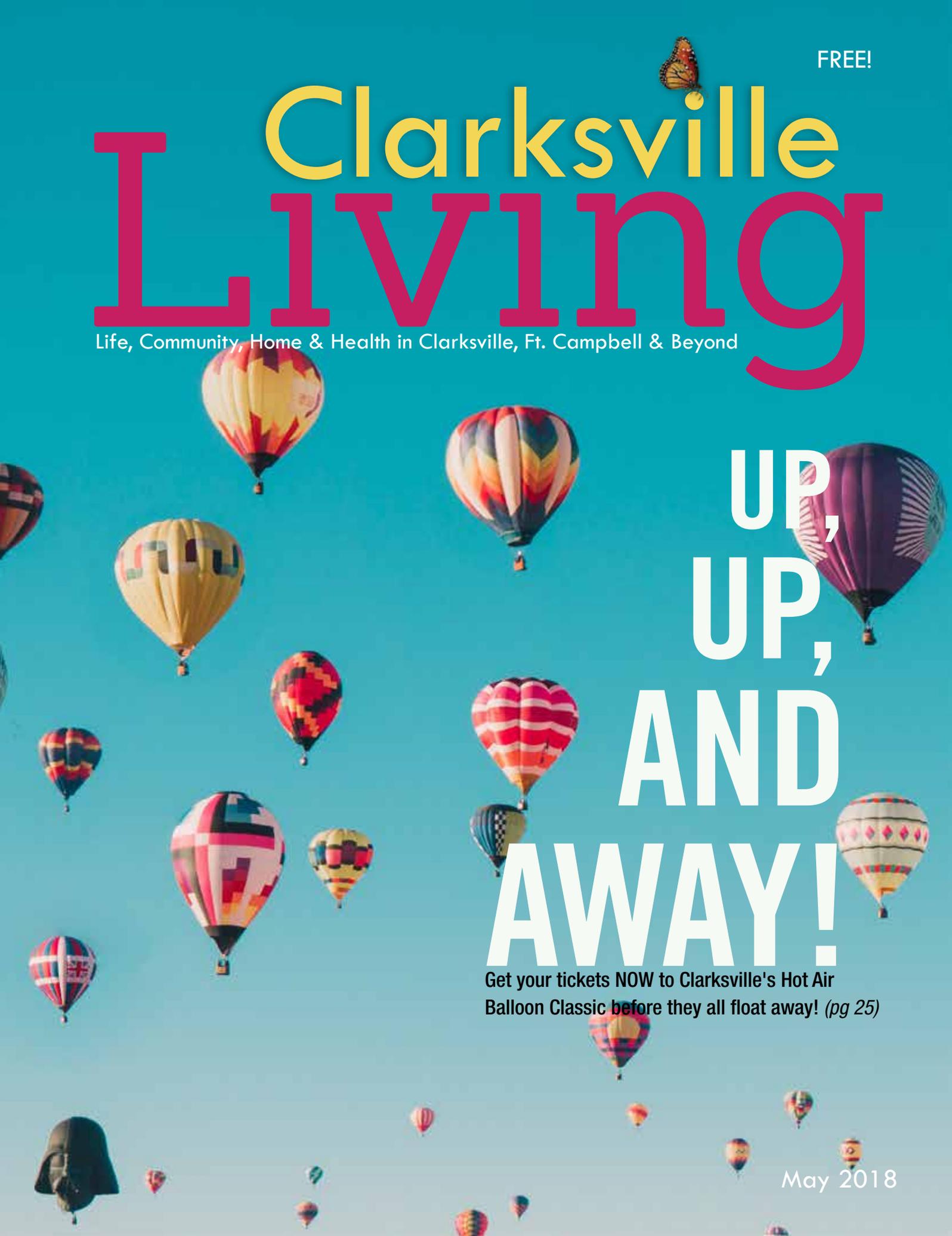


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Get your tickets NOW to Clarksville's Hot Air Balloon Classic before they all float away! (pg 25)

May 2018



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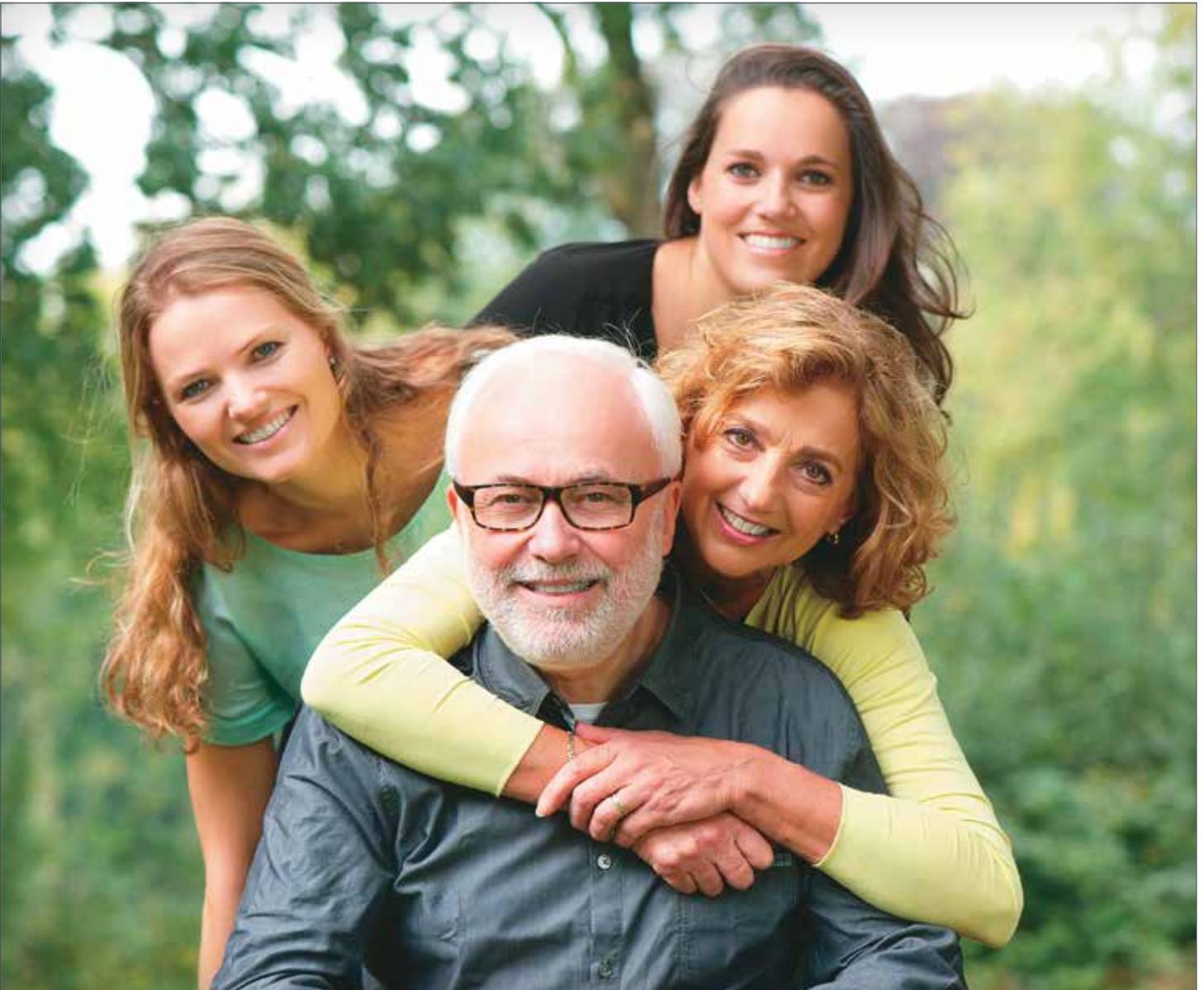


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Publisher's Message

I think we can all agree that the weather this year has been crazy. 80 degrees in February and 30s and 40s in late April. I am ready to start complaining about the heat instead of the cold! (*Just kidding—sort of.*)

With the school year ending in just a few weeks, you might be looking for something fun for them to do this summer. Well, you've come to the right place! This issue is jam packed with all sorts of things to do—starting with the cover! On June 2nd, Clarksville will have its first ever Hot Air Balloon Classic in Liberty Park and I am super excited! (*Pardon the possible overuse of exclamation points in this month's letter but there's a lot to be excited about!!!*)

Not to mention all of the other super cool things that are going on around town. The Downtown Market starts back this month and I absolutely cannot wait. Read all about it in Taylor Lieberstein's article on Page 8. The new Downtown Commons also recently opened and looks amazing.

Check out our calendar starting on page 34 for all of this month's activities to help you kick off summer break.

Last, but certainly not least, May 13 is Mother's day. Make sure that you go out of your way to let your mom, grandmother—or any woman who is close to you—know how special she is.

As always, thank you for picking us up. Here's to another great and hopefully warm and sunny month!



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.

Clarksville Living Magazine

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Keeping Your Summer Vacation on Track

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5 Ways to Stay Healthy on Vacation

Whether your plan is to play tourist in your hometown, travel overseas or something in between, unexpected illness can ruin your summer vacation. Use these tips to stay healthy while on the road:

- 1. Travel prepared.** Ensure you are up-to-date on immunizations before traveling. If you are leaving the country, you may need more than just your standard vaccines to stay safe. Schedule an appointment with your primary care provider to discuss what you may need.
- 2. Pack for protection.** Depending on your final destination, bring items such as sunscreen, bug spray and protective clothing to prevent sunburn and bug bites.
- 3. Bring your own water.** If you are staying in the country, help your wallet and the environment by bringing reusable water bottles instead of buying bottled water or sodas.
- 4. Don't forget first aid.** Pack a well-stocked first-aid kit in case of minor scrapes, bumps or bruises.
- 5. Manage your medications.** If you take any medications, pack them in the original bottle and make sure you have enough to last until you get back.



Before you take time off, visit your primary care provider for a well visit to discuss healthy habits and get up-to-speed on vaccinations. Don't have a doctor? Tennova Medical Group is here to help. Our family practice office located on Tiny Town Road welcomes new patients of all ages. Call 931-502-2423 or visit TennovaMedicalGroup.com. Ask about our same- and next-day appointments.

For more health and wellness articles like this one, visit our blog at TennovaWellness.com.

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The Downtown Market Brings Fresh Food to the Table

by Taylor Lieberstein

Anyone who likes to shop for fresh fruits and vegetables, listen to live music, drink homemade lemonade, learn about the local community, or just find an excuse to go outside should be very excited for one of the best parts of summer in Clarksville, the farmers market. The award-winning Clarksville Downtown Market kicks off on Saturday, May 26th. This festive, open-air market has been connecting local farmers and artisans with local shoppers while enhancing the overall quality of life in the community since 2009.

The market supports all things handmade, homemade, and locally grown, making it both a farmers

and artisan market. Vendors will be fully stocked with seasonal fruits, vegetables, fresh meats, cheeses, sauces, eggs, baked goods, canned items, potted flowers and herbs, fresh cut flowers, soaps, décor, candles, jewelry, clothing, and so much more. Ready-to-consume items vary from weekend to weekend but may include lemonade, popsicles, hot dogs, kettle corn and breakfast items. The market will include many new and exciting vendors this year as well as all the favorites from years past.

The family-friendly market has a jam-packed schedule of events planned for this summer. Live music, food trucks and give-a-ways will



be enjoyed on select days. Live concerts will be held on various dates by the following artists- Hank Baker, Cameron Sutphin, Red River Breeze, Emma Feldman and Hui Hawaii O Tenesi Hawaiian Civic Club. Elevate Church is sponsoring children's activities at each market this year. Like the market itself each Saturday will have a different children's activity ranging from DIY crafts and face painting to seed planting and bubble day.

Each Saturday market will feature a unique twist such as Green Market Day, where the city's forester and master gardeners will be teaching the community about native trees and plants. Veggie Market Day will be dedicated to getting people to eat their veggies while teaching about their necessity in a healthy diet. Vendors will highlight their favorite vegetables complete with cooking demonstrations. The Farm-to-Market Dinner in August will feature a meal using only ingredients provided by Clarksville Downtown Market. Tickets, which are limited in number are \$35 per person and can be purchased online at www.clarksvilledowntownmarket.com. Other Saturday market themes include Summer Grilling, Food Truck Takeover, Scavenger Hunt and College Football.

To further the excitement the market will be traveling around the city throughout the season. There are a few pop-up market dates planed at McGregor



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Park. They will be holding a few satellite markets in local neighborhoods as part of the Mayor's Summer Night Lights program as well. Satellite markets give residents a chance to preview the Clarksville Downtown Market during the week. At the same time, it allows vendors to present a sample of what they offer on Saturdays as well as answer any questions about the products. Follow Clarksville Downtown Market on Facebook to stay up to date about the upcoming season and for event dates and times.

Aside from an aesthetic factor there are many benefits to shopping the Clarksville Downtown Market. They offer more variety, better quality foods, more affordable pricing than supermarkets do, and it feels good to support our friends and neighbors. The Clarksville Downtown Market has been voted the number one farmers' market in Tennessee each year in the American Farmland Trust's Farmers Market Celebration. In February the Clarksville Downtown Market won bronze for Best Event Photo "Dinning Downtown" at the Farm-to-Market Dinner at the Annual SFEA Conference, and 2nd for best Farmer's Market Marketing Material at the Annual Pick Tennessee Conference/Tennessee Farmer's Market Association.

Walking through the array of vendors and friendly faces at the downtown market is the perfect way to spend a Saturday morning. The market is open from 8 a.m. to 1 p.m., May 26 through Oct. 13 on Public Square, rain or shine. Make a point to take advantage of the award-winning market all the great things it (literally) brings to the table.

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For full details including food truck lineup visit [Facebook.com/ClarksvilleParksandRecreation](https://www.facebook.com/ClarksvilleParksandRecreation).

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Autumn Bailey holding her daughter, Alaina.

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to deliver her baby, she felt right at home, for two reasons. First, she's an employee of the hospital, so the surroundings were more familiar to her than to the average new mother. Second, she knew she was in a place where generations of her family members had first greeted the world.

By the time Autumn held her newborn in her arms for the first time, she had gained a whole new respect and appreciation for her doctors and the labor and delivery staff. During delivery, she experienced unusually hard, labored contractions, and for a moment her baby's heartbeat could not be detected. Doctor and staff quickly went into action, and Autumn credits their rapid response with saving her baby's life.

Whether you're expecting or facing an unexpected challenge, the dedicated and experienced women's health professionals at Jennie Stuart Health are here to provide the comprehensive care you need and the personal attention you deserve.

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A SOLDIER

By Taira G. McAfee

A Soldier is born to live and that's no lie

A Soldier is born to die, and of course everyone asks why, why, why

A Soldier is hated, a Soldier is loved, but when a Soldier is in trouble a Soldier looks to his Father up above

A Soldier who can, is a Soldier who commands

A Soldier travels far, a Soldier stays home, but when so many Soldiers are gone, this Soldier knows where he belongs

A Soldier never gets enough rest, but no matter how hard the task, a Soldier always does his best

A Soldier rarely sleeps, but a Soldier still prays to the Lord for his or her soul to keep.

A Soldier is a son, a Soldier is a daughter, a Soldier is a husband, a Soldier is a wife, a Soldier is your sister, a Soldier is my brother, a Soldier is a father, a Soldier is a mother, and most of all a Soldier is truly your friend because, a Soldier is the one you can count on in the end

Dedicated to the men and women of Operation Iraqi Freedom, 101st Airborne Division (Air Assault), and Screaming Eagles, Fort Campbell, Kentucky



The 11th Annual Spring into Summer Salutes Fort Campbell Festival

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As if being awarded as one of the top three festivals in both the southeast region and worldwide for two years in a row isn't enough of a reason to attend the 11th Annual Spring into Summer Salutes Fort Campbell Festival in Oak Grove, Kentucky, maybe you'll be encouraged to come out and see the Chart-Topping Country Quartet, Parmalee, that will be headlining the event!

Presented by The Oak Grove Tourism Commission, the Festival takes places on the Saturday and Sunday of Memorial Day weekend and includes a variety of free and exciting activities for the whole family. There are no parking or admission fees. From free carnival rides and family-friendly stage shows to a roaming robot to take pictures with and bungee trampolines, this event is one that you don't want to miss! On Saturday night, there will be a free concert featuring, Parmalee, a parachute jumper show and a beautiful fireworks display.

The event, which is free and open to the public, will also feature various vendors with delicious carnival foods and a fantastic assortment of merchandise. The Festival is held in honor of our military and their families, as well as the community for their continued support. There will be a drawing for active duty military to enter for a chance to win a basket full of donated goodies from swag to gift cards!

The free concert will begin at 6:30 pm, and the Viceroy Gates will open for the concert at approximately 3pm. The festival will be open from 12-9 on Saturday, May 26th and from 12-6 on Sunday, May 27th.

For more information, go to www.visitoakgroveky.com.



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College Street Store Sells Antiques and Home Décor

Warehouse Forty One is located at 1214 College Street, next door to Silke's Old World Breads, Bakery & Cafe. The store currently has 108 vendors for its various booths.

By Karen Parr-Moody

Doodads, tchotchkes and one-of-a-kind finds fill up the booths at Warehouse Forty One, an antiques and décor store that opened several months ago on the outskirts of downtown Clarksville.

Warehouse Forty One is owned by Stephanie Sprague and her husband, John, and is located in the space long occupied by This Old Place at 1214 College Street, next door to Silke's Old World Breads, Bakery & Cafe.

This new space is an addition to an adjacent warehouse, also called Warehouse Forty One, where the couple has sold new and used furniture since 2015. The two spaces are operated as one store to offer one-stop shopping.

Sprague was born and raised in Lima, Ohio, then settled in Clarksville 10 years ago with plans to retire from social work. She and her husband were drawn into the home décor business when their daughter rented a booth at an area flea market, then decided she didn't like the business.

"We told her we would help her with it – and we did like it," Sprague says.

In fact, the couple liked the flea market business so much that they ultimately rented more booths – 11 in total – and amassed so much merchandise that they rented a warehouse to keep goods for restocking their booths.

"It just escalated," Sprague says. "It was a domino effect."

Warehouse Forty One enjoys College Street's location, as people drive by on their way to historic downtown destinations, including the new Downtown Commons Park, shops and restaurants that fill the charming streets. The store currently has





108 vendors for its various booths, with items running the gamut from trinkets to large antiques that are well-displayed.

“Before we bought This Old Place, we would talk to our existing customers we to see what they would want to buy in a flea market,” Sprague says. “We still do that. We have customers who come in regularly and we encourage them to give positive feedback or constructive criticism.”

She says the store has a little bit of everything, from primitive furniture to collectibles to new.

“There’s something for everything,” she says. “People will say, ‘No matter what I’m looking for, I can usually find it.’ And a lot of people like that it’s clean and easy to go through; it’s not all hoarded up.”

The popularity of certain items can depend on the time of year, whereas others are evergreen.

“If it’s around a holiday, popular items are going to be kitchen

continued on page 16



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Vintage items for the home are in abundance at Warehouse Forty One.

continued from page 15

wares, bakeware, cast iron, serving platters and kitchen tables,” Sprague says. “If it’s not around a holiday, it’s very open. It could be kitchen islands, Yeti cups or cute little figurines.”

Collectibles are a constant source of interest for people looking to round out a collection, Sprague says, and antiques and primitives are also of perennial interest.

“Right now, farmhouse style is doing really well,” she says. “And it’s the farmhouse industrial that’s starting to be the big thing, which is like farmhouse, but with more metal so that it’s not all wood.”

By walking through the store, visitors are able to remember items that their parents, grandparents and great-grandparents once had. They can also learn something about past generations through the rich history of antiques.

“I want people to feel comfortable and nostalgic in the store,” Sprague says. “It’s nice to walk around and hear people telling people, ‘I bet you don’t know what this is’ or ‘I remember your grandma used to hide candy in a Hoosier cabinet like this.’ It helps connect the generations. I like that aspect of the antiques, vintage and primitive merchandise.”

The Warehouse Forty One space next door offers customers a different experience. It features about 10 booths that offer eclectic merchandise, including one that sells gently-used Cuisinart

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items. But antique and collectible merchandise is not a focus there.

That warehouse is L-shaped, and when customers walk through the front door, they will initially see a wealth of large, used furniture items, including dressers, china cabinets and buffets in easily-navigated rows and aisles. High-end antiques are not among this collection, but rather there are furniture pieces that just need a little repurposing, such as sanding or painting.

"It's a great place for repurposing," Sprague says. "A lot of people buy five or so of those items and repurpose and re-sell them."

In this space, customers will also see new furniture and home furnishings, including mattresses, that are being sold at clearance prices. Sprague says that, between the two stores, the furnishings attract people who have moved to Clarksville without any furniture.

"They'll literally buy their whole house between the two stores," she says.

Warehouse Forty One's hours are 10 a.m. to 6 p.m. Mondays through Fridays, 9 a.m. to 6 p.m. on Saturdays and 12 pm. to 4 p.m. on Sundays. For more information, call the store at 931-905-0023 or check out the Facebook page at www.facebook.com/warehousefortyone.

Store items include antiques, such as this carnival glass punch bowl.



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I love my mom. I respect the woman she is, and I'm grateful for the countless ways she helped shape who I am today. We are physically similar; we both have a strong practical bent, and the same silly sense of humor. My dad, though... he has a super special place in my heart, and I'm grinning from ear to ear even as I type this sentence!

My dad was the parent who was most willing to be part of my Girl Scout events. He taught me how to build stuff, from campfires and knot boards, to rabbit cages and book shelves. He showed me how to love not just with words, but with actions and consistency. He believed I could do anything, and encouraged me to be smart and strong and confident. And no matter how many times Mom told me I was pretty, I never really believed it until Dad said it.

Research tells us that what I experienced is not unusual. The father's involvement with a daughter's development is powerful. Our self-esteem, sense of self-worth, and level of confidence are deeply impacted by our relationships with our fathers. That's where we learn what qualities are desirable in men. It's his example that shows us how we should expect to be treated by a partner.

For the past twenty-five years, I have worked full time in help clinics like Hope Pregnancy Center, where I currently serve as Executive Director. We provide a host of services to women and couples who find themselves unexpectedly pregnant, including pregnancy tests, early ultrasound scans, information on pregnancy options, and support services like maternity and infant clothing, mentoring,

Wherever He Leads

14th annual
Father Daughter Purity Ball

June 2, 8 & 9, 2018

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and learning opportunities.

In addition to all that, for the past thirteen years, Hope Pregnancy Center has intentionally invested in the relationships shared by hundreds of fathers and daughters through something we call the Father Daughter Purity Ball. This sweet event welcomes fathers with daughters as young as five, on up to college age, to spend some time together in a setting like no other.

Lights are low. Centerpieces sparkle. Music plays. Daughters enter the ballroom on Daddy's arm, eyes wide. There's dancing and dessert, a special gift just for her. A short message of encouragement. A portrait. But the most important part of it all is just the connection between father and daughter. She feels like a princess. He feels like a king. It melts the hearts of our team every single year!

This year marks the fourteenth Father Daughter Ball. The nights of June 2 and 8 are set aside for young ladies entering Kindergarten through 6th grade. June 9 is for our older guests, entering 7th grade or higher. The event is open to fathers and daughters, grandfathers and granddaughters, uncles and nieces, or young ladies with

a mentor or family friend as escort.

The Ball is held at Valor Hall in Oak Grove, Kentucky. Online registration is now open at www.HopePregnancy.net/GetInvolved, or by calling 931.645.2273. Space is limited and registration is required.

Whether the Father Daughter Ball is a tradition in your family, or this will be the first year you participate, we are honored to host you. It's an easy way to invest in the father-daughter relationships in your family, and the memories they make will be priceless.

Hope Pregnancy Center can be found online at www.HopePregnancy.net, or on Facebook (@give2hpc). Call us at 931.645.2273



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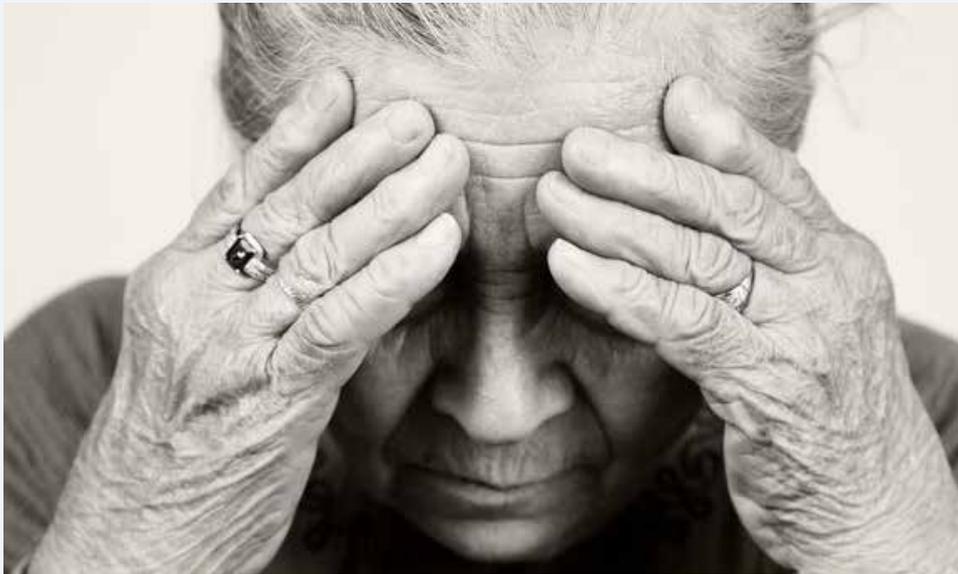
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Unity Psychiatric Care

by Christina Chittenden

As part of American Health Companies, a group of individuals who are devoted to the care and treatment of others, Unity Psychiatric Care, formerly known as Clarksville Behavioral Health Center offers an inpatient, clinical setting that is designed to provide your loved one with the best care possible, and ultimately reunite them with the best version of themselves. Through their rebranding in May 2018, they want what they do to be more accurately known to the community, and they will still maintain the same ownership and second-to-none staff.

AHC understands the difficult and unique challenges that accompany the later stages in life, and because of that, their goal is to meet those needs of the patients while simultaneously relieving the impact of stress it has placed on the family member's lives by educating them on ways they can better manage the disease process. Caring for anyone in emotional distress, especially those of our older loved ones, can often be overwhelming. From learning of the issue to the intimidating search for the perfect care, a situation such as this doesn't have to leave you feeling defeated. The team at Unity Psychiatric Care is dedicated to helping you and your loved one with a comfortable atmosphere that is close to home.

Their safe and secure environment offers care for patients experiencing symptoms such as major depression, anxiety, mood instability, paranoia, delusions, hallucinations, thoughts of self-harm, displays of verbal aggression and physical aggression. Their goal is to provide the best possible evaluation, care and education to enable stabilization of each person's behavior and mental condition so that they can return home or to an appropriate, safe alternative setting.

What Can You Expect?

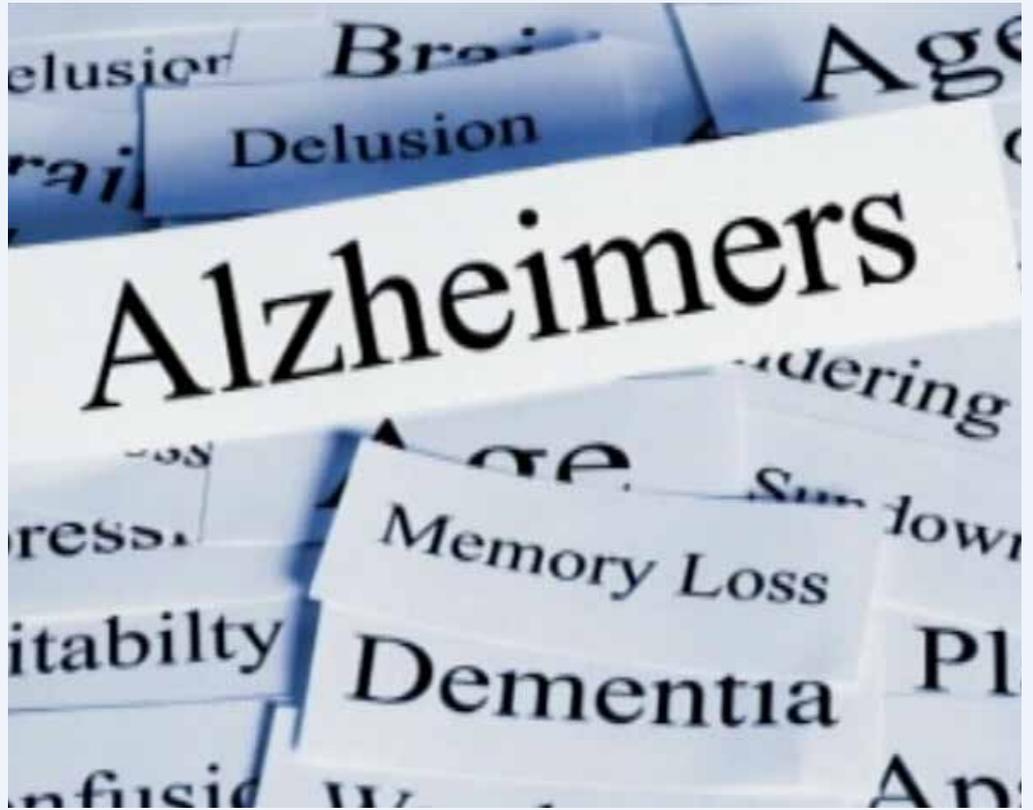
Upon arrival at Unity Psychiatric Care, an individualized treatment plan is developed to suit the patient's specific needs. Care, treatment and education are provided by a highly trained staff of physicians, nurses, social workers, therapists and other clinicians who have experience and knowledge of working with older adults. Their psychiatrists are trained especially in geriatrics and lead the team of dedicated professionals who develop and carry out each patient's treatment in a team-based environment, to include:



- Comprehensive evaluations
- Medication assessments
- Nutrition assessments
- Pain assessments
- Individual, group and family therapy in a confidential setting
- Physical, occupational and speech therapy
- Therapeutic activity

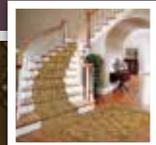
Will Hendricks, Community Relations Manager, has been with the company since 2013. His position, which entails overseeing the intake of patients as well as their after-care plan. Much of his work involves community relations and utilizing those resources, not only in Clarksville, but also the surrounding areas in Tennessee and Kentucky. Although their focus is narrow, serving only those acute-psychiatric individuals that are ages 55 or over, their mission stands firm in providing care to those who genuinely

continued on page 22



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continued from page 22

need their help. "Of course, our goal is to give them the care that they need with us, but it is also important to ensure that they have appropriate follow up care so that they do not need to come back," said Will. "Working in the psychiatric field for many years, a big concern is recidivism, and we want to make sure that, once these patients have left they do not have to come back."

It's no surprise that the Clarksville area and its neighboring communities are in desperate need of psychiatric care – and that number is only increasing. In fact, an average of five people per day are in holding rooms in hospitals and other facilities waiting for an available

space to open in a psychiatric treatment facility. Sadly, the number of adolescents in need of this type of care is also on the rise. Their hope is, with the additional space of the new treatment center, we can begin to tackle more demographics and age groups and further advance their methods in combating the epidemic of mental health issues in our area. "With the world as it is today, mental health issues are steadily growing," Will added. "If we don't take care of some of these issues now, what is it going to be like when our own children are older?"

Jennifer Robinson is the Administrator of Unity Psychiatric Care and has been with the company since 1996. Aware of how underserved the Clarksville area is, Jennifer knows the importance of keeping people home versus sending them to the bigger cities to obtain care. "We need to focus on here and keeping our citizens close to their loved ones and home," she said.

Something that makes Unity Psychiatric Care stand out is their desire to have family involvement

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with each patient. “We encourage families to call and to visit as often as they are able,” said Will. “Though visitation is sometimes limited depending on each patient’s particular situation, the staff is always available 24/7 to take phone calls.”

“I am proud of what our company stands for,” said Jennifer. “You really put things into perspective when you see your own grandparents and parents living in assisted living facilities and nursing homes – you just want the very best care available for them. That, to me, is reason enough to be passionate about what we do here. Everyone we see is someone’s family member, and we want to treat each patient as if they were part of our own.”



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Sat., June 2, 2018
5:00 – 9:00 pm

Presented by Acklen Park Productions, a company based out of Nashville, that has received tremendous notoriety for hosting their hot air balloon festivals, the Clarksville Hot Air Balloon Classic will be held this year on June 2 at Liberty Park.

This event will include live music, a kids zone, food trucks, craft vendors and a spectacular Hot Air Balloon Glow at dusk.

Tickets are only available for purchase online through www.eventbrite.com and sales are limited in order to ensure an enjoyable event for those that attend. Therefore, tickets are sold on a first come first served basis. The event sells out quickly – so be sure to get your tickets now!

Liberty Park
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EXPO & RACE DAY REGISTRATION:
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BOTH RACES START AT
7:00 AM

Follow us on Facebook for details: [Clarksville Running Club/Events.](https://www.facebook.com/ClarksvilleRunningClub/Events)

IMAGINATION LIBRARY



By Tony Centonze

By now, it seems most people have heard of Dolly Parton's Imagination Library, a program that provides free books for children from birth to the age five. To understand how the program works, we sat down with CMC Public Library Director, Martha Hendricks.

"This is an amazing program," Hendricks said. "We are currently providing books for 9,300 children right here in Montgomery County. But, I think one of the biggest misconceptions out there is that Dolly Parton herself pays for all the books. In truth, there are many people working in a 3-way partnership to make this happen. It's not easy, but the program's impact on children's reading skills and life skills is undeniable."

Information from the Governor's Books from Birth Foundation explains the responsibilities of the various partners and how they work together to make a difference in the lives of so many.

1) The Governor's Books from Birth Foundation raises 50% of the funds needed for books and mailing, they also offer financial support to local affiliates. 2) 95 Local Affiliate Programs (one in each Tennessee county) raise 50% of the funding for books and mailing. They also enroll children, and promote the program. 3) Dolly Parton's Imagination Library manages selection, pricing and distribution of the books.

Hendricks is Montgomery County's Affiliate Coordinator. "We've actually been receiving help from the Governor's Foundation for the last six months," Hendricks said. "In recent years, we have doubled the amount of people we are serving in Montgomery County, and that has increased our need for fund-raising on the local level."

Hendricks spends a lot of her time meeting with local groups to talk about the program. She has relationships with many individuals, businesses and organizations that contribute regularly, but as the number of children has grown in recent years, so has the monthly cost. It now takes about \$10,000 per month to service the children of Montgomery County.

"Last time I checked, there were exactly 9,300 children in the program," Hendricks said. "The highest number we had was 9,915, but we've had many move from the area or age out of the program. I look for that number to grow at about 100 children per month. We are currently providing this service to more than 60% of the kids in the county. If you don't have a kid in the program now, you probably did in the past, or you likely know someone who has. This program has touched a huge number of kids here. It makes a difference in their lives, and that's why it is so important."

Statistics from the Governor's Foundation clearly demonstrate the important difference that has been made

in the lives of children state-wide.

One study shows that Imagination Library participants outperformed non-participants on Kindergarten Literacy assessments, and continued this trend even into second and third grades.

A child begins to establish his/her self-image in early years. Imagination Library participants of all backgrounds arrive at Kindergarten having read the same books, giving them common ground and confidence that supports socialization skills development.

The Urban Child Institute states that, a child's brain grows to 80% of its adult size by age three, creating a critically important window of opportunity for learning words and language. Language is the key to a child's future academic success. Parents of children receiving Imagination Library books say they read together more often, which improves speaking skills and improves vocabulary.

"Every piece of information on the program, sheds light on its positive effects," Hendricks said. "There is no downside. I've never heard anyone say something bad about the program. Having books in the home is a consistent predictor of children's academic success, and every child (under age 5) in the county is eligible to join.

"Just having the books in the home is not enough, the parent has to interact with the child to reinforce the child's experience. If they have a positive experience, that creates a great love of reading. You learn to read, and then you read to learn."

Hendricks talked about Dolly Parton's reason for starting the program. "It was all about her father," Hendricks said. "Dolly's father was illiterate, but, she said he was one of the smartest men she ever knew. She regretted not having a better education, and saw this as a way of giving

continued on page 28

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continued from page 27

back to her community. She started the program in her home county in East Tennessee, now it's international."

Imagination Library began in 1995, it went state-wide in 2004. The program was then expanded to Canada in 2004, The UK in 2007, and Australia in 2014. Dolly Parton's Foundation recently gave away its 100-millionth book.

"Former County Mayor, Carolyn Bowers got me involved in building the program in Montgomery County," Hendricks said. "Mayor Bowers was a former teacher. She felt that this was important to our community for so many reasons.

"It's not just about the reading, another aspect of the program is ownership. The books are mailed to the child, in their name. It's their book, and eventually, a library of books that they own. When you own something, there is a pride in ownership. I think that's another aspect of why the program is so effective.

"Imagination Library promises that printed books will always be a part of the program, that tactile experience is fundamental."

Hendricks sees the importance of the 'tactile experience' every day as Director of the CMC Public Library.

"One of the most important



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things we do here at the library is our children's department," Hendricks said. "I had someone just the other day saying, 'I came here as a kid, and now I bring my kids.' Across the spectrum, we are for everyone in this community.

"Our goal is to create a better experience for our customers. We provide, not just books, but important services, like internet and wi-fi access, and the use of our public computers. About 17% of our circulation is downloadable resources, so we are seeing a shift. We provide community meeting rooms. We hold events and concerts. We are in the process of making some physical upgrades to the building that will improve our capability. The library is kind of like the community's living room, and we are constantly innovating."

There has been a proposal, and an ongoing debate, about a new north Clarksville branch of the CMC Public Library.

"Our traffic is around 400,000 people per year, and that comes at a time when fewer people are utilizing brick and mortar across the board, not just libraries, but retail stores, coffee shops, grocery stores, etc.," Hendricks said.

"I do worry about sustaining Imagination Library. It keeps me up at night, wondering how and where we'll find the money for this, and its heartening to see that things are turning. We have



*CMC Public Library Director,
Martha Hendricks*

some good people and some new energy on our board, and we're getting more coverage. It's really important for me to see this fully funded."

Clarksville's combined Rotary Clubs recently made a \$10,000 donation to the program, which brought Hendricks to tears. She suspected they were making a donation that day, but the amount surprised her. That \$10,000 is what it takes to fully fund the Montgomery County Affiliate's share of the cost for one month of book distribution.

"I was back at the Rotary Club yesterday, thanking them for their generous donation," Hendricks said. "You put food in your child's mouth, and that's really



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important. To me, it's almost as important to put a book in your child's hands, so that they might have a better chance at successful future. What's more important than that? My parents always impressed upon me the importance of reading, and that's why I'm in this business.

"With Imagination Library, even if you don't come to the library, the library can come to you."

Hendricks feels that the program has now reached a tipping point. Everyone knows about it, and it shows no signs of shrinking.

"It will continue to grow," Hendricks said. "That's why it's so important for us to continue securing long-term and sustaining support. Our true cost is about \$2 per book. The governor's Foundation pays half, and we pay half of the book and postage cost. We are spending about \$1 a month for each child in a household. That puts us right at that \$10,000 per month point.

"That is really the minimum cost of sustaining this program in Montgomery County. We get a lot of support from United Way, and the Library Foundation. There are other folks who help a lot to, Like the Rotary Club's recent generous donation.

"We are approaching some corporate folks, with hopes of establishing long-term relationships. We would love to find sustaining donors who would be willing to make a long-

term commitment, maybe up to five years.

“It’s not just about the reading. It’s the lessons the kids learn from the books, and from the experience itself. This program benefits them in so many ways.”

“A book is a gift you can open again and again.” - Garrison Keillor. The Governor’s Foundation says it best. Dolly Parton’s Imagination Library is a gift of up to 60 books – at no cost to families – for all preschool children in Tennessee.

\$12 provides for the purchase and delivery of 12 books to one child for a full year. \$24 provides for the purchase and delivery of 12 books to two children for a full year. \$60 provides the full library – 60 books – to one child over five years.

You can get information on donating by calling the CMC Public Library (931) 648-8826. You can also donate, and designate your donation for Montgomery County at www.GovernorsFoundation.org.



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NOT

WHAT TO GET MOM

by Taylor Lieberstein

Most mothers long to be spoiled on Mother's Day, though they will likely never say it out loud. Mother's Day is a great opportunity to communicate to your mother how much you appreciate her through a thoughtful gift. Not a day to make her fake a smile and say "Thaaank you..." while opening a 'thoughtful' (terrible) gift. I'm not saying that a mother would stop loving her child upon receiving another "# 1 Mom" mug to add to her collection. I'm saying the child who gave that gift is likely not her favorite child. A good gift should make mom truly happy- or at least not sad and disappointed. Although it's the thought that counts, think twice before buying mom a lame gift. Here is a list of gifts NOT to buy for mom if you want to win Mother's Day this year.

Novelty Gifts- A coffee mug that states "don't talk to me until I've had my coffee" is not the best way to show your mother you appreciate her. A shrink-wrapped, all-inclusive basket full of cheap spa products isn't either. No mom wants or needs a cucumber melon scented lotion, body wash, bath salt, body scrub and bath bomb set. These gifts scream last minute, and drugstore find. Don't



even think about a scented candle, obviously a re-gift. Keep away from buying her anything you can find on the Mother's Day display table at the grocery store.

Items Used for Housekeeping

- Practical supplies such as a vacuum cleaner or a steam mop aren't gifts, rather cleaning tools wrapped up nicely for your favorite housekeeper. A domestic accessory from the housewares department may seem like the sort of practical gift she'd be proud of you for buying but trust us when we say that you couldn't do much worse. She is smart enough to raise children, chances are she is smart enough to be underwhelmed with this type of 'gift'.



Cook Books and Kitchen Accessories- Whether you're thinking about buying mom a quesadilla maker or a set of pot holders, reconsider. These are non-gifts. How about a celebrity cookbook? Nope. give off enough sentiment for this important holiday. She may leave the cookbook out on the coffee table and dust it regularly. But she won't use it, and its very presence will reinforce to her that you love her only as much as she loves the cookbook. While we realize that there are some very convenient kitchen accessories on the market how much enjoyment does a new blender or cheese slicer give a person? Nobody's mom wants what they may need. They want what they want.



Makeovers and Gym Memberships-

Every Mother's Day, every salon in the country starts marketing makeovers. "Show Mom she's still beautiful!" Let's break down the logic here. If your mom is truly beautiful, does she need a makeover? Never give mom a gift that suggests she needs improvement. Even if she has mentioned that she would love to tone up on more than one occasion she doesn't need her own child to push it on her. Mother's Day is about making her feel good not suggesting she work on her figure. Self-help books are not a good idea either. Why would anyone suggest that mom could use a few tips on her special day? Imagine a mother waking up confident and on top of the world only to unwrap a self-help book from her daughter or son.



Gift cards and Cash- Cash is nice but it isn't a memorable gift for mom. And if you are giving it as a gift on Mother's Day you are putting off an 'I'm too busy to get you an actual gift' vibe out there. Your mother, the woman that raised you, deserves something much more than a card stuffed with cash. Even if the cash value of the gift you're giving is less than the actual amount of cash you are thinking of giving her, the sentiment will be more. Also, gift cards are great gifts (for co-workers who are moving away). Don't expect your mother to tear up when she opens a Visa gift card unless its tears over the lack of imagination you put into her gift.



Nothing at all- What is perhaps the worst Mother's Day gift out there, no question? The answer is simple- the one that ceases to exist. Here's the woman who raised you, who doctored up your cuts, signed your report cards, bathed you, taught you how to dress yourself and how to behave in public. Here's you giving her nothing to say thank you for all of that. Mark your calendars, Mother's Day is on Sunday, May 13.

CALENDAR

ONGOING

ART LINK

5:30PM-7:30PM

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

Salvation Army
210 Kraft St,
Clarksville, TN 3704

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Fee: \$40 per month, \$7 per class, \$30 for 5 classes or \$55 for 10 classes

SUNRISE YOGA 6AM-7AM

Start your Wednesday and Friday mornings along the banks of the Cumberland River with our popular six-week program that focuses on yoga posture, breathing and meditation co-sponsored by Clarksville YMCA. Participants are encouraged to bring their own mats.

Wed 5/16
FRI 5/18
Wed 5/23
FRI 5/25
WED 5/30

MONTGOMERY COUNTY HISTORICAL SOCIETY 7PM

Program meeting the 3rd Monday of each month of 2018 except for special events in June and December. Meetings provide interesting and informative programs on topics of local area history. Visitors are always

welcome. Refreshments provided. See our Facebook page for program details each month.

Civic Hall Veterans' Plaza.
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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.

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

First Church of the Nazarene
Community of Hope
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3:30 PM to 6:30 PM the first and third Tuesdays of each month. Beginners welcome.

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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

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430 Greenwood Ave
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Clarksville, TN

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

DRIVER SAFETY PROGRAM

The Clarksville Senior Activity Center will offer the AARP Driver Safety Program each month through October 2018.

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WICKED GOOD SANDWICHES
★ FAMILY DINING ★ DELIVERY ★ LIVE MUSIC

MAY 19th
DOORS 8PM,
SHOW 9PM

SAVED BY THE MUSIC
THE ULTIMATE 90'S EXPERIENCE

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

Voted **BEST SANDWICH SHOP** (2015-16)!

Text WGS to 68683 for exclusive offers, contests, and all the latest happenings at WGS.
605 CUMBERLAND DRIVE • CLARKSVILLE • (931) 919-3800

★ wickedgoodsandwiches.com ★

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

SUMMER CAMP FUN!

- SUMMER PLAYHOUSE | \$40**
June 4 - July 12 | Roxy Regional Theatre | Ages 8-18
- SUMMER TENNIS CAMP | \$50**
June 4 - July 12 | Swan Lake Sports Complex | Ages 6-15
- SUMMER TUMBLING CAMP | \$40/week**
June 11 - 14, July 9 - 12, July 16 - 19 | American Twisters Tumbling | Ages 10-15
- CIVIL WAR DAY CAMP | \$75**
June 11 - 15 | Fort Defiance | Ages 10-12
- SUMMER ARCHERY CAMP | \$20**
June 25 - 29 | Billy Dunlop Park | Ages 10-15

Looking for a more affordable option?
Register now for our free Summer Youth Program! This program, for youth ages 6-15, is held at various locations June 4 - July 13.

REGISTER NOW!
CITYOFCLARKSVILLE.COM/PARKSREC

For ADA Assistance, please call 931-645-7476

**GENEALOGY DISCUSSION GROUP
6:00 PM TO 7:30 PM**

Second Tuesday of each month. Informal small group discussion of genealogy and family history topics. Contact Brenda Harper at (931) 358-2581.

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

**HABITAT FOR HUMANITY
RECYCLING OF MONTGOMERY
COUNTY**

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

Clarksville Restore
408 Madison Street
(931) 645-4242

**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.

UFO CLUB

Shoot down your UFOs. For the quilters or sewers who have Unfinished Fabric Objects lying around. A great way to make

new friends and be inspired to conquer some of your UFOs. Join us on the first Saturday of each month at 9:00AM in the classroom at Quilt and Sew. Call the Mother Ship (Quilt Shop) for further details or directions. Free and fun.

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

Clarksville, Tennessee 37040

**QUEEN CITY ROAD RACE
8:30AM**

For 40 years this event has been a Clarksville tradition promoting fitness and fun for all ages. The 5K route takes runners throughout the streets of historic downtown Clarksville while the 1-mi route takes participants on an exciting tour of a portion of APSU's campus.

Online registration is available
www.CityofClarksville.com/QCRR.

Fee: \$20 (5K) before April 13,
\$5 (1mi)

Austin Peay State University
601 College St,
Clarksville, TN 37044

**MARCH TO THE PAST
10AM**

The Friends of Fort Defiance will host a day of 19th century living history demonstrations including Civil War camp life, musket and artillery firing, period cooking and children's activities. Free!

Fort Defiance Civil War Park &

MAY

**5 SATURDAY
CANOE & KAYAK FLOAT
8AM**

Float approximately two miles on the Cumberland River from Liberty Park to Trice Landing. Participants will need to have their own canoe/kayak and life jacket which must be worn at all times. Free for all ages.

Register online at <https://bit.ly/2pOYTah>

Liberty Park
1188 Cumberland Drive,

the 'mother' of all gifts: an Eden spa package!

Whether she's expecting a new bundle of joy, or is the 'been there, done that' pro. Treat the mom in your life to an Eden gift card for one of these pampering packages this Mother's Day!

- mommy-to-be massage package**
 - 6 - 30 minute pre-natal massages **\$243**
 - 6 - 45 minute pre-natal massages **\$324**
 - 6 - 60 minute pre-natal massages **\$405**
- a day at the spa.**
 - One Hour Massage
 - 50 Minute Custom Facial
 - Elemental Mani or Pedi**\$170**
- pamper yourself**
 - 80 Minute Custom Facial
 - 90 Minute Massage
 - Elemental Mani and Pedi**\$245**

EDEN
day spa & salon

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

NATALIE'S Dance Network

Upcoming Events!!!

Recital
May 18th - 20th
Show A: Friday @ 5:30pm and Saturday @ 2:00pm
Show B: Saturday @ 6:00pm and Sunday @ 3:00pm

Summer Camps
June 11th - 14th
Pirates and Princesses Day June 13th
9am - 12pm

July 16th - 19th
Pirates and Princesses Night July 18th
5pm - 8pm

Fall Registration
August 19th
1:00pm - 5:00pm

141 Kender Rhea Court, Clarksville, TN 37043
931-906-3333

Email: nataliesdancenetwork@msn.com

Instagram: [nataliesdancenetwork](https://www.instagram.com/nataliesdancenetwork)

Interpretive Center
Clarksville, TN 37040

**4TH ANNUAL JESUS SPRING
FLING THING 11AM-4PM JOIN us**
at Fellowship Park for a day filled
with Jesus, cars, trucks, tractors,
good food, live music and games
and it's all FREE! Hosted by

Mt Hermon Baptist
Church 5354 Ashland City Rd.,
Clarksville, TN 37043
www.mounthermonbaptist.org
931-362-3323

11 FRIDAY

CLARKSVILLE TACO & TEQUILA FESTIVAL LOCATED 1PM

This event will include live music,
a variety of Tacos and Tequilas to
enjoy, other drinks to whet your
whistle, and loads of good fun!

Wilma Rudolph Event Center
1190 Cumberland Dr.
Clarksville, Tennessee 37040

FOOD TRUCK RALLY 11:30AM-1:30PM

Food Trucks will be taking over

McGregor Park during lunch
hours every Friday from May
11- June 29, and the Clarksville
Downtown Market on Saturday,
July 21 and Saturday, September
22!

McGregor Park
640 N. Riverside Dr.,
Clarksville, Tennessee 37040

12 SATURDAY BICYCLE TAKEOVER 10AM-1PM

In celebration of National Bike
Month, the bicycles are taking
over Liberty Park.

Throughout the three hour
event, Clarksville Parks and
Recreation will team up with other
bike-friendly businesses and
organizations to offer free BCycle
rides, an organized group ride
throughout the park, scavenger
hunt, bicycle-related workshops
and food trucks. Stay tuned
for more updates as the event
approaches!

Liberty Park and Marina
1188 Cumberland Drive Ext,
Clarksville, Tennessee 37040

There is no required dress code
for this event.

Wilma Rudolph Event Center
1190 Cumberland Dr.
Clarksville, Tennessee 37040

PROJECT LINUS BLANKET DAY! 9AM-3PM

A non-profit organization that
provides at no cost homemade/
handmade blankets (quilted,
crocheted/knitted, or fleece)
to children in need through
the Montgomery County & Ft.
Campbell Emergency Medical
Services, Hope Pregnancy
Center, Camp Rainbow and the
Fisher House on Ft. Campbell.
For more information contact
Jean Marr at (931)-358-0101 or
Carol Ballard at (931)-645-8896

Cumberland Presbyterian
Church, 1410 Golf Club Lane,
Clarksville, TN

JOURNEY'S EYE LIVE WITH JUSTIN MOBLEY 7:30PM-

9:30PM

You won't want to miss
this incredible talent!! From the

moment we met Justin we fell
in love with him, his music,
songwriting ability, and talent.
Guaranteed to be a great time!

\$25 cover includes appetizers,
drinks, and amazing music.

Journey's Eye Studio
131 Franklin Street, Clarksville,
Tennessee 37040

FUN WITH FIDO



Fun with Fido encourages you
to have an active lifestyle with
your 4-legged friend. Join us
for games, prizes, vendors with
a pet-focus, and off-leash fun at
Heritage Park Bark Park.

Heritage Park Complex
1241 Peachers Mill Rd,
Clarksville, Tennessee 37042

HISTORIC COLLINSVILLE SPRING HOMECOMING 10AM-4PM A

The Girly Girlz Pampered Palace

Manicures, pedicures, facials &
more...what more could a girl ask for!

EVENTS
May 4-6: Mother's Day Spa Day

May 11: Fancy Nancy Tea Party

May 19: Breakfast w/ Minnie Mouse

June 15-16: Father Daughter Spa Day

June 23: Breakfast w/
Princess Tiana

Visit our website to
book a party and
RSVP for events!



360 Fantasy Ln., Clarksville, TN 37043
931-216-1366 • 931-919-0234
www.thepamperedpalace.com

GOVERNOR'S SQUARE MALL



FATHER'S DAY & 501st MIDSOUTH GARRISON

June 16, 11am-2pm, Center Court

Come take a picture with one of your favorite
501st MidSouth Garrison Characters for a
recommended donation to Manna Cafe Food Bank.



GovernorsSquare.net • MallGiftCards.net

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

special children's day with Hay Rides, Pony Rides, Potato Toss and other games.

For adults, a quilt show, open house in the 1842 and 1870's Houses. Clarksville

Spinners and Handweavers with their annual DYE day.

4 signs to the site. \$10.00 adults, under 5 free.

www.historiccollinsville.com
931-216-2911
jintown@aol.com
4711 Weakley Road,
Southside, TN 37171

15 TUESDAY

50 PLUS GAMES
MAY 15 AT 9 AM TO MAY 19 AT 9 PM

This 5-day event, open to men & women ages 50 & up, is designed to encourage participants to achieve and maintain a healthy lifestyle by helping them to understand the role that sports and leisure activities contribute to the quality of life.

Join us for 20 different events including badminton, horseshoes,

track & field, and so much more. Times and locations vary. Pre-registration is required and available beginning March 19. For event schedule and to register, visit www.CityofClarksville.com/ParksRec

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 Tennessee.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

Liberty Rooms
Tennessee Healthcare
651 Dunlop Lane
Clarksville, TN

16 WEDNESDAY 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

19 SATURDAY SLEEP UNDER THE STARS CAMPOUT 2PM

Join us for a bonfire, games, ghost stories and more at our annual family campout! Fee includes an afternoon and evening of activities as well as dinner and breakfast. Families must provide their own tent and sleeping materials. Pre-Registration is required.

\$15 per person or \$55 per family (up to 6 people)

Register online now: <https://goo.gl/biU4yC>

Billy Dunlop Park
1930 E. Boyscout Ln.,
Clarksville, Tennessee 37040

SAVED BY THE MUSIC: THE ULTIMATE 90'S EXPERIENCE DOORS 8PM



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

about those items lurking in your closet or collecting dust on your display shelves. Bring them to the Fort to find out more about your treasures! For educational purposes only, no sales.
Burt-Cobb Community Center

Fort Defiance Civil War Park &

AMARE MONTESSORI
An educational journey from the first steps to adolescence.

"I hear, I forget;
I see, I remember;
I experience,
I understand."
- Confucius

931-368-3818
amaremontessori.org
Clarksville, Tennessee

AMERICAN MONTESSORI SOCIETY
ASSOCIATION OF AMERICAN MONTESSORI TEACHERS

#LETSGROWTOGETHER

**SPREADING
GROWTH, BOTH
PHYSICALLY &
MENTALLY.**

Like us on facebook @**strongfitness**

**STRONG
FITNESS**

601 South Riverside Dr.
Suite 104
Clarksville, TN
931-217-5991

www.strongfitnessclarksville.com

Interpretive Center
Clarksville, TN 37040

24 THURSDAY
**MEGAN JEAN & THE KFB W/
FEVER DOORS, 8PM**

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

25 FRIDAY
**BEN RICKETTS W/ LOST IN
CONSTELLATION. DOORS, 8PM**

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

26 SATURDAY
**CLARKSVILLE DOWNTOWN
MARKET 8AM-1PM**

Bring your family and enjoy the
opening day of the Clarksville
Downtown Market. There's
something for everyone!

A weekly open-air market
featuring local farmers and
artisans who offer locally-grown
fresh produce, food items, and
handcrafted products. Enjoy live
music, meet our Market mascot,
"Corny the Cob," and experience
special events on select market
days.

Clarksville Downtown Market
One Public Square, Clarksville,
Tennessee 37040

**MOVIES IN THE PARK. WONDER
WOMAN. 6:30PM**



Enjoy a free movie on the big
screen outside at Heritage Park!
Bring a blanket and/or lawn chairs
and come hungry as we will have
food available for purchase from
on-site concessions. Please leave
pets and alcohol at home.

Pre-show activities begin- 6:30
p.m. Sunset/Movie begins- 8:00
p.m.

Movie/Event ends- 10:30 pm

Heritage Park Complex
1241 Peachers Mill Rd,
Clarksville, Tennessee 37042

SPRING INTO SUMMER FEST
12PM-9PM, 12PM-6PM MAY 27
free to the public and will include a
free carnival, various vendors and
several different variety shows.

All activities will start at 12:00
P.M. (May 26 & 27) There will
be a free concert Saturday night
at the Viceroy Performing Arts
Center.

War Memorial Walking Trail
101 Walter Garrett Lane, Oak
Grove, KY 42262

**WEIRD GREEN LEMON ALBUM
RELEASE SHOW DOORS 8PM**

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

31 THURSDAY
**KOOL BREEZE KARAOKE, DOORS
8PM**



Wicked Good Sandwiches
605 Cumberland Dr.

Clarksville. 931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

JUNE

2 SATURDAY
**CLARKSVILLE HOT AIR BALLOON
CLASSIC**



This event includes live music,
a kids zone, food trucks, craft
vendors and a spectacular Hot Air
Balloon Glow at dusk.

Ticket purchasing is only available
online through this website and
our eventbrite page. Kids 5 and
under are free.

Ticket sales are limited to first
come first served, so get your
tickets now! www.eventbrite.com/e/clarksville-hot-air-balloon-classic-tickets-44237764344

Liberty Park
1188 Cumberland Dr.
Clarksville, Tennessee 37040

CUT MASTERS
LAWN SERVICE

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

FOR COMPLETE DETAILS VISIT
www.clarkvillecutmasters.com

Happy to give free estimates! 931-320-3298

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

FREE ESTIMATES!

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



Pet Pix Contest

Submit YOUR Pet Pix by May 15th

The winner this Month:
Handsome "Bob" Stachio 
**THE WINNER WILL RECEIVE \$50
IN PRODUCTS OR SERVICES
PICK UP AT THE TINY TOWN LOCATION!**



Waiting on Spring



Happy 1st Birthday, Bell Santiago!



 *Handsome "Bob" Stachio*



*Bucky Bucky,
Our 2 year old lab-husky mix!*



Shovel Mustard



Happy birthday, Gus!



Ollie enjoying the sunshine!



Delilah Enjoying the day

CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

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

SUNDAY MOVIE SHOWING

May 6, 13, 20, 27
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

May 5
10:30 a.m. – 11:30 a.m.
Sensory story times are geared for children who have a hard time in large groups, are on the autism spectrum, or are sensitive to sensory overload. We will use books, songs and movement during these story times, as well as a sensory activity/craft.

SPEAK UP & STAND TALL WITH ASHLEY CASH

May 3
5:00 p.m. – 6:30 p.m.
Austin Peay student, Ashley Cash, will be giving a presentation to teens in grades 7-12 about ending abuse in young relationships. She will discuss awareness, prevention, and support for those who might be in abusive relationships and those who might have friends in them.

TWEEN PROGRAMMING

May 14
5:00 p.m. – 6:00 p.m.
Tweens (grades 4-6) will participate in an end of the year game night!

DIY AT THE LIBRARY

May 3
6:00 p.m. – 7:00 p.m.
Check out our Facebook page for more details at www.facebook.com/CMCpubliclibrary

HOLA STORY TIME WITH ABUELA ELENA

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

SATURDAY STORY TIME

May 5, 12, 19, 26
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!

AS THE PAGE TURNS BOOK CLUB

May 17
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. There has been no single title chosen for this meeting. Instead, each attendee should bring a book that they have enjoyed immensely and discuss it with the rest of the group! For more information check us out on Facebook or contact Gracie or Jason at (931) 648-8826.

THE NEXT CHAPTER BOOK CLUB

May 10
9:30 am – 10:00 am
This book club is designed for those who

would prefer to get out and about during the day time rather than at night. Everyone is welcome to attend! We will be discussing 'The Dogs of Babel' by Carolyn Parkhurst.

RESUME AND JOB HUNTING ASSISTANCE

May 5, 19
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

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.

BASIC COMPUTER & FACEBOOK SKILLS

Every Friday
3:30 pm - 5:30 pm
Want to begin using a computer? If you need an in-person guide who can show you the basics of using a computer then this is the class for you. You will also learn basic social media skills for communicating with family and friends via Facebook. This class

introduces first-time computer users to computer basics and gives practical tips for using social media. The pace of the class will be adjusted to attendees in the class and there will be plenty of time for questions and one on one time.

FAMILY LEGO PROGRAM

May 19
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

May 5
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.

GENEALOGY CLASS

May 12
10:00 a.m. – 11:00 p.m.
The Genealogy Class has returned to the library! We will help you begin your journey into the past by looking at how to start a search, gathering information, and becoming familiar with Ancestry.com.

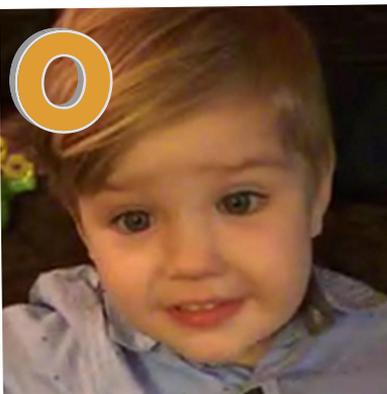
TABLETOP GAME NIGHT

May 22
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.

HAPPY BIRTHDAY!



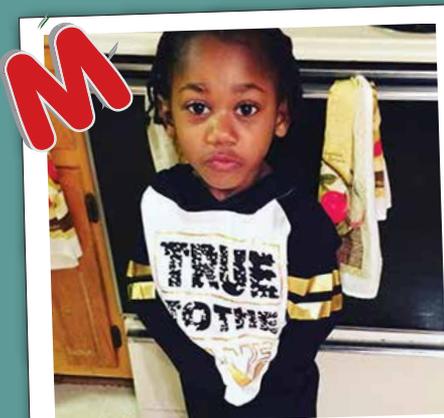
Happy 1st Birthday
Jeremiah W. Elliott



Happy Birthday Owen
Love Yiayia and Papa.



Happy Birthday Jacen and Graham!!
We love you to pieces & are so
tremendously proud of you both!



Happy 4th Birthday
Man Man We Love You!!!!



Happy Birthday Mason,
Love Yaiyia and papa



Happy 8th Birthday Kentley!
We love you so much!
Daddy, Mommy, Kender & Camden



Happy Birthday Jacen and Graham!!
We love you to pieces & are so
tremendously proud of you both!



Happy 12th birthday Camden!
We love you bunches!
Daddy, Mommy, Kender & Kentley



Happy 14th birthday Kender!
We love you very much!
Daddy, Mommy, Camden & Kentley

HAPPY BIRTHDAY!



Happy 14th bday V!
We love you, hon!



You maybe turning 16
but you will forever be our sunshine!
Love Mom, Dad & Nanoo



Happy 16th birthday Isaac!
Love Mom, Dad, and Daijah



Congrats on your 18th
Bday and Graduation.
Love Mom, Natalie & Ethan



Happy Birthday You Two!



ADOPTION & FOSTER CARE

CAMELOT CARE

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

CENTERSTONE FAMILY CENTERED SERVICES

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

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ADOPTION

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

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

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

CLARKSVILLE MODEL RAILROAD CLUB

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

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

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

CLARKSVILLE VOLLEYBALL CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

THUNDERBOLT AQUATICS SWIM CLUB

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

CHILDBIRTH & PARENTING EDUCATION

ROOTS CHILDBIRTH PREPARATION

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

HEALTHY START

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

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

NINE MONTHS & BEYOND

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

TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

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

TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

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

TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

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

WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

CHILD CARE CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

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 mtcbsa.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 lineage, 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/.

ASERACARE HOSPICE

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

HOPE CENTER

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

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042, humanesociety@clarksville.com 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. Sittion, 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 Uffelman Drive, Suite A. For more information or to make a referral please call (931) 645-5440 or visit mhc-tn.org.

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

Through The Path Life Coaching, ThePathLifeCoaching.com, you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julie Poole for more information at JulieS.PoolePHD@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/misstennyky/. 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 Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! ClarksvilleMommies.com is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTHEOUSNESS 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/LLClarksville. 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 momsclubofclarksvillwest@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 meaghurley@gmail.com. Find us on Facebook at Spring Creek MOPS.

SUPER MOM'S GROUP

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

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

"Growing Together Little by Little." A voluntary educational program for families with children ages birth to three years old with disabilities or developmental delays. Visit tennessee.gov/education/teis 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 tcfofclarksville@gmail.com.

DIABETES SUPPORT GROUP

Need help managing your diabetes? Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month at 5:00 p.m. in the Liberty Rooms of Tenova Healthcare - Clarksville. For more information visit Tenova.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 ASERCARE

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 Tenova 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 Tenova 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 Tenova 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 St. 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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