 6:00 p.m.

December 22
2:00 p.m. – 3:30 p.m.
Tweens (grades 4-6) will meet and participate in various activities. The event on December 22 will feature a holiday themed movie.

DIY AT THE LIBRARY: CREATE YOUR OWN WREATH December 7 6:00 p.m. – 7:00 p.m.

This is a program for adults who would like to create decorative wreaths. All supplies are provided by the library.

4 PAWS FOR READING December 9 1:00 p.m. – 2:00 p.m.

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

HOLA STORY TIME WITH ABUELA ELENA December 13 9:30 a.m. – 10:00 a.m.

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

SATURDAY STORY TIME December 2, 9, 16, 23, 30 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 December 2 & 16 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 December 21 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's book is Jane Austen Ruined My Life by Beth Pattillo. You can pick up a copy of this book at the library. For more information check us out on Facebook or contact Gracie or Jason at (931) 648-8826.

RESUME AND JOB HUNTING ASSISTANCE December 9, 23 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: December 4, 11, 18 10:30 am – 11:00 am

Every Tuesday (excluding December 26)
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 December 4, 11, 18 9:30 am – 10:00 am

This is a program for children ages 2-3.

JUST FOR ME STORY TIME December 5, 12, 19 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 December 7, 14, 21, 28 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 December 7, 14, 21, 28 10:30 am – 11:00 am

This 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 December 12 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 then 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.

FAMILY LEGO PROGRAM December 16 3:00 p.m. – 4:30 p.m.

Family Lego Program is fun for the whole family! We supply the Legos, and you supply the imagination.

Lift

GUESS WHO GOT A

It's nonsurgical. Customizable. Beautiful.

Ultherapy® is the only non-invasive, FDA-cleared procedure that lifts and tightens your neck, chin and brow, and improves lines and wrinkles on the chest.¹

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Ultherapy

REFERENCES: 1. Ultherapy Instructions For Use. 2. White WM, Makin RG, Borthe PG, et al. Selective creation of thermal injury zones in the superficial musculoaponeurotic system with noninvasive ultrasound therapy. *Arch Facial Plast Surg*. 2007;9(1):22-29. 3. Data on file. ULT-132.

The non-invasive Ultherapy procedure is U.S. FDA-cleared to lift skin on the neck, on the eyebrow and under the chin as well as to improve lines and wrinkles on the chest and face. The most common side effects reported in clinical trials were redness, swelling, pain, and transient nerve effects. For full product and safety information, visit www.ultherapy.com/IFU.

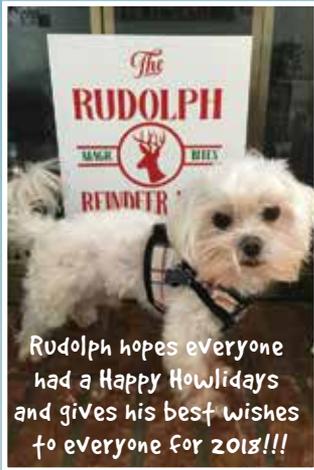
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Pet Pix

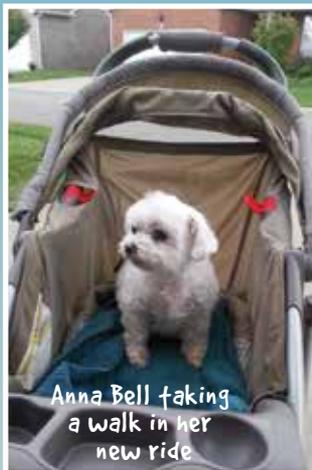
The Pride of Clarksville



 Stella



Rudolph hopes everyone had a Happy Howlidays and gives his best wishes to everyone for 2018!!!



Anna Bell taking a walk in her new ride



Camo & Winchester



Sleeping buddies, Slushy and Fuzzy taking care of each other.



I mustache you a question.



Harley enjoying the sunshine



U slept through Christmas and New Year!



Gunner & Shadow Jordan Enjoying the View



our sweet rescue dog, Sophie absolutely loves day dreaming while looking out the window.

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TINY TOWN ANIMAL CLINIC

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Pet Pix CONTEST

Submit YOUR Pet Pix by January 15th

THE WINNER WILL RECEIVE

\$50

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TINY TOWN ANIMAL CLINIC & FAMILY PET HOSPITAL!

This month's winner

 Stella



ClarksvilleLivingMag.com
Want to share your pet? Email a photo and brief caption to petpix@ClarksvilleLivingMag.com by January 15th.

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. Deesree 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@hinsinc.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.

CHILD BIRTH & PARENTING EDUCATION

ROOTS CHILD BIRTH PREPARATION

Pregnant? Know someone who is? Roots Childbirth classes are evidence-based, Christ-centered and perfect for any birth plan or birth setting! If you're interested in holistically preparing (mind, body and spirit) for your labor, delivery and postpartum period, our classes will fully prepare you for childbirth in any setting or scenario. Our skilled team of educators all have professional teaching, counseling or Women's Health backgrounds and are the only instructors in our area that are required to complete continuing education courses through Evidence Based Birth™ as part of their certification process each year. Because of this requirement, Roots offers your family excellence in childbirth education, relevant resources and the most up-to-date, evidence-based information so that you can better understand all your options and plan the birth that is right for you. Contact Heidi Duncan, Birth Doula and Childbirth Educator, at (615) 710-7077 or expectingnewlife@yahoo.com for info on classes (group, private or home-study).

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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 Tamera 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 Uffelman 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.

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 afsusua.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 afsusua.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@afsusua.org or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is afsusua.org/misstenny/. Follow AFS on Facebook: AFSUSA, Twitter: afsusua, YouTube: AFSTV and Flickr: afsusua.

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 Reiswig or Anne Coleman at mops.cpccclarksville.com.

CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenly 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 RIGHTEOUSNESS ACADEMICALLY

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

CLARKSVILLE HOMESCHOOL NETWORK

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

CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

An online Christian support group for home schooling families in the Clarksville/

Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillemops@gmail.com. Check us out online at clarksvillemopsatfbc.wordpress.com. We look forward to meeting you!

HILLDALE BAPTIST CHURCH MOPS

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

SPRING CREEK MOPS

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

SUPER MOM'S GROUP

If you are a single mom—you are a SUPER MOM! We meet every Sunday morning at 9:45 a.m. at First Baptist Clarksville. We are a small group that does various studies on parenting, Christian growth, boundaries, dating again, and other topics! We also do monthly get-togethers, mom's nights out, and play dates for the kids. Any single moms are welcome to attend these monthly events even if you can't come to the small group on Sundays! Please like our Facebook group to stay updated on all events: Clarksville - Super Moms. Contact Devin for more info at devin.maureen@yahoo.com.

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

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

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

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

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the second Monday of each month at 6:30 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 urostomy or who suffer from CROHN'S DISEASE or other diseases of the bowel. Group meets monthly, on a varying schedule, so please call (931) 502-5001 for next meeting day, time and location.

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

COMPASSIONATE FRIENDS

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

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 cvohland-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.

PARKINSON'S SUPPORT GROUP

Meetings are the 2nd Thursday of each month from 3:00 - 4:00 p.m. (for patients and caregivers) at the Church of Christ at Trenton Crossing, 2650 Trenton Rd. Contact: Shirley Cook at 931-368-1361 or Vennie Evans at 931-358-9668 or vennieevans@aol.com.

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 OVEREATERS ANONYMOUS MEETING

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

For corrections or to include your group's information e-mail info@clarksvillevivingmag.com.

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