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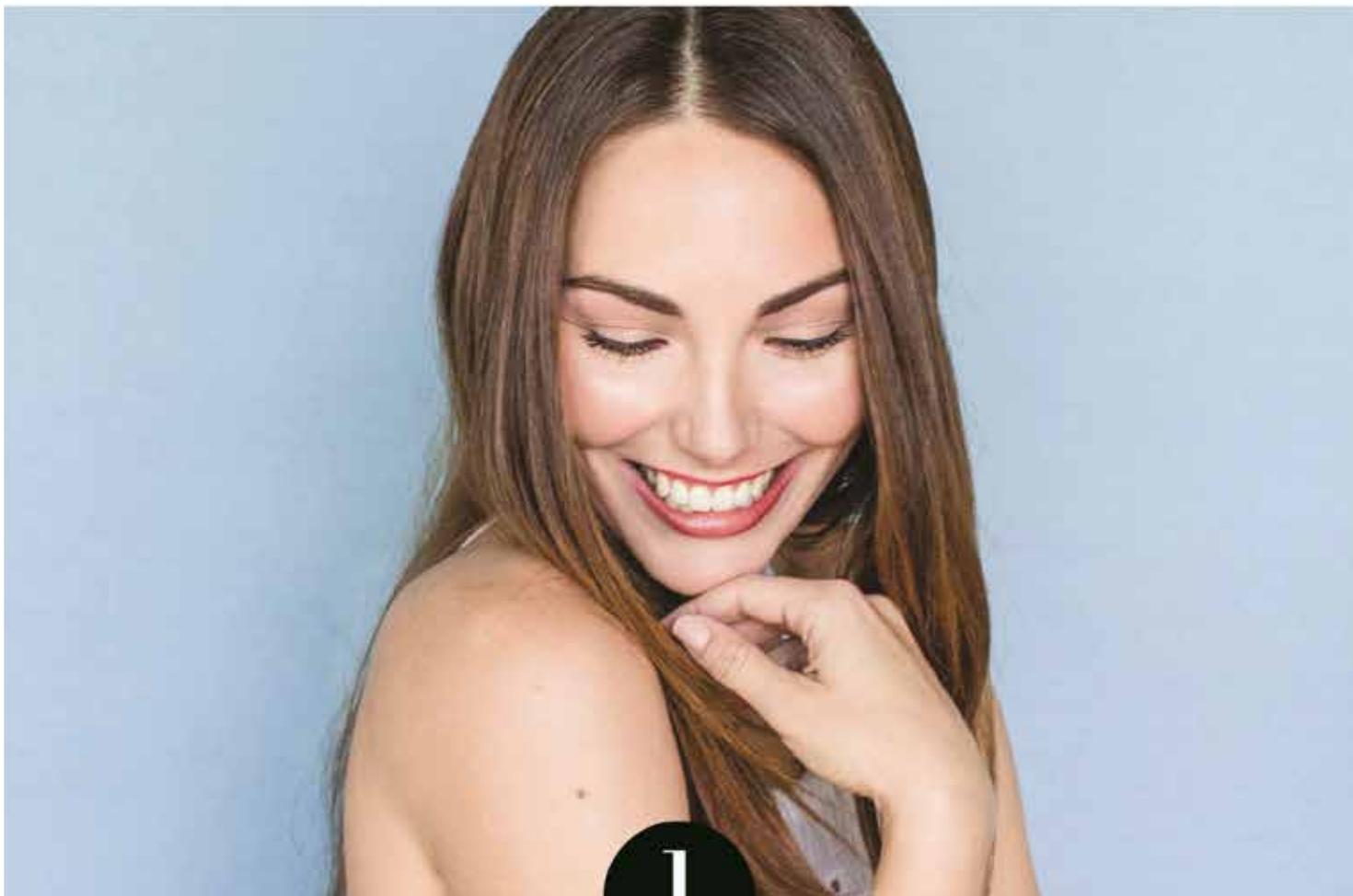
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Clarksville Living Magazine

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Publisher's Message

I am sure you noticed the beautiful photo of our beloved Roxy Theatre on this month's cover. Their iconic marquee got a facelift last month, and the results are breathtaking. And whether you're a Roxy regular, or you haven't been in a while, (or ever!) you need to go and see it for yourself. And while you're there, take in one of their amazing productions; you will be so glad you did! *(Read more about the Roxy in Karen Parr-Moody's article on page 8)*



We have another issue packed with outstanding articles. To note just a couple: on page 12 is all things Easter by Christina Chittenden. Between her coverage and our calendar, I think we've got you covered for Easter! There is also Tony Centonze's article on page 14 about former Military Photographer, David Smith, whose eye for photography has evolved into a business.

With spring right around the corner comes the opportunity to take advantage of our city's many parks, the greenway, the blueway, as ways to soak in the sun and burn a few calories. Don't forget to check out our calendar starting on page 34 for what's going on around town.

Hope you have a great month, a Happy Easter and thank you for picking us up!

Carla Lavergne

DISCLAIMER

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

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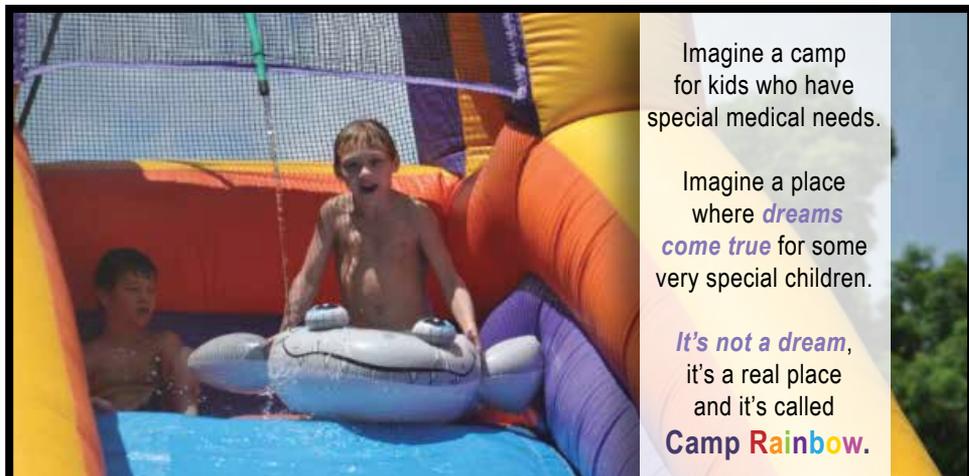
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Spring brings sunshine, emerging greenery and longer days, but many people dread this season for the sinus pressure, headaches, itchy eyes and respiratory problems it brings.

There is no single allergy season. Allergy symptoms may vary throughout the year, depending on where you live and the types of substances you're allergic to. Still, many people experience a worsening of their allergies around springtime, when pollen counts are highest. Spring allergies can start as early as February and last until summer.

If you or a family member suffers from hay fever or allergic rhinitis, here are some helpful tips to keep symptoms in check:

- **Leave the pollen outside.** Take your shoes off at the door as much as possible, to keep from spreading pollen through your house.

- **Close your windows and dust your fans.** Despite the nice weather, true sufferers should keep the windows shut to prevent allergens from entering. If you use a ceiling fan, give it a good spring cleaning. Replace air filters in your home and car.

- **Be thorough in your spring cleaning.** Wash down your walls, get rid of clutter, launder all sheets and comforters, dust and clean blinds, baseboards and everywhere else you can reach.

- **Keep your immune system strong.** Eat fresh, clean, nutrient rich foods and stay active. The healthier your immune system, the more equipped your body is to battle histamines.

- **Be aware of the pollen count.** It changes daily – look up the count for the day, by zip code, at pollen.com.

- **Sip warm beverages.** Herbal teas can help ease congestion and keep you hydrated.

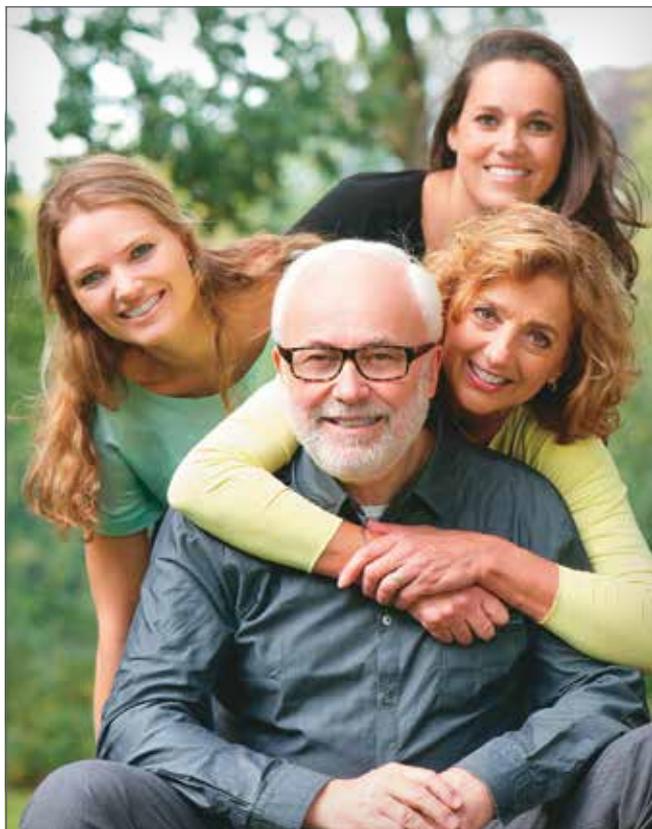
In addition to tips for avoiding allergy triggers, there are many effective treatments to minimize symptoms. Enjoy all the wonderful experiences spring has to offer by talking with your doctor about the best allergy prevention or treatment path for you.

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The Roxy's Iconic Sign Gets a Facelift

By Karen Parr-Moody

Little Orphan Annie's entry into New York City's Roxy Theatre, on the arm of Daddy Warbucks, is a scene from the famous musical that paints a picture in time – 1933 – when a movie cinema was called a “palace” and going to one was an event.

The name Roxy was coined by that cinematic cathedral's founder, Samuel Rothafel, whose nickname happened to be Roxy and whose motto was “Don't give the people what they want – give 'em something better!”

Because Rothafel's lavish, 5,920-seat Roxy Theatre, built in 1927, was the grandest cinema in the world, the

name “Roxy” became a byword for opulence and was splashed across marquees everywhere as an unofficial chain of Roxy cinemas opened throughout the U.S.

Clarksville, Tennessee was no different from Forsyth, Montana or Northampton, Pennsylvania or Russellville, Alabama during the early 20th century in that it, too, had a Roxy Theatre. In 1947, The Roxy Theatre opened on a corner in downtown Clarksville and featured first-run films that were advertised on a neon “Roxy” marquee.

Today, the corner building no longer houses a movie cinema, but is instead occupied by The Roxy Regional Theatre, a professional acting company that produces plays and musicals year-round. Despite

the change in entertainment, the building has long retained the original marquee that was made by Balton Sign Company, a fifth-generation family firm in Memphis, Tennessee. And that marquee has been through a lot since 1947.





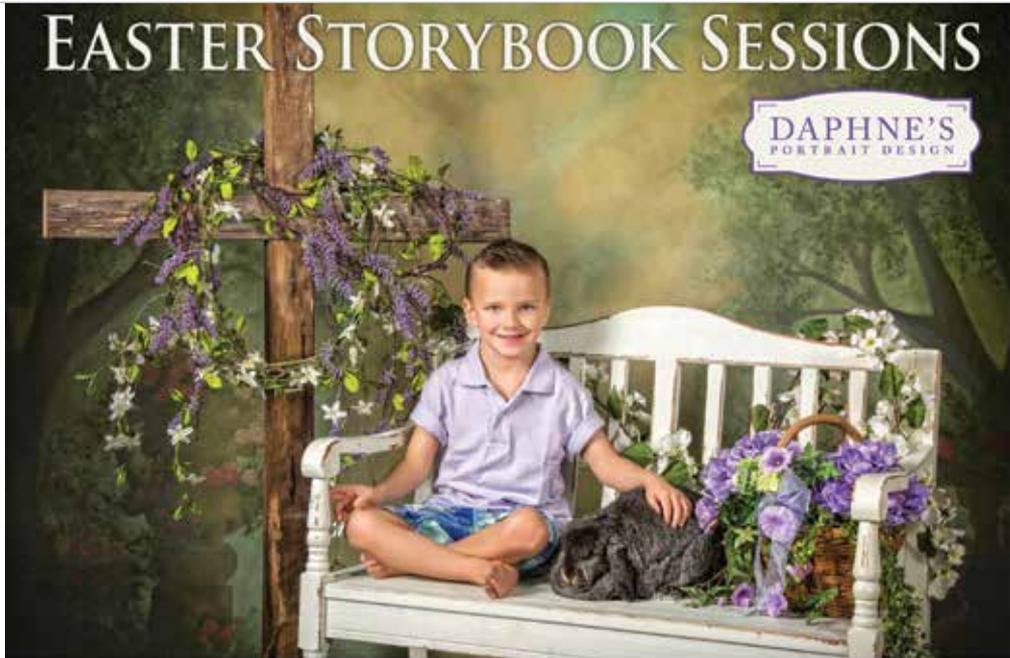
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1 Balt on Sign Company originally created the marquee for The Roxy when the theater was built in 1947 and refurbished and reinstalled it last month. (Photo by Ryan Bowie)

2 Since 1947, The Roxy Theatre has occupied a corner of downtown Clarksville. (Photo by Karen Parr-Moody)



2



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3 The place to be in 1927 was the Grand Rotunda of the Roxy Theatre in New York, listening to the pipe organ on the mezzanine and waiting for the next film to begin. (Archival photo)

Ryan Bowie, executive director of Roxy Regional Theatre, says, "That sign was super iconic to the Roxy movie theaters that were across the country at one point. And it has been an icon and a landmark for downtown Clarksville. But there's been some wear and tear over the years."

Directly in front of The Roxy sits a restaurant loading zone that has occasionally become hazardous as delivery trucks have backed up and tapped the marquee.

"The marquee has been hit several times in the past," Bowie says. "It was hit pretty substantially in November of 2016. We thought that we might not even be able to open the show the next night because of the safety concerns regarding patrons as they walked underneath the marquee."

The accident was caused by a large delivery truck and resulted in an insurance payout that funded the complete restoration of the historic marquee. The same firm that created the marquee, Balton Sign Company, completed a full restoration of the piece, which was reinstalled last month.

Bowie says, "We wanted to make sure, and I wanted to make sure, that we weren't altering the sign in any way, but that we were using this opportunity – this kind of divine intervention of somebody else's money – to be able to restore the historic integrity of the marquee, to bring it back up to snuff."

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The result?

"It is beautiful," Bowie says. "I am blown away by Balton Sign's ability to color match, because the upright piece down the side of the building, which says 'Roxy,' was not affected in any way. So that is all still original material. But the color matching between the two is pretty awesome. The colors match almost identically."

Both signs were produced with a beige color as the base and a maroon tone for the lettering.

There is still some electric work to be done before the marquee will light up again, and Bowie hopes to have some work done on the vertical sign, as well.

"People are thrilled about this restoration project taking place," Bowie says. "I think it's good for us at The Roxy as a way to say that we value this space and the community."

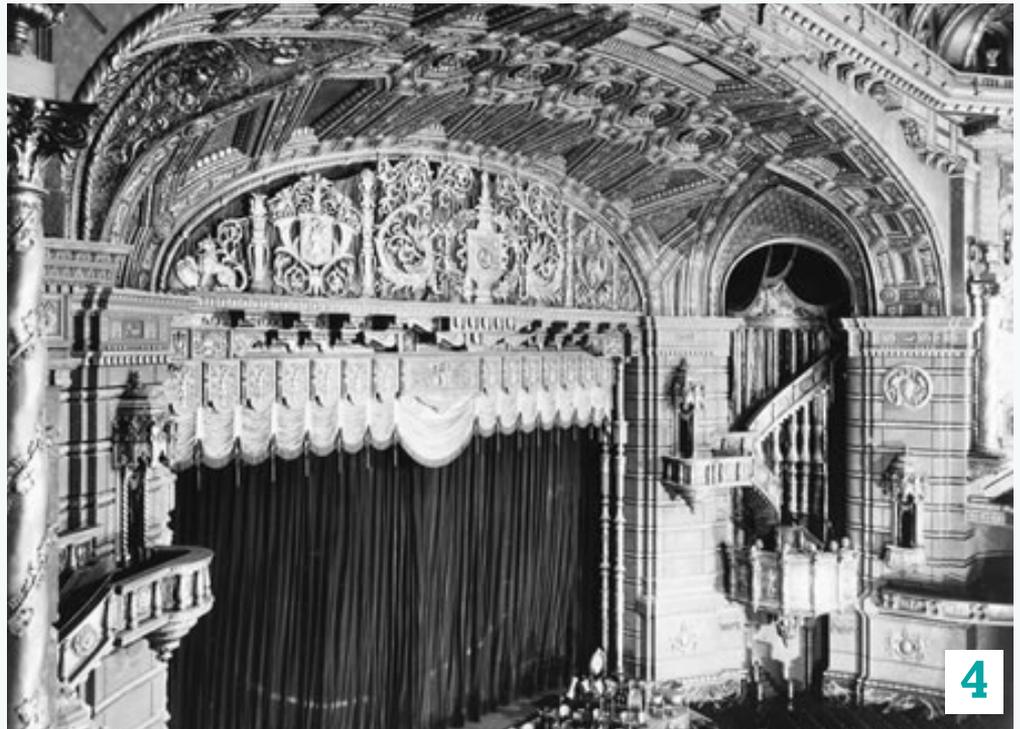
In other news, The Roxy is featuring a classic children's story by Roald Dahl this month with its performance of "James and the Giant Peach."

"It has tons and tons of puppets in it," Bowie says. "It's perfect for kids."

In April, the play "A Piece of My Heart" will make its debut. It is a powerful, true story set during the Vietnam War and told through the perspectives of six women.

Bowie says that the theater plans to host an official lighting ceremony for the refurbished marquee, along with a big block party, once the weather warms up this spring.

To learn more about productions and events at The Roxy, visit roxyregionaltheatre.org.



3 Every Roxy Theatre in America got its name from the original one, the 5,920-seat Roxy Theatre that Samuel Rothafel established in midtown Manhattan in 1927. It featured a rising orchestra pit that accommodated 110 musicians and a Kimball theater pipe organ. (Archival photo)

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Easter Fun for the Whole Family

By Christina Chittenden

Although I really want to answer the question of, “what comes to mind when you think of Easter” with the obvious resurrection of Jesus Christ, I would be lying if I said my first thoughts weren’t consumed by the beautifully put together Easter baskets that I was given from my grandparents as a child. Always filled with delicious chocolates in the shape of a rabbit, a stuffed bunny and, often times, a few toys, this hidden basket never ceased to be my first priority waking up that Sunday morning.

Now, as a parent myself, I want Easter to be much more than just an Easter basket and an egg hunt. Whether your religion draws you to that deeper meaning of this holiday, or you just want to do something extra special as a family, there are infinite possibilities of making this day even more fun for your own children – and many of them are right here in our area!

Coloring Easter Eggs: As an adult, Easter egg dye still excites me! Kids – and adults – of all ages enjoy breaking out this fun tradition! You can make this even more fun by trying different techniques or dye types each year or even by organizing a vote on who has the neatest egg!

Play Easter Egg Games: While hunting them is always a thrill, playing games with eggs can also be quite entertaining! Consider an egg and spoon relay, an egg toss or even an egg roll.

Share the Story of Easter: Whether this story comes from your heart or a book, whether it be directly from the Bible or from a children’s book. There are great movies available that depict the story wonderfully as well including *The Passion of the Christ* or, for younger ages, *VeggieTales: An Easter Carol*.

Carrot Feet Magnets: Last year, I did this with my two under twos: Paint their feet orange and make footprints (carrots) on cardstock and then cut them out. Then take green construction paper and cut out short, thin strips of paper to attach to the top of the carrot to look like leaves. Attach a small magnet to the back of the carrot (can be found in the craft section) and stick on your refrigerator!

Local Event:

Saturday, March 24 11am-4:30pm

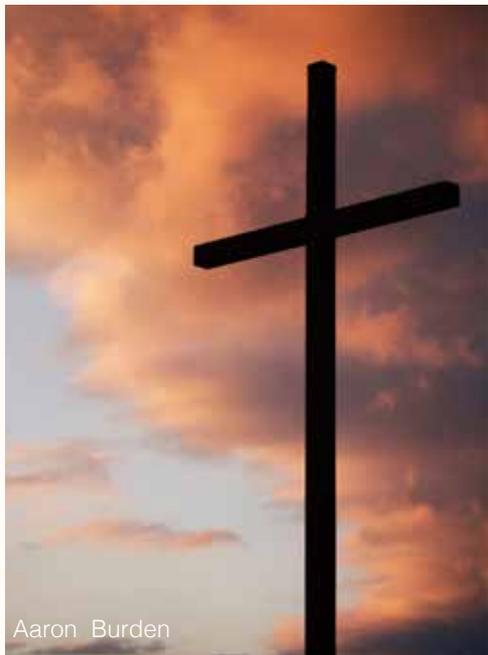
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Photo by Kelly Sikkema



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David Smith is a local photographer well known for his pictures of Clarksville and middle Tennessee, which can be found on display at several local businesses and government offices. Recently, Smith was invited to provide the artwork for the Veterans Administration's new Clarksville Community Based Outpatient Clinic.

"It was such an honor to be asked," Smith said. "They contacted me and said, 'we're required to use a veteran, we love your work, and we want to display it in our facility.' As a veteran, there is no greater honor than to have my work displayed at a place that does so much to assist veterans."

Photos from the Frontline

By Tony Centonze

Smith served in the Army from 1975 to 1995. He started in an artillery unit, but quickly became a photographer. He would cover everything from VIP's and events to accident investigations and autopsies.

"I got into it at Fort Campbell when they had the Craft Center," Smith said. "They had a darkroom, and it was all film back then. I also trained at Military Photo School when it was at Lowry Air Force Base in Denver, Colorado. Day 1, they gave you a 2-1/4 x 2-1/4 Polaroid and sent you out to take pictures. Within a day or two you got a 4 x 5 camera."

After the military, photography became a hobby for a while. But, over the last few years, it has evolved into a business, Smith's work can be found at Photographs by David, and Clarksville Aerial Photography.

He is currently working on four aerial photography projects, which include LG Electronics and Publix. He also works with the Industrial Board, and some local engineering companies.

"I started about 4 years ago with the drones, and it has been fun working from a completely different perspective," Smith said. "I started on the V.A. Center project about a week in, and I was out there at least once a month throughout the process, doing video walk-throughs, documenting the construction inside and out, etc.

That's what put me on their radar."

Smith doesn't consider himself an artist so much as a documentarian. Many local businesses know him for his ability to document buildings and projects, but fans of his work know that he can create some very artistic images as well.

On the creative side, Smith is known for his ability to capture the movement of water, in a unique way, that speaks to his audience.

"I do like to shoot water," Smith said with a smile. "Tennessee is a great state, and one of its treasures

is its state parks. I love Clarksville, and I enjoy photographically documenting its beauty, and buildings, and history. But, I'm always drawn back to our state parks for the streams and waterfalls."

Smith says you don't have to shoot a waterfall to get a great water shot. He and his wife love to travel, when in East Tennessee, they hike to their favorite spots in the Smokey Mountains.

"You can get a great shot of water flowing through a creek," Smith said. "You have to slow down the movement, kind of blur the lines between video and still. Anyone can stop the motion of the water, and sometimes that's what you want to do. But, I like to slow down the shutter and catch that motion, show the flow, and the cotton-candy look of the water.

"To do that, you have to take into account all these factors, how fast the water is moving, weather, angles, the time of day. In that moment you decide what story you want to capture, because every photo tells a story. It speaks to the viewer, and that's important. As a photographer, you try to tell that story, that's why we do this."

Smith says he wants people to look at his pictures and feel as if they were there. He wants them to know if it was cloudy, morning or afternoon, warm or cool. And his story-telling isn't limited to images of water, he has captured the movement of a New Orleans cable car, and the firing of a Fort Defiance cannon.

"Think about Fort Defiance, when they're firing the cannons," Smith said. "In bright sunlight, you can do



continued on page 16





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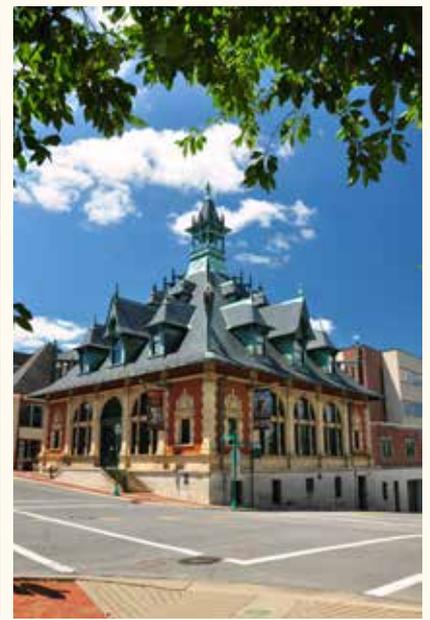
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the same thing you do with water. You take the lessons you've learned from the water and apply them to a longer exposure. That way, you get the motion of the people, maybe they look like ghosts, or you get the big flash from the cannon, and the movement of the smoke.”

Smith describes himself as an old film guy, but admits things are much easier with digital cameras.

“I try to capture everything through the lens, I'm not a

fan of Photoshop, Smith said. “You can do so much with today's cameras, adjusting ISO, compensating for light conditions, changing the white balance or exposure. You can get dramatically different photos of a subject instantly by making these changes, and you can do all that in your camera. You can even shoot in black and white, so why do it in post processing.”

Smith says there have been a lot of studies that talk about water photos having a calming effect on people. A lot of his stream and waterfall images are on display in the new facility's examination rooms.

“It's stressful being a patient, going to the doctor,” Smith said. “Maybe my photos will make their experience a little easier. Initially, I had no idea how many images they wanted for this project. I think we are probably at about 75.

“The ones in the lobby were printed on metal, there are about 10 to 15 that are on canvas, and the rest are printed on paper. I hope they will be here a long time, they'll probably be here longer than me.”

Smith, more than once, referred to this opportunity as a great honor.

“It is so cool to walk through and see all my stuff on the walls,” Smith said. “I remember where they were all taken, and when. I

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guess that's what photographers and artists strive for, our work to be shown, so that people will enjoy it."

One of the images on display in the lobby is a great shot of an eagle, finished as a 30 x 40 metal print.

"I got that one at Reelfoot Lake," Smith said. "So much of what I do is about being in the right place at the right time. I've probably taken 75 eagle images, but that one just speaks to me, and others, I hope.

"With my photos of Clarksville, people can look and reminisce about the museum or the Roxy. or the train station. They can talk about what it is now, and what it used to be. I guess I'm kind of known for taking Clarksville pictures. People might recognize my work, and I guess I hope that someone will look at a picture and say 'oh, that's a David Smith', I think all photographers want their work to be recognized.

"Photography has been a big part of my life for a long time. I would say to other photographers out there, keep trying to get better at what you do. If it's birds, or water, or portraits, always strive to broaden your experience, that makes you better. Always have your camera with you, you never know what you might see. Embrace technology, and just keep shooting."

Smith recommends these spots, many of which are near Cookeville, Tennessee. Cumberland Mountain State Park, Cummins Falls, Burgess Falls, Rock Island State Park, and Fall Creek Falls. Locally, he recommends Rotary Park, The Greenway, and Dunbar Cave.

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CONFESSIONS FROM 6 PROFESSIONS

(What they wish you knew, but would never tell you!)

by Taylor Lieberstein

Employees in every profession come across people that demonstrate behaviors that make their workday harder than it should be. Happens all day, every day, everywhere. Since no one has worked a day in every existing career no one could or should know how to be the perfect customer or client everywhere they go. We are here to help both sides, this month we are looking behind the scenes at six common professions that you may not understand as well as you think you do. What does a hairstylist wish all clients understood? What really presses a personal trainer's buttons? Why isn't the barista excited to make this latte again? We asked some local experts from each industry to find out exactly what they wish you understood about their job but would never tell you.



SERVER

It is not that easy to "Hook you up".

Many customers assume it is easy for a server to make your drinks stronger at no cost to anyone. To get more liquor I am required to ring it into the computer system. I cannot just demand free liquor because you asked nicely and you're cute. Although I do genuinely want to make you happy know that I can't get or give you anything free in most cases.

I do not make your drinks or food.

The restaurant works as a team, unfortunately, the server is the face of all mistakes and inconveniences.

Before you complain about how long your drinks took to arrive, know that I am just as anxious as you are, waiting at the bar for your drink to be made. The same goes with mistakes in the kitchen. I am responsible for taking your order and putting it into the computer. From there, my fingers are crossed that the kitchen will make the order how I typed it in. I did not mess up your order intentionally, so don't take it personal when you get chips instead of the fries you ordered. My goal of the night was to deprive you of your fries. You can have what you ordered, just ask.

Do not blame me for the menu prices.

As a server I do not choose how much your food and drinks cost. If the price of something is not on the menu I am not obligated to warn you, but you are more than welcome to ask. Most

restaurants have a copy of their menu online, maybe check it out to see if the prices fit your budget before coming in. It's more than a little uncomfortable when you ask us why WE charge so much for a side salad. We have no idea why or who set that price, we may even agree its too high. Unfortunately, it's still the price.

Please don't interrupt me during my introduction.

I simply want to welcome you, tell you my name for future reference and maybe tell you the specials. It is rude to interrupt — your drink order can wait 30 seconds. You don't know how many times I have greeted a table, and they don't even look up and acknowledge me, or answer me when I ask them a question. Sweet tea is not an appropriate response to the question how are you doing today?

HAIR STYLIST



Your hair vs. That picture.

Most people get their hair inspiration from celebrities, Pinterest and Instagram. While it's great to give your stylist a good idea of what you want, make sure you go in with realistic expectations. The people in those pictures will have had hours of styling, some may have even been photoshopped. It's important to remember that you probably won't (unfortunately) have a professional stylist fixing your hair every morning.

Time is money.

Hairstylists depend on their chairs being filled to make their mortgage payments and pay their bills. Most stylists work on commission or in a booth-rent situation, they pay a weekly rent

to the salon owner. When you no-call, no-show, or call to cancel at the last minute, your stylist doesn't make money. You're messing with their livelihood and if you do it more than once, you're messing with their patience.

Let us fix your hair if you don't love it.

No stylist wants you running your mouth all over town about how much you hate the new cut or color I gave you. If you are unhappy, call me back within a few days of the service and ask for an appointment to fix it. Most reputable salons offer this for free. I truly want you and everyone else to like your hair, you are basically a walking, talking advertisement for me.

Phone down, head up.

It's difficult to cut, color or blow out your hair when your head is pointed down at your screen and you are typing away. Grab your phone while your color is processing but help your stylist out and put your phone down while I am working on our hair for obvious reasons.

BANK TELLER



Fill out your deposit/ withdrawal slip ahead of time.

Nothing is more valuable than either knowing your account number and filling it out on a slip or having pre-printed deposit slip ready to go. Your account number is individualized. That is YOUR account. Not only does it save time for both you and the teller, but it also leaves no room for error when you have the number ready for the teller behind the line. Most banks will even order your deposit tickets for you at no cost.

We have security systems in place for your benefit.

Bring in your photo ID whenever

you are receiving cash or a balance. There are so many instances I can remember when I ask someone for their ID and they get upset with me for asking. If you do not know the teller by name, chances are they do not know you. Tellers see hundreds of faces every day-they cannot remember everyone's identity. We do not ask for your ID to be annoying, we ask because the bank is looking out for you. Sending in your debit card is not the same. It does not help, except for telling them the name on the account.

Back away from the counter.

When a teller greets you and says, "We will be with you in a moment" that is not an invitation to walk up to their teller window and wait. Usually when a teller says this, it means that they see you, but are currently occupied and will be with you in a moment. I do not like you waiting at my window, because chances are I have another customer's account information open at my station. I am are trying to

protect the other customer's privacy, just as you would want me to protect yours.

We can't personally reverse bank fees.

As a bank teller I do not control the bank fees, nor do I have any power in changing them. They do not set the amount of the fee a bank charges for an overdraft, a wire, an official check, a return check, or an early closeout. If you walk into the bank, wanting to get a fee refunded, ask to see the manager before you come at us in a rage.

continued on page 20



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REAL ESTATE AGENT



What's your house worth? (Don't ask Zillow).

Zillow's property-value estimates, Zestimate's, are a popular consumer tool for seeing how much homes are worth. According to almighty online data "Zestimate" has an inaccurate average of up to \$14,000.00. If you are curious about your home's value a Realtor or licensed appraiser would be ready to provide a professional comparable market analysis to better estimate your property value. Also know that you may miss a new listing in the time that it takes for national portals such as Zillow or Trulia to post that home to their site. When a

property is listed for sale it hits the local MLS in a matter of minutes, usually about 15, but can take as long as nine days to populate to nationally syndicated sites according to studies on the subject.

Know what you can afford.

Before you call me with an address ask them for a lender recommendation, they will love you for it. Finding the perfect home would be a snap if money weren't an issue, but let's be real. For most people, money doesn't grow on trees, which means your finances must be considered. Don't waste your time shopping for real estate before you know what price range you can afford. Online mortgage calculators are a great tool, but most do not account for accurate insurance or tax quotes that may be included in your payment. Speaking to a loan officer in advance of making listing appointments would clear up any confusion regarding monthly payments, down payment and closing costs. A lender can also suggest the right loan product for you and issue a pre-approval letter which is the single most important thing for a buyer to

have if you want to be ready to make an offer.

Your home smells bad.

Homeowners rarely notice their home's distinct aroma, but buyers and agents do. Aside from curb appeal and price your home's smell can make a huge first impression on an interested buyer. If you have pets, most real estate agents probably have no reservations about letting you know when an animal scent is detectable. But if your house has an unmistakable musty odor, smells like the food you cooked last night, reeks of stinky garbage it can be a difficult topic for the real estate agent to address. Before the Realtor shows up to stick their sign in the yard, go ahead and clean out that fridge, take out the trash and even ask your friends and family their opinion of your home's overall smell.

Don't call the listing agent during your purchase.

If you aren't aware, buyers generally have their own agent, the same way that sellers have their own. Ideally, it's the buyer's agent and listing agent who interact with each other, conveying their clients' questions and concerns to see if a deal can be made. Therefore, when you confuse the process by contacting a listing agent directly, this seemingly innocent move can cause a ton of trouble for you. Each agent is working in their client's best interest so calling the opposite agent isn't going to work in your favor. Let me handle it to better guarantee we get what you want.

BARISTA

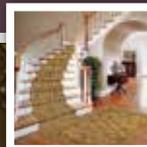


Hang up that phone call.

Yes, its rude to hold up the coffee line while you finish a call when I am waiting to take your order. If you absolutely must take the call you should leave the line and take the call. Absolutely try to avoid the thing where you hold one finger

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up and say “just one second” at all costs. In the same sense it is hard for me to stand and listen to you catch up with your friends that are with you in line while I am patiently waiting to take your order. You are about to have an entire coffee date to catch up on anything you want to.

Hovering and/or staring at us doesn't speed up the process.

In fact, it usually makes us more likely to mess up your order. Working the coffee bar during a rush is nerve-wracking enough without you breathing down my neck asking if I've started your latte yet. I promise I'm working on it, not going to forget yours. Stand down please, I will call you by name when its ready.

Know what you want to drink and communicate that to me.

Saying “I'm sorry I meant to ask for almond milk, could you please remake that?” is an issue. Alternative milk is more expensive. Although it doesn't directly affect the barista it does affect the coffee shop. If enough people order incorrectly and need their coffee remake it starts to add up. If you really need that latte made with almond milk you would probably remember while ordering. Today just drink what you ordered and remember which milk you prefer next time you order.

Stay on your side of the bar.

Do not for any reason reach across the bar to grab a spoon, a napkin or anything. You may truly think by your helping by not simply asking me to hand you the item, that's not the case. I'm here for you but currently I'm steaming milk as you can see. I will be with you in 10 short seconds to hand you a new lid.

PERSONAL TRAINER

Our Sessions Together Can't Undo A Week of Bad Decisions.

Before you even think about paying a personal trainer you need to ask yourself a very important question. Am I willing to make my health and fitness a priority, not only in the gym, but in my daily life? Sometimes people blame their personal trainer for a lack of results but often the issue lies within the individual. An hour or two of exercise cannot undo

a week of poor eating decisions. Of course, a good personal trainer should offer guidance that will empower their clients to make good decisions outside of the gym, but all your training sessions could be for nothing if you're not willing to follow the entire program.

Enough with the excuses already.

If there's one thing I could banish from my client's mindset, it would be excuses. Every personal trainer has a list of the worst excuses they've ever heard. Why are you paying me to motivate you, only to make excuses to not be motivated? Happens all the time. Clients who come in with excuses usually tap out early. It feels like a waste of my time and yours. It would be great if all my clients came mentally prepared to make a long-term lifestyle change and not just use my services for a temporary fix.

Stop not showing up, last minute cancelling and last-minute scheduling.

I have other clients and even my own personal life, but my clients don't always respect our schedule. It can

be frustrating when a client pulls a no-show or cancels at the last minute for many reasons. Another problem that can occur is when a client calls and wants an immediate appointment and is upset when you aren't available.

I don't need to know everything about you.

I'm your personal trainer and you've somehow managed to turn me into your therapist, best friend, financial planner, and closest confidant. While most clients will indulge in a little bit of personal chit-chat, but a true Chatty Cathy prefers conversation over a workout. Clients that ramble on about everything except their health are annoying because it's hard for me to focus or to get my client focused on the exercises. Additionally, these chatterboxes often take longer to finish their workouts, and that has the potential to make me late for my next clients appointment.



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OPERATION STAND DOWN

By Tony Centonze

Willie Celestine and his dedicated team in the Clarksville office of Operation Stand Down Tennessee had a banner year in 2017, as the organization that has been helping America's Veterans since 1993 continues to grow.

"I first visited OSD in 2014," SFC Celestine (Retired) said. "I was a volunteer in the Nashville office. I did that for 2-1/2 months and then an Outreach Specialist position came open. I applied for it and got it. At that time they were in the process of bringing OSD to Clarksville, so myself and another case manager worked out of the career center for a while. Then, in 2015, we opened our office here on Madison Street."

From those humble beginnings in 2015 Celestine has managed to build an impressive team of five, a dedicated group that somehow managed to help 895 Veterans in 2017.

"My team is amazing," Celestine said. "Many of the Veterans that come here need help with things like housing, career advice, and a wide variety of other services. On one end of the spectrum, we see Veterans who need food and clothing, basic hygiene kits, or advice on how to file for VA services that are available to them. On the other end, we see some who are homeless and in need of employment, some with families."

A recent V.A. Study suggests that we may be headed for a period of Veteran homelessness similar to that seen after the Vietnam war.

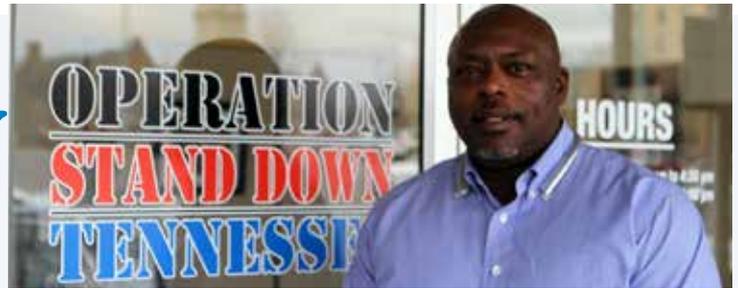
Celestine says he and his team are trying to head that off at the pass. "We are doing our best to keep those numbers lower than what is predicted, Celestine said. "We are making sure we get these Veterans the services they need."

"The truth is, even Veterans who have retired can run into situations that put them in jeopardy of becoming homeless. There are differences in the way we handle each case, but the bottom line is, when you're homeless, you're homeless."

"You might have a retirement check coming in but if you lose a job, or some unexpected large expense comes along, it only takes one or two things to take you from a comfortable life to being homeless."

Any given day, OSD can see Veterans from Afghanistan or Iraq, but Celestine says that some of the people coming into his office served in Vietnam, Korea, or even World War II.≠

"There is a larger concentration of post-911 Veterans emerging," Celestine said. "These are young men and women who left their mom and dad's house to join up. Now, suddenly they're out in the



civilian sector and they're having trouble transitioning. The military is a well structured machine and it does a good job of taking care of soldiers. When they're out on their own, it's a little different."

For young Veterans who just need a little life advice, OSD offers financial counseling in group or individual settings. A financial advisor can help them set budgets, provide them with tools they need to become successful, volunteers can educate them on maximizing the benefits that are available to them.

OSD has lots of services, volunteers to help navigate them, and community partners with whom they work. But, when the circumstances are more dire, that's when Celestine's team really rises to the challenge.

"If you come into our office and you and your family are homeless, our first concern is where are you going to sleep that night," Celestine said. "We work with the Salvation Army. If they are full, we do an emergency housing service. We partner with a local hotel to make sure you have a place to sleep. The next day, if not the same day, we start going into all the things that will get you where you need to be. We are usually able to get someone into a stable housing situation in 7 – 14 days."

OSD relies on grants and donations. Celestine says proudly, that 85 cents of every dollar goes directly to Veterans services.

In 1993, the organization started hosting events in Nashville, but it began even earlier with a couple of social workers out in California. They saw the homeless population for Vietnam Veterans was outrageously high and so they developed an approach that was familiar to military Veterans, one that made them feel comfortable, and the idea swept across the nation.

By 1998, OSD opened a service center in Nashville, in 2014 they brought their service to Clarksville, and right on time. Middle Tennessee now boasts one of the largest Veteran populations in America.

"A lot of Veterans stay here after their service," Celestine said. "I came to Fort Campbell in 1978 and did several tours here. I watched this town grow into a very comfortable place. The surroundings are great and the people are nice. That is attractive to a lot of Veterans."

"When I wake up every morning and come to this office. I come here to make a difference in a Veteran's life. There is no greater joy than seeing a Veteran who walked in 'lights out', that's with darkness in their eyes, their head down, you can see that they don't feel any hope. Then we start providing our services, and you see them change through the

process. Their head is a little higher and they get more involved. Then their head is up, there is a smile on their face, and a glow in their eye. Now, the lights are on.”

Celestine says that transformation can take days, or weeks.

“You come in here with no where to live ...,” Celestine said, shaking his head. “You’ve been sleeping out side, or in a shelter, and this is especially true if you have a family. Then, all the sudden, you have your own place, with food and furniture. Your kid are no longer crying because now they have food. That’s what we do. That’s the difference we make, and we love doing it. We have a great team and we are passionate.”

Celestine reiterates that OSD is a Veteran Service Center. He gives great credit to OSD’s supporting agencies, the Salvation Army, Clarksville’s Community Action Agencies, The Old Firehouse, the Veterans Coalition and the local government for all their support.

“We are a non-profit,” Celestine said. “If it’s within your heart to give, know that every dime you give in Clarksville stays in Clarksville.

“And, if you’re a Veteran and you see this, stop by. We’re here for you. We are located at 400 Madison Street, and I can assure you, you will be greeted with a smile. And, you don’t need a reason to come by, if you just want to have a cup of coffee or a bottle of water with us, let’s do it. There is no need to small or to great. We are here to help, and we love what we do.”

Celestine’s team includes Career Service Specialist - Frank Ketcham, Housing Case Manager – Theresa Carter, Senior Service Case Manager – Evelyn Adams, and in Receiving - Sandra Gresham

OSD will be hosting Java with John May 10th on the 5th floor of the F&M Bank building. For more information, contact OSD Tennessee at (931) 896-2184.

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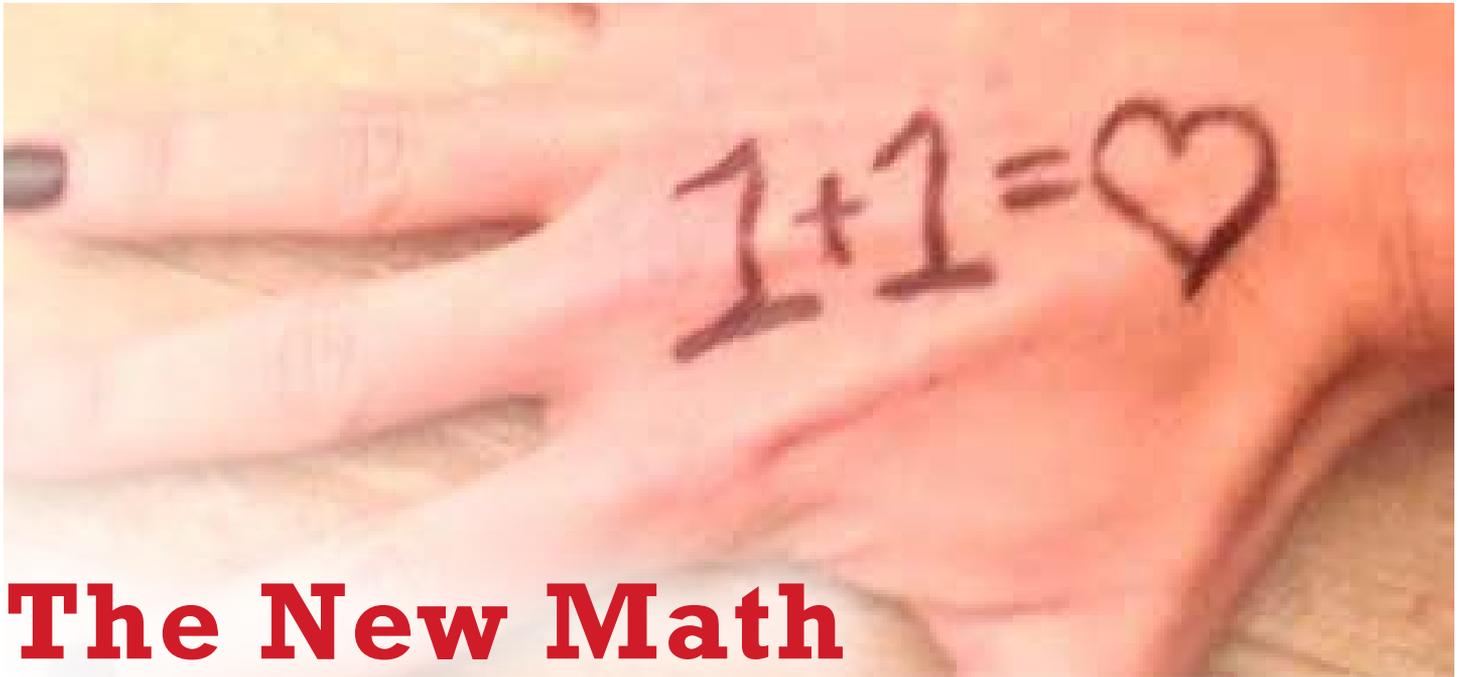


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The New Math

By Carla Lavergne

In the wake of yet another horrific school shooting, and as the mom of an eighth grader, to say I am concerned is a grave understatement. Even though I own a magazine, I am not going to use it as a platform for my personal political beliefs. I don't believe it would be productive or even interesting.

I will however, state that there are small things that can be done within our community that can make it safer. I was discussing this with another friend who is a mom and she told me of a teacher she knows in Kentucky. She described this simple, yet brilliant technique for being more aware of which students might be at risk for these types of behavior. I was able to find it online and was amazed at how truly ingenious it is. If you are a teacher, know one or deal with children on any sort of large scale, I think this

would be a wonderful way to just check in and make sure no one is falling through the cracks, or is feeling left out.

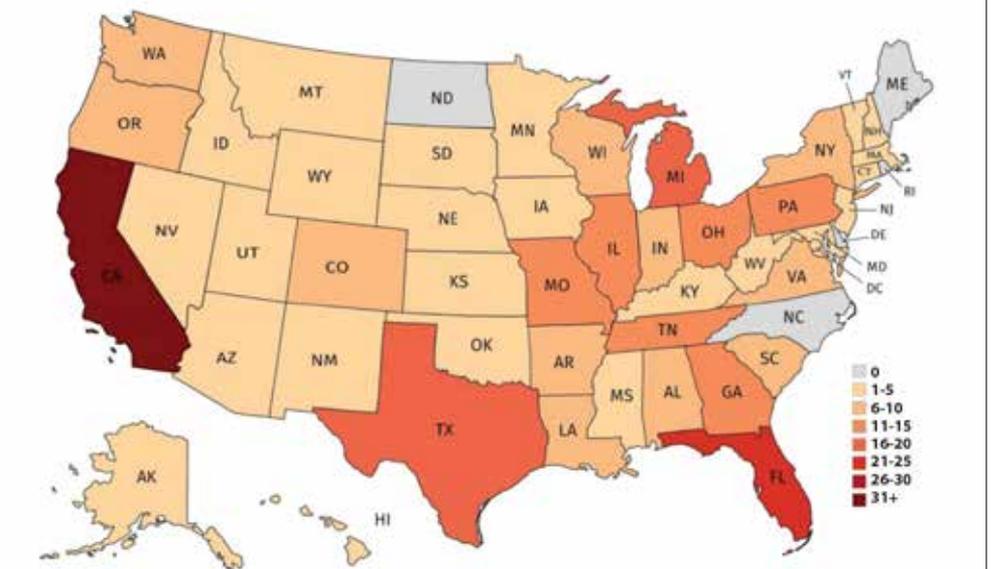
From momastery.com:

A few weeks ago, I went into Chase's class for tutoring.

I'd emailed Chase's teacher one evening and said, "Chase keeps

School shootings by U.S. state (1970 - 2016)

March 25, 2017



As evident on the map above, Tennessee ranks well within the danger zone for being at risk for the next possible site for one of these senseless tragedies. (map: businessinsider.com)

telling me that this stuff you're sending home is math – but I'm not sure I believe him. Help, please." She emailed right back and said, "No problem! I can tutor Chase after school anytime." And I said, "No, not him. Me. He gets it. Help me." And that's how I ended up standing at a chalkboard in an empty fifth grade classroom staring at rows of shapes that Chase's teacher kept referring to as "numbers."

I stood a little shakily at the chalkboard while Chase's teacher sat behind me, perched on her desk, using a soothing voice to try to help me understand the "new way we teach long division." Luckily for me, I didn't have to unlearn much because I never really understood the "old way we taught long division." It took me a solid hour to complete one problem, but I could tell that Chase's teacher liked me anyway. She used to work with NASA, so obviously we have a whole lot in common.

Afterwards, we sat for a few minutes and talked about teaching children and what a sacred trust and responsibility it is. We agreed that subjects like math and reading are the least important things that are learned in a classroom. We talked about shaping little hearts to become contributors to a larger

continued on page 26



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community – and we discussed our mutual dream that those communities might be made up of individuals who are Kind and Brave above all.

And then she told me this.

Every Friday afternoon Chase’s teacher asks her students to take out a piece of paper and write down the names of four children with whom

they’d like to sit the following week. The children know that these requests may or may not be honored. She also asks the students to nominate one student whom they believe has been an exceptional classroom citizen that week.

All ballots are privately submitted to her.

And every single Friday afternoon, after the students go home, Chase’s teacher takes out those slips of paper, places them in front of her and studies them. She looks for patterns.

Who is not getting requested by anyone else?

Who doesn’t even know who to request?

Who never gets noticed enough to be nominated?

Who had a million friends last week and none this week?

You see, Chase’s teacher is not looking for a new seating chart or “exceptional citizens.” Chase’s teacher is looking for lonely children. She’s looking for children who are struggling to connect with other children. She’s identifying the little ones who are falling through the cracks of the class’s social life. She is discovering whose gifts are going unnoticed by their peers. And she’s pinning down- right away- who’s being bullied and who is doing the bullying.

As a teacher, parent, and lover of all children – I think that this is the most brilliant Love Ninja strategy I have ever encountered. It’s like taking an X-ray of a classroom to see beneath the surface of things and into the hearts of students. It is like mining for gold – the gold being those little ones who need a little help – who need adults to step in and TEACH them how to make friends, how to ask others to play, how to join a group, or how to share their gifts with others. And it’s a bully deterrent because every teacher knows that bullying usually

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happens outside of her eyeshot – and that often kids being bullied are too intimidated to share. But as she said – the truth comes out on those safe, private, little sheets of paper.

As Chase's teacher explained this simple, ingenious idea – I stared at her with my mouth hanging open. "How long have you been using this system?" I said.

Ever since Columbine, she said. Every single Friday afternoon since Columbine.

Good Lord.

This brilliant woman watched Columbine knowing that **ALL VIOLENCE BEGINS WITH DISCONNECTION**. All outward violence begins as inner loneliness. She watched that tragedy **KNOWING**

that children who aren't being noticed will eventually resort to being noticed by any means necessary.

And so she decided to start fighting violence early and often, and with the world within her reach. What Chase's teacher is doing when she sits in her empty classroom studying those lists written with shaky 11 year old hands – is **SAVING LIVES**. I am convinced of it. She is saving lives.

And what this mathematician has learned while using this system is something she really already knew: that everything – even love, even belonging – has a pattern to it. And she finds those patterns through those lists – she breaks the codes of disconnection. And then she gets lonely kids the help they need. It's math to her. It's **MATH**.

All is love- even math. Amazing.

Chase's teacher retires this year – after decades of saving lives. What a way to spend a life: looking for patterns of love and loneliness. Stepping in, every single day- and altering the trajectory of our world.

TEACH ON, WARRIORS. You are the first responders, the front line, the disconnection detectives, and the best and **ONLY** hope we've got for a better world. What you do in those classrooms when no one is watching- it's our best hope.

Teachers- you've got a million parents behind you whispering together: "We don't care about the damn standardized tests. We only care that you teach our children to be Brave and Kind. And we thank you. We thank you for saving lives."

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HEALING THE TRAUMA: struggling with depression, anxiety or PTSD?

By Keenan Williams APRN, CRNA

In case you are wondering, Ketamine has been used extensively for over half of a century in many settings. It has been used predominately in operating room anesthesia but also in ER's and on the battlefield treating soldiers of trauma.

If you or anyone you know is struggling with depression, generalized anxiety, PTSD, post partum depression, OCD, or bipolar disorder you will want to continue reading.

It is widely known and understood that our country is facing a mental health epidemic. Current traditional treatments for these most commonly diagnosed mental health conditions have only about a 30-35% success rate with commonly prescribed medications and treatment strategies. Going a step further conservative suicide statistics suggest that 120 individuals take their lives daily. Many individuals accept minimal improvement in their symptoms thinking "it is as good as it will get" and continue to live disheartened and struggling every day.

The World Health Organization estimates that by 2020, the disorders listed above will be the second leading cause of disability in the world. Over 14 billion per year seek treatment. WHO also estimates that by 2020 the cost of lost wages, as well as medications dispensed will be in the billions, making these disorders costly not only to the individual but society as a whole.

Fortunately, there is now another option for individuals who are battling these conditions in our area in the form of Ketamine Infusion Therapy. Ketamine has very recently and frequently been called one of the "greatest psychiatric breakthroughs in over 50 years". For the individuals included in these statistics who struggle with depression, PTSD, anxiety and more Ketamine is well known to have an over 70% success rate in treatment

and symptom management. 30% of Ketamine patients experience full remission of symptoms when evaluated 1 year after beginning treatment and in individuals with thoughts of suicide, Ketamine is well known to stop the ruminations in a nearly immediate fashion.

In case you are wondering, Ketamine has been used extensively for over half of a century in many settings. It has been used predominately in operating room anesthesia but also in ER's and on the battlefield treating soldiers of trauma. Its safety profile is well established. Not many medications given currently carry such a safety profile.

Cumberland Ketamine is now open & accepting new clients. We have recently implemented

an online mood-screening tool in order to better monitor patients. We believe that we must have a way to monitor and collect data related to what we are helping treat and so we say if we cant measure it we cant treat it! At the cost of Cumberland Ketamine all clients will be enrolled in this affiliated but separately managed monitoring service that generates solid data and chart graphs comprised of daily and periodic in-depth assessments collected from our clients. It will gives our infusion specialists, each client and their current mental health care providers an easy way to see their moods, track treatment effectiveness and identify when booster treatments might be needed.

We believe we have a duty in the battle of this epidemic and

the statistics WHO has put forth for 2020, however, a lot of education for both healthcare providers and patients is still needed. Now that you do know this is available we encourage you to be proactive in your treatment. We take referrals from existing providers but that is not mandatory to be treated. Your suitability for Ketamine therapy can quickly be determined with a screening phone call or consultation appointment. Visit our site at www.cumberlandketamine.com or call us at 931.401.0959.

You do not have to suffer with these symptoms. Ketamine clients everywhere are seeing great results. You can be one of them



Are you **struggling** with the pain and hardship of depression, anxiety, PTSD, post partum depression, OCD or other mood disorders?



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www.cumberlandketamine.com



Taylor Lieberstein

In Kentucky, bourbon is king. There are literally more barrels of bourbon than people. Currently there are 6.7 million barrels of bourbon in the state and only 4.3 million residents. MB Roland is one of many craft distilleries responsible for producing the state's signature spirit. MB stands out as Kentucky's first completely "grain to glass" craft distillery. Next month the distillery owners, Paul and Merry Beth Tomaszewski, will host more than 60 talented indie, vintage and craft vendors at the Dairy Barn for their fourth annual Vintage, Crafts & Cocktails event. This is an upscale two-day event highlighting vintage, handmade and/or re-purposed furniture and gifts as well as gourmet food and unique art. There will be something for everyone here. Vintage, Crafts and Cocktails will be Friday, April 13 from 3 PM – 8 PM and Saturday, April 14 from 9 AM – 3 PM.

Indie craft fairs have gained more popularity than ever recently as people have become more passionate about shopping local. The best craft fairs feature amazing handmade artisan quality goods that you can't find anywhere else, varying in style from region to region. The featured artists create unique pieces by hand crafting traditional or vintage materials in non-traditional styles. This craft fair will offer exclusive handcrafted work from indie artists from across the South and beyond. Among

the vendors, you will see favorites such as beautiful handmade décor, repurposed gems made from a variety of upcycled materials, infused olive oils, antique outdoor accents, recycled vintage furniture, hand poured candles, handmade lotions and the list goes on.

Merry Beth is the creator and organizer of Vintage, Crafts & Cocktails. The idea for the event stemmed from two of own passions; her desire to find artistic, handcrafted and repurposed items at local events and her love of watching neglected antiques pulled from the cobwebs and given a new purpose or simply dusted off





and given a new home. Each year her goal is to fill the craft fair with unusual artisans giving visitors an opportunity to take something home that they may not have otherwise had the chance to enjoy while also providing them with a fun shopping environment that includes the enjoyable feature of sipping handcrafted cocktails. They have a broad selection of artisans that cover a wide range of interests. Each year brings numerous new artisans as well as returning artisans. The artisans come from multiple states but also include hometown talent.

“We are so excited that Vintage, Crafts & Cocktails has continued to grow and attract quality artisans, many new to our event and quite a few returning. It is a juried show that doesn't allow third party and direct sale

vendors, so we tend to draw artisans that are looking for a real craft event that highlights people with true artistic talent,” said Merry Beth.

The Bourbon Farmhouse booth will feature hand-crafted, farmhouse style home decor using reclaimed wood in most of their items as well as linens, textiles, pillows, wall art. Sims Farm and Photography specializes in unique farm photography and reclaimed barn wood frames. Recycled Reads cuts vintage books into decorative letters and various state shapes. They also cut the Kentucky state silhouette into whiskey barrel lids which make great southern decor. Backyard Chef, a leading provider of top quality, great tasting

saucers and spice blends each with a unique flavor such as Island Fusion teriyaki sweet sauce or the Kentucky Sweet Rub used for smoking meats of any kind will have a booth. These are just a few of the long list of vendors that will be selling at Vintage, Crafts & Cocktails this year.

The fair will also include live music, food trucks, a photo booth and door prizes. The photo booth is back by popular demand. Vendors donate door prizes and we have fair guests upload their photos to the MB Roland Facebook page. Their photo post enters them into a prize drawing that is held after the show. We draw names from those that uploaded and match them with a pre-



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Monday - Saturday 9:30am - 8pm • Sunday 12pm - 6pm






selected prize. Both the names and a photo of their prize is posted to Facebook after the event so that you are not required to be present to win. Throughout the weekend county artist David Evans will be performing live on the patio of the dairy barn, Friday from 5 PM to 7 PM and Saturday from 11 AM to 2 PM. The distillery has seven acres of parking and there is no charge to park or enter the event. Make plans to join them for a weekend full of shopping, music, food, cocktails and entertainment.

As the name of the event suggests there will be handcrafted cocktails at the event. They will be serving drinks made with spirits distilled at MB Roland including four brand new flavors. Those include Kentucky Straight Wheat

Whiskey, Kentucky Straight Bourbon Whiskey (Wheated Mash), Kentucky Straight Malt Whiskey and Kentucky Straight Corn Whiskey. In addition, the bar will be stocked with the crowd favorites- Kentucky Pink Lemonade Slushies, Kentucky Mules and a Kentucky Mint Julep- using mint grown on the distillery's land. The distillery's gift shop and tasting room will be open during the craft fair as well. "Many craft fair goers are newcomers to MB Roland Distillery and even bourbon. This event is a great opportunity for people to learn about us and what we have to offer," said Merry Beth.

Paul is from southeastern Louisiana and arrived to the area via Fort Campbell. Merry Beth is a native. Paul saw an imminent rise in craft distilleries while serving in the Army, during that same time his love affair with bourbon was beginning. As he considered what career he would pursue after serving his country he landed on investing in a small craft distillery of his own. Fast forward to today where the husband and wife team are seeing rapid expansion at their family owned and operated distillery. This year they have already expanded distribution to four new states.

There's always something going on at MB Roland. The popular concert series Pickin' on the Porch runs all summer long (stay tuned for this year's lineup). Last year they began a new tradition, an annual crawfish boil, to pay homage to Paul's Louisiana roots. This is a true Louisiana Crawfish Boil as authentic as Paul himself. He is adamant

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that everything is done the way it would be back home. This year's it will be held on May 5th. Since that is the same day as the Kentucky Derby they have named the event, The Kentucky Derby Crawfish Boil. They will be showing the Kentucky Derby during the crawfish boil and will have live music before and after the two minutes of the race. They encourage that guests wear derby hats. They will be giving out prizes for the top three looks. Last year they flew in 1200 pounds of live crawfish on the day of the event, this year they will be adding a couple hundred more pounds to the order.

MB Roland is open Monday through Saturday for both tours and tastings. Standard distillery tours and tastings are offered year-round. Tours are five dollars per person for adults age 21 and up and include a complimentary shot glass. Tours are offered every hour on the hour. Tours typically last between 25-35 minutes. Tastings are free of charge and are offered upon request. Children are welcome in the tasting room and on tours. They also offer a special "Distiller's Tour" by appointment (four person minimum) to adults aged 21 and up. This tour consists of a more in-depth explanation of the distilling process by one of the full-time distillers, to include a special "behind the scenes" sampling from select

aging barrels in the rickhouse. Time length for a Distiller's Tour is typically between 60 – 90 minutes. Cost is \$25 per person and includes a complimentary MB Roland rocks glass with your purchase. They offer a 20% military discount for any active duty, retired, or military spouses on Distiller's Tours,

MB Roland Distillery is located at 137 Barkers Mill Road, in Pembroke, Kentucky, near the state line. It is 1.3 miles off Exit 89, Kentucky's first exit off Interstate 24 West. For more information visit their website at www.mbroland.com.





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Clarksville, TN 37040**

931-919-2600

www.GatewayFH.com

CALENDAR

ONGOING

HALF PRICE LAP SWIM 6:30AM-9:00AM

Pay only \$1.50 during lap swim times.

New Providence Pool
166 Cunningham Ln.
Clarksville, TN 37042

SWIM LESSONS 6:30 PM - 7:15 PM

Mon 3/5
Tue 3/6
Wed 3/7
Thu 3/8

Mon 3/12
Tue 3/13
Wed 3/14
Thu 3/15

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

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

Registration opens the last Thursday of the previous session.

New Providence Pool
166 Cunningham Ln.
Clarksville, TN 37042

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

Monday/Wednesday

Mon 3/5
Wed 3/7
Mon 3/12
Wed 3/14
Mon 3/19
Wed 3/21

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

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

New Providence Pool
166 Cunningham Ln.
Clarksville, TN 37042

START SMART SOCCER 10AM-11AM

A developmentally appropriate introductory soccer program for children 3-4 years old. The program prepares children for organized soccer in a fun and safe environment, preparing the children and their parents for organized soccer without the threat of competition or the fear of getting hurt. This class involves parental/guardian involvement!

Cost: \$40 per session | Ages: 3-4

Sat 3/3
Sat 3/10
Sat 3/17
Sat 3/24
Sat 3/31

<http://bit.ly/2oE3WZs>

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 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 3/1
Mon 3/5
Thu 3/8
Mon 3/12
Thu 3/15
Mon 3/19
Thu 3/22
Mon 3/26
Thu 3/29

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NOW - APR 26 | Kleeman Recreation Center | \$3/class

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

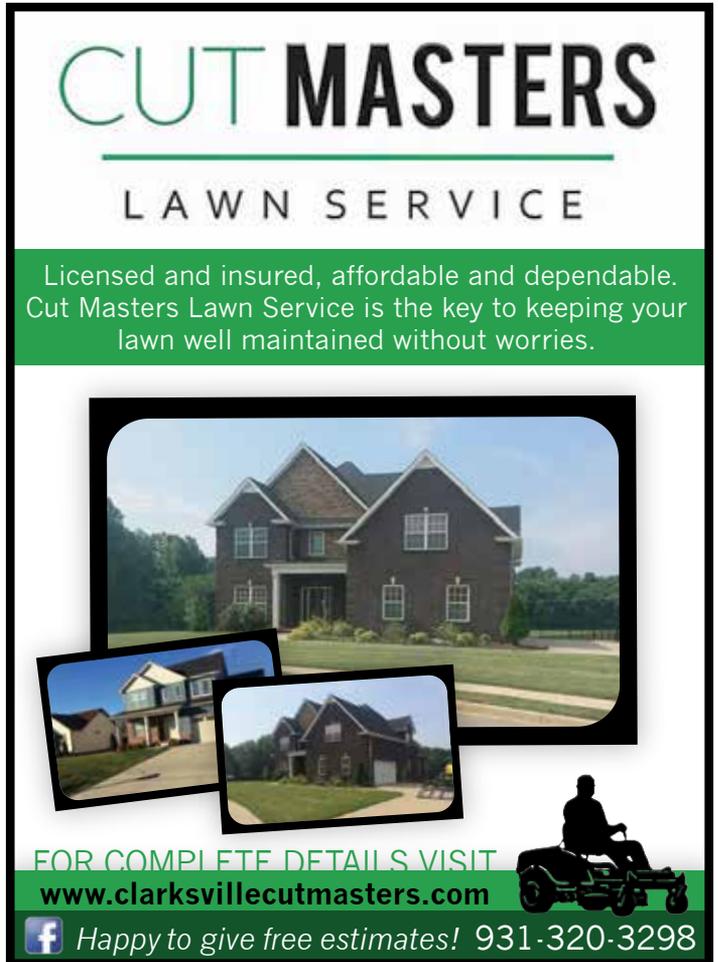
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this medium-intensity class that incorporates today's popular music into exercise.

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

Register online beginning at bit.ly/2pBfMHA

Kleeman Community Center
166 Cunningham Ln,
Clarksville, TN 37042

LIFEGUARD TRAINING 6PM-7PM

This class is for people interested in being a lifeguard for the City of Clarksville. Learn how to effectively respond to water emergencies with the American Red Cross lifeguard training. Make new friends while making a difference in your community.

To be eligible for this class, participants must first apply for the lifeguard position online at CityofClarksville.com. Must meet all requirements to begin the

hiring process. Class hours vary. Call (931) 472-3380 for more information.

Cost: \$96 | Ages: 15+

Sat-Thu 3-8
Sat-Thu 17-22

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

Fri 3/2
Fri 4/6
Fri 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 or artlinkclarksville@gmail.com

Salvation Army
210 Kraft St,
Clarksville, TN 37040

MONTGOMERY COUNTY HISTORICAL SOCIETY

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

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

CELEBRATE RECOVERY

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

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

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

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

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

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

CUMBERLAND WINDS

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

FAMILY LIFE CENTER ACTIVITIES

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

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

FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

Children and teens from ages 5-18 can unleash their creativity

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

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

Clarksville-Montgomery County Public Library
350 Pageant Lane

FREE COMPUTER LAB FOR ADULTS WANTING TO IMPROVE THEIR COMPUTER SKILLS

REGISTRATION IS REQUIRED @ the office of CMC Adult Literacy Council

430 Greenwood Ave
Room 218
Clarksville, TN

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

GENEALOGY DISCUSSION GROUP

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

Genealogy Room on 2nd Floor
Clarksville-Montgomery County Public Library
350 Pageant Lane
genealogydiscussion@yahoo.com



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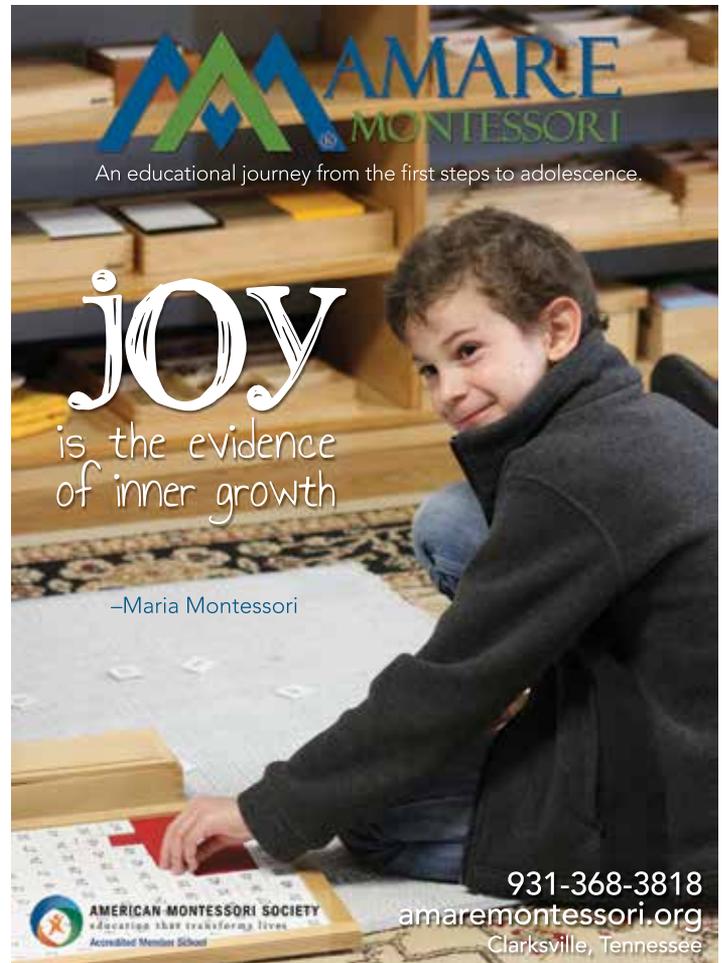
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9:00AM to 5:00PM Recycling
Coordinator: Denny Mihalinec,
RecyclingHabitatMCTN@gmail.
com. Recycling bin is located at:

Clarksville Restore
408 Madison Street
(931) 645-4242

**MONTGOMERY COUNTY
BEEKEEPING ASSOCIATION
MEETING**

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

Clarksville-Montgomery County
Public Library
350 Pageant Lane

**SOCIETY FOR CREATIVE
ANACHRONISM**

The SCA is an organization
dedicated to recreating the

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

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Shoot down your UFOs. For
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Join us on the first Saturday of
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further details or directions. Free
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Quilt and Sew
109 South Main Street
Trenton, Kentucky
(270) 466-9222

MARCH

3 SATURDAY

WACKY OLYMPICS

12PM-3PM

It's Crow Recreation Center's
crazy twist on the Olympic
Games! There will be contests
including minute-to-win-it games
and more! Participants, ages
8-16, are encouraged to wear
a wacky workout outfit and
tennis shoes. Free with center
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<http://bit.ly/2Faj6jr>

Crow Community Center
211 Richview Rd,
Clarksville, TN 37043

**TUCKESSEE HUNTING AND
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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
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animals with TN State Parks!

Admission is just \$5 for adults.
Kids are free. Pay at the door or
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Wilma Rudolph Event Center
1190 Tennessee 48
Clarksville, TN 37040

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

Please join us for this wonderful
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also be makeup tutorials and
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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.

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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

Little Lambs & Ivy
CONSIGNMENT SALE

For complete details & instructions go to:
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

3 SATURDAY
**THE HOLLYWOOD KILLS W/
CASEY JO & THE FRIDAY
NIGHT DADS & SHUCKSTER
DOORS 8PM, SHOW 9PM**

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville. 931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

Admission is \$5 (cash or check only). Tickets go on sale one week prior, and are available at the box office between 9:00am and 2:00pm, M-F Any remaining tickets are available one hour prior to show time.

The Roxy Regional Theatre
100 Franklin St.
Clarksville, TN 37040

4 SUNDAY
THE LION KING (MOVIE)
2:00PM

Disney's award-winning animated masterpiece follows the adventures of the young lion Simba, exiled after his wicked uncle, Scar, plots to usurp the throne and kills his father, King Mufasa. With the help of a hilarious meerkat named Timon and a warmhearted warthog named Pumbaa, Simba returns as an adult to take back his homeland from Scar. Rating: G, Running time: 87 minutes.

CLARKSVILLE FEUD
1:15PM-8:00PM
Survey Says.....The Clarksville Feud!

\$1000 is up for grabs as businesses, units, organizations, ect. form teams and go at it in the monthly Clarksville Feud tournament hosted by Joe Padula.

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

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myshampoolounge.com

9 FRIDAY

FEVER W/ THE DEACONS & CRUELTY OF THE HEAVENSDOORS 8PM, SHOW 9PM

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville. 931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

10 SATURDAY

SANGO PHARMACY'S CUSTOMER APPRECIATION DAY 9:00AM-2:00PM

Celebrating our 5th Anniversary!
Treats for Everyone, Kids Activities & Inflatable, Local Vendors and Special Discounts!

Sango Pharmacy
2622 Madison St. Suite A,
Clarksville, TN
931-919-2491

FUZZRIPPER W/ LOST IN CONSTELLATION & SET TO SLAUGHTER 8PM, SHOW 9PM

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville. 931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

5TH ANNUAL GO GREEN 10K - 5K - 1 MILE FUN RUN 6:00AM-12:00PM

Time to break out your green and come support Project Yesu at our 5th Annual Go Green for Africa

10K - 5K - 1 Mile Fun Run

Register today and SAVE!

Go Green for Africa race benefitting Project Yesu.

Tickets available at <http://bit.ly/2F7mOdM>

Bring out your inner leprechaun and dress up – prizes will be given to the runners with the most spirit!

CLEAN UP AT THE GREENWAY 8AM-10:00PM

Our parks need constant maintenance, but to make it more fun, we schedule volunteer maintenance days throughout the year to help keep them in shape. Groups are encouraged to participate. Free!

Clarksville Greenway
1101 Pollard Rd
Clarksville, Tennessee 37042

11 SUNDAY

CINDERELLA (MOVIE) 2:00PM

When Cinderella's cruel stepmother prevents her from attending the Royal Ball, she gets some unexpected help from the lovable mice Gus and Jaq, and from her Fairy Godmother, in Disney's beloved animated classic. But when the clock strikes midnight, the spell is broken, leaving only a single glass slipper... the only key to the ultimate fairy-tale ending!

Rating: NR. Running time: 74 minutes

Admission is \$5 (cash or check only). Tickets go on sale one week prior, and are available at the box office between 9:00am and 2:00pm, M-F. Any remaining tickets are available one hour prior to show time.

The Roxy Regional Theatre
100 Franklin St.
Clarksville, TN 37040

13 TUESDAY

FREE HOME BUYING AFTER HOURS EVENT! 5:30-7:00PM

Learn more about loans, meet with lenders, and receive helpful hints. Attendees will receive a home buying guide, a \$300 off closing costs coupon, and a chance to register for prizes! Free food and refreshments. An RSVP at www.altra.org is encouraged.

Old Glory Distillery
451 Alfred Thun Road
Clarksville, TN

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

Pre-School and Pre-K Programs:

- Experienced, professional teachers.
- Curriculum-based classes
- Karate • 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

WICKED GOOD SANDWICHES

FAMILY DINING ★ DELIVERY ★ LIVE MUSIC

Mar. 3rd: THE HOLLYWOOD KILLS W/ CASEY JO & THE FRIDAY NIGHT DADS & SHUCKSTER • doors 8pm, show 9pm

Mar. 10th: FUZZRIPPER W/ LOST IN CONSTELLATION & SET TO SLAUGHTER • doors 8pm, show 9pm

Mar. 24th: THE SKELETON KREW W/ RUFUS DAWKINS & TRASH CATS • doors 8pm, show 9pm

Mar. 29th: FAMILY FUN KARAOKE • 7pm-11pm

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 ★

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 Center
1011 Franklin St.
Clarksville, TN 37040

ST. PATTY'S DAY DANCE PARTY W/ TACO & FRIENDS



8PM, SHOW 9PM

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville. 931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

SUFFRAGIST HISTORY TEA 1PM-2:30PM

Fort Defiance Interpretive Center will host a presentation by Brenda Harper, Vice President of the Montgomery County Historical Society, of biographies of historic women of Clarksville who were active in the women's suffrage movement in the early 20th century. Visitors will be treated to a period correct "tea time"

along with cookies and cakes as they enjoy the presentation. This program is free of charge and open to all ages.

Ft Defiance Park &
Interpretive Center
Clarksville, TN 37040

18 SUNDAY THE LAND BEFORE TIME (MOVIE) 2:00PM

When an earth-shattering quake kills both of his parents, a young brontosaurus named Littlefoot teams up with other orphaned dinosaurs to survive. Rating: G. Running time: 69 minutes

Admission is \$5 (cash or check only). Tickets go on sale one week prior, and are available at the box office between 9:00am and 2:00pm, M-F Any remaining tickets are available one hour prior to show time.

The Roxy Regional Theatre
100 Franklin St.
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 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

COMPASSIONATE FRIENDS GROUP MEETING 6:00PM-7:30PM

Meets the 3rd Wed. of each month. When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to

every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Meeting POC is Henry Moore Jr.
tcfofclarksville@gmail.com,

Clarksville Mont. Co. Pub. Library
350 Pageant Lane, Suite 501,
Clarksville, TN 37040

24 SATURDAY WETTEST EGG HUNT 11:00AM

Join us at the pool for a not so typical egg hunt! Eggs will be floating or sunk to the bottom of the pool! Children, ages 1-11 including special needs children and adults, can collect eggs, visit with the Easter Bunny, and more! Pre-registration required. \$5

New Providence Pool
168 Cunningham Lane,
Clarksville, TN 37042

COMMUNITY EASTER EGG HUNT 10:00AM

Children in 5th grade and younger are invited to join us for our annual Community Easter Egg Hunt. There will be over 7,000 candy and prize filled eggs to gather. For more information please contact the church office at 931-648-0110

Community of Hope
150 Richview Road
Clarksville, TN 37043

THE SKELETON KREW W/ RUFUS DAWKINS & TRASH CATS 8PM, SHOW 9PM

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville. 931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

25 SUNDAY

HONEY I SHRUNK THE KIDS (MOVIE) 2:00PM

Nutty professor Wayne spends his days and nights trying to get his miniaturization machine to work, and he succeeds . . . only to shrink his and his neighbor's kids! Rating: PG. Running time: 86 minutes

Admission is \$5 (cash or check only). Tickets go on sale one week prior, and are available at the box office between 9:00am and 2:00pm, M-F Any remaining tickets are available one hour prior to show time.

The Roxy Regional Theatre
100 Franklin St.
Clarksville, TN 37040

26 MONDAY SPRING BREAK TUMBLING DAY CAMP (MARCH 26-29) 9AM-11:30AM

While school is out, have some fun! Boys and girls, ages 6-16, can roll, flip, and turn their way through spring break at American Twister Tumbling. Pre-registration is required. Register online here: <http://bit.ly/2FAFZuk>
American Twister Tumbling.
438 Kelly Ln.
Clarksville, TN

29 THURSDAY FAMILY FUN KARAOKE



7:00PM-11:00PM

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville. 931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

Submit your event to events@clarksvillelivingmag.com
by the 15th of the month
for the next issue.

CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

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

SUNDAY MOVIE SHOWING

March 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 for movie titles.

SENSORY STORY TIME

March 3
10:30 a.m. – 11:30 a.m.
Sensory story times are geared for children who have a hard time in large groups, are on the autism spectrum, or are sensitive to sensory overload. We will use preschool-level books, songs and movement during these story times, as well as sensory activity/craft.

TEEN PROGRAMMING

March 8, 15, 22, 29
5:00 p.m. – 6:30 p.m.
Teens will be watching different movies all month as a part of March Movie Madness.

TWEEN PROGRAMMING

March 12, 26
5:00 p.m. – 6:00 p.m.
Tweens (grades 4-6) will participate in various activities, including a movie viewing on the 26th.

DIY AT THE LIBRARY

March 1
6:00 p.m. – 7:00 p.m.
We will be making our own wreaths! All materials are provided by the library.

4 PAWS FOR READING

March 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

March 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

March 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!

LIBRARY BOOK CLUB

March 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 Moloka'i by Allen Brennert. 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

March 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: March 5, 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

March 5, 26
9:30 am – 10:00 am
This is a program for children ages 2-3.

JUST FOR ME STORY TIME

March 6, 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

March 1, 8, 29
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

March 1, 8, 29
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
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

March 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

March 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

March 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

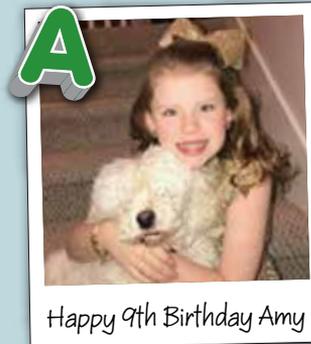
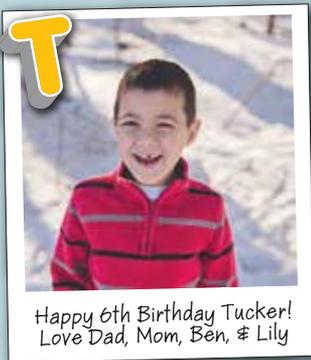
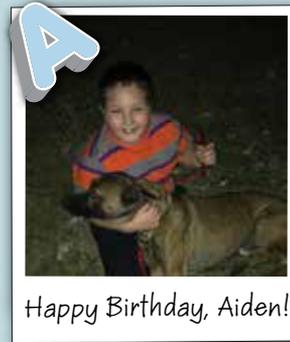
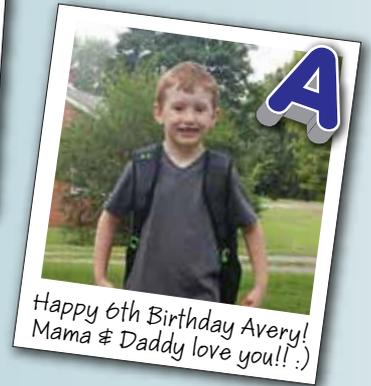
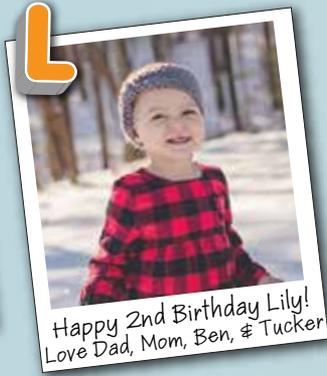
March 10
10:00 a.m. – 11:00 p.m.
The Genealogy Class has returned to the library! February's class will be focused on studying census records.

TABLETOP GAME NIGHT

March 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@clarksvillelivingmag.com by March 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 March 15th

The winner this Month:
DAYDREAMER 

THE WINNER WILL RECEIVE \$50
IN PRODUCTS OR SERVICES
PICK UP AT EITHER LOCATION!



Say Cheese!



ollieBii



Happy New Year



I just love the camera



Its time to watch animal planet



Blue-eyed boy



Waiting is Hard



How do I look?



fancy feline fountain



Daydreaming of warmer weather!

ADOPTION & FOSTER CARE

CAMELOT CARE

Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider servicing children, adolescents, and their families in the state of Tennessee. For more information on how to become a foster parent please call Karen Pinkett at 931-217-3813 or email karen.pinkett@pathways.com.

CENTERSTONE FAMILY CENTERED SERVICES

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

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ADOPTION

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

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

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

CLARKSVILLE MODEL RAILROAD CLUB

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

COMMUNITY SCHOOL OF THE ARTS AT APSU

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

MADISON STREET MUSIC & ARTS ACADEMY

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

MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

LET'S PLAY CHESS

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

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

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

CLARKSVILLE BADMINTON CLUB

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

CLARKSVILLE IMPACT SOCCER CLUB

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

CLARKSVILLE TENNIS ASSOCIATION

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

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

CLARKSVILLE VOLLEYBALL CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

THUNDERBOLT AQUATICS SWIM CLUB

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

CHILD BIRTH & PARENTING EDUCATION

ROOTS CHILD BIRTH PREPARATION

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

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

TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

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

TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

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

TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

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

WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

PARENT INFORMATION NETWORK

Parents working to keep parents informed about issues that affect the community, education and our schools via a subscriber e-mail network, clarksvillepin.net.

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE DOMESTIC VIOLENCE SHELTER

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or mtcbbsa.org.

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

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

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

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

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

ALL NATIONS BIBLICAL STUDY CENTER

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

APSU EXTENDED EDUCATION

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

ARMY COMMUNITY SERVICE

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

ASERCARE HOSPICE

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

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croatians and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croatians who want to move to Clarksville and make sure their transition is smooth. Visit facebook.com/groups/CroatiainsinTennessee/

DAGAN FOUNDATION

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

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

FREE CAKES FOR KIDS KY & TN

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

FRIENDS OF THE BLUEWAY

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

TENNOVA HOME HEALTH & HOSPICE

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

GOOD NEWS CLUBS

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

GRACE ASSISTANCE PROGRAM

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

HABITAT FOR HUMANITY AND RESTORE

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

HAILEY'S HOPE WITH PROJECT SWEET PEAS

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

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

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

HOPE CENTER

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

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

LATINA ASSOCIATION

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

LOAVES AND FISHES

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

MANNA CAFÉ MINISTRIES

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

MEALS ON WHEELS

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

MONTGOMERY COUNTY WIC CLINIC

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

RADICAL MISSION

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

SUNCREST HOME HEALTH

Available 24 hours a day, seven days a week to answer any questions you might have to discuss how we can help your patients feel better, recover faster and live healthier in the place they call HOME. Call (931) 647-7411.

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

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

COLUMBUS ORGANIZATION

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

HEALTH CONNECT AMERICA

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

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

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

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

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

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

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

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

INTERNATIONAL ORGANIZATIONS MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM

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

YOUTH FOR UNDERSTANDING USA (YFU)

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

PARENT GROUPS

CHRIST PRESBYTERIAN CHURCH MOPS

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

CLARKSVILLEMOMMIES.COM

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

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY

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

CLARKSVILLE HOMESCHOOL NETWORK

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

CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

MOPS AT FIRST BAPTIST CLARKSVILLE

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

HILLDALE BAPTIST CHURCH MOPS

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

SPRING CREEK MOPS

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

SUPER MOM'S GROUP

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

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

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

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

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

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

BREAST CANCER SUPPORT GROUP

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

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

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CLARKSVILLE OSTOMY SUPPORT GROUP

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

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

COMPASSIONATE FRIENDS

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

DIABETES SUPPORT GROUP

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

FOCUS AUTISM NOW

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

GRIEF SUPPORT GROUP AT ASERACARE

A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, and understanding environment. Remember that support groups will take several sessions to help develop coping skills and strategies to deal with one's loss(es). AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six-week support group will start every 10-12 weeks. For more information, please contact Henry Moore Jr. at (931) 551-4100.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

MEN HELPING MEN

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

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

PARENTS HELPING PARENTS

A bereavement support group for any person who has ever loved and lost a baby or child. You can expect compassion, support and useful information to help you through this time of grief. Held the first Monday of each month from 7:00 p.m. to 9:00 p.m. in classroom 2 off the "A" lobby at Blanchfield Army Community Hospital, Ft. Campbell. The group is open to the community. For directions or information e-mail Sharee at InfantLossProject@yahoo.com or call the chaplain's office at (270) 798-8777.

PARKINSON'S SUPPORT GROUP

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

TENDERPAWS PET THERAPY

Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of Tennova Healthcare - Clarksville. To have your pet screened call Kathy at (931) 553-8959.

TENNOVA HEALTHCARE – CLARKSVILLE SMOKING CESSATION:

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

YMCA'S RESTORE MINISTRIES SMALL GROUPS

Restore Ministries offers small groups led by trained and caring facilitators in a supportive environment in which people who are seeking to make similar life changes can work together to identify and overcome the barriers standing between them and lasting change. If you are having relationship difficulties, experiencing loneliness, grief, stress, sadness or just need encouragement, we can help. Our groups address all types of issues ranging from anxiety to grief to low self-esteem and body image. Restore Ministries is for everyone, guiding men and women to complete hope, healing and restoration. Most groups meet for 8 weeks. Fees are based on your ability to pay. Groups are open to both members and non-members of the YMCA. For more information or to sign up for a group, contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.

TUESDAY OVEREATERS ANONYMOUS MEETING

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

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

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