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Publisher's Message

Like most of you, Labor Day arriving usually signals the unofficial end of summer for me. As another beautiful Tennessee fall is about to begin, the 31st annual Riverfest celebration returns September 6 through 8, and we cannot wait! Please check out the calendar on page 37 for times and dates and clarksvillriverfest.org for everything else. As always with Riverfest, there will be fun for ALL ages so come out and enjoy the last days of summer!



We have a jam-packed issue, and I hope you have the chance to read it all. This month's topics range from local lifestyle designer, Anne Kelle (page 8); to the Oak Grove Butterfly festival (page 12); to critically acclaimed artist Amy Sherald, who painted former First Lady Michelle Obama's portrait (page 26); and everything in-between!

Our cover features some refreshing offerings from The Mad Herbalist, one of Clarksville's newest and most exciting restaurants to come along in a while. Read what The Mad Herbalist is all about on page 32.

Now that school has been in for almost a month, I hope you (and your kiddos) are getting back into the swing of things and can take the time to slow down a little. Hey, before you know it, fall break will be here...woohoo!

As always, thank you for picking us up, we wouldn't be here without you!

Carla Lavergne

DISCLAIMER

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

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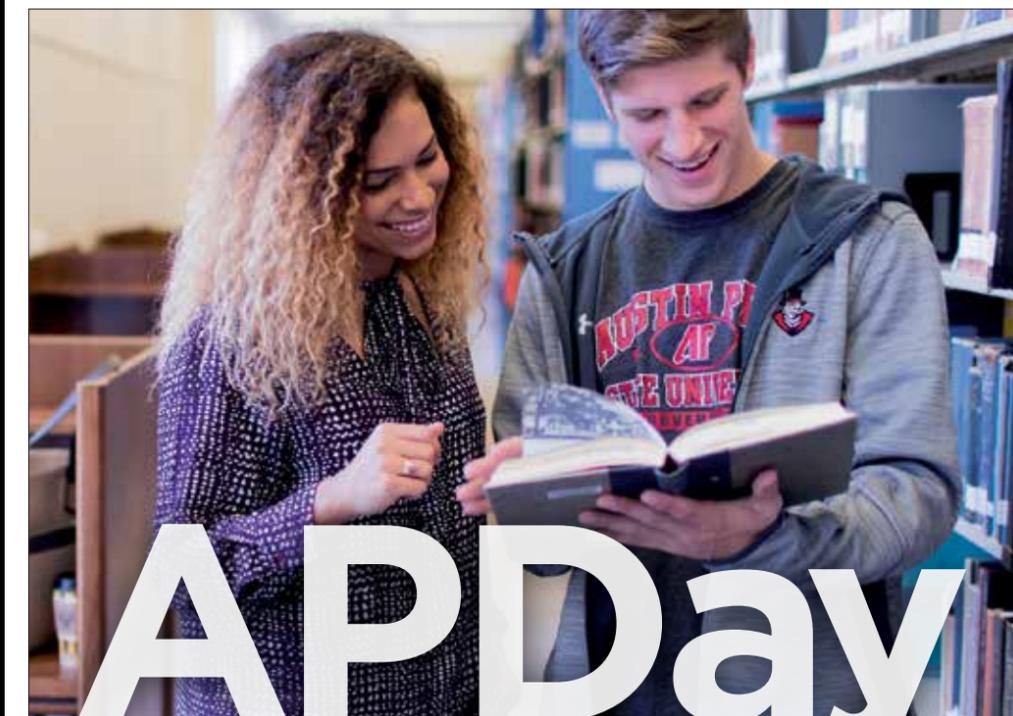
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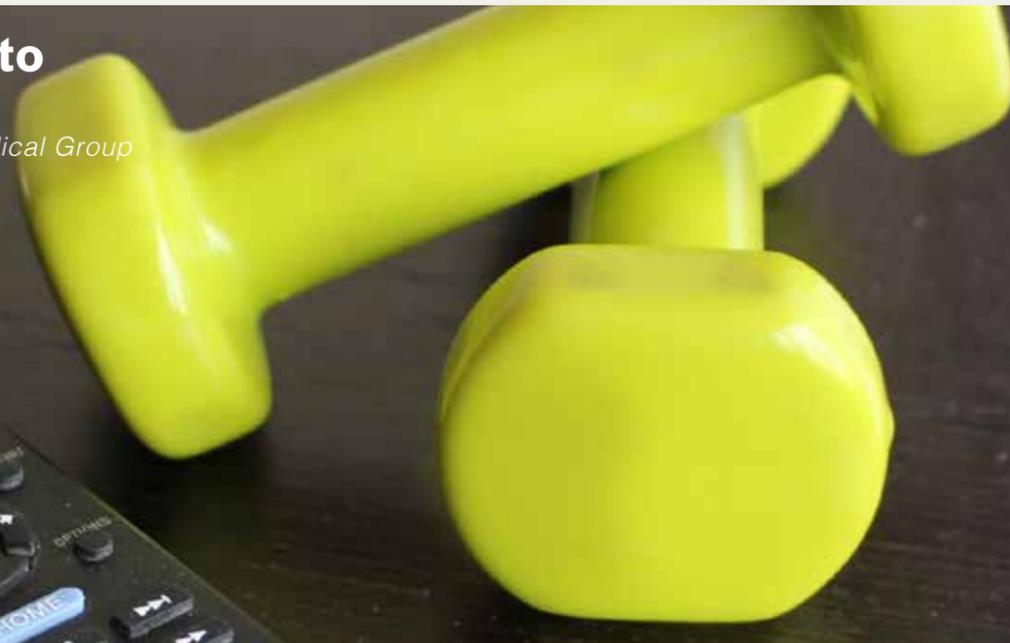
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The Couch Potato Conundrum

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Do you turn into a couch potato during football season? Don't worry—with a bit of balance, you can stay fit and still enjoy watching your favorite sport.

Fall means football, and football season can mean hours of sitting on the couch, cheering on your favorite team. It's easy to skip exercise when you have other plans, but with each extra hour you spend sitting, you're damaging your health just a little more.

Fortunately, it is possible to have your cake and eat it, too. Rather than falling into unhealthy habits—and using the big game as an excuse to stay away from the gym another day—give this couch potato workout a try.

Most televised sporting events include plenty of commercials. Next time you sit down to watch your team play, use these breaks to get in short bursts of exercise that will get your heart rate up and cut your couch potato time down.

Start by stretching during the pregame show, then rotate through these high-intensity exercises each time a commercial break occurs:

CARDIO: If there's room, jump rope in 30-second intervals. March in place with high knees, then do jumping jacks.

CORE: Planks and sit-ups are good for your

core. For a challenge, try adding crunches in a variety of more difficult positions—for example, bicycles, reaching an arm to one side and then the other or with your legs crossed in the air.

UPPER BODY: Tricep dips can be done using the edge of your sofa, as can incline press-ups. Move to the floor for push-ups.

LOWER BODY: Try lunges and squats on your way to the kitchen or bathroom. Move to the nearest wall for 30-second wall sits.

By the end of the game, you'll be sweating as much as your favorite player—and your body will thank you,

Eat This, Not That: Tailgate Season Edition

One of the best things about football season is the food—unless you're trying to make health-conscious choices. Every burger, hot wing, plate of chili-cheese fries and gooey, delicious dessert looks more tempting the longer you stay away, and suddenly the nutritious eating you were so proud of seems like the world's biggest chore.

Fear not, football fans. Whether it's a tailgate at your alma mater or a viewing party with friends in your living room, you have dinner and snack options that let you partake of the time-honored tradition of eating and yelling at your favorite team,

but without damaging your healthy eating streak.

Give these simple swaps a try:

- For the main course, serve turkey burgers in place of high-fat ground beef burgers. If you prefer wings, skip the skin or substitute grilled chicken strips with your favorite sauce.

- Are you a dip person? Hummus or Greek yogurt-based dips are good replacements for traditional, high-fat cheese dips that are often bad for your heart. For an extra health boost, pair them with cut vegetables rather than chips.

- Grilled fruit—particularly pineapple—is a great dessert substitute that should satisfy your sweets craving.

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

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ANNE KELLE DESIGNS

When Kelle Boyd was a little girl, nine years old to be exact, it was typical to find her carrying around sketches of clothes in addition to a collection of colored pencils in her backpack. Many of those characters that she drew can now be seen representing her unique brand, Ann Kelle. Today, what once was a childhood dream, has come to life through Ann Kelle Designs, a design house of stationery, fabric and home décor. Appearing on shelves of boutiques and stores around the globe, including major stores such as Target, Barnes & Noble, Michael's and Walmart, Kelle's leap of faith couldn't have been more successful.

Born and raised in Clarksville, Tennessee, both of Kelle's grandfathers were stationed at Fort Campbell. "Some of my favorite people live in Clarksville, so I visit often," she said, "Hi Mom and Dad!" Having a father that worked for WJZM radio station for over 35 years and a mother who taught at Fort Campbell schools for 47, it's safe to say that this designers' roots are grounded right here in Clarksville.



During adulthood, Kelle's career in public policy, where she worked for the Mayor of Nashville, left her in need of a stress relief. In search of a stress outlet, she took a trip to the local craft store to purchase art supplies – immediately her dream of being a designer was rekindled. In addition to having her collection for sale around the world, she also works with companies like Shutterfly and Tiny Prints to design holiday cards, graduations, birthdays and baby showers. Her latest venture includes creating novelty items such as buttons and wall art for children's rooms, nurseries and anyone that is looking to add a dash of happiness to the walls of their home!

"Everything I design is created to brighten someone's day," said Kelle. "My unspoken motto is simple; 'to see you smile and to add a little "happy" in this world.'"

So, to what does she owe her inspiration? "Ann Kelle's designs are a compilation of everything we have ever known and loved – from dad's tie, spring flowers, ice cream, our favorite rock band and even those beloved



sweaters we wore in second grade," Kelle described. "The designs represent all of the things we loved as kids."

Kelle loves being a designer and feels so blessed to have the opportunity to do this for a living. One of her favorite projects has been creating The Girl Friends, (as seen on this month's cover) a diverse group of girl characters that she began envisioning when she was nine. The character wore a top bun and signature pink tutu. Kelle decided to bring that childhood vision to life when she launched a fabric collection based on this character and her friends, each equipped with their own name and distinct personality, in 2012. The Girl Friends have had quite an adventure since their debut, journeying the world on a variety of adventures such as superheroes, princesses, mermaids and astronauts!

Surprisingly enough, after attending

a not-so-successful stationery show in New York to make her debut, Kelle's dream almost didn't happen. On the verge of a meltdown, Kelle received a call from her dad that a company who saw her designs at the trade show had been trying to reach her. "Two weeks later, my designs were being presented to Target," said Kelle. "I went from crying to joy in a matter of seconds!"

For Kelle, perseverance and kindness are the key to success. "During the onset of Ann Kelle Designs, there were plenty of doubt-filled days combined with fear, but I just kept going – and I thank God every day that I did," she said. "Whatever it is you're trying to do, you need to see it through to the end and do everything you know to do to build your business.



Research, read, ask advice and push past the fear and doubt to keep going. When it's all said and done, no matter how it turns out, you'll have the satisfaction of knowing you did everything you knew to do even when it scared you."

Be on the lookout for the new online shop that will carry Ann Kelle Designs' artwork and some other fun goodies! You can find more information at www.annkelle.com as well as on Facebook and Instagram.

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by Christina Chittenden

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The Butterfly Festival has something for everyone to see, do and LEARN! From free, nature-focused arts and crafts for children to create and take home, to tours through the beautiful Butterfly Garden from Master Gardeners



that allow you to interact with live butterflies, this event is one you don't want to miss! Attendees can also have their portraits drawn by caricaturists, take a spin on the human gyroscope ride and even take pictures like Hollywood stars at their Golden-Globe styled step & repeat banner. You'll even have the opportunity to watch the brand new family-friendly stage show: Mr. Molecule's BIG BANG BOOM Science Show.



For more information, go to visitoakgroveky.com/festivals/butterfly-festival/ or check out the event on Facebook!

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SMILE

TURNING FROWNS UPSIDE DOWN SINCE 2011

By Taylor Lieberstein

Smiling is an all-around mood booster, one available to you each day at no cost whatsoever. Why not take advantage of your own power to create happiness? Willie Bailey has been working to cultivate smiles his entire life. Seven years ago, after various encounters with seemingly unhappy strangers, he launched the SMILE. movement and brand.

As a photographer Bailey feels a sense of responsibility when it comes to making the world a visually enjoyable place. Naturally his response to the negativity was as stand out sticker with the brand's logo on it. The logo, a black background with the word SMILE in yellow font, pays homage to another 1970's logo that also aimed to evoke happiness. He used capital letters and a period which translates as shouting in the age of text messaging. This five-letter word printed on a sticker adds soul to soulless things and hopefully changes multiple people's day, outlook and mood for the better. The stickers are small enough to put anywhere and bold enough to get the message across.

For Bailey one of the coolest parts of the brand is thinking about how many times the stickers will be viewed and create smiles that would not have happened otherwise. He receives texts, photos and messages all the time from people who have seen the sticker or a random person wearing one his t-shirts. He sends the stickers all around the world in hopes they are creating smiles across the globe. He sends them with friends on deployments, personal travels and humanitarian work. Over 14,000 stickers are out there so far. On the website he has added the question "How did you

hear about SMILE.?" in the contact page to help track the locations his simple but powerful brand is showing up.

After the project launched and stickers started gaining popularity in the community Bailey decided to print the logo on t-shirts and coffee mugs to further help grow the message and smiles. He says the response and interactions have been amazing and overwhelming to say the least.

Most of the time the positive energy he put out is reciprocated, especially if he is wearing his SMILE. shirt. People smile or come up and start a conversation with him. About 2 years ago he began wearing his SMILE. shirt, something he was hesitant to do because it seemed a bit egotistical to wear his own art. Wearing the t-shirt hasn't been in vain as it has led him to meet many interesting people and even sparked some strange but positive interactions.



Beyond selling the stickers, other logoed merchandise and keeping the brands social media accounts up to date he also tries to spread his SMILE. message by setting an example. Bailey, also known as WB, has a natural positivity which he says comes from a gratefulness for the life he gets to live. "I really do enjoy life. I'm usually smiling or

laughing," admits Bailey. He is a simple man who living his own American dream. He spends his time working as a firefighter and engineer at Clarksville Fire Rescue, taking photographs and spreading the SMILE. message. Aside from that he can be found backpacking in the mountains, enjoying the ocean or cycling.

"You cannot start a smile project and not be known for wearing a smile. I am a very happy and content person 99 percent of the time. I try to be open and pleasant to everyone I encounter," said Bailey. "I feel lucky and blessed and a little perplexed of how life has turned out so far. The one thing we have here in this beautiful country of ours is opportunity. We can do whatever we want with our time so do things that make you happy. You get one chance at life, work hard to create the life you dreamt up. I guarantee the results will make you smile".

He credits his mother for his optimistic outlook on life, she instilled a gratefulness and positivity in him early on. She has been a bright light in his life, constantly reminding him that there is always someone who has it worse. The typewriter font he uses in his SMILE. logo is his way of saying thank you to her for engraining that positive attitude inside his mind. Another person that contributes greatly to his happy attitude is his wife, someone he says is always full of joy and lives her life to the fullest.

The response and support he has received from his friends, family and brothers and sisters at the Clarksville Fire Rescue have played a huge role in the success the campaign has seen. Most of them have SMILE. stickers on their fire helmets and personal vehicles. Many of them were among the first to purchase SMILE. merchandise and help get the brand up and running. They put SMILE. signs on the walls in their businesses and on ballfields. Matt Cunningham, a former firefighter who later opened Old Glory Distillery, is someone who gave Bailey the push and tools he needed to take his SMILE. idea public. Riverside Bicycle Shop, owned by firefighter Neil Baggett,

continued on page 16

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continued from page 15



did the same. The outpouring of support is overwhelming at times and never taken for granted.

Strawberry Alley Ale Works not only sells SMILE. shirts and stickers, but every Friday the staff wears SMILE. shirts to help spread the word (and of course the smiles). Run-A-Muck Outfitters is also selling SMILE. merchandise. WB says there is not enough space in a magazine for him to fully express his love and gratitude for everyone who has supported the project. As more locations are added to sell SMILE. merchandise, orders increase and the demand to tell his story picks up pace, he says he never wants to



lose sight of the goal of this project set out to accomplish- add positivity into this world. It's not about money made, self-gratification or likes and hearts on social media. This simple piece of art and the message it sends is something the world truly needs.

Putting a smile on your face doesn't only generate positive benefits for you but can enrich lives around you. There is truth in the phrase "smiling is contagious". Studies have shown that people tend to lighten up when people in their environment are smiling as. It's human nature to reflect the emotions of others, let's make sure it is a positive one. To learn more about SMILE. or to purchase merchandise visit the online store or stop by Strawberry Alley Works, Old Glory Distilling Co., Riverside Bicycle Shop or Run-A-Muck Outfitters. He encourages anyone with a sticker to share photos, feedback and stories with him.

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Willie Bailey

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IGNITING PASSION AND BUILDING CHARACTER FOR OUR YOUTH, THROUGH CREATIVITY!
 by: Christina Chittenden

For centuries, art and culture have been admired around the world. From music to festivals, paintings and sculptures, enjoying the talented creations of others, especially those that are right in our own neighborhood, is quite the hobby for many people. Through diversity and creativity, art is a way of engaging the community with a rich and vibrant culture.

ArtLink, a local 501(c)(3) nonprofit organization is committed to providing creative arts to our community. Their mission is to ignite passion and build character through creativity. By offering free creative arts environments to the community, they provide an outlet for those who need, want or love to create. These creative areas provide outlets not only serve as an area to relieve stress, but often times, even help in many areas of our lives that we aren't even aware need some good TLC. Allowing yourself a creative outlet can increase productivity, time management and lower stress levels while also building self esteem and confidence.

"We started with a group of artists who believed

in an idea," said Maria Haycraft, founder of ArtLink. "We believe in change that better serves the community, so we developed something we refer to as an "art coop" and it birthed." They officially began the necessary steps at establishing themselves as a 501(c)(3) in 2012 and, one year later, it had hit the ground running. Currently, ArtLink offers a variety of services to the community from free arts on Saturdays at the Downtown Market in addition to a music program and, their newest development, a skateboard program. The organization also hosts several fundraisers, their next one being at the Clarksville



Riverfest this month. During this annual event, ArtLink will be conducting a community mural project and a "day of play". Later in September, on the 29th, they will host their biggest art event, the Chalk Walk Art Festival, at the Downtown Commons.

"What fuels me to do this is my belief in the importance of art," Maria added. "The arts are slowly being taken away, and yet, we learn and develop as people by art so much that something had to be created to stand in that gap." With the philosophy of "JUST CREATE", Maria believes that the freedom of expression is extremely vital – just so long as you allow yourself to be in the creative process regardless of what that looks like for you. "It will benefit you in ways that you can only imagine," she said. "For us to create something means that we are allowed to mess up and the best part is that the 'mess up' can become so beautiful." Maria wholeheartedly agrees that, although we live in a world

full of 'have-tos' and 'musts' and we have to try to stay 'inside the metaphorical 'box', we were made to make the box fit us. According to her, there is no wrong way to do art or be creative, and that's what makes it so important – it's simply

freedom. What Maria loves most about her job is being able to meet new people. "I'm a huge people person, and my husband has often said that no one is ever a stranger to me," she said. It's no surprise to hear that she has



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made about ten new friends a day, because she truly enjoys getting to know people and hearing their story. Even more, she loves to be able to create with them. "It's so amazing to see how excited people get about their projects and it's even more great when I get to see them come back and do it all over again!" Maria said.

As a mother, wife and entrepreneur, Maria is happy to see her traits even being passed on to her son, who is starting his own slime business. "Stay tuned,

kids, it's just the beginning!" she added. In addition to operating ArtLink, she also manages a clothing line, Sacer and Savive, and manages her



ex husband's tattoo shop, No Egrets Tattoo. Her husband runs an antique business called Outlaw Antiques. She also loves to paddle board, travel and spend as much time as possible with her family.

"My biggest inspiration would definitely be Jesus," Maria said. "After all, it was through Him that my life was forever changed, and it is through Him that my gifts and talents can be used in such a unique way and that I can honor Him through it!" As an instrument of His work, Maria is adamant that showing Christ's love through all that she does is contagious, causing others to gravitate to not only arts, music or skateboarding, but also to hope.

"I work hard, but I love what I do so it never really feels like work – it's more like play," said Maria. She also loves to network and try to connect ArtLink with other nonprofits in town such as Manna Café

and Companion Pet Rescue, stating that "if we can collaborate, we can all reach more people and make an even bigger impact on our community."



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By Tony Centonze

QUILTS OF VALOR

The Clarksville Chapter of Quilts of Valor is once again preparing for its annual Sew for 22 event at Absolutely Fun Sewing on Wilma Rudolph Boulevard.

The national organization was formed in 2003, with the first Quilt of Valor being awarded in November of that year to a double amputee at Walter Reed National Military Medical Center.

The national organization now boasts more than 300 chapters, and more than 10,000 members all over the United States. There are also members in Italy and Germany. The Clarksville Chapter has grown, from just four members when it began in 2015, to its current 73 members.

Robin Weeks is the manager of Absolutely Fun Sewing. She was joined by fellow Quilters of Clarksville members Dana Fucella, Gloria Underwood, Group Leader Dawn Wilcox, and Roberta Samuels, to talk about their upcoming event.

The Foundation's mission is stated as, "... to cover service members and veterans touched by war with comforting and healing Quilts of Valor."

"It was really Catherine Roberts' vision," Dawn Wilcox said. "She wanted to provide some sort of comfort to our servicemen and women who are deployed down range, to let them know

everyone back home is thinking of them.

"She had a dream of a soldier who was in despair, at his wits end. A couple of days later she had another dream where that soldier was wrapped in a patriotic quilt. The words she uses to describe that dream are amazing."

Everyone is invited to join the group. Experience with sewing and quilting are not required, just a desire to learn.

"We will teach people how to quilt," Wilcox said. "Gloria is not a big 'sewer', but she helps us out, putting them together, pressing them out, working with fabric and patterns.

"It's a multi-step process. We have to cut it out, press it, sew it, press it again. Then, we coordinate nationally to get long arm quilters who can take three pieces of fabric, the top, the batting, and the backing material and put it all together. They do the actual quilting designs on the outside, and they are all volunteers as well."

When the ladies are asked what they like about quilting, the answers all ring similar. They say it's soothing, relaxing, therapeutic. But, the upcoming Sew for 22 event is a bit more challenging.

"Sew for 22 reflects the number of veterans who take their life each day," Wilcox said. "One of our members, Cindy, wanted to do something

to bring awareness to that number. The people we've awarded quilts to tell us how comforting and healing these quilts can be for them. We want to bring comfort and love to these soldiers and veterans, and let them know there is always someone here who cares for them."

So, on 22 September at 00:22, a sort of quilting marathon will begin. The plan is for members of the group, joined by volunteers from the community, to sew for a period of 22 hours, not stopping until 22:22, that's 10:22 p.m.

"We will have people sewing for 22 hours straight," Wilcox said. "People can come by and help out for a few hours, or just a few minutes, but the more help we can get, the better this event will be, and the more quilts we can give away."

There will also be a silent auction of items donated by people in the community, everyone is encouraged to donate to the auction and come by to see what's available and place bids. At 2:22 that afternoon, they will award 22 Quilts of Valor.

"Last year, we were able to present more than 22, thanks to all the help we got," Wilcox said.

Members of the group have already selected several of this year's recipients. And, they are still working diligently to ready the quilts for

the big event. It can take about a week to produce one, start to finish.

"I saw an article that says it takes about 35 hours to make a quilt," Roberta Samuels said. "Some of what we do are original, some are custom. It does take time, but it's my therapy. You can forget about yourself and put all your worry aside. You get to focus on creating something for someone else, and think about what it will mean to them."

Wilcox says sometimes she starts a quilt and loses her vision, but someone else in the group will get excited about it and want to finish it for her. They all describe the quilts as works of art.

A lot of the patterns are actually copyrighted, but the owners will allow Quilts of Valor to use their designs. The Clarksville group members insist that people are very willing to share their ideas.

So far in 2018, the group has awarded 77 quilts. Each at a cost of \$350 - \$400.

"If you think about it, that's a lot of money that has been donated," Robin Weeks said. "So we do rely heavily on our donors."

"Good fabric is expensive," Dana Fucella said. "A yard of quality fabric is \$10 - \$12 easily. And, it takes five yards for the front and five yards for the back. So we couldn't do this without our generous community."

The group even collects tin cans to raise money. They say they appreciate all donations. Occasionally, someone will donate \$100, but usually, donations are small, a \$5, \$10, or \$20 bill. Those donations, and proceeds from the silent auction all go a long way.

"Many of our award recipients have PTSD," Wilcox said. "We let them come in at a time that is more comfortable for them. We'll present their quilt when it's just them and their family."

Most of the quilts will have a patriotic

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Roberta Samuels, Dawn Wilcox, Robin Weeks, Dana Fucella & Gloria Underwood

theme. At Hilldale Baptist Church in November, a custom quilt will be presented that features Dachshunds wearing red, white, and blue sweaters. Some quilts are very specific to the recipient. All meet national organization

standards for size. The smallest quilts are 55" x 60", the biggest are 72" x 90".

They say the hardest part of the process is the long arming. The Clarksville group makes more tops than they can quilt. They mail them

out to North Carolina, Texas, Florida, Georgia, wherever they can find help. Someone from the national organization tries to coordinate this process to keep costs down.

"Some of the quilting we see would be valued at \$750 - \$1,000, and it's all done by volunteers," Wilcox said. "If there are any long arm quilters in the community who would like to volunteer, we would love to have you. It would be such a help."

"I awarded a quilt to my brother-in-law at a fishing tournament," Robin Weeks said. "It was one of the proudest moments of my life, just being able to give something to him to honor his service. People love seeing these tokens of our appreciation. It gives them and us a wonderful feeling, and the cost factor just goes away."

Quilts of Valor will be on this year's Combined Federal Campaign list of charities. At www.cfcnc.org you can make a donation to Quilters of Clarksville, at Quilts of Valor Group # 977. All donations to the organization are tax deductible.

Absolutely Fun Sewing is located at 2068C Wilma Rudolph Blvd.

The group can be found on Facebook at Quilts of Valor, Quilting in Clarksville. The national foundation's website is www.qovf.org.

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By Karen Parr Moody

PORTRAIT OF A FIRST LADY

It was with a keen eye for art that Michael Dickins spotted the painting *Miss Everything: Unsuppressed Deliverance* by artist Amy Sherald at the Smithsonian's National Portrait Gallery a few years ago. Then, in a prescient moment, he jotted down the artist's name in a little black book he always carries for gathering such information.

The oil-on-canvas painting depicts a jaunty young woman with a steely gaze. She wears a polka-dot dress and, in hands covered daintily with white gloves, she holds a large teacup and saucer.

Beyond being initially struck by the youth's steely gaze, Dickins came to focus on the subject's skin that had been created by a painter he didn't know in grisaille – a technique that hasn't been popular since the late 1600s, but which produces a monochromatic painting from shades of gray.

"I loved that he or she was depicting African-American bodies with gray skin," Dickins says today. "What it said to me was that this technique was almost making the skin a non-issue and an issue at the same time."

This was in 2016, when Dickins had been the gallery director in the Department of Art + Design at Austin Peay State University for two years and Sherald – a hitherto respected but largely unknown painter in Baltimore, Maryland – had yet to become so famous as to sign autographs for fans on the street.

But life would soon change for both. Not long after Dickins saw *Miss Everything: Unsuppressed Deliverance* the portrait would render Sherald the winner of the Outwin Boochever Portrait Competition. Held by the Smithsonian's National Portrait Gallery, the competition rewards the winner with \$25,000 and a commission to create a portrait of

a living individual that would come to reside in the museum's permanent collection.

Dickins recognized the winning painter, whose name he had recorded in his little black book. So, he reached out to Sherald to request that she speak to an audience at APSU as a guest of the CECA Visiting Artist Speaker Series that is sponsored by the university's Center of Excellence for the Creative Arts. She said yes.

Meanwhile Sherald worked on the competition's commission for a portrait, which just happened to be the official portrait for former First Lady Michelle Obama, who handpicked Sherald as her portraitist.

On Feb. 12, 2018, Sherald's oil-on-linen portrait, entitled *Michelle LaVaughn Robinson Obama*, was unveiled. Suddenly, it seemed that the entire world was clamoring for information about the painter, who was featured in articles in *The New Yorker*, *The New York Times*, *Washington Post*, *USA Today* and many more.

The moment made history for Sherald, as well as for New York City-based artist Kehinde Wiley, who painted former President Barack Obama in a companion piece. Sherald and Wiley are the first black artists ever commissioned by the Smithsonian's National Portrait Gallery to depict a presidential couple.

Both paintings are strikingly contemporary for the portraiture genre of White House luminaries. In Sherald's portrait, Obama's skin has been rendered in Sherald's trademark grisaille against a background color of sky blue. In the piece, the former First Lady wears a gown created by American designer Michelle Smith of the womenswear brand Milly. According to the publication *ArtNet*, the gown was chosen to imbue the portrait with the spirit of Dutch painter Piet Mondrian, whose work focused on geometric patterns, and the quilts



After seeing the painting *Miss Everything: Unsuppressed Deliverance* by artist Amy Sherald, APSU's Michael Dickins knew he had to invite her to speak at the university.

created by community of black artists and quilters in Gee's Bend, Alabama.

Imbued with contemplative grace and dignity, Michelle LaVaughn Robinson Obama is the answer to Sherald's fruitless childhood quest to find dignified images of African Americans – people who looked like her – in the publications and local museums of her Columbus, Georgia hometown.

According to an article by Dorothy Moss for the National Portrait Gallery's website, when a group of African-American girls visited the museum, Sherald told them that she painted *Miss Everything: Unsuppressed Deliverance* for them so that "when you go to a museum you will see someone who looks like you on the walls."

Dickins' timing in arranging Sherald's APSU visit couldn't have been more serendipitous because, as he says, "She got the commission and her name recognition and popularity went into the stratosphere."

The artist will take the stage at APSU on Sept. 27 at 7:30 p.m. in the UC Ballroom



Amy Sherald was respected, but largely unknown outside the art world, until she was commissioned to paint a portrait of former First Lady Michelle Obama for the Smithsonian's National Portrait Gallery.

(Morgan University Center Ballroom). She will speak for a period and then answer questions. The doors are slated to open at 7 p.m. and the crowd is expected to reach 400. The event is free and open to the public.

Throughout the history of the Department of Art + Design at APSU, the leadership has been committed to bringing top artists, designers, curators and thinkers to APSU and the Clarksville community and featuring them, free of charge, to the public.

Dickins explains, "With the Visiting Artist Speaker Series, we're in a position to bring nationally-recognized and internationally-recognized artists directly to the students of Austin Peay State University and to Clarksville. This further enhances the culture of the community."

Dr. Tony Morris, the chair of APSU's Department of Art + Design, has spoken about the department's pride in hosting such an esteemed artist

Welcome TO OUR PRACTICE



DR. MATT DAMIN graduated from Western Kentucky University with a Bachelor's Degree in Biology and Chemistry. He then started dental school at the University of Louisville where he received his Doctor of Medicine in Dentistry degree. From there he went on to Indiana University and James Whitcomb Riley Children's hospital for his Pediatric Residency and Masters of Science in Dentistry with a minor in Psychology. In his free time Dr. Damin enjoys spending time with his family and woodworking.



DR. LATASHA GARRETT was born and raised in Chattanooga, Tennessee. She completed her undergraduate and graduate degrees in chemistry at the University of Tennessee, Knoxville, TN. She furthered her education by completing a two-year pediatric dental residency at NYU-Lutheran Maryland. She has been part of the CPDO Cookeville family since 2017 and transferred to CPDO Clarksville in July. In her spare time, Dr. Garrett enjoys traveling to Europe, riding her bicycle, going shopping, watching movies, and spending time with family and friends.

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continued from page 27

as Sherald. Particularly, Morris says he is interested in how Sherald addresses the aspect of race, which is a restricting social construct, and how “her work undermines American beliefs about race as being defined by one’s skin color.”

Morris says, “In her portraits, Sherald erases color in the skin and hair of her subjects. The absence of color in the figure is particularly jarring when juxtaposed with the colorful clothing worn by her sitters and the flat, color-field background space that they occupy. The presence of bright color elsewhere reinforces the deliberateness of her erasure.”

Janice Crews, director of the Center of Excellence for the Creative Arts, also anticipates Sherald’s visit.

“She is someone who has really succeeded in spite of a lot of challenges, which I think is appealing to anyone,” Crews says. “She had a heart transplant a few years ago, which was a huge setback physically, but also, from what I’ve read, she didn’t pursue a career in art right away. So, I think a lot of people can relate to her in that way, too – people who maybe have had a career change in their adulthood that they weren’t anticipating, but they took a risk and it paid off. That human experience of overcoming these obstacles makes me excited to have her here.”

Perhaps no one is as excited about Sherald’s visit than Dickins, who will finally meet her years after he wrote down her name in his notebook.

“With my position, and the funding of the Center of Excellence for the Creative Arts, I keep those lists,” he says. “Because it’s totally possible to bring these artists to Clarksville.”



By Yvonne Kendall

A STORY OF HIDDEN TREASURE RIGHT HERE AT HOME

CUMBERLAND WINDS

When people think of community bands, they most likely get flashbacks of high school marching bands in meticulous lines of uniformed people marching in precision lockstep, blasting Sousa marches in loud and boisterous joy, with blaring trumpets sandwiched between two-ton tubas on the bottom and the piercing piccolo on top. Likewise, since most bands are associated with one school we tend to think the members all have the same background.

But if you look between the pages of the Cumberland Winds story, you see just how different we are. We’re recent college grads, retirees, experienced professionals, eager novices, nurses, yoga instructors, construction managers, therapists, middle school teachers, college professors, and yes, even musicologists, all brought together to merge our stories through music. Sponsored,

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in part, by the Tennessee Arts Commission administered through the Clarksville Arts and Heritage Council, we play at the Clarksville Public Library, at senior living areas, at community centers, and at many other community events. As a Clarksville native who recently returned after decades away from my conservatory education, I joined because a fellow flute pal in Nashville suggested it as a good way to get back in shape. It's been that and more.

Cumberland Winds is a nine-year-old Clarksville institution, led by Pennsylvania native Mike Ritter. Mike, a trumpeter skilled in both concert band music and jazz band repertoire, skillfully leads the group. His impressive experience as a military bandsman, playing in far-flung outposts in Europe, the Middle East, and Asia, forms the foundation for confidence among the diverse players. His wife, Patty, a Jersey girl, has her own story as an Army Band French horn player who made the amazing transition to the harp some years ago. She steps in when necessary with no fuss or fanfare. But I guess you'd expect good nerves from a trained surgical nurse.

Throughout the group, there are other stories to tell from hometown folks like Yamil, a clarinetist who won the APSU concerto competition a few years ago. Not only does he have a new baby in the family, but also served as a bartender. Another clarinetist, Jeff, is a construction manager who was part of the Purdue University "All-American Band." Guy, who plays the mini-tuba called "euphonium" played for U.S. presidents and European princes during 26 years as a well-traveled Army Band member. With degrees in both music and information systems, Guy manages audio recording for CW and its offshoots. He also plays bagpipes. Who knew?

We've even got two people from Boulder, Colorado—Tamara, a flutist with an APSU Master's in music, and Sarah, our lone oboist, who served in the military. Principal horn player Emmanuel came to Clarksville all the way from Haiti by means of a scholarship to Austin Peay. Having

finished his master's in music, he's now giving back to special needs students as a staff member at the Peay.

We have fun with musical stereotypes throughout the group. The self-effacing horn players are always a surprise when they come out from the background to play heroic fanfares. The low brass of tubas and euphoniums tend to be calm and steady. The powerful trombone section doesn't take itself too seriously. The trumpets are full of wisecracks. The mild-mannered reeds, both single and double, come through when we need them, managing much of the organizational details. Gary, principal clarinetist serves as President of the CW Board of Directors. This Utah native, a veteran of 27 years in military bands, including the 101st Division Band, is clearly accustomed to hard work considering his many performances at home and abroad with such luminaries as Dean Martin, Bob Hope, and Lee Greenwood.

We also work against type. The usual Type-A finicky diva nature of flutists is nowhere to be found. We joke with everyone else, zipping back and forth between our gentle flutes to our blasting piccolos, as we sit in front of the saxophone section, suavely divided from alto to tenor to baritone sax. Don, one of those sax players, served as a bassoonist in the Knoxville Symphony. Talk about "we've got talent"; CW is bursting at the seams.

From within the ensemble, CW sponsors several chamber groups. These groups were on display at a summer recital at the Roxy, Clarksville's regional theater venue. Trumpet and tuba solos, trombone and sax quartets, a mellow jazz duet of alto sax and guitar, a horn duet, and a woodwind quintet I was proud to be part of, provided an evening of charming music—barely a march in sight (LOL).

One of our most popular subsets, the Jazz Project, plays annually at the Mid-South Jazz Festival and Coolin' at the Cave, sponsored by the Friends of Dunbar Cave. In the cool of a summer evening, you can



hear big band retro and watch brave souls take to the floor, oops, I mean the stone, and swing, boogie, Lindy hop, or foxtrot. You can hear them at APSU in September.

Although the standard of playing is increasingly challenging, the comfortable atmosphere made it possible for Janice, a teacher and trombonist from Indiana, to bring her granddaughter, a budding teenage flutist to sit in my section this summer. A percussionist and clarinetist, recently back from their honeymoon, enjoyed good-natured razzing for missing rehearsals; the same happened with a hornist and flutist.

If you haven't heard us, you have the perfect opportunity at our upcoming annual fundraiser. Come to APSU's Mabry Hall in the Music Building in September. We'll be auctioning off varied and delightful gift baskets and offering great music for free. You can also support our work as a non-profit organization at Kroger's groceries by designating us through their Community Rewards initiative, and online through the AmazonSmile program. If you play, consider joining us. You may not find the love of your life, but your love of music will find its soulmate in the Cumberland Winds.

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Mabry Hall, Music and Mass Communication Building, Austin Peay State University
Saturday, September 29 @ 7:30 pm

Contact: Mike Ritter, director@cumberlandwinds.org

Yvonne Kendall is a magna cum laude music graduate of Austin Peay. Using her MFA in creative nonfiction from Columbia University, she teaches writing at APSU and Belmont. She is a freelance writer of essays and program notes, She's also a freelance musician with an MM from the New England Conservatory of Music..

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By Christina Chittenden

CLARKSVILLE'S NEW EXPERIENTIAL TEA LOUNGE

Every time you are attempting to decide on where to go out for a bite to eat or grab a drink, the options of where to bring your business can be limitless. The place on the corner? Or the one downtown? Or how about that new restaurant that your friends can't stop raving about? Competition in the restaurant industry might be fierce, but one local lounge differentiates itself like no other by creating a one of a kind experience you won't find

anywhere else. Enter The Mad Herbalist, a locally-owned experiential tea lounge specializing in curating unique and seasonal flavors.

Born and raised in Clarksville, owner, Kennedy Voxe, left after high school to develop her career as a brand strategist in North Carolina and New York City. Her most recent position as a sensory brand strategist in NYC is what ultimately persuaded her to move back home and pursue a

solution to a popular topic within her industry – the simple, yet scary fact that traditional retail is dying. “The theory is, people can purchase nearly anything they want from the internet: goods, services, food and even socialization,” Kennedy said. “The only thing that will keep the brick and mortar alive is being able to create an experience that is both unique and very consumer-focused.” Her attempt at creating an early prototype of what it means to be an “experiential eatery” thus founded The Mad Herbalist.

On the menu, you can find a variety of exclusive foods and beverages. The Mad Herbalist specializes in creating new and exciting plant-based drinks that everyone can enjoy. Their tea blends rotate seasonally, and can be made in several different forms, including hot, iced, sparkling, latte'd and nitro. Additionally, they host a variety of special teas regularly like matcha, kava, kombucha and rare all-natural cocktails. Partnering with The Tanglewood House, The Mad Herbalist also offers a range of scratch-made, fresh and sharable foods, served in an artfully curated three-tiered tray. Their food items change regularly, based on both ingredient availability and their Chef's preference – but each day their menu never ceases to include a savory, spread and sweet tier with vegan-friendly substitutions.

One of the reasons that The Mad Herbalist is so unique is their emphasis on providing a place that is casual and relaxing, offering an environment where people can chat, create and experiment. Aside from their impeccable menu options, they also offer guests the opportunity to create a variety of personalized bath and body products that they can take home that same day! They even host workshops and classes regularly through partnerships with local artists and makers.



Even their management strategy is unique. If you've ever visited the lounge, you have probably noticed the same three faces serving all roles: taking your order, making your tea and even bussing your tables. “On the surface, it might look like we solely employ servers, however everyone – even me – is expected to be not only a waitress, but a tea crafter, social media manager, menu curator, event planner, inventory manager and a retail scout,” said Kennedy. “My dream has always been to run a flat organization,” she added, describing her team as one that doesn't have the traditional hierarchy and silo'd responsibilities that you'd normally see in a restaurant or retail store. Even the business' finances are open book. Each team member has equal accountability and ownership of special projects outside of the normal business hours, and everyone is required to grow their skillsets outside of serving. I also believe that a business should put its people before its profits; of course, I know that technically I can pay servers \$2.75 an hour plus tips, but the truth is, my business (and



most others) can afford to pay out a more livable wage than that. Because of that, everyone on my team makes above minimum wage – and they receive tips in addition to their hourly wage.”

If you ask Kennedy what her favorite part of traveling is, she'll tell you it's the eating, only now she can chalk it up to 'market research.' With a bi-weekly rotating menu, this means that The Mad Herbalist is always looking for new recipes and ideas. “Traveling and searching for new flavor combinations to experiment with can be both daunting and rewarding when you find something at that ideal intersection of 'I haven't seen that before' and 'oh Jesus, that's good!'” added Kennedy.

“I have been genuinely surprised at how positive the feedback has been from our budding little community of patrons,” Kennedy remarked. “Living here most of my life, I know how finicky Clarksville can be as well as how many locally-owned businesses disappear overnight. I knew I was creating a space that was intentionally meant to be outside-the-box, and I figured it would either be a hit or no one would get it,” she laughed. “Luckily, it seems to be the former. I serve the same menu (no substitutions or choices) for two weeks at a time and still have patrons that love us so much they come in multiple times a week!”

THE MAD HERBALIST is located at: 1601 Madison Street in Clarksville. For more information, call 931-313-9498, visit www.themadherbalist.com or follow them on Facebook or Instagram.

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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

DOWNTOWN MARKET 8AM-1PM

A weekly open-air market featuring local farmers and artisans who offer

locally-grown fresh produce, food items, and handcrafted products. The Market strives to provide an opportunity for local customers to connect with local businesses, while enhancing the quality of life in our community. Enjoy live music, meet our Market mascot, "Corny the Cob," and experience special events on select market days.

9/15 • 9/22 • 9/29

(pop-up market on 8/8 & 8/22 @ McGregor park, 3:30PM)

MONTGOMERY COUNTY FARMERS MARKET

7 AM - 1 PM
Every Tuesday, Thursday, & Saturday through the growing season.

Offers variety of fresh produce, plants, prepared food items such as cakes, pies & barbecue sauce, etc. as well as handmade crafts. Vendors and items vary,

Easy access with convenient free parking. Gift shop and free train museum, too!

L & N Train Station parking lot shelter.

L & N Train Station
189 10th St.
Clarksville, TN

AFTER SCHOOL PROGRAM

Youth can enjoy the use of the gymnasium and game rooms, as well as a variety of activities including dodge ball, basketball, volleyball, enrichment classes, arts & crafts, and more at our three recreation centers:

Monday-Friday Now - Dec 19

Free with Center Membership. Open to youth ages 10-18.

Dates exclude SEPT 3, OCT 8-12, and NOV 6, 12, 21-23

Burt-Cobb Center
1011 Franklin Street

Crow Center
211 Richview Road

Kleeman Center
166 Cunningham Lane

YOGA & MINDFULNESS FOR FEMALE VETERANS 11:00AM-12:00PM

This is a FREE class taught by a female veteran FOR female veterans with the intention of providing space

to create connections with other female veterans while exploring ways to use breathwork, yoga, and meditation to cultivate your inner resource. Learning self-care tools to take home and implement on a regular basis.

This is a multi-level class, offering modifications. Burt-Cobb Community Center

9/2 • 9/9 • 9/16 • 9/23 • 9/30

227 Dunbar Cave Rd
Clarkeville, TN 37043

BOOT CAMP

This program is designed to build strength and fitness through a variety of intense group intervals over a 45-minute period of time.

Location: Kleeman CENTER | Cost: \$55 per 6-week session

Ages: 16+

TUE/THU | SEPT 4 - OCT 11 | 6:30-7:15PM

Registration is required and available online at bit.ly/20LWXdk

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.
350 Pageant Lane
Clarksville, TN

FREE CARD FRIDAY

10AM-9M Put more caring in the world with a card from our newest collection. Crown Rewards members can come in every Friday between now and August 31st to select one FREE CARD from our Just Because collection.

Hallmark Gold Crown Store

2801 Wilma Rudolph Blvd,
Clarksville, TN

CELEBRATE RECOVERY

1) Friday nights with dinner at 6:15

PM and the meeting at 7:00 PM A Christ centered 12-step ministry. Child care is provided.

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

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

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

CHESS CLARKSVILLE

Fridays, 4:00 PM until.

Books-a-Million
125 South Hampton Drive
Contact:
chess.clarksville@yahoo.com

COUNTRY QUILTERS OF CLARKSVILLE

6:30PM-8:30PM

Join us first Monday of each month. A great way to make new friends and have fun. Be inspired to make and learn all about quilting.

1030 Cumberland Height Rd.
Dining Hall Building
Clarksville, TN.

CLARKSVILLE SCRABBLE CLUB

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

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

CUMBERLAND WINDS

Cumberland Winds, a local community concert band, welcomes adult wind and percussion players to rehearse and perform. Rehearsals are held weekly on Thursday evenings and performances are held at various times and locations throughout the year. Contact Mike Ritter, Musical Director, at (931) 436-3465 or at thetptwillsound@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

Look who's back...

We missed You!

EDEN day spa & salon

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



GOVERNOR'S SQUARE MALL

Visit us for the newest styles and more with over 100 stores and restaurants!



GovernorsSquare.net • MallGiftCards.net

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

931-552-0289

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

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FAMILY DINING ★ DELIVERY ★ LIVE MUSIC

Get it Delivered!

Text WGS to 68683
FOR EXCLUSIVE OFFERS, CONTESTS, AND ALL THE LATEST HAPPENINGS!

Readers Choice Awards
Voted FAVORITE LOCAL EATERY & FAVORITE PLACE FOR A QUICK LUNCH five years in a row! Voted FAVORITE EVENT VENUE in 2017!

Best of Clarksville
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605 CUMBERLAND DRIVE • CLARKSVILLE • (931) 919-3800

★ wickedgoodsandwiches.com ★

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 clarkvillegamedesign.net/about/. The event will be first come, first served and limited to the size of the computer lab.

Clarksville-Montgomery County Public Library
350 Pageant Lane

FREE COMPUTER LAB FOR ADULTS WANTING TO IMPROVE THEIR COMPUTER SKILLS REGISTRATION IS REQUIRED @ the office of CMC Adult Literacy Council

430 Greenwood Ave
Room 218
Clarksville, TN

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

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

To register please call (931) 802-2484.

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

SEPTEMBER

1 SATURDAY
BRI & D LIVE AT WGS 9PM

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

2 SUNDAY
CUSTOMS HOUSE MUSEUM PRESENTS WAM, INTERNATIONAL REALISM VISIT WAM WOMEN.
Artists.Mentors. first ever Tennessee museum show. Carrie will be in Tokyo, but Deb, Kim, Helen and Maria will be at the Aug 4 reception. Deb and Maria are trying to get permission to do a painting demo on the afternoon of Aug 4. Come say hello!

Customs House Museum
200 S 2nd St,
Clarkeville, TN 37040

6 THURSDAY
CLARKSVILLE RIVERFEST (ALSO FRIDAY 9/7 & SATURDAY 9/8)
Clarksville's longest running community Festival. Now in its 31st year, Riverfest brings over 30,000 people to the banks of the Cumberland River in an arts and recreation celebration. Music, art, family events, and more will fill McGregor Park.

Three stages of entertainment with music ranging from country, R&B, Christian and more!
Admission and entertainment at the Festival are free and open to the public. The Festival is brought to you by Clarksville Parks and Recreation. For questions please call 931-645-7476 or visit www.clarksvilleriverfest.com

7 FRIDAY
T&D ISLAND SPICE FOOD TRUCK 6PM
Clarksville's newest food truck will be at the brewery on Aug 17st to bring the taste of the islands to Clarksville!
[facebook.com/TD-Island-Spices](https://www.facebook.com/TD-Island-Spices)
more-520025584805135/

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

BENCH CLEARING BBQ FOOD TRUCK!
12PM ON SATURDAYS & 4PM ON FRIDAYS

A Veteran owned / Operated food truck with a varied menu. From BBQ to Tacos to ball park favorites this food truck has it all. Come on out to The Star Spangled Brewing Co. and get yourself some of Clarksville's newest food truck delectables! They will be here every Thursday through Saturday!

The Star Spangled Brewing Co.
1030 Progress Dr. Suite E.,
Clarkeville, TN 37040

8 SATURDAY
CANDLELIGHT YOGA AT THE CAVE 6PM-7PM
Join us for Candlelight Yoga classes at the mouth of Dunbar Cave. In the cool air currents of the cave, participants enjoy a relaxing, gentle flow class, while holding some postures and connecting with breath in the tranquil setting of Dunbar Cave. This is a great yoga practice for couples and beginners, with modifications available for advanced practitioners.
Instructor is Shana Thornton, 200RYT registered with Yoga Alliance.

FYI: Participants need to arrive with enough time to walk to the mouth of the cave from the parking area. Follow the paved trail by the lake. Class takes place at the mouth of the cave.

Dunbar Cave State Park
401 Old Dunbar Cave Rd
Clarkeville, TN 37043

BIKE MS: FEDEX ROCKIN' RIDE 2018 9/8 AT 8AM TO 9/9 AT 8PM
A ride that will take you farther than you've ever gone before. This year we are rolling the dice and heading back to the Gold Strike Resort & Casino in Tunica, MS where the roads are smoother and cyclists can gather together in one place to celebrate their accomplishments! The two day ride will start at Landers Center in Southaven with riders traveling 42 or 75 miles of scenic country roads.

TABERNACLE
Christian School
301 Market Street • 931.552.9431 • www.tcs1999.com

NOW ENROLLING 2018-2019 SCHOOL YEAR

PRE-K 3&4 THROUGH 5TH GRADE • BEFORE & AFTER CARE AVAILABLE

Nationally Accredited and AdvancED Accredited School

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

Little Lambs & Ivy

Receiving Dates: September 6-8 (by appointment only)

SALE TIMES

PRE-SALE Tuesday
September 11th • PRESALE FOR CONSIGNORS: 5:00 PM - 9:00 PM • Presale for guests of consignors & new moms: 7:00-9:00 PM
** No children allowed at Tuesday's pre-sale.*

PRE-SALE Thursday
September 13th • 6:00 PM - 8:00 PM
1/2 OFF PRESALE FOR CONSIGNORS.

OPEN TO THE PUBLIC THE FOLLOWING DAYS: Wednesday
September 12th • 7:00 AM - 6:00 PM

Thursday
September 13th • 7:00 AM - 8:00 PM
25% OFF UNLESS MARKED NO DISCOUNT.

Friday
September 14th • 7:00 AM - 6:00 PM
1/2 OFF UNLESS MARKED NO DISCOUNT

Saturday
September 15th • 7:00 AM - NOON
1/2 OFF UNLESS MARKED NO DISCOUNT

For complete details & instructions go to: www.tnconsign.com

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

Contact: Jeannette Smith 931-358-2979 or email littlelambsandivy@gmail.com

LEAVE Summer Hair behind with a fresh FALL look!

SL SHAMPOO LOUNGE SALON

Let us help you look your best!

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

BOOK NOW WITH ONE OF OUR AMAZING TALENTED STYLISTAS!

THE SHAMPOO LOUNGE
1740 Gateway Lane • Clarksville, TN • (behind Publix)
931.919.3482 • www.myshampoolounge.com

SEVIER DAYS
FORT DEFIANCE INTERPRETIVE CENTER & CIVIL WAR PARK

SATURDAY, SEPTEMBER 15 | 10AM-3PM

Learn about the frontier and colonial history of Clarksville! Native American and frontier reenactors will demonstrate flint knapping, an authentic blacksmith operation, frontier camp life, and flintlock musket firing at this free event.

www.FortDefianceClarksville.com

CLARKSVILLE
TENNESSEE'S TOP SPOT
HISTORY • RECREATION • FUN

MAXX'D OUT OFF-ROAD

LIFTS ACCESSORIES WHEELS & TIRES BED COVERS HITCHES INSTALLED AIR LIFT SUSPENSION

2631 FT. CAMPBELL BLVD.
COLLISION 931-431-6096 OFF-ROAD STORE 931-980-JEEP

Mark your calendar for September 8-9, 2018 and register or start a team today! Tickets: secure. nationalmssociety.org
Southaven, Tennessee

WOVEN INDIAN CORN BASKETWEAVING 4PM-6:30PM

These are so very unique, very easy to make!! Great beginner class!!

We will be very laid back with this class, so get ready to have some fun as you learn come basic weaving techniques!!

I will have various colors of reed dyed....no right or wrong on this class!!

Size and shape may vary as each weaver is a bit different.

These look so adorable hanging up or laying on a table, put some battery operated lights in and around them!!

2.5 to 3 hour class maybe a bit longer
Supplies to Bring:

Towel, clothes pins, old scissors or reed cutters, pan to soak reed, spray bottle, awl and flexible tape measure
J&S Art Works
2535 Madison Street Suite G
Clarkeville, TN 37043

KINDERGARTEN - 5TH GRADE PROGRAMMING CLASS 10AM-11AM

Students in grades kindergarten to 5th grade will learn the basics of computer programming while creating fun projects using Tynker that they can share with friends and family.

If this will be your child's first class, please register and sign up at www.tynker.com using the class code: 85712239

Clarksville-Montgomery County Public Library
350 Pageant Ln, Ste 501
Clarkeville, TN 37040

9 SUNDAY PROJECT LINUS 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

14 FRIDAY SEVIER DAYS 9AM

Fort Defiance hosts their free annual event that focuses on the frontier and colonial history of Clarksville. Native American and frontier reenactors will demonstrate flint knapping, an authentic blacksmith operation, frontier camp life, and flintlock

musket firing. Reservations for school groups on September 14 must be made in advance.

Fort Defiance Civil War Park
120 Duncan Street
Clarksville, TN 37040

15 SATURDAY LEE GREENWOOD CONCERT 6:30PM-9:30PM

Free concert at Beachaven Winery beginning at 6:30 pm with the 101st Brass Band directed by Pearl Harbor Survivor, Frank Emond. Grammy award winner Lee Greenwood takes the stage at 7:30pm. Come early and visit the American Veteran Traveling Tribute Wall, Field of Honor and Remembering Our Fallen memorial.

Visit our website at www.welcometohomeveteranscelebration.com for a full schedule of events.

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

DUNBAR CAVE - 1865! 6PM-10PM

Throughout the 1800s, Dunbar Cave saw many people explore its depths by candle light and dance at it's mouth. Join us as we recreate one of those nights of dancing and exploring from 1865! Living Historians will be present as will period correct dance instruction & musicians, if you care to participate in a dance or two. Enjoy some refreshments (included in ticket cost), and take in a cave tour led by candle light!

Please wear closed toed shoes. You will be required to sign a liability waiver prior to entering the cave.

Tours leave every 30 minutes. Arrive early and stay after to participate in dancing and refreshments!

Adults (13 & Over): \$20,
Children (5-12): \$12

No one under 5 admitted into Cave.

This is a limited ticket event so make your reservations soon!

Dunbar Cave State Park
401 Old Dunbar Cave Rd,
Clarksville, TN 37043

HAPPY HALLOWEEN LIGHT UP PALLET SIGN

5PM-8PM
Light up Happy Halloween Sign, lights will be orange or purple and battery operated, batteries included!
19" High and 14" Wide, the studio will supply all you need for this baby!!!

This class will close on Sept 11th for registration and class size is limited!
About a 3 hour class!

J&S Art Works
2535 Madison Street Suite G
Clarkeville, TN 37043

VALOR RUN CLARKSVILLE WITH MEDALS OF HONOR 7:30AM-12:30PM

A half marathon and 5k in Clarksville, TN committed to honoring the courage and sacrifice of those in uniform. The community will be able to participate in this endurance event in honor, or memory, of an American hero; benefiting Medals of Honor & Clarksville Rotary Club.

The inaugural race will be held near Beachaven Winery. In collaboration with the Welcome Home Veterans

Celebration, the Valor Run will start and end near the American Veteran Traveling Tribute Wall.

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

CUMBERLAND WINDS ANNUAL CONCERT AND SILENT AUCTION 7:30 PM AT THE MABRY CONCERT HALL

This year's concert is an assortment of classic and contemporary concert band repertoire from around the world. Additionally, the silent auction, as in years past, includes a wide variety of various themed gift baskets assembled by our members and donated by local businesses. We hope to see you there! And as always, bring your children! All events are free and open to the public!

SEVIER DAYS 10AM

Fort Defiance hosts their free annual event that focuses on the frontier and colonial history of Clarksville. Native American and frontier reenactors will demonstrate flint knapping, an authentic blacksmith operation,

frontier camp life, and flintlock musket firing. Reservations for school groups on September 14 must be made in advance.

Fort Defiance Civil War Park
120 Duncan Street
Clarksville, TN 37040

16 SUNDAY DAY OF PLAY 1PM-5PM

Come join us for our forth annual, completely free Day of Play! Activities include seven interactive play zones, free family resources, special character appearances, silent auction, free books, and face painting. A fun event for the whole family, we hope to see you there!

Wilma Rudolph Event Center
1190 Cumberland Dri.
Clarksville, TN

2018 INTERNATIONAL FESTIVAL 12PM-5PM

Entertainment and Music from all over the world, International Food, International Arts and Crafts, Kids

Inflatables and Games! Silent auction, fellowship. All are welcome!

Immaculate Conception
Catholic Church
709 Franklin St
Clarkeville, TN 37040

Bella Medical Spa
2151 Wilma Rudolph Blvd.,
Clarkeville, TN 37040

18 TUESDAY

DIABETES SUPPORT GROUP 5:00PM
The third Tuesday of each month. Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. For more information visit Tennova.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

Liberty Rooms
Tennova Healthcare
651 Dunlop Lane
Clarksville, TN

19 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

21 THURSDAY

BELLA MEDICAL SPA'S ANNUAL OPEN HOUSE 10AM-6PM
Grab your friends for a day of fun during Bella's Annual Open House! Enjoy delicious light bites and refreshments as you learn about the latest services our industry has to offer. Schedule a complimentary consultation with a representative to get specific details about a service you may be interested in. Receive discounts on Bella's premium services and skincare! Spots are limited- Schedule now.

22 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 and available online at <https://bit.ly/2mvrvti>

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

Billy Dunlop Park
1930 E. Boy Scout Ln.
Clarkeville, TN 37040

10TH ANNUAL BUTTERFLY FESTIVAL 11AM-4PM

Children will be able to make environmental arts and crafts projects for free.

Come and interact with live butterflies in their habitat in the Butterfly House PLEASE NO PETS OR COOLERS - THANK YOU!

Oak Grove Tourism Commission
105 Walter Garrett Ln
Oak Grove, Kentucky 42262

MOVIES IN THE PARK: BEAUTY AND THE BEAST 6:00PM-10:00PM

Enjoy a free movie on the big screen outside at Liberty Park Amphitheater! 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- 6:00 p.m.

Sunset/Movie begins- 7:36 p.m.

Movie/Event ends- 10:00 pm

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

HISTORIC CHURCH TOURS WITH CLARKSVILLE BCYCLE 8am-12pm

This guided tour will take participants through downtown stopping at four (4) churches on the National

Historic Register. Enter the sanctuary, learn about the church history and architecture.

Two tour times are available, 9AM and 11AM. Each tour will be one-mile long, lasting approximately an hour and a half. Participants will meet at the Clarksville Downtown Market, near the BCycle station. A bike and a safety vest will be provided. Participants are encouraged to bring their own helmet.

Fee:\$10

Pre-registration is encouraged as limited space is available.

Clarksville Parks and Recreation
102 Public Sq, C
Clarksville Tennessee 37040

27 THURSDAY

KOOL BREEZE KARAOKE, DOORS 7PM-11PM



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

28 FRIDAY

THE HAYLOFT FALL BARN SALE 10AM-6PM

*Thursday 9/27, First Pickin' Party 4:30 ~ 7:30 PM \$10.00 Get first choice at early buying shopping event with live music and great food. Ticket gets you back in on Friday or Saturday.

**Friday 9/28 10AM ~ 6 PM {\$3.00 }

**Saturday 9/29 10 AM ~ 4 PM {\$3.00 }

We have a great line up of music for these two days

50 plus juried vendors from across the south offering handmade + vintage + antiques + jewelry + art on our 200 acre farm in a beautiful country setting in our barn. Come celebrate with Fun on The Farm and a Pop Up Market.

The Hayloft
551 Port Royal Rd
Clarkeville, TN 37040

29 SATURDAY

CHALK WALK ART FESTIVAL 9AM-9PM

A day of art featuring 3D Chalk artists with interactive art, artisan vendor booths music and food all day long!

Downtown Commons
215 Legion St..
Clarkeville, TN 37040

PINK EMPOWERMENT TREE TRIMMING 2PM-6PM

This is an opportunity for the breast cancer community to gather, share information and seek support from others who have had the survivor's experience or have had the experience of a caregiver, family member or companion. Participants can share support, strength and encouragement for men and women. Each participant will then place an ornament onto a Christmas tree supporting the fight against cancer. COST: FREE | AGES: 18+

Clarksville Parks and Recreation
(Burt-Cobb Recreation Center)
1011 Franklin Street
Clarkeville, TN 37040

JAZZ ON THE LAWN 6:30PM

Concerts are free admission with free parking. Music begins at 6:30pm and continues until 9:30pm and we allow 4 free tastings start at 4pm. Because seating is "general admission," it's beneficial to get here around 5pm to get both a good parking spot and a good view of the band.

-BRING: your friends, a picnic, and a blanket and/or lawn chairs & valid ID.

-DO NOT BRING: pets (certified service animals are permitted), grills, tents, and outside alcohol.

Beachaven Vineyards & Winery
1100 Dunlop Ln
Clarksville, TN

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



CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

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

TEEN SCENE MOVIE SHOWING

Saturday, Sept. 1st

2:00-4:00 pm
Large Meeting Room

MY HERO ACADEMIA SEASON 1

Sunday, September 2 @ 2:00

THE INCREDIBLES

Children's Story Time Theater
Free Popcorn

Read the book...
HARRY POTTER

Watch the movie!
Story Time Theater
September 5th 5-7:30

Sunday, September 9 @ 2:00pm

SHOW DOGS

Children's Story Time Theater
Free Popcorn

ARTS FOR HEARTS

FOR KIDS!
September 13 & 27

4:00-5:30pm in the children's library
Call 931-237-7647 to register

HEROES OF THE TABLE

SATURDAY, SEPTEMBER 22ND
LARGE MEETING ROOM
2:00 P.M.

JOIN US FOR AN AFTERNOON OF TABLETOP ROLE PLAYING GAMES.
ESTABLISHED GROUPS AND NEW PLAYERS ARE ALL WELCOME.

Busy Bees Storytime
(2's and 3's)

Monday's
9:30 A.M. - 10:00 A.M.
Children's Library

Baby & Me Lap-sit Story Time

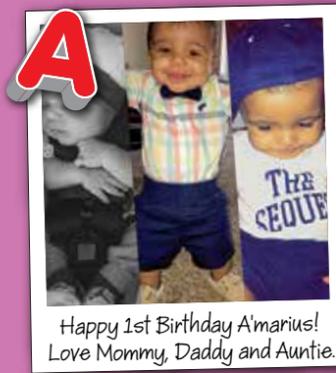
Thursday's 9:30 A.M. - 10:00 A.M.
(Children's Library)

Join us in the Children's Library for
Family Story Time!

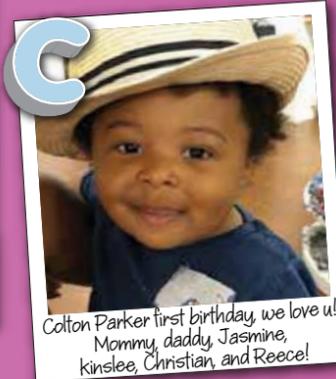
Monday's 10:30 A.M. - 11:00 A.M.
Tuesday's 9:30 A.M. - 10:00 A.M.
Saturday's 2:00 P.M. - 2:30 P.M.

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

HAPPY BIRTHDAY!



A
Happy 1st Birthday A'marius!
Love Mommy, Daddy and Auntie.



C
Colton Parker first birthday, we love u!
Mommy, daddy, Jasmine,
Kinslee, Christian, and Reece!



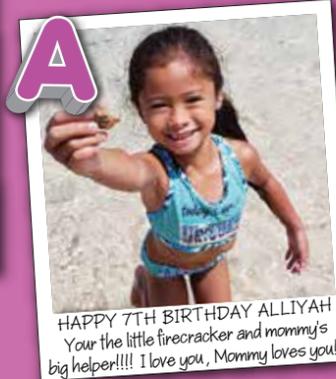
C
Happy Birthday to our amazingly
handsome, fun & loving, first baby
boy! We love you most times infinity!



M
Happy 5th my little butterfly
Granny and Mommy!! Love you!



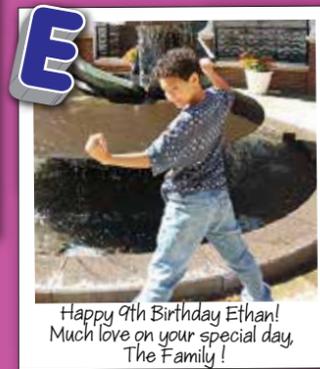
E
Happy birthday Eli!
Love, Daddy, Mommy, and Caleb



A
HAPPY 7TH BIRTHDAY ALLIYAH
Your the little firecracker and mommy's
big helper!!!! I love you, Mommy loves you!!!!



M
Happy 7th Birthday Missa!
We love you!



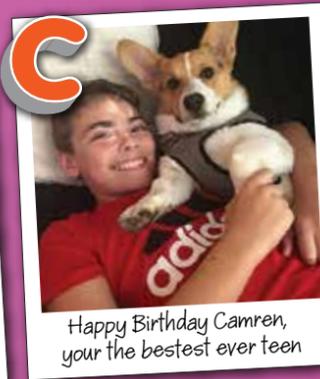
E
Happy 9th Birthday Ethan!
Much love on your special day,
The Family!



G
Sweet Gavin turning 9, you
turned out 2B just fine.



Z
Happy 9th Birthday Zia Lin Freeman,
GOD Bless You and We All Love You,
Gma, Gpa, Mom, Dad, Skyla, Leila & Xavier.



C
Happy Birthday Camren,
your the bestest ever teen



N
Happy 13th Birthday Natalee Grace!
We love you so much!
Love Jeff, Mom, RayLee and Dylan!

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

**FAMILY PET
HOSPITAL**
530 New South Drive || Clarkville, TN
931.358.5855 • www.fphvet.com

**TINY TOWN
ANIMAL CLINIC**
1815 Tiny Town Road || Clarkville, TN
931.647.2800 • www.tinytownvet.com

Pet Pix Contest

Submit YOUR Pet Pix by September 15th

The winner this Month is
SLACK

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



My impersonation of Guy Fieri



Shaka is a Hawaiian
dog and loves the sun.



Sweet Slack
visiting the vet's office



An old Biscuit loving morning sun



Sisters. Pretty & Roxy



Kitschy enjoying the great
outdoors.



Sleeping with new
adopted brother



SEND IN PHOTOS OF YOUR PET IN THEIR CUTEST HALLOWEEN COSTUME FOR NEXT MONTH'S ISSUE!

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

ADOPTION & FOSTER CARE

CAMELOT CARE

Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider serving 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 ACADEMY

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

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

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

CLARKSVILLE MODEL RAILROAD CLUB

Located in the basement at 420 Madison St. We meet on Monday nights at 6:30 p.m. We play with trains. We are rebuilding our layout and are encouraging any and all who are interested in learning to build a model railroad layout. We are encouraging anyone of any age to come and participate in some

great fun which we started to do when we were young. For further information see our Facebook page or call (931) 216-5351.

COMMUNITY SCHOOL OF THE ARTS AT APSU

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

MADISON STREET MUSIC & ARTS ACADEMY

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

MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

LET'S PLAY CHESS

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

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

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

CLARKSVILLE BADMINTON CLUB

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

CLARKSVILLE IMPACT SOCCER CLUB

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

CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at PrHowle@aol.com for all who are interested. Visit clarksvilletennis.usta.com.

CLARKSVILLE VOLLEYBALL CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

THUNDERBOLT AQUATICS SWIM CLUB

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

CHILD BIRTH & PARENTING EDUCATION ROOTS 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/LLClarksville. 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, babymoon 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 CHILD CARE 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@uk.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.

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, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

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 lineal, bloodline descent from an ancestor who aided in achieving American independence. Email us at sevierstation@yahoo.com.

GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or gsmidtn.org. Girl Scouts build girls of

courage, confidence and character who make the world a better place. Email bkelly@gsmidtn.org for more information.

LEAP ORGANIZATION

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

COMMUNITY OUTREACH

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

ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit studythescritures.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, Cheatham, 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.

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.

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croatsians 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 Croatsians who want to move to Clarksville and make sure their transition is smooth. Visit facebook.com/groups/CroatsiansinTennessee/

DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa. You want to go to mission in Africa, you want to plant a church in Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church. Contacts: Mr. Adolph Dagan at (931) 302-0787 or daganfoundation@yahoo.com, or visit daganfoundation.org. Like us on Facebook at Facebook.com/DaganFoundation. Our main partner in Togo is Action Bethesda, actionbethesda.org.

FREE CAKES FOR KIDS KY & TN

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

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 CLARKVILLE

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

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

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

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish

to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050. Clark Street AA Hotline: (931) 647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

APTITUDE HABILITATION SERVICES

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

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

COLUMBUS ORGANIZATION

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

HEALTH CONNECT AMERICA

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

THE FAMILY GUIDANCE TRAINING INSTITUTE

800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their

families. Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

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

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses of methadone and individual

counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

INTERNATIONAL ORGANIZATIONS MISS TENNKY AREA AFS VOLUNTEER LEADERSHIP TEAM

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

YOUTH FOR UNDERSTANDING USA (YFU)

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

PARENT GROUPS

SPRING CREEK MOMS

Moms on a Mission is for moms, grandmothers, or any woman who wants to grow in the Lord, fellowship, and give back to our community by working in various mission projects. We meet at Spring Creek Baptist Church at 2760 Trenton Road. Meetings are from 9:30-11:30 with childcare provided. For a calendar of events or more information regarding MOMS look us up on Facebook at sbcrcmoms. We meet at Spring Creek Baptist Church at 2760 Trenton Road. Meetings are from 9:30-11:30 with childcare provided.

CHARA (CHRIST-CENTERED HOMESCHOOLERS

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

CLARKSVILLE HOMESCHOOL NETWORK

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

CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

The Clarksville, Hopkinsville, and Ft. Campbell SAHM playgroup is here to support mothers who are navigating the phases of newborn through preschool with their children. We do all kinds of different activities throughout the year from Moms' Night Out, Potluck Lunches, Coffee and

Donuts playdates, and other activities and events that include moms, kids and families. sahm.meetup.com/1943/

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

MOPS AT FIRST BAPTIST CLARKSVILLE

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

HILLDALE BAPTIST CHURCH MOPS

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

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

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at Golden Corral at 2188 Wilma Rudolph Blvd. Our meeting begins 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 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 tcfofclarkville@gmail.com.

DIABETES SUPPORT GROUP

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

FOCUS AUTISM NOW

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

GRIEF SUPPORT GROUP AT ASERACARE

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

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

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

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

MEN HELPING MEN

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

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

PARENTS HELPING PARENTS

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

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

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