

FREE!

# Clarksville Living

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



APSU Freshman, Damian Hardison.  
One of the 2017-1018 Candlelight Ball  
Scholarship Award Recipients.  
*Read more on page 24.*

*Photo by APSU Public Relations*

February 2018

# hydracial<sup>®</sup>

Exclusively at bella MED SPA

## LADIES NIGHT IN

*Non-Surgical*

**Vaginal Reconstruction  
with Co2Re Intima, Q&A**

**THUR., FEB., 22nd**

**5:00 PM - 7:00 PM**

**Speaker: David Boles, D.O. &  
Erin Reid, Intima Representative**

## ONE NIGHT ONLY

**20% OFF INTIMA PACKAGES**

Attendants will be entered to

◦ **W I N** ◦

a full package of Internal  
treatments (\$3000 Value)

*Bring a friend and  
be entered **twice!***

**RSVP: 931.245.0500**



**b**

**bella** | MED  
SPA

2151 Wilma Rudolph BLVD.

**931.245.0500**

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



# Dance Force

## What We Offer:

**Ballet, Pointe, Tap, Jazz, Contemporary,  
Hip Hop, Musical Theatre, Modern,  
Acro, Lyrical, Mommy & Me,  
Homeschool & More!**



**10,000 sq. ft. , 5 State-Of-The Art Studios with Marley Sprung Floors,  
limited class size, mirrors and ballet barres in all studios,  
Parent Viewing Monitors, 3 Lobbies, Food & Shopping Nearby.  
We Provide a Positive Environment with Professionally trained teachers.**



# 931-552-2223

**1955 B Madison Street  
Clarksville, TN 37043  
[www.danceforceclarkville.com](http://www.danceforceclarkville.com)**

# Clarksville Living

Clarksville Living Magazine has 10,000 issues published and distributed monthly at over 180 locations across Clarksville and the surrounding area.

For advertising inquiries contact Rachel Phillips at (931) 216-5102 or [rachel@clarksvillelivingmag.com](mailto:rachel@clarksvillelivingmag.com)

For all other information:

Phone: (931) 320-9869

E-mail: [info@clarksvillelivingmag.com](mailto:info@clarksvillelivingmag.com)

Fax: (931) 919-1234

Mail: PO Box 31867  
Clarksville, TN 37040

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

Look for us on Facebook



#### Owner/Publisher

Carla Lavergne

#### Graphic Design

Carla Lavergne  
Colleen Devigne

#### Advertising Sales

Rachel Phillips  
(931)-216-5102  
[rachel@clarksvillelivingmag.com](mailto:rachel@clarksvillelivingmag.com)

#### Staff Writers

Taylor K Lieberstein  
Tony Centonze  
Karen Parr Moody  
Christina Chittenden

#### Contributing Writers

Pastor Larry Riley

Clarksville Living Magazine

© 2007-2018

## Publisher's Message

If you have kids, it's almost certain that they all enjoyed their extra week off from school last month. Even though we relish our snow days around here, there's no doubt that cabin fever eventually sets in and you're ready for things to get back to normal. Which, around here, can mean 35° one day and then 60° the next. Welcome to Middle-Tennessee, where you can experience all four seasons in one week!

There is no doubt that you noticed the happy, handsome guy on this month's cover. Damian is just one of the three amazing Candlelight Ball Scholarship Award recipients. There are still tickets available to this year's Candlelight Ball; so, please go to page 24 to learn more.

As usual, we have an issue that's jam-packed with outstanding articles, events, and other fun and useful information for you. Another great charity ball is the 3rd Annual, Blue Jeans Ball. (Page 14) And of course, Empty Bowls is celebrating 10 years of feeding the hungry in our community, on February 27th. There will be 8 locations around the city. Don't miss the chance to buy your ticket early to paint your bowl, and or volunteer your time for this wonderful event. (Page 20)

We also have some creative ways to celebrate Valentine's Day and show your love, without breaking the bank. The great thing is that most of these can be used year round, not just on Valentine's Day. Of course, we also have our calendar with lots of exciting things going on in our fair city, so be sure to check that out too!

We hope you enjoy this issue and as always, thank you for picking us up!

*Carla Lavergne*



#### DISCLAIMER

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

# Table of Contents

Dietary Tips Your Heart  
Will Love  
6

DAC Celebrates  
The Democracy of  
Photography  
8

Dancing the Crime Away  
14

Wicked Good Food,  
Wicked Good Music  
16

Empty Bowls,  
Full Hearts  
20

34th Annual  
Candlelight Ball  
24

Creative Ways to  
Celebrate Valentine's Day  
26

Feeling the Love  
28

Subscriptions Boxes  
30

Calendar • 34

The Fridge • 42

PetPix • 43

Network • 44

GRACE DENTAL

FAMILY & COSMETIC DENTISTRY

931-648-4100

www.gracedentaltn.com

facebook.com/gracedentaltn

**DID YOU KNOW HOME FIRES KILL MORE PEOPLE  
THAN ALL NATURAL DISASTERS COMBINED?**

Working smoke alarms in a home cut the risk of death by half.



*Giving*  
GRACE FEATURING LOCAL CHARITIES THAT NEED YOUR SUPPORT!

**THIS MONTH: From the American Red Cross,  
The Tennessee River Chapter aiding the Clarksville area.**

To find out how to volunteer, visit [www.redcross.org/local/tennessee/local-chapters/tennessee-river](http://www.redcross.org/local/tennessee/local-chapters/tennessee-river)

304 Providence Blvd. | Clarksville, TN 37042

Monday - Thursday 8 am - 5 pm

# Your degree. Your schedule.



Fast-track classes  
online, on post  
or on campus.

Leading through  
EXCELLENCE

[apsu.edu/adult-learner](http://apsu.edu/adult-learner)

**AP** Austin Peay  
State University

Austin Peay State University does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The Director of Affirmative Action has been designated to handle inquiries regarding the non-discrimination policies and can be reached at 601 College Street, Browning Bldg., Room 7A, Clarksville, TN 37044, 931-221-7178, nondiscrimination@apsu.edu.

# Dietary Tips Your Heart Will Love

Brought to you by Tennova Healthcare - Clarksville



**K**ee your cardiac health in the best possible shape by choosing nutrient-rich foods that are low in sugar and unhealthy fats.

The foods that we put on our plates can make or break our wellness goals. So choose wisely.

The American Heart Association recommends foods that contain an abundance of vitamins and minerals, such as fiber and protein. What you don't eat also matters—look for foods that are low in saturated fat, sodium and trans fats.

## KEY INGREDIENTS

If you are looking for a few superfoods to add to your heart healthy diet, the National Heart, Lung, and Blood Institute recommends:

- Dairy foods that are low-fat or fat free
- Eggs, legumes, lean meats, poultry and other protein-rich foods.
- Fish that is high in omega-3 fatty acids, such as mackerel, salmon and tuna
- Fruits and vegetables
- Oils and foods high in monounsaturated and polyunsaturated fats, including avocados, salmon and

trout, almonds, pine nuts and walnuts, and canola, sunflower and corn oils

- Whole grains

Get creative as you cook to support cardiac health. Try different flavors and combinations and incorporate seasonal ingredients to keep your menus as inspiring as they are nourishing.

## FOODS THAT CAN SABOTAGE YOUR HEART HEALTHY DIET

You have been working diligently to fill up on heart-healthy fruits, vegetables and fiber-filled whole grains. Well done! Eating healthy foods is only one piece

of the puzzle if you are trying to improve the well-being of your heart. Limiting your intake of salt-laden, sugar-rich items is also important.

### Skip these menu items:

- Processed meats—Deli meats, such as bologna, sausage and turkey, are typically preserved with nitrites and salt.
- Refined grains—Items like white rice and bread may cause blood sugar spikes. They're also missing lots of the nutrients found in their whole grain counterparts, such as dietary fiber and phytonutrients.
- Soda—A 12-ounce can of this bubbly drink can pack as much as 10 teaspoons of sugar and more than 100 empty calories. To keep your diet on track, consider sugar-free teas and low-calorie juices instead.

## HOW HEALTHY IS YOUR HEART?

Visit [Tennova.com](http://Tennova.com) to take our free heart health assessment to learn your heart's real age.

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

*This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care.*

# It's hERe.

Now, Sango has its own emergency room.

During an emergency, the last thing you need is a long drive. Thank goodness the new Tennova ER - Sango is OPEN. It's the area's first freestanding emergency department, staffed by board-certified emergency physicians and emergency-trained nurses. From lab services, X-ray, ultrasound and CT to the treatment of broken bones and life-threatening conditions, you'll receive the same level of emergency care as you would at a hospital-based ER. And we're open 24/7.



## **Tennova ER - Sango**

1325 Highway 76, Clarksville, TN 37043  
(located just off Exit 11)



If your symptoms worsen or you believe you are experiencing a life-threatening emergency, please call 911 or go to the nearest Emergency Department as soon as possible.



1

## DAC CELEBRATES THE DEMOCRACY OF PHOTOGRAPHY

By Karen Parr-Moody

**A**rguably, a forerunner of technical democracy was the Kodak Brownie, a camera designed by Frank Brownell and introduced to the public in February 1900. It put art into the hands of the proverbial “man on the street,” whether he had any artistic training or not.

Kodak sold the camera for \$1 and film could be processed for just \$2. The Brownie democratized photography, which became accessible regardless of one’s socioeconomic position or photographic skills.

That was the watershed moment for photography, which has only become more accessible, particularly with the advent of digital and smartphone cameras. Technology today, as in 1900, is the soul of democracy.

In a similar fashion, Clarksville’s Downtown Artists Cooperative (DAC) has democratized the concept of the “art exhibit” with its Annual Juried Photography Exhibition. In its seventh year, the show offers a stage for every photographer in Clarksville and the surrounding areas, from novice to professional.

Bob Privett, DAC’s president, says, “Amateur photographers have won places in our exhibit. It’s really interesting to see what photos come in and how much comes in and the variety of photography that comes in. It’s always amazing.”

A bonus: Everyone who enters gets their photo hung in the DAC gallery.

“Most places will only jury for winners, for placeholders,” Privett says. “We don’t do that. We want everybody who



2

enters to have a chance to have their work seen and have a chance to sell it.”

When photography isn’t elevated to the highly conceptual, but rather captures “everyday life,” there is nothing everyday about it. It captures the inherent dynamism of the people and places that surround us.

Time after time, history’s famous photographers have proved this to be true. There are the marginalized Manhattanites shot by Diane Arbus, the artistic photojournalism of Henri Cartier-Bresson, the “beautiful people in beautiful places doing beautiful things” of Slim Aarons and the grandiose landscapes of Ansel Adams.

As with photography itself, the DAC Juried Photography Exhibition features multiple styles of photography, as is reflected in the competition’s categories of Landscape/Nature, Human Portrait/Figure Study, Still Life and Experimental/Alternative Process.

The show always accepts photos created by a range of equipment and processes, including modern digital photography, traditional black-and-white film and alternative process photography. There are no technological barriers.

Two professional jurors, H.N. James and Jay Preston Swafford, were tapped to judge the photos for cash awards, including best of show, and first and second place in each category, with monetary amounts based on total entry fee receipts and sponsorships. Honorable mention ribbons may be given at the discretion of the jurors.

# Once upon a child®

2728 Wilma Rudolph Blvd • 931-645-9346

## WE PAY YOU CASH ON THE SPOT!

Cash for your gently used children's and baby clothing, shoes, and baby equipment: strollers, high-chairs, & more!

NOW BUYING FOR SPRING & SUMMER



**1** Mitzi Cross stands with her second-place ribbon for the photo "Salome."

**2** Mitzi Cross' photo "Salome" is a reference to the biblical character whose name conjures up visions of seduction.

**3** "In Womb," photographer Erika Lopez Smith captures a reflective moment.

Participants this year's exhibit had until January 27 to hand deliver their photo entries. They will get news of the winners during the awards presentation, which will begin promptly at 6 p.m. during the opening reception for the Photography Exhibition on Thursday, Feb. 1. The event will be held from 5 p.m. to 8 p.m. at the DAC Gallery at 96 Franklin Street in

**\$5 off**  
\$30 purchase  
Once upon a child® (expires 2-28-18)

**\$10 off**  
\$50 purchase  
Once upon a child® (expires 2-28-18)

We are open Monday - Saturday 9am-8pm • Sunday 12pm-6pm



# GATEWAY

FUNERAL HOME & CREMATION CENTER

## THE LAST THING YOU NEED TO WORRY ABOUT IS HOW TO PAY FOR A FUNERAL.

**Burials starting at \$1,945.00\***

**Cremations starting at \$995.00\***

**We own and operate our own crematory so that your loved one never leaves our care.**

*Financing is available, and current pre-need policies are accepted. Need a pre-need policy? We can help.*

Basic Cremations starting at \$995 reduced fee for funeral director and staff-\$275 Removal-\$295 • Crematory fee-\$300 Cardboard alternative container-\$75 Temporary urn-\$25 Cremation permit-\$25 • Burial starting at \$1945 • Immediate burial-\$1295 Cloth covered oval top fiberboard casket-\$650.



335 Franklin Street  
Clarksville, TN 37040

**931-919-2600**

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



**3**



downtown Clarksville.

The exhibition will be on display from Feb. 1 to Feb. 24. For more information, visit DAC's Facebook page or website at [www.downtownartistsco-op.com](http://www.downtownartistsco-op.com).

Mitzi Cross is an area shutterbug known for her ability to capture the tenderness of female beauty with her lens. Throughout her years of participating in the show, Cross has placed multiple times, including a best of show award for her photo "On Pointe."

Most recently, she won a second-place award in the Portrait/Figure Study category for her photo "Salome." The sepia-toned image of a woman's graceful arm was inspired by what has come to be known as the "Dance of the Seven Veils," an ancient performance given by the biblical character Salome before Herod II so that he might sever the head of John the Baptist and deliver it to her.

Cross, a longtime supporter of DAC, enjoys the Annual Juried Photography Exhibit for its non-exclusionary nature, which makes it highly accessible to entrants.

"What's wonderful, definitely for students of high school and college, is that it gives them the opportunity to get their feet wet," Cross says. "Getting a little encouragement can open you up completely."



Where beautiful smiles begin.

# PEDIATRIC DENTAL MONTH

**FIRST TOOTH. FIRST VISIT. Schedule your child's 1st visit today!**



At Cumberland Pediatric Dentistry and Orthodontics we offer a wide range of dental services including preventative cleanings, sealants, composite or white fillings, crowns, traditional braces, clear braces, and Invisalign. While baby teeth are eventually replaced by permanent teeth, it is very important to keep them clean and cavity free. Here at Cumberland Pediatric Dentistry and Orthodontics we focus on helping your child have a healthy smile for life. We believe that maintaining good dental hygiene and preventing tooth decay can be as easy as brushing and flossing daily and visiting us twice a year for cleanings. Our Team of dental specialists include Pediatric and Orthodontic dentists so that your child will have complete dental care in one location. We haven't forgotten the fun! We offer video games in the waiting room, free wifi, and TVs in every operatory, helping keep your child entertained and distracted during dental visits. Everything we do combines the latest technology with the warmth and compassion of the entire dental team. Call us today to schedule your appointment.

  @cumberlansmiles

[www.cumberlansmiles.com](http://www.cumberlansmiles.com) | 931-221-0050  
495 Dunlop Lane • Suite 112 • Clarksville, Tennessee





5

Then there are the many retirees who have become a part of this annual tradition.

“There’s a huge senior population that brings in pictures, too,” she says. “You have all age groups – a wide range – and there’s no limit on subject matter.”

Susan Bryant, a professional photographer and a professor of art at Austin Peay State University in Clarksville, also appreciates the openness of the show.

“It gives access for people in the area to show their photography, whether they are new at it or have never shown before, in addition to people who have shown in other places, so it’s been really popular,” she says. “Also, with my students, it’s one of just a few community exhibits open for anyone to enter. It’s a great opportunity. In the past, one of the things I’ve loved is when my students have won an award and I haven’t.”

Bryant’s most recent award was for second place in the Experimental/ Alternative Process category for a photo called “Italian Gesture #25,” which she shot in Rome, Italy, using a modern-day lens and a 19th-century

photographic process called wet-plate collodion process.

Many photographers have a similar experience of the Annual Juried Photography Exhibition: It encourages them in their art. Such was the case with Lisa Kemmer.

Before her first entry in 2012, she says, “I was scared to death, because I didn’t think that anything that I would enter would ever win. I hadn’t been doing photography for very long.”

**4** In 2016, Lisa Kemmer won a first-place award for her photo of a gondola in Venice, Italy. Called “Venezia Vialeto,” it translates to “Venetian Driveway.”

**5** “Italian Gesture #25” is from Susan Bryant’s series Italian Vistas.

# JUST FOR KIDS

## EARLY LEARNING CENTER



*Now Hiring  
at our Sango location!*

Offering childcare for children 6 weeks - 12 years



Open Monday through Friday  
5:30a.m. until 6:00pm

### SANGO LOCATION

Serves: Barksdale, Moore Magnet, East Montgomery, and Sango Elementary Schools.

### NEEDMORE ROAD LOCATION

Serves: Glenellen, Northeast, St. Bethlehem, Rossvie, and Burt Elementary Schools.

Two Locations!

**Call Now to Enroll!**

931-905-2525 (St. B location)  
931-245-1460 (Sango location)

Proud supporter of our troops and partnering with NACCRRRA to offer subsidized care for all military families.

NAEYC accredited and Three Star Rating



# healthier montgomery

## STREETS & NEIGHBORHOODS

# Spring Workshops

*Coming Soon!*

Look for workshops to be posted on the Healthier Montgomery Facebook Events Page.



Make the place you call home  
**HEALTHIER.**

*Create an account for your neighborhood at:*

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

She won an honorable mention placement that year, then went on to win two first-place awards in the landscape category, one for a photo of Horseshoe Bend in Arizona called “His Majestic Radiance” and another for a photo of a gondola in Venice, Italy, called “Venezia Violetto.”

After her initial win, Kemmer says she thought, “Wow, this is fun and exciting! Even if I had not won, just to see everybody else’s work, what people in town were doing, and to meet people who share my love of photography – I wouldn’t have met them if DAC hadn’t had this contest.”

Now, she says, “Photography has really brought me out of my shell. I’m a very shy person, but as my husband says, if you put a camera in my hand I’m a totally different person. I can talk to anybody if I have a camera with me. It’s magical.”

Erika Lopez Smith won first place during a past exhibit for “Womb,” a photo of her daughter, and discovered that the experience was transformative.

The photo’s title refers to the womb as a place that is untouched, uninfluenced and safe. Smith took the photo while bathing her youngest daughter.

“She is protected by her childhood,” she says. “She is confident, so strong, and so unbroken, if you will. I just want her to always feel like this; I want her to always have this freedom she has in this moment. Watching her was nostalgic for me, as I thought about the ease of being a little girl without a care in the world.”



## healthier montgomery

330 Pageant Lane Clarksville, Tennessee

Call (931) 648-5747





**6** For her photo “On Pointe,” Mitzi Cross won Best of Show.



**7** Lisa Kemmer took her award-winning landscape photo, “His Majestic Radiance,” of Horseshoe Bend near the Grand Canyon.

Smith enjoyed being part of the collaboration of beautiful and technical images included in the exhibit. She said the experience also came at the right time, as her win was a needed “push” to get her back into photography after being disconnected from the academics of art and formal education.

“It was nice to win, and it was what I needed, that push to remind myself that I must get back to work,” she says.

“There is a fuzzy feeling that comes with being part of something bigger, as well as a feeling of validation.”

# Life Without Hot Flashes?

*Our current Clinical Research Study evaluates a new non-hormonal study medication to see if it may reduce the frequency of hot flashes associated with menopause.*

## IF YOU QUALIFY:

- Study medication and medical care will be provided at no cost to you
- You will be compensated for your time and travel

To learn more and see if you qualify, call **931.245.8444** or visit us online.



**PremierMed.com**  
**931-245-7000**





★ ★ ★ **DANCING  
THE CRIME AWAY!**

By Christina Chittenden

This month, the Clarksville Crime Stoppers is offering an opportunity for the community to show its support by attending their Blue Jean Ball on February 10th. This 3rd annual event aspires to bring just as much fun as it has in their years prior – and more!

The Clarksville Crime Stoppers, a 501 C (3) non-profit organization, is a community project that is supported by contributions from individuals, corporations, clubs, professional associations, retailers, civic groups and social groups. This program, which is separate from the traditional emergency telephone system or other methods of contacting the police, allows someone to provide anonymous information about criminal activity in order to assist the Clarksville Police Department or Montgomery County Sheriff's Office without being directly involved in the investigation process.

This organization was developed as a means to combat the public's fear of reprisals, public apathy and a reluctance to get involved in criminal activity. Through this program, callers are given a code number instead of being asked for their name and calls are not traced



Buy ♥ Sell ♥ Love



Heather Eisenmann,  
Realtor



*Each office is independently owned and operated*

PHONE: 931-538-9816 • OFFICE: 931-245-8800

124 DUNBAR CAVE ROAD SUITE A  
CLARKSVILLE, TN 37043

myclarksvillerealtor@gmail.com • clarksvillehomeowner.com



or recorded, providing anonymity for those who want to be part of solving a crime within their community. In return, they are rewarded when their information leads to a felony arrest and/or conviction.

Crime Stoppers originated in Albuquerque, New Mexico in July 1976 following the murder of a university student. After a long six weeks of investigating, police were left with minimal leads as to who was responsible and believed that if the public were able to observe a reenactment of the crime on television that it might lead to a citizen providing information, ultimately leading to an arrest. Those investigators were right. Upon seeing the televised reenactment, a caller contacted the police and provided a tip that lead police to the two men that were responsible. Within 72 hours of the reenactment being aired, the murder was solved, thus founding Crime Stoppers.

Through the generous funds donated to Crime Stoppers, the organization is able to reward those individuals who provide anonymous tips that have potential to lead to arrests and/or convictions. Crime Stoppers just finished up a very successful year and are currently tallying up the tips, crimes solved and criminals caught because of citizens that stepped up and took advantage of their great program. Those numbers will be shared with the community very soon!

At this year's Blue Jean Ball Crime Stoppers will be officially announcing a new local program that will help our law enforcement functions even further. Grab your boots and blue jeans and come out for a night of fun!

For more information on the Clarksville Crime Stoppers, visit [www.clarksvillecrimestoppers.com](http://www.clarksvillecrimestoppers.com).



## CLARKSVILLE & TN THEMED GIFTS & HOME DECOR.



*Made with local love & a southern twist.*



Look for our booth at the **Home & Garden SHOW**

**FEB 24-25**  
Saturday & Sunday  
9 a.m.-5 p.m. noon-5 p.m.

Wilma Rudolph Event Center • 1188 Cumberland Dr.

Now available at



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



# Wicked Good Food, Wicked Good Music

By Tony Centonze

**W**icked Good Sandwiches just marked its 5 year anniversary in Clarksville. The sandwich shop/music venue owned by Jason and Patti Yates began its life in a very small storefront on College Street, but really seems to have found its stride at its new, larger home on Cumberland Avenue.

“We just celebrated our five year anniversary in December,” Jason Yates said. “In the early days we always had some music going on. There were open mic nights and songwriter showcases, but space was always an issue. We obviously have more room here to do what we have always wanted to do.”

WGS's original location only seated 20 – 30 people. The new location can handle about 100 guests, and has a sizable stage area

Yates spent most of his adult life in the music business, and says, he has always had restaurant gigs on the side, such as tending bar.

“It's a lot of work and long hours, but we still enjoy it,” Yates said. “I'm originally from New England, so our menu reflects that. I think our whole concept was inspired by a trip we took up there to visit my father in 2012. We started to put the menu items together at that time.”

The menu features lots of sandwiches, as the business name might suggest, they have a great Reuben, a Philly-style cheese steak sandwich, but also, great burgers, appetizers and more.

“Our Italian Grinder is big seller, our signature burgers are very popular as well,” Yates said. “We also do some fried items and appetizers. People love our homemade egg-rolls. They are really good. I guess our lunch business is our bread and butter.”

Yates says WGS gets a lot of its customers from the downtown workforce, and of course APSU. Delivery has also become a big revenue stream for them.

But, Wicked Good is known as much for music as it is for food. Yates is a musician, and many know him from his days in the local band, P. Jones.

“We stay pretty busy with the music side as well,” Yates said. “We do about six shows a month, more or less. We feature several local bands, but like to bring in a lot of touring groups too. We do live music mostly on Friday and Saturday nights. We do family fun karaoke the last Thursday of every month, and it's a blast. It's an all ages karaoke, and has turned into a lot of 13 year old girls coming in to sing. It's a lot of fun.”

Whiskey Angel, Rufus Dawkins, Brother Ryan & Co.



and Patrick Long's band Mo' Pie are just a few of the local crowd-favorites that play regularly at WGS. Yates says each band has its own following, but the venue has a built-in crowd as well.

"We are diverse," Yates said. "We have a metal show coming up, and then we have songwriter nights with artists like Cindy McElroy. The lineup is all over the place, but to be a successful music venue you have to be diverse. We even have an EDM (Electronic Dance Music) night coming up, and a tribute night featuring The Heathers playing Weezer's first record in full. They were here last year, and they nailed it. It was unbelievable.

"The venue side of things certainly has room to grow. We just want to keep doing shows. I think a lot of people don't realize that we are bringing in some really killer touring bands. We want more people to come out and see these bands. They are doing some really cool stuff."

New Suede has become a regular performer at WGS. Nashville's Daphne and the Mystery Machines can be seen there as well.

"All kinds of groups are playing here," Yates said. "There are so many groups from Nashville and the surrounding areas that are reaching out to us. They want to play here. We are just trying to find ways to make it work, and get people out to see them."



## WICKED GOOD SANDWICHES

FAMILY DINING ★ DELIVERY ★ LIVE MUSIC




**Feb. 3rd:** FEVER w/ Outhouse Etiquette & King Corduroy (doors 8 pm, show at 9)

**Feb. 10th:** Jackalope Brewing Co Tap Takeover followed by music from Whiskey Angel, New Suede, Nordista Freeze, & TGTG (doors 8 pm, show at 9)

**Family Fun Karaoke** (last Thursday of each month)




Voted FAVORITE LOCAL EATERY & FAVORITE PLACE FOR A QUICK LUNCH four years in a row! Voted FAVORITE EVENT VENUE in 2017!

Voted BEST SANDWICH SHOP (2015-16)!

Text WGS to 68683 for exclusive offers, contests, and all the latest happenings at WGS.

**605 CUMBERLAND DRIVE • CLARKSVILLE • (931) 919-3800**

★ wickedgoodsandwiches.com ★



The restaurant started getting a little busy. Yates stepped back into the kitchen and asked Cody Parson to sit and talk about the music side. Parson is a standout local musician who works many positions in the restaurant when he is not on stage or on the road with his band Whiskey Angel.

“There was a void for a while after we lost The Coup,” Parson said. “But, Jason and Patti have definitely established a new home-base for a lot of people. Wicked Good just feels like home. The Rumps are really active. I used to work with those guys at Dairy Queen. We all went to Montgomery Central High School together. The guys from Fever, Ryan Gardner’s new band, hang out here. Rufus Dawkins is a hometown hero. He always draws a big crowd.”

“Seddy Mac, Weird Green Lemon, Ivy, a lot of artists that Layne Robertson works with are often here as well. There is no shortage of talented musicians in this town. I would say we easily have 15 active artists that are now trying to play out from Clarksville.”

Parson says, it seems like the world has more entertainers than ever. He spends some of his time trying to help the younger guys learn to promote themselves, and show off their talents. He also recruits bands for WGS, when he is out on the road.

“Whiskey Angel is playing out, regionally,” Parson said. “I will be gone every weekend for the next 3-½ months. So I meet bands and let them know that this is a great spot to play, right



Welcome to Clarksville

# GOVERNOR'S SQUARE MALL

Over 100 stores and restaurants!

Dillard's

EVERY SEASON STARTS AT  
**DICK'S**  
SPORTING GOODS

**belk**  
MODERN. SOUTHERN. STYLE.

**ROSS**  
DRESS FOR LESS

JCPenney

**OLD NAVY**

**TARGET**

**JOANN**

Bath&BodyWorks

**Rafferty's**



NO BREW!  
**OLD CHICAGO**  
PASTA & PIZZA

GovernorsSquare.net • MallGiftCards.net

10am to 9pm, Mon.-Sat. • 11 am to 6pm, Sun. •  
2801 Wilma Rudolph Blvd. Clarksville, TN • 931-552-0289

along I-24 between St. Louis and Nashville.

“Nordista Freeze for example. He's been getting a lot of attention. Nashville Scene just called him 'the cosmic Tom Petty.' so there you go. He's playing my birthday here soon. If you want to see some good, young, original music, this is the place to come. It's not like radio. It's way more contemporary, and alternative.”

Parson mentions the band Greta Van Fleet, a young rock band that is breaking internationally, thanks in part to a lead singer who sounds a lot like a young Robert Plant.

“Greta Van Fleet is a great example of a band that flirts that line between commercial rock/modern stuff, but at the same time they sound old and classic. If you want to hear stuff like that, this is the place to be.

“The food here is great. The Southwest burger is amazing, but the Cheese-steak is my favorite thing on the menu. We stay busy. We have a really loyal clientele, and a great regular lunch crowd. Jason said to me, we've got the food side on lock-down. What else do we need to do. I said there is a whole community nobody's working toward, and we got over here and its kind of boomed ever since. It's been really good.”

Wicked Good Sandwiches is located at 605 Cumberland Drive. For more information go to [www.WickedGoodSandwiches.com](http://www.WickedGoodSandwiches.com) or [www.facebook.com/WickedGoodSandwiches](http://www.facebook.com/WickedGoodSandwiches).

Most Insurances Accepted Including Tricare

# SANGO PHARMACY



(931) 919.2491 • 2622 Madison St. Suite A

Dr. Catherine Meeks  
Pharmacist, Owner

### Organic & Artisan Chocolates



Only the Best Chocolates for your Valentine!

### Essential Oil Diffusers & Kits



### Winky Lux Cruelty Free Cosmetics



### Rinse Shower Bombs and Tub Truffles



Mon. - Fri. 9am - 6pm  
Closed Mon. - Fri. 1:30pm - 2pm  
Saturday 9am - 1pm

We offer Compounded Medications.  
[sangopharmacy.com](http://sangopharmacy.com)



# TAX REFUND SALE

**10% OFF MSRP**  
ANY in-stock instrument

Expires 2-28-18.  
Only valid on in-stock instruments. Not valid with any other offer.

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

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

# EMPTY BOWLS, FULL HEARTS

**Empty Bowls Clarksville will be hosting its 10th Annual Empty Bowls lunch/dinner February 27 at eight locations in and around the city.**

By Tony Centonze

This year's theme is Hope, Not Hunger, and is a great opportunity for anyone in the community to come out and help support Loaves & Fishes and Urban Ministries Food Pantry, two local agencies that provide thousands of meals every year to struggling families and individuals in the area.



Susan Chapman is Co-Chairperson for this year's event. She is also Executive Director at Loaves & Fishes.

"I'm helping to coordinate all the different venues and promote this year's event," Chapman said. "We are excited to have three lunch locations and five dinner locations this year. That's eight places throughout the city where people can go, enjoy a meal, and give much needed support to Urban Ministries and Loaves & Fishes."

Empty Bowls is now in its 10th year. Throughout the year, people paint bowls and donate them to the cause. Each February, volunteers at local churches come together to serve a simple meal of soup, bread and a beverage for lunch or dinner. A \$15 ticket gets you a meal and a hand painted bowl that you select and keep.

"Volunteers at the different churches prepare an assortment of soups and breads," Chapman said. "It takes hundreds of volunteers across the city to make this event successful. In the past, local restaurants have donated soups to the cause, but this year all the food is being prepared by the volunteer groups. So, the offerings will vary from location to location."

Chapman smiles when she says, the food is always prepared with love. She then explains that the goal of the project is to bring awareness to



hunger in our community.

“Everybody has a story, a condition, or some unexpected thing that has happened in their life and led them to a struggle with food security,” Chapman said. “Some have to make a choice between paying for medication, rent or utilities, or putting food on the table. At this time in America, there is no reason for anybody to go hungry. There is so much food in the United States.

“At Loaves & Fishes and Urban Ministries, we support the people who are struggling with food insecurity. This event raises awareness, and all the money will go to these two organizations to help people that are homeless, or those that just need a little help feeding themselves and their families through a difficult time.”

The two charities function in very different ways, while Urban Ministries distributes food boxes, Loaves & Fishes serves 150 - 200 hot meals a day, six days a



# Oak Grove, KENTUCKY



Oak Grove Tourism offers multiple free activities and events throughout the year! Including the War Memorial Walking Trial and Disc Golf Course, the Viceroy Butterfly Garden, Victory Playground, and our annual Spring into Summer Festival and Butterfly Festival!

## ANNUAL EVENTS



EVERY YEAR MEMORIAL DAY WEEKEND IN MAY!



ANNUALLY, 4TH SATURDAY OF SEPTEMBER!



Oak Grove Tourism Commission  
105 Walter Garrett Lane Oak Grove, KY 42262  
(270) 439-5675 [www.visitoakgroveky.com](http://www.visitoakgroveky.com)



Nothing says **LOVE**  
like a Honey Bun  
with Ice Cream.



Show some **LOVE** with us  
this Valentine's Day.



Across from APSU 428 College Street  
Open Monday - Saturday 5 AM - 11 PM

**647-4545**

*continued from page 17*

week. Food they've received but cannot use is donated to about 40 different local organizations.

Chapman says, that helps extend L & F's reach. "The groups we give to, know the needs at different churches and organizations within the community. They know the people who need help the most and can get it to them easily.

"We don't serve the same people every month, or every day. There are low income people in this community, some of whom live paycheck to paycheck. If they get sick and miss work, they can't pay their bills, so they have to figure out how they are going to survive. We don't ask any questions. You can come and get a meal. Most everything here is donated, and we don't feel anyone should have to prove that they are hungry and need to eat. We'll give you a meal and that is one thing that's one less thing you have to worry about"

Loaves & Fishes has been around since 1983. It started when leaders at three local churches got together and organized the program. Urban Ministries was established in 1984.

"We donate to them, they donate

to us, we all collaborate,” Chapman said. “We don’t want anything to go to waste. So, there is a lot of collaboration among the organizations here in Clarksville and Montgomery County. We are all helping people preserve their dignity. Nobody wants to beg.”

February 27, lunch will be served from 11 a.m. - 1 p.m. at Trinity Episcopal Church - 317 Franklin Street, Grace Lutheran Church - 2041 Madison Street, and New Providence United Methodist Church - 1317 Fort Campbell Boulevard.

Dinner will be served from 4:30 p.m. - 7 p.m. at Immaculate Conception Catholic Church - 709 Franklin Street, Church of Jesus Christ of Latter-Day Saints - 801 Lafayette Road, Sango Methodist Church - 3301 Sango Road, First Presbyterian Church - 213 Main Street, and South of the River at Salem United Methodist Church - 2269 Seven Mile Ferry Road.

Tickets are available at all participating sites and online at [www.eventbrite.com](http://www.eventbrite.com). Sango Pharmacy also has tickets.

Bowls can be painted at Horsefeathers Pottery & Art Studio, and The Pottery Room. Several groups host bowl painting parties throughout the year.

“Special thanks goes out to Professor Ken Shipley and the Austin Peay State University Ceramics Department for providing the bowls,” Chapman said. “We urge everyone to get their tickets



Susan Chapman  
Executive Director at Loaves & Fishes

soon. Each location has a limited number, based on their seating and serving capacity.

“In recent years, we have been able to serve more than 1,000 people at this annual event. We hope we will be able to meet that mark again this year. Empty Bowls makes a huge difference to a lot of people in our community. The bowls are donated, the food is donated, all the work is done by volunteers. So 100% of the money raised goes directly to these programs.

To buy tickets or become an Empty Bowls sponsor, you can contact Chapman and her team at [www.facebook.com/ClarksvilleEmptyBowls](http://www.facebook.com/ClarksvilleEmptyBowls) or by email at [Emptybowlsclarksville@gmail.com](mailto:Emptybowlsclarksville@gmail.com).

*Personalize*  
**your family's wishes to**  
*honor and celebrate*  
**a life well lived.**

*Cremations, Pre-Arranged Funerals,  
Traditional and Veteran Funerals.*



ED LARSON

TOM CREECH

TONY NAVE



**MCREYNOLDS NAVE  
& LARSON**

*We Honor Our Veterans.* Pre-Need payment plans available.

[www.navefuneralhomes.com](http://www.navefuneralhomes.com) • 931-647-3371 • 1209 Madison Street, Clarksville



by Taylor Lieberstein  
all photos by APSU Public Relations

**AUSTIN PEAY ALUMNI  
ASSOCIATION  
PRESENTS THE  
34TH ANNUAL  
CANDLELIGHT BALL**

The Candlelight ball is an Austin Peay State University tradition with a proud history as one of APSU's premier community events. Proceeds from the black tie event have supported the restoration/ renovation of the Pace Alumni Center at Emerald Hill, provided financial support for the APSU Center for Teaching and Learning and funded the establishment of a scholarship endowment that continues to benefit deserving student recipients. Over \$360,000 in scholarship funds have been raised.



*Senior,  
Harrison Welch*



*Freshman,  
Damian Hardison*

**AUSTIN PEAY STATE UNIVERSITY'S  
34TH CANDLELIGHT BALL**

**Saturday, March 10, 2018  
Omni Nashville Hotel**

6 p.m. Cocktail hour

7 p.m. Dinner & awards ceremony

8 p.m. Dancing to live music by  
Burning Las Vegas

Each year since 2011 the Candlelight Ball has honored two individuals for their support of the university and the community. The Wendell H. Gilbert Award and the Spirit of Austin Peay Award recognize two members of the community who have contributed to APSU through their service, has made a significant contribution to the university or has brought recognition to the university by his/ her success. The honorees exemplify excellence and integrity and inspires others through their accomplishments.

Wendell H. Gilbert saw the opportunity to raise funds for deserving students who needed academic financial support. Gilbert, a retired Army brigadier general and former APSU vice president for development and university relations, is the founder of the signature Candlelight Ball.

This year's recipient of the Wendell H. Gilbert award is Maggie Kulback. Kulback ('77) retired

from Jostens in 2008 after a successful 30-year career. She graduated from APSU in 1977, having served as SGA president and as First Lady of Austin Peay. Kulback was an active member of the Clarksville-Montgomery County community and Austin Peay, including chair of the Candlelight Ball Committee and co-chair of the Homecoming Committee and a member of APSU Tower Club and Govs Club. In 2010, a major gift pledge by her and her husband led to APSU naming the Kulback Atrium in the Maynard Mathematics and Computer Science Building to show their appreciation.

This year's Spirit of Austin Peay Award was given to Terry Griffin. Griffin ('80) is the general sales manager for Budweiser of Clarksville, a position he has held since 1999. He received his Bachelor of Science degree from APSU in 1980. Griffin has served in many leadership positions in the Clarksville-Montgomery County community, including the Clarksville Jaycees, the Clarksville Golf Association, Manna Café and the Clarksville Area Chamber of Commerce. Griffin is a member of APSU Governors Club and has served in several roles on its board of directors, including president. Mrs. Kulback and Mr. Griffin will be recognized at the 34th Annual Candlelight Ball.

APSU, APSU Athletics and the Candlelight Ball Committee are excited to announce that they will be live auctioning off five prize packages during the 34th Annual

Candlelight Ball. All auction proceeds will benefit the Candlelight Ball Scholarship Endowment. Auction items will be made up of packages donated from APSU Athletics, President Alisa White and Elliott Herzlich. The big prize to be auctioned off at the ball is a signature APSU piece, a diamond and ruby necklace which has been designed by Elliott Herzlich with Elliott's Jewelers and is valued at over \$3,500.

The scholarships go to support students who want an education and need a little extra help getting it. The yearly scholarship money is open to entering freshmen and current APSU students. Recipients must be full-time students and have minimum GPA of 3.0. Recipient will be required to work 10 hours on events. A one to two-page essay on the importance of volunteerism and one letter of recommendation (preferably from a teacher or professor) are required. Each year, 3-4 students are awarded funding towards tuition. The 2017-2018 Scholarship Award Recipients are Damian Hardison, Madelyn Pulley and Welch Harrison.

Join co-chairs Christina Clark, Andrea Herrera and the entire 2017-2018 Candlelight Ball Committee for a fun evening of supporting and celebrating Austin Peay. The 34th Annual Candlelight Ball will take place on Saturday, March 10, 2018 and the Omni Hotel in downtown Nashville. To purchase tickets, visit [www.alumni.apsu.edu/candlelight2018](http://www.alumni.apsu.edu/candlelight2018). To reserve your discounted room at the Omni call 615-782-5300 and reference "APSU Candlelight Ball" when reserving your room. For more information call the alumni office at 931-221-7291.

**Clarksville Floor Covering**  
Since 1961

Sales ★ Service ★ Installation

Carpet ★ Vinyl  
Laminates ★ Ceramic Tile  
Hardwood ★ Area Rugs

**Flooring America**  
With you every step of the way.

**HOURS:**  
Monday – Friday 8 a.m. – 5 p.m.  
Saturday 8:30 a.m. – Noon

606 Spring St. Clarksville, TN  
**931.552.1818**

Map labels: Trahern Mansion, Spring St., McClure St., Riverside Dr., O'Charley's, SONIC, Clarksville Floor Covering.

# CREATIVE WAYS TO CELEBRATE VALENTINE'S DAY WITHOUT BREAKING THE BANK

By Christina Chittenden

**F**or many people, Valentine's Day invokes a sense of urgency and anxiety. The overwhelming desire to want to spoil our loved ones with the intense amount of Hallmark gifts found over the shelves of every supermarket and jewelry store can leave you stressed, to say the least. The good news is, you don't have to spend major bucks in order to show your love for someone. In fact, there are hundreds of ways to celebrate and prove your affection without draining your wallet. Here are a few ideas:

**Have a romantic movie night.** What better way to fall in love all over again than to have a marathon of love stories play in front of your eyes? You can even lay out a comfy nook with some cozy bedding, light some candles and have some tasty treats!

**Dance, dance, dance!** Regardless of where – your living room or going out to the club – nothing is more romantic than dancing with your spouse or partner! Even if you have “two left feet”, consult YouTube or a local dance studio for some pointers!

**Homemade gifts.** One of my favorites, Two Little Lovers Sitting in a Tree, is an easy and inexpensive do-it-yourself gift for that special someone! I made one of these for my husband last year with our wedding song in the trunk, and they have since been a wedding gift hit for several friends/family members! For detailed instructions, visit [www.thedatingdivas.com/two-little-lovers-decor](http://www.thedatingdivas.com/two-little-lovers-decor).

**Baby it's cold outside!** So why not have a winter romance? Use this year's snow to go sledding, skating or snow tubing together. Maybe you could even build a snowman as a couple. What you do isn't nearly as important as who you're doing it with! And don't forget the hot chocolate!





**Have a candlelit dinner at home.** Why go out and fight the crowds with everyone else when you can cook up one of your sweetie's favorite meals in the comfort of your home? Light some candles, open a bottle of wine and turn on some music!

**Take a tour of your town by car!** Bring a warm drink or stop and pick one up at your favorite coffee house and turn up your favorite music while you enjoy a ride around the town. Do some research and plan ahead on places to visit that you might not have been to before such as historical landmarks and parks. Maybe even swing by where you had your first date or your childhood home, if possible.

**Cheers to romance!** Clarksville is home to a few well-known places for trying locally made adult beverages. Stop by Beechhaven Winery or Old Glory Distillery for a tour and samples of their finest beverages.

**Celebrate as a family.** Some people may prefer (or not have a choice) to spend Valentine's Day with their children. Regardless, you might as well make the most of it! Consider making homemade heart-shaped pizzas and some sweet treats for dessert. If you're lucky, maybe the kiddos will do the dishes!

**Enjoy your day SOLO.** Who says you have to have a companion for this one day of the year? If you're like many, many other singles out there, use this day to treat yourself! Have a spa day or take a long bubble bath. Stay in and watch sports all day or take a long drive and enjoy the scenery. Valentine's Day doesn't just have to be for couples – so go make yourself feel loved!



We would **LOVE** to pay you cash on-the-spot!

**Is there CASH in your CLOSET?**

*Looking for Spring & Summer Clothing:*

Athletic Shoes, Clutches, Designer Handbags & Jewelry

Buy one pair of **SHOES**  
get one pair **HALF OFF**  
expires 2-28-18

Buy one **DRESS**  
get one **HALF OFF**  
expires 2-28-18

2714 Wilma Rudolph Blvd. 931-802-8665

*Just a few requests for clothing items you wish to sell*

- We pay cash on the spot!
- Clothing must be clean, in style, and in great condition.
- We buy all seasons, all the time.
- Items do not have to be pressed or brought in on hangers.
- Monday - Saturday 9:30am - 8pm • Sunday 12pm - 6pm



*We look forward to seeing you!*

**SPECIALIZING IN MULTIPLE AREAS OF MEDICAL CARE.**



**DYNAMIC HEALING**

Internal Medicine • Primary Care & Wellness  
Dr. Christopher Standley, DO

**Accepting New Patients**

- WOUND CARE • GERIATRICS • INTERNAL MEDICINE • AESTHETICS • WEIGHT-MANAGEMENT



CHRISTOPHER STANDLEY, DO



ELAINA HIGGINS, FNP-BC



VICKIE PATTON-CURRIE, PA-C, MPAS



GLENN C. JOHNSON, PSYCHOLOGIST

**Providers now serving local assisted living facilities.**

- Traditional Internal Medicine and Comprehensive Women's Health
- Veteran Owned and Operated

- Now scheduling Physician Appointments
- Now offering Comprehensive Well Woman Exams and Nexplanon Implant/Removals

- Now Offering Botox, Derma-Fillers, and Weight-Management
- Most insurance accepted

*New Patients & Walk-ins are always welcome!*

Mon-Wed: 8am-5pm • Thu: 1pm-8pm • Fri 8am-5pm  
Closed for Lunch 12pm-1pm

1820 Haynes Street • Clarksville, TN 37043 • (931) 245-1500

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



# Feeling the Love

By Pastor Larry Riley

**M**ost of us would agree that love is pivotal to the human experience. Love is one of the things that truly make us feel human, but what is love? It can be defined in so many ways. We have written countless songs from the beginning of human language to modern day pop songs. Endless amounts of books have been written about it; movies made; TV shows; and countless other things trying to unveil what love is. All of these trying to express or define love.

The one thing about love that holds true no matter what is that it involves people. Love happens in community. One could argue on semantics that you love yourself, or that you could love a thing, though I would call the latter more obsession than love. Besides those examples every feeling or act of love involves two or more people. Some of you may be introverts; some may be extroverts, but we all need social interaction no matter what personality type we have. This holds true for all of us. We are social creatures at heart.

In the book *Heaven*, written by Randy Alcorn, Alcorn tells the story of this man who was in an accident and was stranded in the open ocean on a tiny raft. Each day the brutal sun beat down on him with no shade in sight. He was surrounded by miles upon miles of water as far as the eye can see, but with not a drip of it drinkable. Eventually, a fishing boat saw him and rescued him. When he was brought to shore a news reporter interviewed him and asked him what the worst part of the ordeal was. The man replied that the worst part wasn't the horrible sunburns, intense hunger, or lack of water: The worst part of being stranded was being alone.

What this man was missing was love, and love happens in community.

Think back to the movie *Castaway* starring Tom Hanks as Chuck, a lone survivor on a deserted island stranded for years.

We saw a similar struggle with him as this man is so starved for love and attention that he paints a face on a volleyball and names him Wilson in order to have some semblance, even a shade, of community.

We, like the man in *Heaven* and Chuck in *Castaway*, need to interact with people. We do the same thing Chuck did: We might not paint faces on to volleyballs, but we do look for community in every way we can except for reaching out to others. Why do you think sitcoms like *Friends*, *Frasier*, *Malcom in the Middle*, and countless others are so popular? In these shows we see a beautiful representation of community. The characters love each other. They laugh together. They may get mad at each other from time-to-time, but they go above and beyond to fix the hurt. These sitcoms give us a beautiful picture of family; a small taste of the type of community we so deeply crave.

Our tendency is to isolate instead of to reach out, though. Many of us don't have these rich gatherings of close friends around us. Why is this? If being with people that love is us intrinsically important to our health and happiness, then why is it easier to stay at home alone? Why do we sometimes even turn down opportunities to build relationships with others?

The truth is that fear stops us. Fear tells us that people won't like us. Fear tells us that we've been hurt before, and that we might get hurt again. Fear says that you don't really need people; that you're okay in your own little bubble. We all know this isn't the truth, though. Right? You might be living, and you might be okay, but there's that one thing that's missing.

What was it that the man stranded on the open ocean said was the worst part of his experience? What drove Chuck to creating a personality out of a volleyball and naming him Wilson?

These stories took men to the extremes of life and death, but through the process they discovered what was even more

LAUGH  
LEARN  
PLAY  
SHARE

# The Settlement

A Great Place To Grow!



Now enrolling for our **2018 - 2019**  
**Private Kindergarten class.**

**Celebrating our 9th year of Kindergarten!**  
*(our 32nd anniversary!)*

Certified by the TN Department of Education

**Kindergarten open house**  
will be: **Thursday, Feb 15th from 4:30pm-6:30pm**  
*Maximum of 15 students.*



**While you are here, stop by and check out our Pre-School and Pre-K Programs!**

- Experienced, professional teachers.
- Curriculum-based classes
- Karate • Spanish • Gymnastics • Music & Computer Classes available
- In-ground swimming pool; swim lessons with Water Safety Instructor Lifeguards.
- Over 1 acre of age-appropriate playgrounds



**931-647-1900**

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

important than surviving. Maybe we can all learn from their journeys (hopefully without the being stranded part).

Yes, it's scary to put yourself out there. Maybe, you don't know where to start. Once you're out of school and not forced to sit next to strangers and make friends in classes it gets a lot harder. There are a lot of areas that can help get you connected. There could be people at your workplace that are starved for friendship. That can be a great place to start. Maybe, you have an interest or a hobby and there's a gathering going on in town at some point. Joining a local church and getting involved with any groups that they have going on is another great starting point.

I hope and pray that whoever you are reading this that you either have a strong community around you or that you find one. I pray that if you are lonely that you have the courage to take that next step of connecting. Believe me: it's worth it.

"And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near." -Hebrews 10:24-25 ESV

**YOU BELONG HERE.**

**FIRST BAPTIST CLARKSVILLE**



**SUNDAY WORSHIP**

**FBCT.ORG**

- 8:30AM **CLASSIC**
- 11:00AM **CONTEMPORARY**
- 11:00AM **HISPANIC**
- 11:00AM **KIDS**
- 11:00AM **KOREAN**



*"We love because He first loved us."*  
1 JOHN 4:19

499 COMMERCE STREET

[/FIRSTCLARKSVILLE](https://www.facebook.com/FIRSTCLARKSVILLE) [@FIRSTCLARKSVILLE](https://www.instagram.com/FIRSTCLARKSVILLE) [/FBCT](https://www.youtube.com/FBCT)

# THERE'S A SUBSCRIPTION BOX FOR THAT

Taylor Lieberstein

Subscription boxes are all the rage right now. From beauty, to home decor, to books, to coffee and beyond- the anticipation of receiving a delivery brings excitement. Especially when the items inside have been hand selected with care by experts and enthusiasts. With so many boxes to choose from, you can easily sign up for a monthly subscription box filled with your favorite things in just a few clicks from the comfort of your home. This month we've put together a list of the most popular subscription boxes. And because Valentine's Day is upon us we decided to include some of our favorite boxes that you should subscribe to if you start feeling that "treat yourself" mentality this month.

## Best Treat Yourself Subscription Boxes

### SINGLES SWAG



Singles Swag is the first monthly subscription service designed exclusively for single women. Subscribers can expect anything from snacks and socks to beauty supplies, books, booze accessories — and lots of inspirational quotes. Each month, you'll receive 3-4 or 5-7 fun, trending fashion accessories, organic bath and beauty products, delicious artisan-crafted foods, top-selling books on singles related and life-improvement topics, and other exciting surprises.

[www.singlesswag.com](http://www.singlesswag.com); from \$25 monthly

### URTHBOX

This box is all about the discovery of healthy and tasty new treats. Every month subscription helps you discover safe, healthy and natural products from trustworthy brands. In Classic, Gluten-Free, Vegan and Diet box options, they will send you foods, beverages, snacks and more that are NON-GMO, Organic and All Natural focused, right to your door every month. Focusing on natural healthy ingredients, Urthbox will surprise you with products perfect for your home, personal life or the office.

[www.urthbox.com](http://www.urthbox.com); from \$20 monthly



### HYGGE BOX



Coziness and happiness delivered to your door. This box is about preserving happiness everyday by slowing down, being humble, expressing gratitude, feeling safe, and connecting with loved ones. This subscription box is for anyone seeking to bring hygge into their home and life. Items include picture candles, fairy lights, coffee, tea, hot cocoa, chocolate, cookies, and more.

[www.shophyggebox.com](http://www.shophyggebox.com); from \$28 monthly

## BATH BEVY



Elevate your bathing experience, you deserve it. Bath Bevy is a subscription box for the bath lover. They deliver a high-quality selection of bath products to your door every month. Subscribe to receive bath products so tantalizing that they will pull you out of your daily grind and into the tub. Just add water. Each box includes 6 to 10 items per box. Items include bath bombs, bubble bars, bath salts, body scrubs, handmade soaps and more.

[www.bathbevy.com](http://www.bathbevy.com); from \$37 monthly

## CULTURE CARTON



Culture Carton is for any man who aspires to live a better life. For the guy who wants to start reading more, but doesn't know where to start. For the guy who already reads 52 books a year, but struggles finding the next book on his list. For the guy who wants to find the best new gear

to use. Culture Carton eliminates the time and effort of finding the best tools and resources for self-improvement. Join us as we bring culture back to manhood, monthly. [www.culturecarton.com](http://www.culturecarton.com); from \$16 monthly

## BARKBOX



Treat your dog with a monthly BarkBox. This is a delivery of 4 to 6 natural treats and super fun toys curated around a surprise theme each month. For dogs, BarkBox is like a million belly scratches. They paw-pick the best all-natural treats and innovative toys to match a dog's unique needs, including allergies. Plus, you can help their furry friends, too — 10 percent of proceeds go to local shelters, rescues, and animal welfare organizations.

[www.barkbox.com](http://www.barkbox.com); from \$20 monthly

## POPSUGAR MUST HAVE

Each month receive a box specially curated with on-trend accessories, tasty treats, coveted beauty items and so much more. All of the Must Have picks are full-size products from fashion, beauty, home, food

and more- all from new and notable brands.

[musthave.popsugar.com](http://musthave.popsugar.com); from \$40 monthly



## BEST SUBSCRIPTION BOXES FOR \$10 OR LESS

## BIRCHBOX AND BIRCHBOXMAN



Women get products that make you feel your best without devoting your life to finding them. Ranging from luxe shampoo to designer mascara get a personalized mix of makeup, hair, skincare, and fragrance samples. Each month, your personalized beauty box subscription will include five product samples. You'll get to try all types of products and they include information on why they're great and how to use them. BirchboxMan is a monthly curated box of 5 top-shelf samples from the greatest grooming brands on the market.

Each month, your box will feature five top-shelf grooming samples based on the unique preferences set in your grooming profile. Plus, they have got you covered with pro tips and tricks on how to make the most of them.

[www.birchbox.com](http://www.birchbox.com),  
[www.birchbox.com/men](http://www.birchbox.com/men);  
**\$10 monthly**

## GLOBEIN



The Globein Artisan Gift Box is a monthly subscription that sends you original crafts by global artisans. They empower remarkable artisans in remote areas with the tools to build sustainable businesses. This Artisan Box is a monthly subscription featuring exclusive, handcrafted products from global artisans and delivers joy by empowering and connecting remarkable, remote artisans to mindful customers. Each box is curated around a monthly theme by our editor to bring you exciting products that make you feel well traveled and connected with distant cultures around the world. Each box also includes the stories of the artists who made the pieces.

[www.globein.com](http://www.globein.com); **from \$10 monthly**

## URBAN SPROUTS



Urban Sprouts is a gardening subscription box that caters to plant lovers, growers, and beginners. They ship you a new plant to your door every month. Your subscription includes a carefully packaged organically grown plant plus thorough information on the specific species you received that month. You can choose between air plants, succulents and little plants. Each plant is an organically grown unique and hearty species that is carefully selected each month. Plus they give you access to the plant experts that can help care for your plants.

[www.urban-sprouts.com/subscriptions](http://www.urban-sprouts.com/subscriptions); **from \$10 monthly**

## VELLABOX



Transport yourself to your favorite season with a 4oz hand-poured artisan candle, making each and every day your favorite day. When you receive your first Vellabox your senses will awaken. This company

curates a perfect combination of the highest quality candles and handpicked products that complement your candle – non-toxic, lead free, hand poured, from the best companies in the country. Indulgence delivered to your door every month. From the finest American artisans to you.

[www.vellabox.com](http://www.vellabox.com); **from \$10 monthly**

## CHROMA CLUB



Tired of only getting bills and ads in your mailbox? Chroma Club can be the joyful piece of mail that makes you smile. Their monthly coloring books are the perfect blend of art, fun and challenge. Put on some headphones and throw down some colors on our beautiful designs. Let your own creativity spark up. Draw, color, doodle, journal or balance your checkbook on our beautiful paper. The unique and challenging designs are curated from independent artists all over the world. They love offering a monthly box to people that cares about being creative and creating art- whether it's designing or just simply coloring.

[www.chroma.club](http://www.chroma.club); **from \$8 monthly**

## BLUE BOTTLE COFFEE



Blends, single origins, and espressos—sourced and roasted by hand from sustainable coffee farms.

Roasted to order and shipped within 48 hours. They offer Half Bag (6 oz.), Standard Bag (12 oz.), Double Bag (24 oz.) and Triple Bag (36 oz.) options. Select how frequently you would like to receive your coffee, whether weekly or monthly, Blue Bottle will make sure you are stocked.

[bluebottlecoffee.com](http://bluebottlecoffee.com);  
from \$8 monthly

These subscriptions are a simple way to make checking the mail fun again. They are designed to save you money by helping you discover a variety of products and surprises for a fraction of the price. They have blown up in recent years because of factors—convenience being a main one. Most boxes come in a variety of shipment options—such as month-to-month, every quarter and more. Plus, the boxes are easy to cancel (almost none have a fee) should you decide that you no longer want to receive the shipment. Treat yourself.

*Two facilities, one trusted source  
for exceptional care.*

# THM

Tennessee Health Management, Inc.



### Behavioral Healthcare Center

- Dementia
- Memory Loss
- Confused Thoughts
- Depression
- Psychiatric Disorders
- Agitation
- Thoughts of Self Harm
- Mood Instability
- Physical Aggression
- Verbal Aggression

**931-538-6420**  
930 Professional Park Drive  
Clarksville, TN 37040

### Clarksville Nursing and Rehab

- Physical
- Occupational
- Speech
- Respiratory
- IV Therapy
- Skilled Nursing
- Wound Care
- Long Term Care

**931-552-3002**  
900 Professional Park Drive  
Clarksville, TN 37040

# 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: 2/5-15, 3/5-15, 4/2-12 Fee: \$40

Pre-registration is required and available online: [bit.ly/1kVHuHX](http://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 Feb 5  
Wed Feb 7  
Mon Feb 2  
Wed Feb 14  
Mon Feb 19  
Wed Feb 21  
Mon Feb 26  
Wed Feb 28

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](http://bit.ly/2Asxt8P)

New Providence Pool  
166 Cunningham Ln.  
Clarksville, TN 37042

### HIGH INTENSITY INTERVAL TRAINING (HIIT)

5:45PM-6:45PM

Tuesday/Thursday  
Thu Feb 1

Tue Feb 6  
Thu Feb 8  
Tue Feb 13  
Thu Feb 15  
Tue Feb 20  
Tue Feb 22

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](http://bit.ly/2nck4zb)

Kleeman Community Center  
166 Cunningham Ln,  
Clarksville, TN 37042

### BURT-COBB AFTER SCHOOL PROGRAM

MON-FRI NOW - 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 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 Feb 1  
Mon Feb 5  
Thu Feb 8  
Mon Feb 12  
Thu Feb 15  
Mon Feb 19  
Thu Feb 22  
Mon Feb 26

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 at [bit.ly/2pBfMHA](http://bit.ly/2pBfMHA)

# YOUR CHILDREN'S HEALTHCARE IS OUR #1 CONCERN AT AQUINO PEDIATRICS



Aquino Pediatrics

881 Professional Park Dr.   
off Dunlop Lane by Gateway Medical Ctr.

931-645-4685 • [www.aquinopediatrics.com](http://www.aquinopediatrics.com)



## what a way to give flowers

Handpick pure flower and plant essences with a personally chosen Aveda gift, and pair it with a **gift card** for your Valentine.



  
**EDEN**  
day spa & salon



150 Hillcrest Drive Clarksville TN | [www.edendayspas.com](http://www.edendayspas.com) | 931-552-2313

Kleeman Community Center  
166 Cunningham Ln,  
Clarksville, TN 37042

### 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, Nov-5/4

Fee: \$5 per person

New Providence Pool  
166 Cunningham Ln.  
Clarksville, TN 37042

### ART LINK 5:30PM-7:30PM

Every Monday ArtLink hosts Music Monday at the Salvation Army. Free for all ages! This gives children of all ages and skill levels an opportunity to learn music theory as well as actual guitar playing. We need several volunteers each Monday from

5:00 to 8:00 to help set up, sign each child in, encourage and support the children as they learn new skills each week, and tear down. If you or anyone you know would like to be a part of Artlink, Please visit us at [www.artlinkclarksville.com](http://www.artlinkclarksville.com) or [artlinkclarksville@gmail.com](mailto:artlinkclarksville@gmail.com)

Salvation Army  
210 Kraft St,  
Clarksville, TN 37040

### MONTGOMERY COUNTY HISTORICAL SOCIETY

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

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

### CELEBRATE RECOVERY

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

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

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

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

### CHESS CLARKSVILLE

Fridays, 4:00 PM until.

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

### CLARKSVILLE SCRABBLE CLUB

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

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

### CUMBERLAND WINDS

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

### FAMILY LIFE CENTER ACTIVITIES



THE CITY OF  
**CLARKSVILLE**  
TENNESSEE'S TOP SPOT  
PARKS + RECREATION

# ACCOMPLISH YOUR RESOLUTIONS

**R&B STEP**  
NOW - APR 26 | Kleeman Recreation Center | \$3/class

**ADULT VOLLEYBALL**  
NOW - APR 28 | Crow & Kleeman Recreation Centers | Free

**BOOT CAMP FITNESS**  
REGISTER NOW - FEB 18 | Kleeman Recreation Center | \$60/session

*Don't forget the kids!*

**GROWING UP WILD** | Crow Recreation Center | \$3/class

**START SMART SOCCER** | Kleeman Recreation Centers | \$40/session

#CLARKSVILLEPARKSREC  
CITYOFCLARKSVILLE.COM/PARKSREC

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



  
THE CHILDREN'S DENTIST

Lary Deeds, DMD  
R. Michael Weaver, DDS  
Sarah M. Deeds, DMD  
[www.thechildrensdentist.net](http://www.thechildrensdentist.net)

We  
LOVE  
our  
patients!

 **MONDAY  
FEB  
19th**

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

Monday through Friday, 5:30AM to 9:00 PM (except Wednesday, 5:30AM to 5:00 PM), Saturday, 7:00AM to 4:00 PM This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

Hilldale Baptist 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/](http://clarksvillegamedesign.net/about/). The event will be first come, first served and limited to the size of the computer lab.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

**FREE COMPUTER LAB FOR ADULTS WANTING TO IMPROVE THEIR COMPUTER SKILLS**

REGISTRATION IS REQUIRED @ the office of CMC Adult Literacy Council

430 Greenwood Ave  
Room 218  
Clarksville, TN

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

**GENEALOGY DISCUSSION GROUP**

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

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

**HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY**

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

Clarksville Restore  
408 Madison Street  
(931) 645-4242

**HOPE RIDERS BIKER CHURCH**

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

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



**Clarksville Pediatric Dentistry, P.C.**




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

**Clarksville Pediatric Dentistry, P.C.**

We are a pediatric dental team of specialists dedicated to educate, motivate, and promote good dental health in a child-friendly environment in two convenient locations.

**Now accepting new patients!**



2297 Rudolphtown Rd.  
Clarksville, TN  
(931) 245-3333



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

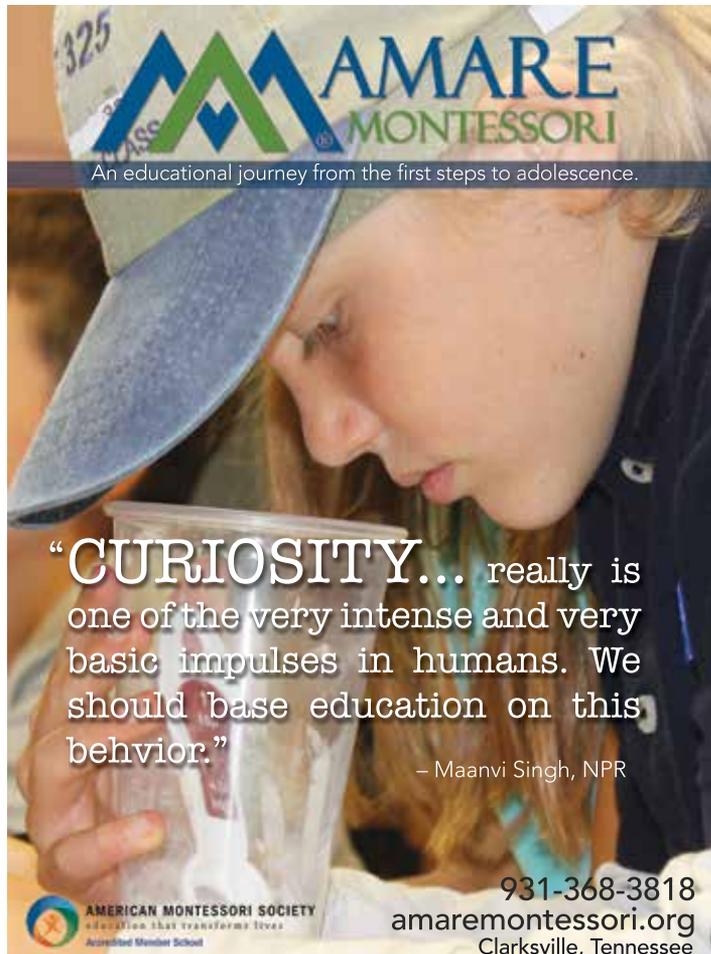
[www.clarksvillepediatricdentistry.com](http://www.clarksvillepediatricdentistry.com)

[www.facebook.com/cpd\\_kiDDS](https://www.facebook.com/cpd_kiDDS) [@cpd\\_kiDDS](https://twitter.com/cpd_kiDDS)



AMARE MONTESSORI

An educational journey from the first steps to adolescence.



**“CURIOSITY... really is one of the very intense and very basic impulses in humans. We should base education on this behavior.”**

— Maanvi Singh, NPR

931-368-3818  
[amaremontessori.org](http://amaremontessori.org)  
Clarksville, Tennessee



AMERICAN MONTESSORI SOCIETY  
Education that transforms lives  
Accredited Member School

**MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING**

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

Clarksville-Montgomery County Public Library  
350 Pageant Lane

**SOCIETY FOR CREATIVE ANACHRONISM**

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

**UFO CLUB**

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

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

**FEBRUARY**

**2 FRIDAY**  
**WEIRD GREEN LEMON W/ POCKET VINYL & THE WHITNEY BRO'S**  
**\$5 DOORS, 8:00PM**



Wicked Good Sandwiches,  
605 Cumberland Dr.  
Clarksville, TN  
931-919-3800  
Text Club (WGS 68683)  
[wickedgoodsandwiches.com](http://wickedgoodsandwiches.com)

**3 SATURDAY**  
**FEVER W/ OUTHOUSE ETIQUETTE & KING CORDUROY. \$5 DOORS, 8 PM**



Wicked Good Sandwiches,  
605 Cumberland Dr.  
Clarksville, TN  
931-919-3800  
Text Club (WGS 68683)  
[wickedgoodsandwiches.com](http://wickedgoodsandwiches.com)

**SANGO POP-UP SALE 9:00AM-2:00**



Come out to Sango Pharmacy and check out your favorite kids clothes. You might even find a little something for yourself within their amazing craft gift section. Or perhaps you just want to snag some organic goodies. Whatever you're into, they're ready to help! Sango Pharmacy

2622 Madison Ste A,  
Clarksville, Tennessee 37043

**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

*Love IS IN THE Hair*

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

**BOOK NOW WITH ONE OF OUR AMAZING TALENTED STYLISTAS!**

**THE SHAMPOO LOUNGE**  
1740 Gateway Lane • Clarksville, TN • (behind Publix)  
931.919.3482 • [www.myshampoolounge.com](http://www.myshampoolounge.com)

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

1815 Tiny Town Rd, Clarksville

**10 CELEBRATING years**

Visit us in February for Client Appreciation!  
Anniversary Specials on Facebook!

**CALL FOR AN APPOINTMENT (931) 647-2800**  
Monday - Friday 8am - 5pm || Saturday 8am - 4pm

<https://goo.gl/RhQhmv>

Wilma Rudolph Event Center  
Clarksville, TN 37040

## 6 TUESDAY Q-108 EMPTY BOWL PAINTING PARTY! 4:00PM-7:00PM



Q108 is throwing a Bowl Painting Party for Empty Bowls Clarksville featuring Q108 air personalities, located at 110-F Needmore Road near Home Depot.

Join Ryan & Gretchen from the Q108 morning show, Scott Chase and Tiffany to let your creativity flow and paint a bowl for Empty Bowls Clarksville to help raise funds as well as awareness of hunger in our community.

It costs just \$8 to paint a bowl at the party hosted by Q108 with proceeds going to Empty Bowls Clarksville. Money raised will be divided between Loaves and Fishes and Urban Ministries to help feed those who are hungry in Clarksville-Montgomery County.

Tickets are \$15 and guests will receive a meal and a special bowl to take home. For more information email

[emptybowlsclarksville@gmail.com](mailto:emptybowlsclarksville@gmail.com), call 931-237-7647 or to buy tickets visit [www.eventbrite.com](http://www.eventbrite.com).

Tickets may also be purchased at Sango Pharmacy.

The Pottery Room  
110 Needmore Rd, Clarksville,  
Tennessee 37040

## 10 SATURDAY



**JACKALOPE  
BREWING COMPANY**  
NASHVILLE, TENNESSEE

### JACKALOPE BREWING CO. TAP TAKEOVER/ROCK N ROLL SHOW!

#### 8:00PM-11:00PM

Join us for an amazing evening of food, music, & brews featuring Jakalope Brewing Company. Takeover starts at 6:30pm followed by live music at 9pm. (No Cover until 9pm, \$7 to stay for show). Beer listing TBA! Live music from TGTG, New Suede, Nordista Freeze, & Whiskey Angel.

Wicked Good Sandwiches  
605 Cumberland Dr.  
Clarksville, TN  
931-919-3800  
Text Club (WGS 68683)  
[wickedgoodsandwiches.com](http://wickedgoodsandwiches.com)

## 3RD ANNUAL CRIME STOPPERS BLUE JEAN BALL & DINNER

### 6:00PM-10:00PM

Come dance to the music of the Pink Cadillac Band while supporting an amazing cause! Catering provided by Party Station Events and a Cash Bar will be available.

Cocktail Hour: 6:00PM - 7:00PM

Dinner: 7:00PM followed by dancing to the music of the Pink Cadillac Band <http://www.pinkcadillacband.net/wedding-bands-nashville>

Attire: Jeans along with the shirt and footwear of your choice

Individual Tickets \$50 per person in advance at [eventbrite.com](http://eventbrite.com)

Wilma Rudolph Event Center  
1190 Tennessee 48  
Clarksville, TN 37040

## CLARKSVILLE CARNIVALE 7:00PM-11:00PM

Clarksville Carnivale is a Mardi Gras celebration with casino gaming, open to the community. Must be 18+ to attend. Tickets are \$25 and include hors d'oeuvres, \$20 in poker chips for casino games, music and dancing, and a live and silent auction. Cash bar available.

This event is a fundraiser with 100% of the proceeds going toward the needs of Immaculate Conception School.

Immaculate Conception School  
1901 Madison St  
Clarksville, TN 37043

## 13 MONDAY GIRL SCOUT COOKIE BEER PAIRING EVENT 7:00PM

Grab your sweetheart or if no sweetheart come along anyway to the taproom for a Girl Scout Cookie pairing event with some of your favorite beers! Tickets are \$10 each and includes a flight of 4 beers and cookies to go along with each beer!

Tennessee Valley Brewing  
Company  
2088 Lowes Dr Ste H,  
Clarksville, TN 37040



## SHARE THE LOVE PAINT PARTY 6:00PM-9:00PM

Share The Love Paint Party

Simple Strokes Art Studio  
30 Crossland Ave Suite 207,  
Clarksville, TN 37040

Bring your Newborn to size 16 Children's Clothing, Infant Equipment, Toys & Maternity Clothing to the:

**Little Lambs & Ivy**  
DONOR-DRIVEN RESALE

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

Find us on **facebook**

Event will be held at  
121 Union Hall Rd., Clarksville, TN

Contact: Jeannette Smith 931-358-2979  
or email [littlelambsandivy@gmail.com](mailto:littlelambsandivy@gmail.com)

Receiving Dates: March 1-3  
(by appointment only)

**SALE TIMES**

**PRE-SALE Tuesday**  
March 6th • 5:00 PM - 9:00 PM  
PRESALE FOR CONSIGNORS, GUESTS & NEW MOMS.  
\* No children allowed at Tuesday's pre-sale.

**PRE-SALE Thursday**  
March 8th • 6:00 PM - 8:00 PM  
1/2 OFF PRESALE FOR CONSIGNORS.

**OPEN TO THE PUBLIC THE FOLLOWING DAYS:**

**Wednesday**  
March 7th • 7:00 AM - 6:00 PM  
OPEN TO THE PUBLIC

**Thursday**  
March 8th • 7:00 AM - 8:00 PM  
25% OFF UNLESS MARKED NO DISCOUNT.

**Friday**  
March 9th • 7:00 AM - 6:00 PM  
1/2 OFF UNLESS MARKED NO DISCOUNT

**Saturday**  
March 10th • 7:00 AM - NOON  
1/2 OFF UNLESS MARKED NO DISCOUNT

**FULL COLLISION REPAIR SHOP**  
**CUSTOM PAINT & GRAPHICS**  
**INSURANCE CERTIFIED**  
**RENTAL CARS ON SITE**  
**24-HOUR TOWING**

**FREE ESTIMATES!**

**MaxX'D OUT**  
931.431.6096 • 2631 FT. CAMPBELL BLVD.

# 14 TUESDAY

Text Club (WGS 68683)  
wickedgoodsandwiches.com

# Happy Valentine's Day

## DUELING PIANOS 6:30PM-10:00PM

If you've never seen the show before, the event venue at Old Glory is transformed into a true Dueling Piano Bar that rivals any you've ever stepped foot in. The piano men put on a high energy, all request, sing-along, clap-along, rock-n-roll, comedy piano show where you and your friends are just as much a part of the show as the entertainers.

This is a 21+ only show. Tickets are \$20 each and private table options for groups of 4 or 8 are available.

Old Glory Distilling Co.  
451 Alfred Thun Rd  
Clarksville, TN 37040

## MASQUERADE BALL 6:30PM-9:39PM

This event is open to any person aged 18+. The attire is formal, so

gentlemen dress to impress and ladies...be glamorous! Bring your masks and wear your costumes!

We will start the evening with a delicious Chinese dinner, then on to dancing! For more information please contact Diana Akin at 931-648-1345. We look forward to seeing you! Tickets available at the center, or online at [eventbrite.com](http://eventbrite.com) for \$15/person.

953 Clark St  
Clarksville, TN 37040

## BRUSH LETTERING WORKSHOP

### 6:00PM-9:00PM

Guests of this workshop will learn basic lettering techniques in addition to learning to use a brush pen, along with creating a faux calligraphy look with a pencil. Guests will be provided a starter kit that includes a pencil, a Tombow brush pen, and practice worksheets. At the end of the workshop, guests will have the opportunity to create their own hand lettered card and envelope to take home.

This class will begin promptly at 6:00pm in The Belle Hollow. Light Refreshments will be provided.

For questions, please contact The Belle Hollow office at 931-919-4900 or email [info@thebellehollow.com](mailto:info@thebellehollow.com).

The Belle Hollow  
2231 Madison Street,  
Clarksville, TN 37043

# 16 FRIDAY



## DANCE PARTY W/ TACO & FRIENDS!

9:00PM-11:00PM

Wicked Good Sandwiches  
605 Cumberland Dr.  
Clarksville, TN  
931-919-3800

# 17 SATURDAY



## HEARTBREAKER'S BALL 9:00PM-11:00PM

Wicked Good Sandwiches  
605 Cumberland Dr.  
Clarksville, TN  
931-919-3800  
Text Club (WGS 68683)  
[wickedgoodsandwiches.com](http://wickedgoodsandwiches.com)

# 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.clarkvillecutmasters.com](http://www.clarkvillecutmasters.com)

Happy to give free estimates! 931-320-3298

## NEW YEAR New Goals

**Ready to meet your career goals?**

With day, evening and online options we offer the flexibility you need.

Explore Our Programs

- Billing & Coding
- Medical Assisting
- Business Management
- Criminal Justice
- Dental Assisting

**Find a program that fits your goals.**

**(931) 552-7600**  
2691 Trenton Rd. Clarksville, TN 37040  
[www.DaymarCollege.edu](http://www.DaymarCollege.edu)

## 20 TUESDAY BIKE WALK CLARKSVILLE INTEREST MEETING 6:00PM-8:00PM

Clarksville Parks + Recreation and Clarksville BCycle are hosting an interest meeting to discuss the formation of an organization to promote a more bicycle- and pedestrian-friendly community.

For information about the meeting or Clarksville BCycle, please contact Clarksville Parks & Recreation at (931) 645-7476 or [bcycle@cityofclarksville.com](mailto:bcycle@cityofclarksville.com).

Freedom Point at Liberty Park  
1188 Cumberland Drive,  
Clarksville, TN 37040

## 21 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](http://Tennova.com) or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

Liberty Rooms  
Tennova Healthcare  
651 Dunlop Lane  
Clarksville, TN

## 22 THURSDAY FAMILY KARAOKE

### 8:00PM-11:00PM FAMILY FUN KARAOKE W/ KOOL BREEZE

All ages welcome!

Wicked Good Sandwiches  
605 Cumberland Dr.  
Clarksville, TN  
931-919-3800  
Text Club (WGS 68683)  
[wickedgoodsandwiches.com](http://wickedgoodsandwiches.com)



## LADIES NIGHT IN. A NIGHT OF INTIMA.

### 5:00PM-7:00PM

Topic: Non-surgical, Vaginal Rejuvenation with Co2Re Intima Q&A w/ David Boles, D.O. & Erin Reid, Intima Representative  
Testimony from an actual client will be given! SPECIAL OFFER: 20% OFF Intima Packages. Those who attend will be entered to WIN a full package of Internal treatments (\$3000 Value) Bring a friend and be entered twice!

RSVP: 931.245.0500  
Limited seating available

Bella Medical Spa  
2151 Wilma Rudolph Blvd,  
Clarksville, TN 37040

## 24 SATURDAY



### HOME & GARDEN SHOW 2018 SATURDAY:

9:00AM-5:00PM

SUNDAY:  
12:00AM-5:00PM

The Home & Garden show brings together residents and local vendors to assist in planning your next home and/or garden project. \$5. kids 12 & under. Free to active duty military.

Wilma Rudolph Event Center  
1190 Tennessee 48  
Clarksville, TN 37040

### EASTER BUNNY ARRIVAL & FAMILY FUN DAY 10:00AM-2:00PM

Let's hop down the bunny trail to a Family Fun Day here at the mall. We will have fun vendors, activities and welcome our very own Easter Bunny!

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

## 26 MONDAY FULLY COMMITTED

### RYAN BOWIE IN: FULLY COMMITTED 7:00PM-9:00PM

Ryan Bowie brings to life nearly forty wildly diverse characters in this devastatingly funny one-man show following a day in the life of Sam Peliczowski, an out-of-work actor who mans the red-hot reservation line at Manhattan's number-one restaurant. Coercion, threats, bribes, histrionics — a cast of desperate callers will stop at nothing in their zeal to land a prime reservation, or the right table. Amid the barrage, Sam's got his own needs to contend with — his recently widowed dad wants him home for Christmas, and he's up for a choice part at Lincoln Center.

Presented upstairs in  
theotherspace

RECOMMENDED FOR MATURE  
AUDIENCES ONLY

Roxy Regional Theatre  
100 Franklin St.  
Clarksville, TN

## 27 TUESDAY



### EMPTY BOWLS 11:00AM-1:00PM

Get your ticket today to join in the Empty Bowls Clarksville movement to support the hungry in our community. Trinity Episcopal Church will host a soup lunch & Tickets are \$15 a person. Proceeds from the event will go to Loaves and Fishes and Clarksville Urban Ministries.

Wilma Rudolph Event Center  
1190 Tennessee 48  
Clarksville, TN 37040

# MARCH

## 3 SATURDAY

### FREE PROM DRESS GIVEAWAY 11:00AM-3:00PM

Please join us for this wonderful community event. There will also be makeup tutorials and gift certificates. This event is sponsored by New Light Christian Fellowship Outreach Ministry. If you have any questions regarding dresses or the ministry, please feel free to contact us at 931-802-6085 or [admin@lovethatnewlight.com](mailto:admin@lovethatnewlight.com).

363 Dover Rd.  
Clarksville, TN

### TUCKESSEE HUNTING AND FISHING EXPO 12:00PM-6:00PM

Vendors from across the MidSouth will showcase their products and services geared especially for the outdoor enthusiast. This event will focus on the fishing and turkey hunting season primarily.

Bring the kids fishing at the mobile fishing pond. See live animals with TN State Parks!

Admission is just \$5 for adults. Kids are free. Pay at the door or in advance at [tuckaseeoutdoors.com](http://tuckaseeoutdoors.com)

Wilma Rudolph Event Center  
1190 Tennessee 48  
Clarksville, TN 37040

## 17 SATURDAY

### COMMUNITY FLEA MARKET 8:00AM-1:00PM

Over 30 vendors will be set up inside Burt-Cobb Recreation Center selling both new and used items including jewelry, home goods, crafts, clothing and toys.

Vendor space is available for \$20. Call Burt-Cobb Recreation Center at (931) 472-3381 for more information.

Burt-Cobb Community Ctr  
1011 Franklin St  
Clarksville, TN

# CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

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

## HARRY POTTER BOOK NIGHT

February 1

5:00 p.m. – 7:00 p.m.

All ages are invited! Join us for a magical Harry Potter Book Night. The theme this year is Fantastic Beasts! This fun-filled night will feature various crafts, trivia, and bingo games. Don't be absent from class either! We will be having Potions, Divination, and Care of Magical Creatures Classes. New this year, we will be having a house sorting ceremony as well!

## SUNDAY MOVIE SHOWING

February 4, 11, 18, 25

2:00 p.m. – 4:00 p.m.

We will be showing popular movies every Sunday! Check out the library's Facebook page at [www.facebook.com/CMCpubliclibrary](http://www.facebook.com/CMCpubliclibrary) for movie titles.

## AFRICAN AMERICAN HERITAGE MONTH MOVIES

February 10 @ 2:00 p.m. &

February 24 @ 3:00 p.m.

In February, we will have special movie showings to celebrate African American! Check out the library's Facebook page at [www.facebook.com/CMCpubliclibrary](http://www.facebook.com/CMCpubliclibrary) for movie titles.

## TEEN PROGRAMMING

February 8, 15, 22

5:00 p.m. – 6:30 p.m.

Teens (grades 7-12) will meet and participate in different activities weekly. On the 22nd, teens will have a Masquerade Ball. The teen meetings on the 8th & 15th will be in preparation for the Ball.

## TWEEN PROGRAMMING

February 12

5:00 p.m. – 6:00 p.m.

Tweens (grades 4-6) will be decorating cupcakes.

## DIY AT THE LIBRARY

February 8

6:00 p.m. – 7:00 p.m.

Celebrate African American Heritage Month by making your own shekere (a musical instrument). All supplies are provided by the library, and the program is free of charge.

## 4 PAWS FOR READING

February 10

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

February 14

9:30 a.m. – 10:00 a.m.

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

## SATURDAY STORY TIME

February 3, 10, 17, 24

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! We will be celebrating African American Heritage Month on the 17th by reading about local Olympian, Wilma Rudolph.

## LIBRARY BOOK CLUB

February 15

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

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 *Their Eyes Were Watching God* by Zora Neale Hurston. 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

February 3, 17

2:00 p.m. – 4:00 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: February 5, 12,

26

10:30 am – 11:00 am

Every Tuesday

9:30 am – 10:00 am

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

## BUSY BEES TWOS & THREES

February 5, 12, 26

9:30 am – 10:00 am

This is a program for children ages 2-3.

## JUST FOR ME STORY TIME

February 6, 13, 20, 27

10:30 am – 11:00 am

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

## BABY AND ME LAPSIT

February 1, 8, 15, 22

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

February 1, 8, 15, 22

10:30 am – 11:00 am

The Walk with Me program is designed for toddlers that are walking and under the age of two. This program allows toddlers to explore language and books with their caregivers in a fun and intimate setting. Programs include rhymes, songs, circle games and books as well as time for free play and informal discussion of early childhood development. We provide age appropriate

programming and ask that parents bring only the appropriate age child with them to the program.

## 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

February 17

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.

## TEEN ANIME VIEWING

February 3

2:00 p.m. – 4:00 p.m.

Teens in grades 7-12 are invited to join us for a free screening of an anime movie.

## JUNIOR CODERS CLUB

February 17

10:00 a.m. – 12:00 p.m.

The Junior Coders Club is for children ages 5-13 who are interested in coding. Ages 5-8 meet from 10 a.m.-11 a.m. and ages 9-13 meet from 11 a.m.-12 p.m.

## GENEALOGY CLASS

February 10

10:00 a.m. – 11:00 p.m.

The Genealogy Class has returned to the library! February's class will be focused on studying African American genealogy.

## TABLETOP GAME NIGHT

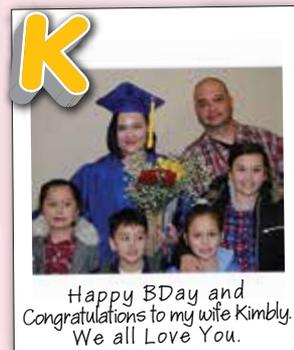
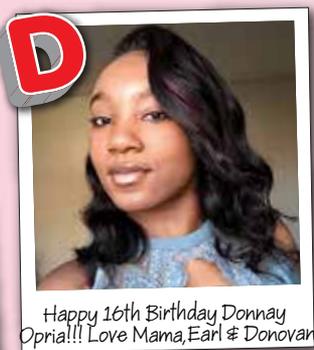
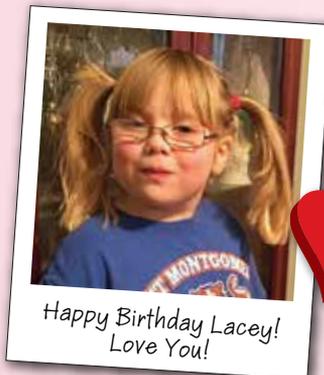
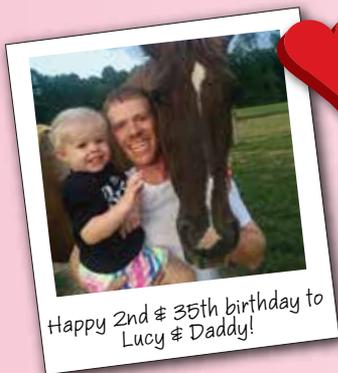
February 27

6:00 p.m. – 7:30 p.m.

Join us for Tabletop Game Night! The library has a variety of board games for participants to choose from or you are always welcome to bring your own.

Wanna be on the Fridge?: Email photo to: [fridge@clarksvillevivingmag.com](mailto:fridge@clarksvillevivingmag.com) by February 15th. Please include the name of who is in the photo, their age & a preferred short caption (18 years and younger).

# HAPPY BIRTHDAY!



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

# Pet Pix Contest

Submit YOUR Pet Pix by February 15<sup>th</sup>

Remember Saint Patrick's Day is coming!

TWO winners this Month!!   
**RUFF DAY & BROTHERS FOREVER**

**BOTH WINNERS WILL RECEIVE \$50  
IN PRODUCTS OR SERVICES  
PICK UP AT THE TINY TOWN LOCATION!**

Celebrating  
ONE YEAR  
your Pet Pix  
Sponsor!



I'm a natural for the camera!



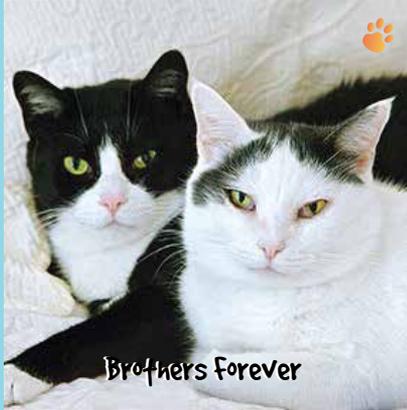
Tucker's first snow.



It's been a "Ruff" day!



Ralphie is sending buckets  
of love for Valentine's Day!



Brothers Forever



Snow!



Ms.Pretty hiding  
under the blanket!



Petra in all her glory.



Best Friends.  
Josey Wales holding Honey's paw.



Love to swing!



Baby is bored change the Channel.



Bailey helps with the laundry!

Want to share your pet? Email a photo and brief caption to [petpix@clarksvillelivingmag.com](mailto:petpix@clarksvillelivingmag.com) by February 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](mailto:karen.pinkett@pathways.com).

### CENTERSTONE FAMILY CENTERED SERVICES

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

### CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

### CARING CHOICES OF CATHOLIC CHARITIES

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

### YOUTH VILLAGES

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

### ARTS, CRAFTS & HOBBIES

**CLARKSVILLE AJAX TURNER SENIOR CENTER**  
953 CLARK ST. CLARKSVILLE, TN 37040  
(931)-648-1345

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

### CLARKSVILLE MODEL RAILROAD CLUB

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

### COMMUNITY SCHOOL OF THE ARTS AT APSU

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

### MADISON STREET MUSIC & ARTS ACADEMY

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

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

### LET'S PLAY CHESS

We meet on Fridays at 4:00 p.m. in the coffee shop at Books-A-Million, 125 South Hampton Place, for casual games of chess. All ages and levels of chess players are welcome and encouraged to come. For more information, contact Joe at [chess.clarksville@yahoo.com](mailto:chess.clarksville@yahoo.com).

### ATHLETICS

#### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

#### CANINE FLYBALL CLUB

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

#### CLARKSVILLE BADMINTON CLUB

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

#### CLARKSVILLE IMPACT SOCCER CLUB

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

#### CLARKSVILLE TENNIS ASSOCIATION

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

he can be reached at [PrHowle@aol.com](mailto:PrHowle@aol.com) for all who are interested. Visit [clarksvilletennis.usta.com](http://clarksvilletennis.usta.com).

#### CLARKSVILLE VOLLEYBALL CLUB

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

#### EMMANUEL FAMILY LIFE CENTER

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

#### TEAM CLARKSVILLE YOUTH WRESTLING

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

#### THUNDERBOLT AQUATICS SWIM CLUB

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

#### WARRIORS SPECIAL NEEDS CHEERLEADING

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

#### CHILD BIRTH & PARENTING EDUCATION

##### ROOTS CHILD BIRTH PREPARATION

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

#### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

#### CLARKSVILLE BIRTH COMMUNITY

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

#### HEALTHY START

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

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

### NINE MONTHS & BEYOND

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

### TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

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](http://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](http://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](http://wholewomanlactation.com).

### CHILD CARE

#### CHILD CARE AWARE

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

#### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

#### PARENT INFORMATION NETWORK

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

## PROGRESSIVE DIRECTIONS

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

## TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE DOMESTIC VIOLENCE SHELTER

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

### CHILDREN'S GROUPS

#### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or [mtcbbsa.org](http://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](mailto:sevierstation@yahoo.com).

### GIRL SCOUTS OF MIDDLE TENNESSEE

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

### LEAP ORGANIZATION

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

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

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

### ALL NATIONS BIBLICAL STUDY CENTER

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

### APSU EXTENDED EDUCATION

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

### ARMY COMMUNITY SERVICE

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

### DAGAN FOUNDATION

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

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

### FREE CAKES FOR KIDS KY & TN

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

### FRIENDS OF THE BLUEWAY

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

### TENNOVA HOME HEALTH & HOSPICE

141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. 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](http://ReachingKidsForJesus.com), (931) 241-8202, Facebook - CEF Greater Clarksville Chapter

### GRACE ASSISTANCE PROGRAM

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

### HABITAT FOR HUMANITY AND RESTORE

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

### HAILEY'S HOPE WITH PROJECT SWEET PEAS

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

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

### HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

### HUMANESOCIETY 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](mailto:humanesociety@clarksville.com) or [clarksvillehumanesociety.org](http://clarksvillehumanesociety.org).

### LATINA ASSOCIATION

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

### LOAVES AND FISHES

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

### MANNA CAFÉ MINISTRIES

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

### MEALS ON WHEELS

Mid-Cumberland Human Resource Agency provides group or home-delivered meals to individuals 60 or older. Volunteers deliver 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](http://traeyc.org).

## UNITED WAY

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

## VETERANS UPWARD BOUND

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

## COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

### ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050. Clark Street AA Hotline: (931) 647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

### APTITUDE HABILITATION SERVICES

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

## ASPERGER/AUTISM CENTER

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

## BRADFORD HEALTH SERVICES

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

## CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

## CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

## CENTERSTONE

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

## COLUMBUS ORGANIZATION

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

## HEALTH CONNECT AMERICA

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

## THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

## LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

## MENTAL HEALTH COOPERATIVE

Provides evidence-based services including: Child & Family Counseling,

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

## PASTORAL COUNSELING CENTER

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

## THE PATH LIFE COACHING

Through The Path Life Coaching, [ThePathLifeCoaching.com](http://ThePathLifeCoaching.com), you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at [JuleeSPoolePHD@aol.com](mailto:JuleeSPoolePHD@aol.com) or (931) 906-5449.

## REGIONAL INTERVENTION PROGRAM (RIP)

Regional Intervention Program 404 Pageant Lane, (931) 920-2347, is a program through local mental health agency and not-for-profit organization Centerstone providing behavior modification for preschoolers 18 months through 6 years old. RIP offers a 2-hour classroom setting for children and siblings, in addition to case management for parents two times per week on Tuesdays and Thursdays. RIP currently has immediate openings for the morning program @ 10:00 a.m. to 12:00 p.m. Katrina Watts, RIP Coordinator @ (931) 494-4863, [Katrina.Watts@centerstone.org](mailto:Katrina.Watts@centerstone.org).

## WESTERN KENTUCKY MEDICAL OPIOID

### TREATMENT

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

## YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

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

Host parents may go to [afsusua.org/host](http://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](http://afsusua.org/study-abroad) for more information and/or contact Becky Heywood (sending coordinator) at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [afsbarb58@gmail.com](mailto:afsbarb58@gmail.com) or Sandy Rich at [srich@afsusua.org](mailto:srich@afsusua.org) or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is [afsusua.org/misstenny/](http://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](http://yfuusa.org/meetstudents). Apply at [yfuusa.org/host](http://yfuusa.org/host) or call (800) 872-0200 to speak directly with your local Field Director.

## PARENT GROUPS

### CHRIST PRESBYTERIAN CHURCH MOPS

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

### CLARKSVILLEMOMMIES.COM

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

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

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

### CLARKSVILLE HOMESCHOOL NETWORK

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

### CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

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

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

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

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

#### MOMS CLUB OF CLARKSVILLE

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

#### MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to [clarksvillemops@gmail.com](mailto:clarksvillemops@gmail.com). Check us out online at [clarksvillemopsatfbc.wordpress.com](https://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](mailto:mops@hilldale.org). Visit [hilldale.org/mops](https://hilldale.org/mops) or find us on Facebook under Hilldale Baptist Church MOPS.

#### SPRING CREEK MOPS

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

#### SUPER MOM'S GROUP

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

#### PARENTS OF MULTIPLES

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

#### PARENTS REACHING OUT

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

#### TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, 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/](https://facebook.com/#!/groups/tnSharehomeschool/)

#### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

#### WIC NUTRITION EDUCATION CENTER

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

#### RETIREMENT GROUPS

##### AARP LOCAL CHAPTER 1957

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

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

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

#### SUPPORT GROUPS

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

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

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

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

##### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

##### BREAST CANCER SUPPORT GROUP

ABC (After Breast Cancer) outreach program provides survivor support through a free, comprehensive 16-week program that includes a YMCA membership, Pink Ribbon training classes, lymphedema education, and nutrition classes in a wellness-focused, caring environment.

Survivors are encouraged to attend our monthly meetings held the 2nd Monday of each month. If you are going through chemo and are in need of a wig, please let us know. For more information or to sign up for the next session, contact Sherrie Lewis at (931) 647-2376 or [slewis@ymcamidtn.org](mailto:slewis@ymcamidtn.org).

##### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

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

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

##### CLARKSVILLE OSTOMY SUPPORT GROUP

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

##### CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

##### DIABETES SUPPORT GROUP

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

#### TUESDAY OVEREATERS ANONYMOUS MEETING

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

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

# Looking for a better way to balance your budget?

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

Fixed for Life & No Balance Transfer fees

RATES AS LOW AS **5.9%** APR

**Altra**  
Federal Credit Union

1600 Madison Street  
2625 Wilma Rudolph Blvd., Clarksville  
931-552-3363 • 800-755-0055  
[www.altra.org](http://www.altra.org)

\*No Fee Balance Transfer offer is valid for telephone or in-office balance transfers posted to a new or existing Altra Visa. Offer valid 01/01/18-03/31/18. Balance transfers are sent by mail and may take up to 10 days to reach their destination; please be sure to make all minimum payments on any account from which you are transferring a balance until the balance transfer is credited to that account. Balance Transfers may not be used to pay off Altra credit cards or other Altra accounts. If you are ineligible for the top tier Altra Visa

