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Winner of our 1st Annual Halloween Costume Cover Contest!

Looking happy and handsome in his pilot costume.

*(See all the entries on page 41)*

Photo courtesy of

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October 2018



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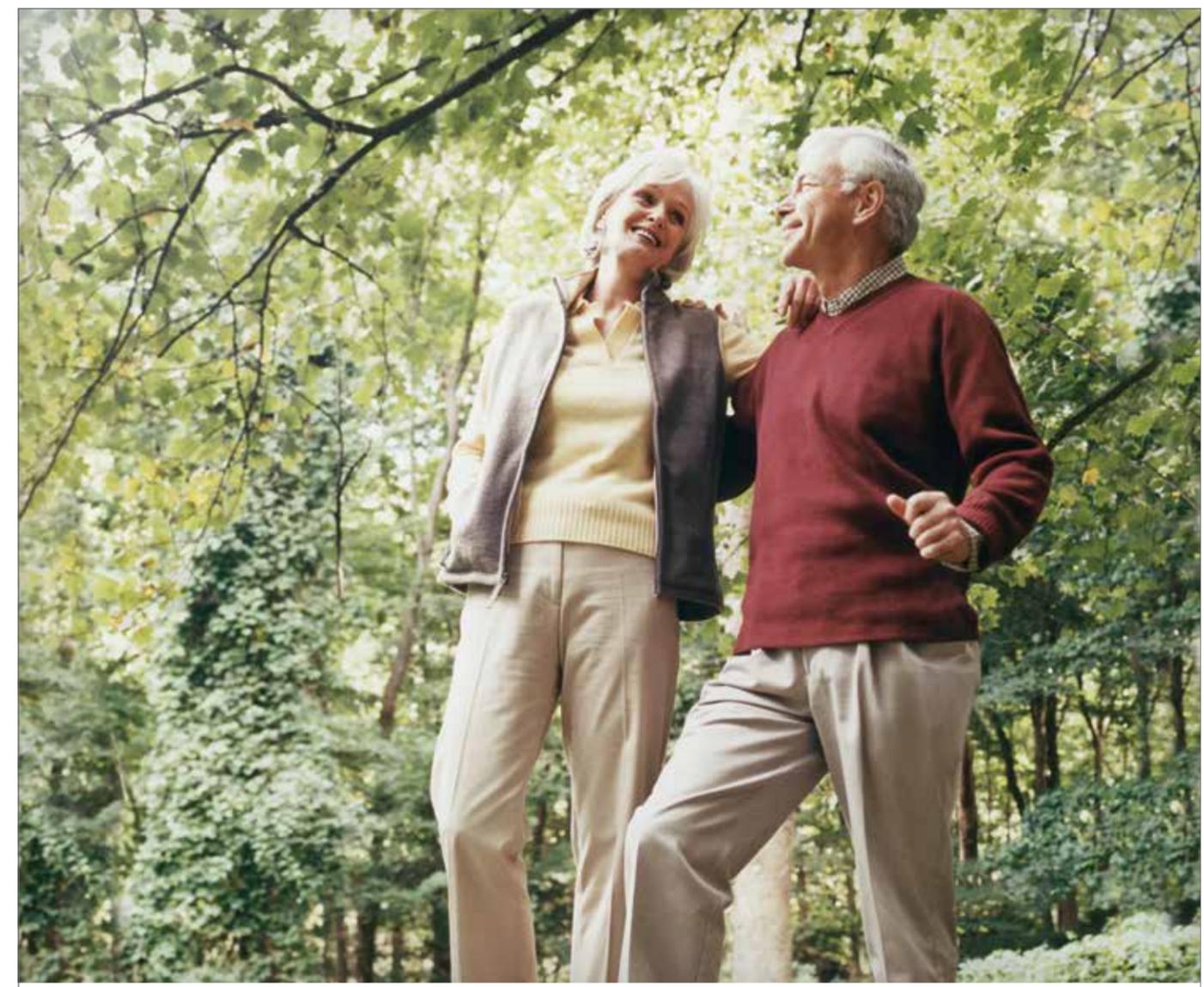
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## Publisher's Message

Happy fall, y'all! (Even though it's 90 degrees as I am typing this.)

As much as I usually love summer, this one has been hotter than usual, and I am over it! I will be glad for some cooler fall temps and eager to see the changing leaves, and yes HALLOWEEN!



Speaking of Halloween, I'm sure you noticed this month's adorable cover. Boston was the winner of our 1st annual Pet Halloween Costume Cover Contest. Be sure to check out page 41 to see all of the amazing entries we received. Choosing a winner was not easy among all these cuties.

Besides the (hopefully cooler) temps and beautiful fall colors, there is definitely no shortage of activities of things to keep you busy this month. Just to name a few of the events: First Baptist's Trunk or Treat, Governor Square Mall's Not-So-Scary Fall Fest, Halloween at Fort Defiance, and last but certainly not least, Fright on Franklin! Flip to the calendar on page 34 and find all the events in orange to plan your most spooktakular October ever!

For those of you with kids in school, I hope you have a great fall break and a happy Halloween. As always, thank you for picking us up!

*Carla Lavergne*

#### DISCLAIMER

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

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## Breast Cancer Fact vs. Fiction

Brought to you by Tennova Medical Group

Breast cancer myths abound. This Breast Cancer Awareness Month, it's time to set the record straight.

Information is powerful, but only if it's accurate. The proliferation of myths about breast cancer, especially those concerning what may or may not cause the disease, can leave you wondering what to believe.

Boost your knowledge of this key threat to women's health by learning the truth about these common breast-cancer misconceptions:

**1. Fiction:** A healthy lifestyle guarantees you'll never develop breast cancer.

**Fact:** Maintaining a healthy weight, logging at least 150 minutes of moderate exercise a week and limiting alcohol intake to no more than one drink a day are certainly good for your overall health and well-being. Unfortunately, although these habits may reduce your risk of breast cancer, according to the American Cancer Society (ACS), they can't affect dense breast tissue or eliminate inherited gene mutations, such as in the BRCA1 and BRCA2 genes, both of which place women at risk for breast cancer, according to the ACS.

That's why undergoing regular screening mammograms is so important — no matter

how healthy your lifestyle.

**2. Fiction:** Only women with a family history of breast cancer go on to develop it themselves.

**Fact:** Having a mother, sister or daughter with breast cancer is a significant risk factor — the ACS reports it nearly doubles a woman's chances of developing the disease — but about 80 percent of women with breast cancer don't have a first-degree relative who's had it, according to the ACS. Again, getting screened regularly helps detect cancer early, regardless of your family history.

**3. Fiction:** A lump in the breast always means trouble.

**Fact:** Not necessarily. Several of life's transitions, including menstruation, pregnancy and the years preceding menopause, can cause breast lumps that are nothing to worry about, according to the National Cancer Institute (NCI). Many women have breast tissue that is naturally lumpy, according to the Centers for Disease Control and Prevention. Regular breast self-exams can help you identify new lumps that you may wish to bring to your doctor's attention.

Are You Up-to-Date?

For women of average risk, the American Cancer Society (ACS) recommends annual

mammograms between ages 45 and 54, and screening every two years beginning at age 55. Those screenings should continue for as long as a woman remains in good health and is expected to live for at least 10 more years.

Women between ages 40 and 44 should have the choice to begin screening if they'd like, the ACS advises, and women with genetic mutations, a family history of the disease or other factors that put them at high risk may need earlier or more frequent screenings.

Screening mammograms detect breast cancer early, when the disease is easier to treat.

To schedule one at Tennova Healthcare — Clarksville, call 931-272-3939. Saturday appointments available during the month of October.

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

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By Taylor Lieberstein

# TRI-STAR TROUBLE

When you fly the American flag upside down, it is a sign of distress. When you fly the Tennessee state flag upside down, it's probably just a mistake. A mistake that is common among residents and businesses across the Volunteer state. It's an easy mistake to make due to the way the three stars are arranged on the flag. It's even easier to correct. It takes a trained eye to catch the common mistake. However, once you learn the correct way to position the Tennessee state flag your brain will forever be contaminated to the extent in which you will never stop noticing when it's wrong.



Certainly, people want to get the placement correct they simply fail to realize that there is a correct way to fly the Tennessee State Flag. Even the Tennessee State Capitol has made the mistake of flying the three-star design upside down in the past. In 1976, the U.S. Postal Service released a commemorative stamp with

the three-star design upside down. There are a long list of businesses including many state institutions who have failed to display their state pride accurately. This issue becomes even more

apparent during political season. We see candidates campaigning in front of flags that are positioned either backwards and/or upside down.

The Tennessee state flag is crimson with a blue circle in the middle containing

three white stars which are asymmetrical. The three stars represent the grand divisions of Tennessee- middle, east and west- which make the state diverse. The blue circle is symbolic of the eternal unity of the three sections of the state. A blue bar is included to give the flag distinction when hanging.

Tennessee Law states "The arrangement of the three (3) stars shall be such that the centers of no two stars shall be in a line parallel to either the side or the end of the flag, but intermediate between the same; and the highest star shall be the one nearest the upper confined corner of the flag."

If you are placing a sticker, such as the popular Volunteer Traditions tri-star decal, on a vehicle, laptop, cooler or water bottle the alignment of the stars and each of their five points are key. The trick is to make sure that it's two stars over one, with the left a slight bit higher. You can achieve this by rotation the decal slightly clockwise. People are inclined to position the decals in a way that make the stars form a perfect triangle, where

one star is over two which is incorrect. With a physical flag many people hang the blue bar against the flagpole, another common mistake.

In recent years the tri-star design has gained popularity statewide. Unfortunately, it's usually positioned upside down. When printing the design on a poster or a t-shirt precision must come into play when positioning the three-star design. The three stars are all oriented with a point toward the center and when it's right, the star at the top near the hoist has a point upright. Graphic designers duplicating the image for apparel, prints and other merchandise often don't pay attention to placement of the stars within the circle. That said it's a good idea to check the design before you purchase a product that was incorrectly designed.

Blake Farmer, senior reporter for Nashville Public Radio, is one of the unofficial designated spotters for tri-star trouble. He says he has stopped checking and photographing the stickers because they are so often wrong. Still he spots the flag flying upside down at least 3 to 4 times a week in and around Nashville. A few years ago Farmer created a tumblr page, #Tristartrouble, dedicated to the proper alignment of the stars on Tennessee's flag. Scrolling through the photos you can see that many businesses include the popular tri-star design in their logo. More often than not they carelessly place three stars- in an assortment of wrong ways- inside of a circle and think their design mirrors the state flag.

He admits that people sometimes get annoyed with his expertise about the state flag much like when someone is constantly correcting someone else's grammar. Still he thinks it's a worthy cause that people statewide should know how to get right. There is also a Twitter account named #Tristartrouble although it does not belong to Farmer he

does support its mission. The account publicly brings attention to businesses, campaigns and logos that get the flag wrong. Additionally, followers of the account can submit photos of any #Tristartrouble they come across. Even if you do not care enough to call someone out, the posts and captions are extremely entertaining.



TN Flag displayed incorrectly on Starbucks Mug

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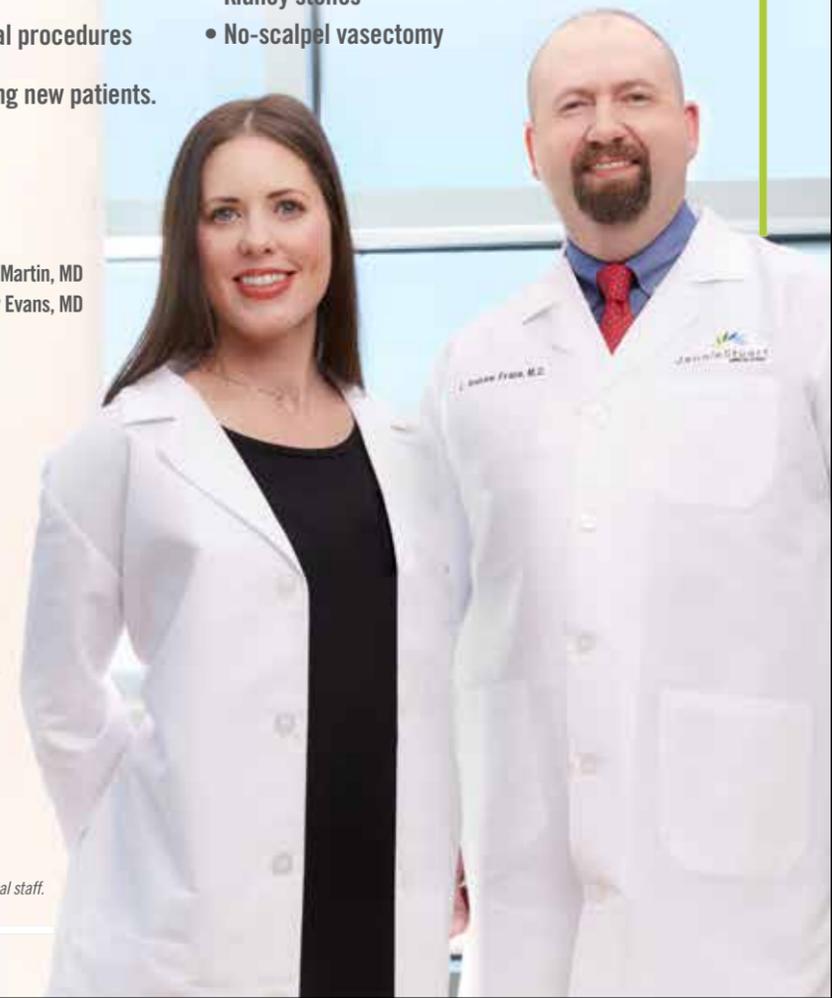
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*\*Members of the medical staff.*



# CORE MEMORIES

By Tony Centonze

In the fall of 1970, a young math professor straight out of University of Kentucky's graduate school took a job offer at Austin Peay State University, he could not have known then what the next 48 years would hold.

"That was a tense time for funding," Myers said. "We didn't know if we would be here for more than a year at a time."

But the years went by, the funding remained, and by 1975 the math professor found himself putting together APSU's first computer science program.

"I saw the potential of computers in 1973," Myers said. "That's when I wrote my first program, and started learning other languages on my own. That's when everything was on punch cards. The early students were interested in math and science, and they found this interesting. We launched our first computer science classes, developed a minor, then instituted a major in computer science and information systems in 1979."

That first program had a total of three professors. APSU's Department of Computer Science and IT now boasts 10 full time professors, 15 adjuncts, 17 graduate assistants, and about 550 students. It is one of the largest computer science departments in the state of Tennessee.

"Our program's growth has always been steady," Myers said. We've never had any dramatic ups and downs. There were four graduates from the program that first year, this year we graduated more than 80 students.

"I had my doctorate in mathematics, but I saw the need for a computer science department early on. There was only one programming class being offered when I got here, it was in Fortran."

As you sit in Myers' small office inside the recently built Maynard Mathematics and Computer Science Building, you see a framed letter on the wall. It's the letter he received when APSU offered him his job way back in 1970. He says, modestly, that this is his first real job.

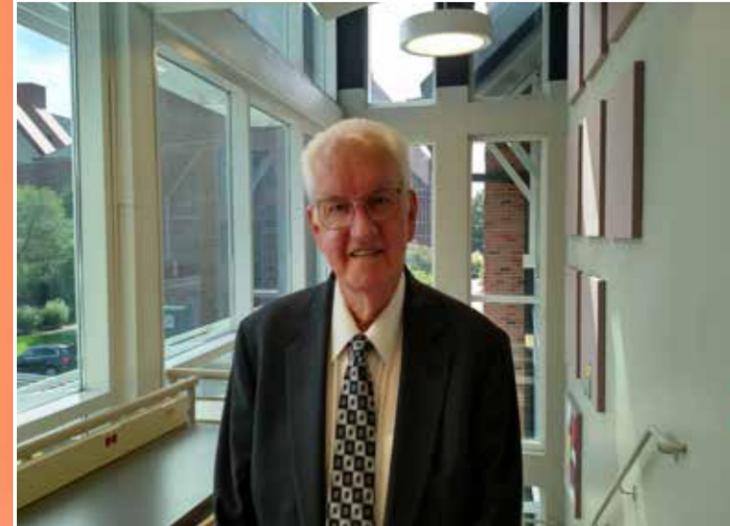
"This department offers no core classes," Myers said. "Almost everyone here now is planning on majoring in computer science, though we do offer one computer literacy class. Today, students have the web and all this connectivity, but in the beginning, we had none."

"Students used to have to do their work at our computer center."

In the 1980's we opened a lab, which gave them access to terminals. It's hard to imagine now, but until personal computers became affordable, you couldn't work from home, you had to go to the lab. We had to keep that place open all hours. We spent a lot of money just keeping it staffed."

Myers says that the university's first computers were Commodore machines and computers from Radio Shack that cost around \$900 each. They were very simple, and didn't even have hard drives. Today's phones are more capable.

"Our first IBM PC's were in the \$1,500 - \$2,000 range. For that kind of money, now you can buy a really fancy machine," Myers said. "I do a lot



of work from my phone and my computer, but I just retired so I guess that will change a little."

He's not completely retired. Myers will still teach two classes and help with the department's transition.

"We currently have about 550 registered undergraduates, and about 100 graduate students," Myers said. "I'm helping Dr. Lee, the new Department Chair, get everything started this fall. Then, I'll be teaching two classes on Tuesdays and Thursdays."

Myers made a deal that he feels good about. It allows him to still teach, and continue working on some of the new programs for which he has been responsible. The transition will take some time.

Myers recognizes that the rapid rise of technology and its ubiquity is a double edged sword.

"We are much better off with technology," Myers said. "We can do so much more. But, there are changes that make you wonder. How much are we on our phones? Do we need to be texting and talking all the time? They are convenient, but they have changed how everyone thinks and interacts."

"It's as if you have to be talking to someone every second. I used to watch a class leave, smiling, and speaking to each other. Now, all 30 of them immediately open their phone to see who's texting, where they



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have to be, what they have to do.

"I still see friendships develop in the classroom, but it's different now. Early phone programming wasn't that accomplished, but now phones can do anything computers can do."

Myers says that many people his age are computer savvy, even those who were reluctant are getting converted. He talked about Moore's Law, and technology's rapid rate of expansion.

"Now, speed matters, a lot," Myers said. "We used to not mind waiting

at all. My first programming job outside the university, I was able to do 30 characters per second, using a computer from Nashville. You told the program to run, then you'd sit and relax a while. Now, we don't want to wait on anything."

Myers says, that speed changes what and how we think, how we work, what we can accomplish. Being an avid sports fan, Myers smiles at the thought of having all the MBL scores live on his phone. He then predicts the next step.

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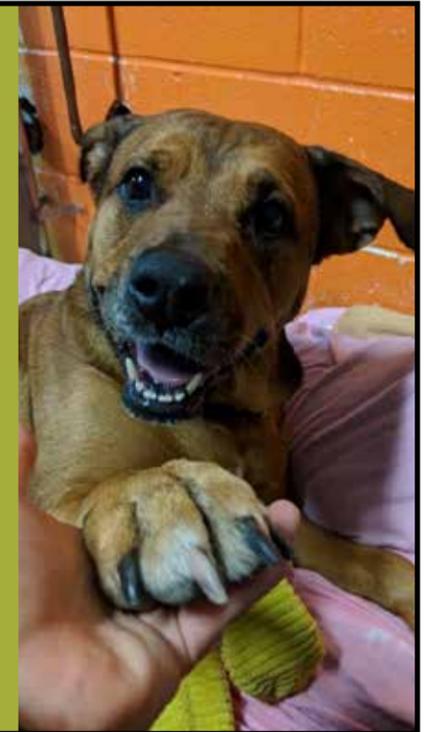
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"The big thing happening now is the revolution in the use of data," Myers said. "Business used to have some data tools that allowed simple calculations, now they make predictions by examining millions of pieces of data.

"A friend who works at a hospital told me they're collecting from their patients, more than 50 data items every five minutes. That data allows them to predict the length of their stay, and the likelihood of their recovery. It is unbelievable. We will be utilizing data better, there is room for improvement. With big data, the more you examine, the more accurate your predictions.

Myers acknowledges that this transition is bittersweet.

"I won't miss being here full time," Myers said. "The administrative structure is complex. It's hard to be a teacher, and a manager. I'm giving up the management, but I'm not giving up working with students. I enjoy the students.

"APSU has more transfer students than freshmen. Almost everyone who comes here already has some college credit. We have people of all ages, traditional and non-traditional, and that means we have to serve our students differently. We have to think about childcare, and allow for people's schedules. We do a really good job of that now.

"This generation's flaw is they tend to skip things, and put things off. My advice to students; be on task, go to class, and deal with things day by day."



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By Christina Chittenden

# FALL BEAUTY ON A BUDGET

## HALLOWEEN TREE

Supplies: Various Halloween themed ornaments, ribbons, fake cobwebs and other items that can be hung on the branches, a small tree (can use a Christmas tree, if you can't find one specifically for Halloween)  
 1. Decorate your tree as you'd like! It's that simple!



## FALL MASON JAR TISSUE HOLDER

GREAT FOR GIFTS!  
 Supplies: 1 clean mason jar, 1 cylinder of Kleenex Perfect Fit Tissues, assorted acrylic paints, Duraclear high sealer, assorted scraps such as sunflower and raffia to decorate the lid's rim, one black plastic school folder, scissors, exacto knife  
 1. Paint and decorate jar as you wish!  
 2. Place tissues inside.  
 3. Cut a circle out of the folder, place an "X" in the center with the exacto knife and insert it inside the lid (this creates the little pop out for the tissues to come out).



## PUMPKIN VASES

Supplies: Glass vase(s), small pumpkins or other fall-themed pieces to fit inside  
 1. Place decorative items inside vases – WALAH!  
 Tip: these can be found at the dollar store!



## EASY FALL WREATH

Supplies: Craft Foam Ring, Fall Floral Stems, Wire Cutters, Wreath Hanger  
 1. Using wire cutters, carefully cut the stems leaving about a one-inch stem.  
 2. Add floral stems to foam ring by pressing firmly until it enters the foam all of the way, but not through the backside. Continue until the foam ring is covered.  
 3. Hang!



## FALL JAR PUMPKIN

Supplies:  
 • medium-sized pumpkin  
 • wired twine  
 • hot glue gun  
 • choice of paint  
 • one 9-10-inch tart pan  
 1. Remove the stem from the pumpkin (don't throw it away!)  
 2. Use wired twine to spell out "Fall" and hot-glue to the pumpkin  
 3. Paint the pumpkin and twine  
 4. After it dries completely, place the tart pan upside down on the pumpkin  
 5. Hot glue the stem to the center of the pan



## CANDY CORN BUTTON ART

Supplies: yellow, orange and white buttons, burlap, 8x10 frame, hot glue gun, acrylic paint (in yellow, orange and white), Mod Podge/glue  
 1. Glue the burlap to the back of the frame with Mod Podge (or any other glue you have on hand). Trim the edges of the burlap that hang over the frame.  
 2. Draw/trace an outline of a candy corn on top of your burlap.  
 3. Paint in the lines of the candy corn with acrylic paint.  
 4. Once dry, start gluing on your buttons. (Tip: glue the larger buttons first and then fill in the gaps with the smaller buttons)  
 5. Place burlap back into the frame and you're done!



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# C.A.D.S.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME

Fall is finally here! Children are back to school, leaves are changing color, families are planning trips to the pumpkin patch and kids decide what their Halloween costumes will be. And the Clarksville Association for Down Syndrome (CADS) is hard at work preparing for the 7th Annual Community CARES Walk & Expo.

Once again, CADS is partnering with the City of Clarksville Parks and Recreation and this year's event will take place on October 13th from 8:30 to 12 at the Wilma Rudolph Event Center. The Community CARES Walk & Expo is a free event for the community. It consists of a fun walk around the pond at Liberty Park, an expo featuring over 65 vendors from around the community, arts and crafts activities, a silent auction, free lunch and so much more! In addition, this year, Parks and Recreation will be bringing adaptive sports to the outdoor amphitheater just below the event center.



The theme for the 2018 Community CARES Walk & Expo is a patriotic, military theme, with the slogan We Support, We Salute, We are Strong. "We are really hoping to reach out to and connect with our military families here in the Clarksville/Ft. Campbell area with this year's theme," states CADS board member Holly McDonald. "We are looking forward to being joined by Brigadier General Todd Royar, Deputy Commanding General, Support of Ft. Campbell as our special guest."

Each year, walkers, teams and vendors are encouraged to get into the theme and dress up. Past themes have been outer space, superheroes and pirates & mermaids. "We really have a lot of fun with our themes. The teams and vendors really do a great job of dressing up and getting into character and it makes each year's event memorable," says Holly. "This year we are looking forward to seeing our military community show its patriotism."

This event brings friends and family members together to support citizens with special needs in our community. Many are already creating teams, and sharing fundraising pages for this year's event at [www.firstgiving.com](http://www.firstgiving.com). Or, you can visit the CADS website at [cadstn.org](http://cadstn.org), click CARES Walk and scroll down to Walker & Team Registration. Anyone can create a walk team! In addition, each walker receives a free event t-shirt (while



supplies last), so make sure to specify your size when you register online.

All funds raised at this event go directly back into the Clarksville/Montgomery county area and surrounding counties. With these funds, CADS's long-term goal is to build a CADS Clubhouse where a child with special needs can

feel like a typical child amongst peers. CADS has already begun offering free programs on Saturday mornings for citizens with special needs. These programs are in partnership with Parks and Recreation and are at the Crow Center in Clarksville. They range from music and art to gardening, cooking, and much more. To register for upcoming programs, the calendar of events



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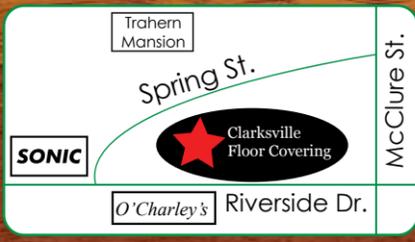
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continued from page 19

for the remainder of the year can be found on the CADS or City of Clarksville Parks and Recreation website. The group is currently working on the calendar for 2019, so check back soon.



Other programs offered by CADS include monthly support group meetings, summer pool parties, parent's night out, annual Family Funfest, annual Christmas party, Totes for Teaching, Technology for Teachers and Making Memories Program.

The mission of the Clarksville Association for Down Syndrome is to educate and create a support network for individuals with Down syndrome, their families and the community.

CLARKSVILLE PARKS & RECREATION & ALTRA FEDERAL CREDIT UNION PRESENTS:

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By Ashmin Small, MS CDFR

# THE DAY AFTER: DAY OF PLAY

The planning for the Day of Play begins almost immediately following the event from the previous year. For 12 months the planning committee works diligently to bring together the dream team that is: Child Care Programs, School System, Family Resources, Character appearances, and Volunteers.

The hard work and dedication is apparent in every stitch of the detail from the moment the first family comes through the doors of the Wilma Rudolph Event Center. Picture this...Open centers and play zones large enough for each child in attendance to explore, discover, and just play. Children cannot bounce off of the walls if we take away the walls.



All around the zones you could see families playing with their children not just standing back and watching to see the children play. This was an essential portion of the Day of Play because this was the intention (Not just to have a place to play, but, a place to play together). In the Make Believe Play Zone, little girl was seen "pouring a cup of tea" for her mother. Several infants were treated to infant massage by a certified specialist in the Tummy Time area. Families assisted children created all types of 3D structures in the Construction Zone using loose parts. The Music Zone was alive with the sound of music. Children strummed along on the homemade guitars and beat on drums in a rhythmic symphony. The Story Play Zone was brought to life by costumes and characters. Children's faces lit up as they were introduced to their favorite characters from: Disney, Marvel, DC,

Ghostbusters, and Star Wars. In the Adventure Play Zone children were able to explore STEM in the most creative of ways. One child was able to explore the various beaks of birds and how they eat by using: tweezers, test tube clamps, faux chopsticks (using straws), and tongs with various materials. And last but not least in the Physical Zone, children blew bubbles, bubbles and more bubbles. Each child was able to pick out a book of their very own. The smiles on the faces of the families and the children made a day that was amazing turn out to be magical. The planning committee is so thankful to all of those who work together to make

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this day happen. Until next year...and never forget, "Play builds the kind of free-and-easy, try-it-out, do-it-yourself character that our future needs."-James L. Hymes Jr.



### 2018 Play Zone Presenters

- Adventure Play Zone
- Clarksville / Montgomery County School System S.T.E.M. and Pre-K Departments
- Construction Play Zone
- Austin Peay Child Learning Center
- Creative Play Zone
- Community Day School of Pleasant View
- Carousel Cottage Child Development Center
- ArtLink Clarksville
- Make-Believe Play Zone
- Clarksville Area Family Child Care Providers' Association
- Boo Bear Home Child Care - Carolyn and Ki'ara Larkin
- CC's Day Care - Cheryl Cloy
- Creative Kids Child Care - Regina Dahlstrom
- Glenn Family Child Care Home - Timolin Glenn
- Heavenly Hands Child Care - Ida Collier
- Jeanette's Child Care - Jeanette Richards
- Kid's Karral (Henry Co.-Freddie Tharp
- LaCour's Care - Carolyn LaCour
- Little Hands Family Child Care - Lesbia Hererra
- Miss Debbie's Group Child Care (Stewart Co.)-Debbie Allen
- Patsy's Playhouse - Patsy Johnson
- Sharon's Group Day Care - Sharon Harper
- Special Little Ones Family Child Care - Carolyn Thompson
- Teresa's Play-N-Learn - Elizabeth Lepper
- Musical Play Zone

- Kids' Depot / Progressive Directions Inc.
- Mid-South Music Therapy - Marybeth Brand
- Physical Play Zone
- Montgomery County YMCA
- Family Christian Child Care of Pleasant View
- Story Play Zone
- Kids' Stuff and More Child Development Center
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By Tony Centonze

# RUN THE WORLD

If you are a runner or supporter of local charitable events, chances are you've bumped into Maria Shircel. Small but mighty and always smiling, she's the kind of person who never fails to make an impression.

The charismatic owner of a realty and property management company that bears her name recently took a few minutes to talk about the secret behind her smile and that seemingly boundless energy.

"I love to run," Shircel said. "I've been doing it since 1981. My childhood was spent in the Philippines. I grew up in a rural area and we did not have a car, a bicycle or anything. When my parents asked me to do errands and wanted it done quickly, the fastest way to get it done was to run. So I guess I've been running since I was a young girl."

One of Shircel's early dreams was to move to America. She arrived in 1979 when she was just 16 years old. Running soon became more than a casual pastime early in her life, she ran 5K's 10-miler's and even half-marathons. When the military brought Shircel and her husband to Tennessee, she saw an ad for a marathon in Memphis, that was 1998.

"Memphis was my first full marathon," Shircel said. "I've always been a runner, so I didn't even train that first time. I stopped along the way and took pictures at Graceland. When I finished, my time was 4:09, I had averaged 9-minute miles. That's when I first thought, I'm pretty fast." Shircel says she still loves it, and it's never been about the competition. She reluctantly admits that as she gets older, she has gotten slower, then, with that trademark smile, assures, "But, I still keep running."

Over the years, she has set some challenging goals for herself. She has now run distance events in almost all 50 states, hoping to complete that goal soon. She ran in Russia, Egypt, and Cuba, one of the first Americans to visit that country when the travel ban was lifted.

She has run in places like Spain, Ireland, Mexico, and many more. At some point, an idea for a new personal challenge came to her.

"I was looking at a globe," Shircel said. "I love to travel. I thought, wouldn't it be great to run all over the world. I love to read about the beautiful and safe places to go. So that's what I do. I do my research, find a race in some place I've never been, and sign up. My current quest is to run a marathon on all seven continents."

She says she has completed more than 100 half-marathons, but she really loves the physical challenge of a full marathon, 26.2 miles. Several were complete in North America, including Hawaii and Alaska, next up was South America.

"I was able to go to Brazil the year they hosted the Olympics. I wanted to see the beautiful beaches, Copa Cabana and Ipanema. I applied for my visa and went. I got to run the actual Olympic course in Rio de Janeiro. I met people from all over the world. It was a great experience."

Next up, was a run in Asia, Cebu City in the Philippines. She returns to her birthplace twice a year, while she's there she donates clothing to those in need, and provides educational assistance in the form of scholarships through her Maria Shircel Foundation.

Shircel's most recent marathon adventure took her to Iceland, that's four continents complete.

"I was in Reykjavik for the marathon, but I visited several different cities," Shircel said. "Iceland was filled with natural wonders, the volcanoes, geysers, waterfalls, and mountains, just beautiful. The temperature was perfect for running. The air was so clean. It was one of the prettiest places I've been. "For me, when I go to these places, it's a way of seeing all of God's creation. It's meditative, it makes me so thankful, and I learn so much. And, when I



come back, I'm motivated to work really hard so that I can continue to see the world."

Shircel's business enables her to live her dream of seeing the world. That dream has taken her across the United States, and by June, 2019, hopefully, to all 7 continents as well.

"In November, I'll be in Australia and New Zealand, I'm already signed up," Shircel said. "I'm in Wisconsin now, training for an Antarctica event. Runners from all over the world sign up to run there, only 100 runners are accepted for the event, and it's quite expensive. But, I'm on the list for March of 2019.

"I've also signed up, and am waiting to hear about an event in Africa in June, 2019. If all goes well I will complete my goal in Madagascar next June."

Shircel is more than just a runner, she spends days seeing the sites, and learning all she can about the places her running takes her. She brings souvenirs back for her friends and clients to let them know she is thinking about them. She is thankful for her husband who sometimes goes with her, and other times stays back to run the business.

## Slowing down, but not slowing down

She is completing her Road Runners of America Coaching certification, she hopes to someday write a book about her travels that will be filled with pictures. And, always wanting to challenge herself, she is considering longer distances, 50, 100, 200 miles.

"I have met so many accomplished people, and Guinness record holders. I get to connect with these great people who are successful, yet still down to earth. I learn so much from them. I get so many ideas.

"These people from Kenya sat with me once, we ate and talked together. I didn't realize until later that they were some of the fastest people in the world. Traveling the world has opened so many avenues, and taught me so much. It's amazing. I just want to continue. I have so much more to do. I want to do my best, share what I know, and always show my gratitude."

So many of her dreams have already come true, so what happens when she completes her goal.

"Traveling provides me a wealth of knowledge," Shircel said. "I certainly don't want to stop. Maybe I'll do the seven continents two or three times. I don't mind. My goal is to run the world."

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By Christina Chittenden

# ADOPT-A-SHELTER DOG MONTH

**F**or so many dogs, October has a special meaning. More than Halloween treats or getting dressed up in costumes, is the promise of a better life. The American Society for the Prevention of Cruelty to Animals (ASPCA) and the American Humane Association (AHA) have deemed the month of October National Adopt a Shelter Dog Month and Adopt a Dog Month, respectively. The names are slightly different, but the goal is the same – National Adopt a Shelter Dog Month and Adopt a Dog Month are both about getting as many great dogs as possible into the loving homes they deserve.

The goal is to keep families and their pets together, reduce or eliminate unwanted breeding and sales of animals and avoid the stress on the animals by making the shelter a last resort for the pet.

Each year, an estimated three to four million homeless pets enter animal shelters and rescues. Unfortunately, many wait months, years and, sadly, thousands are needlessly euthanized. October is “Adopt-A-Pet” month. We need our community now more than ever as we make this transition to becoming a “no kill” county. Our shelters and rescues are overwhelmed with pets in need of loving homes.

You can help by visiting the Montgomery County Animal Care and Control, the Humane Society of Clarksville-Montgomery County and other local rescues. There are hundreds of homeless animals desperately waiting for a human family to take them home and give them the love they so deserve.

Make sure you do your research prior to adopting a new pet. Research breeds and temperament that best suits your family and make sure that you can make the necessary accommodations for your new pet. If you’re not ready to adopt, please consider volunteering or becoming a foster. These precious lives need human love and attention while they await their new family. Not only can you help by donating monetarily, but you can also with donations of pet food, bedding, toys, collars and leashes. Since 1992, Precious Friends Animal Shelter has been operating in the Clarksville community, providing stray and unwanted litters of puppies and small dogs with a safe and comfortable place to stay until a permanent “fur-ever” home can be found for them.

When the animal shelter started, most of the incoming puppies came from individuals around the Clarksville area. The shelter would find homes for the puppies and also educated the community on the importance of having their dog(s) spayed and neutered. Currently, the amount of unwanted litters in this area has been reduced, allowing the shelter the ability to accept puppies from neighboring counties and states. Partnering with other local rescue groups and over-crowded shelters, Precious Friends gives a chance at a life those unwanted puppies would not have had otherwise. Every morning by 8am, the staff at Precious Friends is there feeding the puppies and changing their litter. Adult dogs get to go on a walk during these times while their pens are cleaned and the puppies get their cages cleaned and sanitized. The staff also cleans all the floors, replenishes supplies, washes towels, blankets, toys and beds, and takes out the trash.

The cages are always freshened up with pages from donated, recycled



Charlie at the shelter

magazines from Clarksville Living. Then around lunch time, the adult dogs get to go on another walk and the shelter is open for the public. Their staff is always ready to greet those visitors looking to add a precious puppy or dog to their family by answering questions and discussing the adoption process. Each day ends with everyone getting fed and adult dogs getting one last walk before bed time.

Due to being relatively small and limited in resources, the shelter unfortunately can’t accept all animals into the facility. However, every puppy or dog that is entered into their program finds a loving home. Additionally, no animal is ever euthanized, and sick puppies that come in are able to receive the medical attention they need in order to get them healthy again.

Precious Friends volunteer, Joanne Compton, adopted a dog of her own from the shelter last November. “Charlie came into the shelter thin as a rail, covered in fleas and barely any hair covering her tiny body,” recalled Joanne. After Charlie’s original owner passed away, no one wanted her so she was stuck in a crate where she spent another year until a kind soul realized that was no life for a dog. She brought Charlie to Precious Friends with the hope of getting her into a proper home.

“She had only been there for a week when I first saw her,” she added. “I was looking for a small dog to adopt that could travel on the motorcycle with me



Charlie now! Living his best life.

and my husband, so we took her home and went for a ride around the block. Little Charlie laid quietly in my arms, seeming to enjoy the ride – and so we adopted her!” In the Compton’s short time they have had her, she has gone from six to eight pounds, has a long, beautiful coat and has logged over 2,000 miles with them on their motorcycle!

In order to continue their mission, the shelter relies mostly on donations. Adoption fees cover the spay/neuter surgery, microchipping, vaccinations,



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continued from page 29

deworming, flea and tick prevention, heartworm testing and 30 days of Pet Health Insurance. All of those expenses utilize the majority of the adoption fee; therefore, the shelter is always in need of other items such as puppy food, bleach, paper towels, large trash bags and, of course, appreciate any monetary donations they receive. The community can also help by volunteering to assist with basic repairs, paper collections, daily cleaning chores and fundraisers.



Precious Friends is located at 114 Kraft St in Clarksville. They are open to the public every day except for Tuesday and Thursday from 1-3:30pm.

Together we can make Montgomery County a "no kill" county. Please join our efforts as we strive to achieve this amazing goal. You can make a difference! Please help the Humane Society, Precious Friends and our other local shelters and rescues by opting to adopt. Making today possible for a better tomorrow, one life at a time.

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FEATURE



By Henry and Sharee Moore

# COPING WITH CHILD LOSS

It was 2005, and I sat in my trailer in Iraq, waiting with excitement for my wife to send me the update about our little girl Elyana. I lived for these daily updates and would write letters to my daughter in my journal - (If I died the journal would be words of love) and she wasn't even

born yet! This time, Sharee didn't come with the update as expected. I stared at the computer screen and finally I see the message from my wife: on instant message "Call me." That's all it said; In that moment, I knew something had happened and I felt sick to my stomach as I reflected on our two infant sons who had passed away in 2002 and 2003 due to premature birth.

I'm writing this because the month of October is Infant, and Pregnancy Loss Awareness Month and I want to share words of encouragement for parents and families that have lost infants and children.

It is never an easy road to travel as a parent. After all, it is the child who is supposed to lay the parent to rest, not the other way around. It's usually taboo for a grieving mom to express the guilt, loneliness and resentment she experience while watching friends, neighbors and even the Mary Kay lady "flaunt" their round bellies in public. Then there is that awful moment when a parent realizes they will leave the hospital empty handed. That first step out of the hospital lobby is often the most lonely and difficult leg of a journey. The dads in these scenarios have to be strong and bear the loss of their child in silence as he helps support his wife and family. He is often forgotten when condolences and sympathy cards are doled out.

To these parents I say, "you are not alone", and you will get

An educational journey from the first steps to adolescence.

...it is the child who, making use of all that he finds around him, shapes himself for the future.  
-Maria Montessori

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The Compassionate Friends Meetings are the 3rd Wednesday of each month, 6:00 – 7:30 pm at the Montgomery County Public Library on Pageant Lane in the small group room.

Meetings are free to attend. Siblings and other family members are welcome. If you have a question or would like additional support, please email [TCFofClarksville@gmail.com](mailto:TCFofClarksville@gmail.com).



through the pain of grief. As excruciating as the suffering is today, there is hope and healing as you allow yourself to feel the loss rather than try to escape or repress it. It is a day-to-day process of being present in grief, while also seeking healthy coping strategies that get you through the day.

You already know the road is hard, but you can connect with others who truly understand what you've been through and where you are

going. In 2015, I started the Clarksville Chapter of Compassionate Friends (A nonprofit organization) for this purpose. I encourage any hurting parent or sibling to attend at least 3 of these meetings because we found that by re-telling our story and helping others verbalize their emotions, we discovered healing for ourselves. It's a formula that worked for us and we learned how to smile again! As a mental health professional, I understand that sometimes a combination of counseling services, support groups,

and medical care may be necessary. The ultimate goal is restoring yourself to wholeness.

Henry Moore Jr. has a Master of Science in Social Work and serve as a bereavement coordinator for a local hospice organization. He has 4 living children with his wife of 18 years, she helps with facilitating the group sometimes. she also is an Author and she manages a FB page for bereaved parents at [www.facebook.com/babyLossResources](http://www.facebook.com/babyLossResources). We do need other bereaved parent-families to help us to help other find healing by volunteer in some capacity.

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# CALENDAR

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

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

Salvation Army  
210 Kraft St,  
Clarksville, TN

## 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.

10/6 • 10/13

## 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 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

## 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 | NOW - OCT 11 | 6:30-7:15PM

Registration is required and available online at [bit.ly/20LWXdk](http://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

## CELEBRATE RECOVERY

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

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

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

First Church of the Nazarene

Community of Hope  
150 Richview Road  
(931) 648-0110

## CHESS CLARKSVILLE

Fridays, 4:00 PM until.

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

## 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](mailto:thetptwillsound@charter.net) for information or to schedule an audition. Find us on Facebook at Cumberland Winds, or at [cumberlandwinds.org](http://cumberlandwinds.org).

## FAMILY LIFE CENTER ACTIVITIES

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](http://hilldale.org)

## FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

Children and teens from ages 5-18 can unleash their creativity and curiosity with free coding workshops at the Clarksville-Montgomery County Public Library.

**NOT-SO-SCARY FALL FEST**

**CAPTAIN MCFINN ANTI-BULLY MARCH & FAMILY FUN DAY**  
Oct. 13, 10am-2pm, Mallwide

**HOOKED ON SCIENCE**  
Oct. 20, 11:30am & 1pm, Center Court

**COSTUME CONTEST**  
Oct. 20, 3pm, Center Court

**BOD BASH BREAKFAST**  
Oct. 27, 9am, The Deli  
Featuring The Magician Russ Nowack & Face Painting with Cenema Judd \$5 per person.

**THE MAGICIAN RUSS NOWACK**  
Oct. 27, Noon, Center Court

Facebook, Twitter, Instagram icons

**CUT MASTERS LAWN SERVICE**

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

FOR COMPLETE DETAILS VISIT [www.clarkvillecutmasters.com](http://www.clarkvillecutmasters.com)

Happy to give free estimates! 931-320-3298

**FALL Hair DON'T Care!**

SL SHAMPOO LOUNGE SALON

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.myshampooounge.com](http://www.myshampooounge.com)

Say **BOO TO THE FLU**

**CALL TODAY FOR YOUR CHILD'S FLU SHOT!**

**Aquino Pediatrics**

881 Professional Park Dr.  
off Dunlop Lane by Gateway Medical Ctr.  
931-645-4685 • [www.aquinopediatrics.com](http://www.aquinopediatrics.com)

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/](http://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

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

430 Greenwood Ave  
Room 218  
Clarksville, TN

### 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](mailto:genealogydiscussion@yahoo.com)

### HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

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

Clarksville Restore  
408 Madison Street  
(931) 645-4242

### MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

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

Clarksville-Montgomery County Public Library  
350 Pageant Lane

### SOCIETY FOR CREATIVE ANACHRONISM

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

### UFO CLUB

Shoot down your UFOs. For the quilters or sewers who have Unfinished Fabric Objects lying around. A great way to make new friends and be inspired to conquer some of your UFOs. Join us on the first Saturday of each month at 9:00AM in the classroom at Quilt

and Sew. Call the Mother Ship (Quilt Shop) for further details or directions. Free and fun.

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

## OCTOBER

### 3 WEDNESDAY TODDLER SPLASH

Children can enjoy water games and seasonal crafts while getting acquainted with the water or practice previously learned water safety skills.

Cost: \$5

Ages: 1-5 years old

New Providence Pool  
168 Cunningham Ln.  
Clarksville, TN

### 5 FRIDAY HALLOWEEN HAT PAINT ALONG. 6:00PM - 8:30PM

\$35 per person  
Hat for Halloween  
16x20 pre-sketched Canvas  
2-2.5 hour class

2535 Madison Street  
Suite G  
Clarksville, TN

### 6 SATURDAY CLARKSVILLE OKTOBERFEST. 2PM

\$5 entry for everyone 10 and older.  
Traditional Bavarian Bier Garden, Kids Zone with ferris wheel, games, face painting and more!

Downtown Commons  
215 Legion St.  
Clarksville, TN

### WALK TO END ALZHEIMER'S. 8:00 - 11:00AM (FREE)

Walk to end alzheimer's is the world's

largest event to raise awareness and funds for alzheimer's care, support and research. this inspiring event calls on participants of all ages and abilities.

Liberty Park  
1188 Cumberland Dr.  
Clarksville, TN.

### WEINER DOG RACES. 4PM (ARRIVE BY 3PM)

\$20 registration. spaces are limited.

Each dog will race in heats of five to their owners at the opposite end. The winner of each heat will compete in a final race to determine the winning wiener dog!

Downtown Commons  
215 Legion St.  
Clarksville, TN

### FUN WITH FIDO. 8AM - 1PM

Fun with Fido encourages you to have an active lifestyle with your four-legged friend. Join us for games, prizes, vendors with a pet-focus, and off-leash fun at the Clarksville Downtown Market.

Downtown Clarksville  
One Public Square  
Clarksville, TN

### CLARKSVILLE VINTAGE FAIR. 11AM

\$3 entry for adults, \$5 for couples, Free for 16 and under.

Explore booths offering everything from antiques, furniture, handmade goods and more! Live music, local food, and a relaxed atmosphere.

Beachaven Vineyards & Winery  
1100 Dunlop Ln.  
Clarksville, TN

### 8 MONDAY YOUTH BASKETBALL CAMP. 3:30-5:30PM

Cost: \$60 per child - Ages: 12-18

This 5-day camp will give

participants instruction focused on shooting, passing, dribbling, rebounding and defense. Participants will be immersed in the sport, giving them focused training that is essential for improvement.

Pre-registration is required and ends oct 1.

Register online at <https://recpro.cityofclarksville.com/ViewCourseActivityDetails.aspx?id=C7024>

Gymnasium @ Crow Recreation Center  
211 Richview Road  
Clarksville, TN

### 9 TUESDAY SANGO PHARMACY

Join us the 2nd Tuesday of each month from 10am-11am for our Sweet Spot Diabetes Support Group Meeting! This class is free and open to the public. Snacks will be provided. We will discuss a different topic each month:

10/9: Exercising with Diabetes

11/13: 5 Lab tests you need to know

12/11: Traveling with Diabetes

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

### 11 THURSDAY HALLOWEEN JACK IN THE MOON PAINT ALONG. 6:00PM - 8:30PM

\$25 per person

Jack in the Moon  
Just for Adults!!  
8x10 pre-sketched canvas  
2 Hour class

2535 Madison Street  
Suite G  
Clarksville, TN

### 12 FRIDAY GOOSEHONK (CHANDLER OF

### NEW SUEDE) W/ JOY & THE JUBILEE & CHRISTOPHER REED DOORS, 8 PM

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

### DOWNTOWN GHOST TOUR WITH CLARKSVILLE BCYCLE. 6PM (ALSO 10/19)

This tour will take participants through downtown Clarksville stopping at points of interest with dark pasts. The route is approximately two miles and will take approximately two hours. A BCycle and safety vest will be provided. Bring your own helmet.

Pre-registration is required. Register online at [CityofClarksville.com/ParksRec](http://CityofClarksville.com/ParksRec)

Clarksville Parks and Recreation Department  
102 Public Square  
Clarksville, TN

### 13 SATURDAY CAPTAIN MCFINN ANTI-BULLY MARCH AND FAMILY FUN DAY. 10AM - 4PM.

October is National Bullying Prevention Month. As part of this we will be hosting Kindness Saturday! Our very own Captain McFinn will be leading us in an anti-bullying march through the mall. We'll also have some Not-So-Spooky Fall crafts, and you don't want to miss Face Painting with Cenema Judd, Bounce Houses, and more!

Governors Square Mall  
2801 Wilma Rudolph Blvd,  
Clarksville, TN

**EXPLORE** Small town charm  
Historic treasures  
Tasty eateries

TODD COUNTY, KY

**BALE TRAIL**  
Across Todd County, Kentucky

5th Annual Todd County Bale Trail!  
Now thru November 4

Visit [ExploreToddCounty.com](http://ExploreToddCounty.com) to view an online map of all display locations.

Contact us at [info@toddchamber.com](mailto:info@toddchamber.com) or Todd County Welcome Center at 270-265-7070.

**HOLIDAY BAZAAR**

SATURDAY, NOVEMBER 3RD • 8A.M.-2P.M.  
Cumberland Presbyterian Church 1410 Golf Club Lane

**SHOP FOR CHRISTMAS WITH US!!**  
Crafts, holiday ornaments, wood items, baked goods, frozen homemade casseroles, canned goods, vintage jewelry, handcrafted items, embroidery, stepping stones, purses... and so much more!!!

**SANTA WILL BE THERE FOR PICTURES!!!**

Donate to the FUEL program and be eligible for a chance to WIN over \$300 in gift cards or a TN. Quilt!!

Enjoy Breakfast & Lunch at the event!

**MAXXX'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

## MOVIES IN THE PARK | DIRTY DANCING. 7 - 10PM

Enjoy free movies under the stars and join us for pre-show activities before the movie screening. Bring a blanket or lawn chairs. Food will be available for purchase on site from food trucks. Please leave pets and alcohol at home. Movies begin at sunset.

Liberty Park  
1188 Cumberland Dr.  
Clarksville, TN

## ART ON THE PARK CONTEST. (FREE) 4PM. (ALSO 10/20)

The city of clarksville parks and recreation department is happy to announce the winners of this year's art on the park contest. Not only will winning artists paint their artwork on the skate park walls, but the winning musician will perform live at the art on the park event on Saturday, October 15 at the heritage park skate park, located at 1241 peacher's mill road.

Heritage Park Complex.  
1241 Peaches Mill Rd.  
Clarksville, TN

## 14 SUNDAY EQUALITY COMING OUT DAY PICNIC. 4PM (FREE)

The event, in honor of National Coming Out Day, will offer to LGBT+ persons, families, friends, and allies an accepting and affirming event. The Coming Out Day Picnic will be an alcohol-free and family-friendly event and will feature local guest speakers, a memorial for those lost in the community, face painting, an amateur drag contest, and other activities.

"WE WOULD ENCOURAGE ANYONE THAT IS NOT READY TO OFFICIALLY 'COME OUT' TO JOIN US AT THE EVENT," SAID MARK POWERS, THE GROUP'S CO-CHAIRPERSON. "THIS EVENT IS A PLACE WHERE A PERSON CAN MEET AND TALK TO PEOPLE THAT HAVE GONE THROUGH SIMILAR EXPERIENCES."

Billy Dunlop Park Pavillion  
1930 E Boy Scout Rd  
Clarksville, TN

## 16 TUESDAY DIABETES SUPPORT GROUP 5:00PM

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

Liberty Rooms  
Tennova Healthcare  
651 Dunlop Lane Clarksville, TN

## 16 WEDNESDAY COMPASSIONATE FRIENDS GROUP MEETING 6:00PM-7:30PM

Meets the 3rd Wed. of each month. When a child dies, at any age, the family suffers intense pain and

may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. Meeting POC is Henry Moore Jr. [tcfofclarksville@gmail.com](mailto:tcfofclarksville@gmail.com),

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

## 19 FRIDAY DOWNTOWN @ SUNDOWN. 6PM

Great music and beer. Be sure to venture down Strawberry Alley for the Street Fair. Local artists will be onsite with handmade or homemade items. The restaurants from Strawberry Alley and Franklin Street will also be in the streets offering amazing food and an inviting atmosphere.

The season finale. Australian sister country/pop trio, Dozzi, will be opening for popular local group, the Joel Brown Band who is sure to bring the crowd to their feet with a great combination of covers and original songs. Please leave coolers and pets at home.

Downtown Commons  
215 Legion St.  
Clarksville, TN

## BOOTI YOGA HALLOWEEN PARTY. 6:30PM - 7:30PM

\$15.00 Per person  
Come join us for a spooky good time! Latoya will be guiding us through a Halloween Buti Flow. Come prepared to laugh and have a good time.

You can come in costume if you would like but it isn't required. Children are welcomed. Stay after and have refreshments and just hang.

Lotus Flower Yoga & Fitness  
894 Hwy 76, Suite 102,  
Clarksville, TN

## 2RIVERS PAINT-OUT. 9AM (ALSO 10/20)

Adult artists will have the opportunity to capture beautiful Clarksville, Tennessee's most unique and scenic features in their Plein Air paintings. Three top prizes and two or three honorable mentions will be awarded in an exhibition on the final evening of the event, Saturday, October 20, from 6:30 p.m. to 8:30 p.m.

Find more information, rules and registration form at <http://www.artsandheritage.us/paintout/registration.html>  
Downtown Artists Cooperative

96 Franklin Street,  
Clarksville, TN

## 20 SATURDAY S.T.A.T. (STUDENT TRAFFIC AWARENESS TRAINING) CLASS

## FOR TEENS. (FREE) 9AM - 1PM

This is a four (4) hour class for high school students between the ages of 15 and 19. Covering topics such as speed awareness, traffic signs and signals, driving responsibly, underage alcohol protection, DUI's, texting, talking and other distractions etc.

Applications are available at Clarksville Police headquarters, 135 Commerce St. or by going to [www.clarksvillepd.org](http://www.clarksvillepd.org). Class limited to 75 students.

Grace Church of the Nazarene  
3135 Trenton Rd.  
Clarksville, TN

## HOOKED ON SCIENCE'S NOT-SO-SPOOKY SCIENCE SHOW. 11:30AM

Don't Miss Everyone's Favorite Meteorologist from Paducah's WPSD Channel 6 and also seen frequently on the Kathie Lee & Hoda Show!

Over the past 10 years, Jason Lindsey has visited hundreds of schools, exposing thousands of kids to hands-on science.

That's more than any other television science expert in America. This does not take into account the hundreds of LIVE science experiments he's performed on television stations across the United States.

Governors Square Mall  
2801 Wilma Rudolph Blvd,  
Clarksville, TN

## SPOOKTACULAR COSTUME CONTEST. 3PM

Show off your Best Costume to Win Prizes!

Costumes will be judged on Creativity and Personality in Ages (0-2yrs), (3-5yrs), (6-8 yrs) and (9-12yrs)

Governors Square Mall  
2801 Wilma Rudolph Blvd,  
Clarksville, TN

## CLARKSVILLE BBQ BASH. (FREE) 11AM

Come watch teams from near and far compete to see who has the best BBQ! Enjoy live music, inflatables, artisan vendors, a corn hole tournament and more! Beer and BBQ will be available for purchase.

Liberty Park  
1188 Cumberland Dr.  
Clarksville, TN.

## HAUNTED SWIM. 7 - 10PM

\$5.00 Per person or \$8.00 Per person if picking a pumpkin from the patch while supplies last. The evening of October 20, 2018 when the daylight leaves the ghouls and goblins will be coming out for our evening haunted swim. Where there will be frightful lifeguards, swimming, music, light show, and access to the water play equipment.

New Providence Pool  
168 Cunningham Lane  
Clarksville, TN

## VINYL PRESENTS: WESTERN SETTINGS

## W/ KALI MASI & THE RUMPS \$7 DOORS, 8 PM

Western Settings (Chicago, IL) [www.facebook.com/westernsettings](http://www.facebook.com/westernsettings)

Kali Masi (San Diego, CA) [www.facebook.com/KaliMasiBand](http://www.facebook.com/KaliMasiBand)

The Rumps (Clarksville, TN) [www.facebook.com/therumpsband](http://www.facebook.com/therumpsband)

Wicked Good Sandwiches  
605 Cumberland Dr.

Clarksville, TN  
931-919-3800  
Text Club (WGS 68683)  
[wickedgoodsandwiches.com](http://wickedgoodsandwiches.com)

## IDFA 5K DISNEY FUN RUN. 8 - 11AM

\$28.45 Per person  
Infinity Dance Fitness Academy is sponsoring their first 5K Fun Run to benefit the youth in our community and to raise funds toward scholarships for children in our underserved areas. These scholarships will provide an

opportunity for the youth to gain exposure in the visual and performing arts.

Kenwood High School  
251 East Pine Mountain Road  
Clarksville, TN

## 25 THURSDAY FAMILY FUN KARAOKE ALL AGES KARAOKE 7PM - 11PM



Wicked Good Sandwiches  
605 Cumberland Dr.

Clarksville, TN  
931-919-3800  
Text Club (WGS 68683)  
[wickedgoodsandwiches.com](http://wickedgoodsandwiches.com)

## SUPERHERO PARTY 5:30 - 7:30PM

Cost: \$3 per child Ages: 10 & under  
Children and families are invited to participate in an evening of fun and

games while sporting their favorite superhero costume. Enjoy several fun activities, such as face painting, temporary tattoos, arts and crafts and a popcorn station. Kids will also be powered up with apple slices, fruit drinks and finger sandwiches. Parental supervision is required.

Pre-registration encourage and available online at <https://recpro.cityofclarksville.com/ViewCourseActivityDetails.aspx?id=C7016>

Gymnasium @ Burt Cobb Recreation Center  
1011 Franklin Street  
Clarksville, TN

## QPR, SUICIDE PREVENTION TRAINING. (FREE) 9:00 AM - 11:00

This evidence-based training course teaches individuals how to recognize the warning signs of suicide, offer hope to people in crisis, and get help to save a life. It is suitable for people with little to no mental health background.

CLARKSVILLE  
MOVIES IN THE PARK  
OCTOBER 13 | DIRTY DANCING  
The City's free, outdoor movie series concludes at Liberty Park. Admission is free. Food and drinks will be available to purchase on-site. Guests are invited to bring picnic baskets, blankets, and lawn chairs.  
*make it a date*  
Watch a movie under the stars next to your loved one at Movies in the Park! Purchase a ticket for only \$25 per couple and receive food, games, and access to a cash bar (beer & wine).  
Tickets are on sale now at [CityofClarksville.com/Movies](http://CityofClarksville.com/Movies).

Altra Federal Credit Union | MR. ROOF | Power and Grace | Walmart Neighborhood Market | NAVY FEDERAL Credit Union | French 'N' Co. Sandwiches | Clarksville Living

You can learn the three steps to help prevent suicide.

Attendees will receive a certificate with 2 contact hours (not CEU's).

Workforce Essentials  
523 Madison St. A  
Clarksville, TN

## 26 FRIDAY HALLOWEEN AT FORT DEFIANCE. (FREE) 6-8PM

Visitors are invited to gather around the bonfire to listen to haunting historical tales of woe and terror. Don't be afraid, Fort Defiance isn't haunted... we think! Hot dogs and hot chocolate will be served. Recommended for ages 8+.

Fort Defiance Civil War Park and Interpretive Center  
120 Duncan St.  
Clarksville, TN

## 27 SATURDAY THE BOO BASH BREAKFAST. 9:30PM-10:30AM

\$5 per person  
The Deli presents the Boo Bash Breakfast Featuring The Magician Russ Nowack & Face Painting with Cenema Judd in Center Court!

Tickets can be purchased at The Deli, located across from the Customer Service Center.

For Ticket Information, please contact The Deli at 931-572-0720.

All tickets must be purchased before event, No door entries accepted.

Governors Square Mall  
2801 Wilma Rudolph Blvd,  
Clarksville, TN

## FRIGHT ON FRANKLIN (FREE) 3 - 6PM

A fun family-friendly event featuring safe trick-or-treating, costume contests, and much more in Historic Downtown Clarksville!

Downtown Clarksville  
One Public Square

Clarksville, TN

## TRUNK OR TREAT

It's that time of year again! Time for our annual Trunk or Treat! Last year we had a ton of fun, but this year it's going to be BETTER THAN EVER! We're going to have inflatables, tons of trunks, costume contests for different age groups, FREE concessions, and of course... more candy than you know what to do with!

The Tabernacle Church  
1020 Garrettsburg Rd.,  
Clarksville, TN

## KIDS HALLOWEEN PARTY 11AM-1PM, 2PM-4PM, & 5PM-7PM.

Cost: \$10 per child  
Children can dress up in their Halloween costume if they'd like and participate in multiple fun Halloween crafts (Including spooky slime!), Halloween cookie dough creations, fun photos, and pumpkin painting! Enjoy The Nightmare Before Christmas playing on the big screen during this Halloween event. All the kiddos get to take home all of their creations as well as a special treat on the way out. Lots of fun for kids and family!

This event will be split into 3 time slots so that everyone can participate in all of the activities.

Message our Facebook page at <https://www.facebook.com/LookingGlass2018/> or call (931) 552-6344 to register your time slot

The Looking Glass Restaurant and Gourmet Bakery  
329 Warfield Blvd  
Clarksville, TN

## 28 SUNDAY TRUNK OR TREAT 4:00 -6:00PM

With inflatables, games, candy, food, a trackless train, photo ops, and a motocross stunt show, it truly is an event for the entire family! Come join your community, neighbors, family, and friends for an evening of laughter, games,

excitement, and a family-friendly good time in a safe and secure environment. No scary costumes, please!

First Baptist Church  
435 Madison Street,  
Clarksville, TN

## HALLOWEEN CUPCAKE DECORATING WARS FOR KIDS. 2PM-4:30PM

\$15 Per person  
Children (5-15) will be taught simple decorating techniques and then given the chance to make their own designs.

Each participant will receive an apron and take home their own decorated cupcakes to eat or give as a gift!

The price includes a child and one parent who wants to participate.

\*To ensure everyone's safety, please inform us if your child has any known allergy.

Tickets can be purchased at <https://www.eventbrite.com/e/halloween-cupcake-decorating-wars-for-kids-tickets-49558515855>

Clarksville Entrepreneur Center  
1860 Wilma Rudolph Blvd  
Clarksville, TN

## 29 MONDAY BOUNCE NIGHT. (FREE) 5-8PM

Several bounce houses will be set up for kids and families to use. Children can bounce the Monday moods away!

Downtown Commons  
215 Legion St..  
Clarksville, TN

## 31 WEDNESDAY COMMUNITY TRUNK OR TREAT EVENT

Put on your favorite costume and join us for an evening of family friendly fun. There will be Candy, Momento Portraits, Games, Food,

a Hay Ride, Karaoke, and Fun for kids of all ages. Everyone is invited to this family friendly event.

For more information call us at 931.648.0110 or check out our facebook page [www.facebook.com/hopekidsministry](http://www.facebook.com/hopekidsministry)

Hope Kids Ministry  
150 Richview Rd  
Clarksville, TN

## NOVEMBER 2 FRIDAY LYSISTRATA

8:00PM  
(Also running Nov 3, 8, 9, 10)  
Women striking for peace using the most powerful weapons in the feminine arsenal are at the core of Aristophanes' ancient comedy. Toward the end of the Peloponnesian War, a group of soldiers' wives led by Lysistrata join together in a strike against the men of Greece, denying them sex until they've agreed to put down their arms and end the disastrous wars between Athens and Sparta. SUGGESTED FOR MATURE AUDIENCES ONLY

Roxy Regional Theatre  
100 Franklin St  
Clarksville, TN

## HOMESCHOOL SKATE DAY 1-4PM

Pick One \$4.00 - Skating (Incl Skate Rental) or Playground  
Choose Both \$6.00  
Observing Parents are Free.  
Family Max \$20.00

Magic Wheels Fun Center  
1671 Fort Campbell Blvd,  
Clarksville, TN

Submit your event to [events@clarksvillelivingmag.com](mailto:events@clarksvillelivingmag.com) by the 15th of the month for the next issue.

FAMILY PET HOSPITAL

530 New South Drive II Clarksville, TN  
931.358.5855 • www.fphvet.com

TINY TOWN ANIMAL CLINIC

1815 Tiny Town Road II Clarksville, TN  
931.647.2800 • www.tinytownvet.com

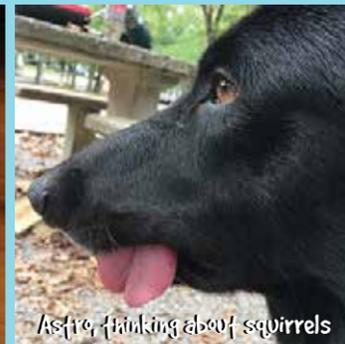
## Pet Pix Contest

Submit YOUR Pet Pix by October 15th

The winner this Month is **Sergeant Pepper**  
OUR WINNER WILL RECEIVE \$50  
IN PRODUCTS OR SERVICES  
PICK UP AT THE TINY TOWN LOCATION!



Sergeant Pepper



Astir, thinking about squirrels



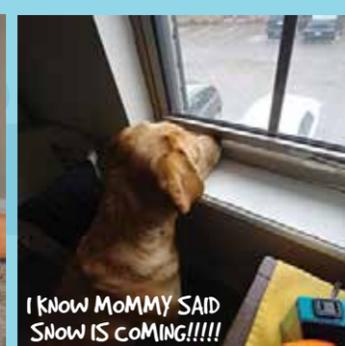
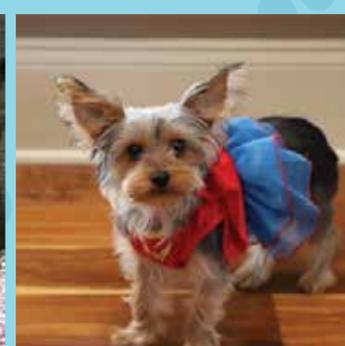
Snoopy as the "Great Pumpkin!"



I DON'T WANT TO PLAY SANTA'S HELPER AGAIN!!!



Tinii and Joy relaxing after a hard day of barking



I KNOW MOMMY SAID SNOW IS COMING!!!!

Want to share your pet? Email a photo and brief caption to [petpix@clarksvillelivingmag.com](mailto:petpix@clarksvillelivingmag.com) by October 15th.

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

# HAPPY BIRTHDAY!



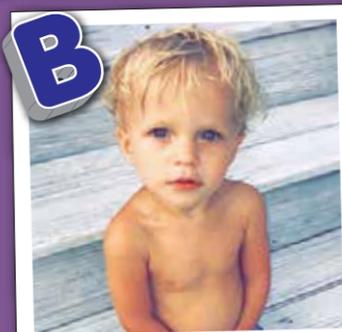
Happy 1st Birthday Jada  
Love, Momma Daddy and Brother



Happy Birthday LJ!  
Love, Mommy



Happy 2nd Birthday Baby Adrien!  
We love u so much!



Happy Birthday to our last baby!  
We love you most times infinity!!



Happy 2nd Birthday, Scout!  
Slow down! Love, Mom & Dad



Happy 4th Birthday  
to our Princess Addyson!!  
Love you always, NaeNae and Papa



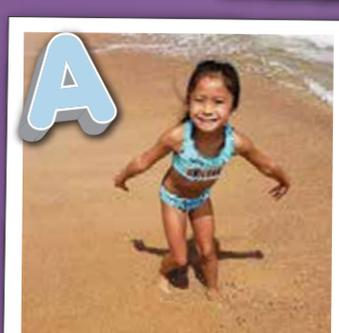
Happy 4th Birthday Kingston!  
We love u so much!



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

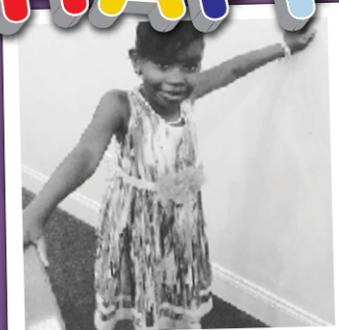


Happy 6th Birthday Enzo!  
We love you so much!



HAPPY 7TH BIRTHDAY TO MY GIRL  
ALLIYAH!! MOMMY LOVES YOU SOBRA!!!!  
YOU ARE THE SOLID ROCK I FOUND...

# HAPPY BIRTHDAY!



Happy Birthday Brandi!  
We love you!



Happy 8th Birthday Levi!  
Love, Mom, Dad & Skyler



Happy 9th birthday, Liam!  
We love you so much! Daddy,  
Mommy, Elijah, Belle, and Rocky



Happy sweet 10thteen birthday London!  
May the Lords strength, grace and mercy  
follow u all the days of your life! Love mommy!



Happy 10th Birthday Skyler!  
Love, Mom, Dad & Levi



Happy Birthday, Skyla!  
You are loved!!



Happy 14th McKinlee!  
We love you sweet girl!  
Bryan, Mommy, & Maxwell



Happy Birthday Annabelle, Ivy & Wyatt  
Mama and Steven Love you  
Hope your day is great



Happy sweet 16th Jasmine,  
we love you! From Kinslee, Christian  
Reece, Colty, mom and dad



Thank u for being the best dad  
& husband! Happy Birthday!

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

## ADOPTION & FOSTER CARE

### CAMELOT CARE

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

### CENTERSTONE FAMILY CENTERED SERVICES

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

### CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

### CARING CHOICES OF CATHOLIC CHARITIES

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

### OKA 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](mailto: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](http://omnivisions.com).

### YOUTH VILLAGES

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

### ARTS, CRAFTS & HOBBIES

**CLARKSVILLE AJAX TURNER SENIOR CENTER**  
953 CLARK ST. CLARKSVILLE, TN  
(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, bill bowling, exercise room and more. Our Senior Circle of Friends adult daycare room is available for seniors needing extra care during the day. We hold weekly dance, seminars, bible study. We are currently providing free tax preparation for seniors with a fixed income. For information contact Diana Akin or Dan Blair @ (931)-648-1345

### CLARKSVILLE MODEL RAILROAD CLUB

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

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

### COMMUNITY SCHOOL OF THE ARTS AT APSU

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

### MADISON STREET MUSIC & ARTS ACADEMY

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

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

### LET'S PLAY CHESS

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

### ATHLETICS

#### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

### CANINE FLYBALL CLUB

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

### CLARKSVILLE BADMINTON CLUB

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

### CLARKSVILLE IMPACT SOCCER CLUB

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

### CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howie and he can be reached at [PrHowie@aol.com](mailto:PrHowie@aol.com) for all who are interested. Visit [clarksvilletennis.usta.com](http://clarksvilletennis.usta.com).

### CLARKSVILLE VOLLEYBALL CLUB

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

### EMMANUEL FAMILY LIFE CENTER

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

### TEAM CLARKSVILLE YOUTH WRESTLING

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

### THUNDERBOLT AQUATICS SWIM CLUB

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

### WARRIORS SPECIAL NEEDS CHEERLEADING

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

### CHILDBIRTH & PARENTING EDUCATION

#### ROOTS CHILD BIRTH PREPARATION

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

#### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

### CLARKSVILLE BIRTH COMMUNITY

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

[fortcampbelldoulas.webs.com](http://fortcampbelldoulas.webs.com) or find us on Facebook at [www.facebook.com/groups/clarksvillebirthpros/](http://www.facebook.com/groups/clarksvillebirthpros/).

### HEALTHY START

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

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

### NINE MONTHS & BEYOND

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

### TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

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

### TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

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

### TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

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

### WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

### CHILD CARE

#### CHILD CARE AWARE

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

#### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

At 128 North Second Street, Suite 206, provides assistance to parents in understanding how to select quality child care, how to use the state web site to locate child care, and to understand the star quality rating system. Resources for Parents are available covering topics such as Child Development, Appropriate Behavior

Management, Health and Safety, and the Social Emotional Development of Children. Contact number is (931) 648-3695.

### PARENT INFORMATION NETWORK

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

### PROGRESSIVE DIRECTIONS

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

### TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

### CHILD PROTECTION & DOMESTIC CRISIS SERVICES

#### AL-ANON & ALATEEN

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

### CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

### CHAP PROGRAM OF CATHOLIC CHARITIES

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

### DEPARTMENT OF CHILDREN'S SERVICES

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

### LEGAL AID SOCIETY

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

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

### SAFEHOUSE DOMESTIC VIOLENCE SHELTER

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

### CHILDREN'S GROUPS

#### 4-H YOUTH DEVELOPMENT

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

#### BOY SCOUTS OF AMERICA

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

#### GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street. (931) 648-1060 or [gsmidtn.org](http://gsmidtn.org). Girl Scouts build girls of

courage, confidence and character who make the world a better place. Email [bkelly@gsmidtn.org](mailto:bkelly@gsmidtn.org) for more information.

### LEAP ORGANIZATION

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

### COMMUNITY OUTREACH

#### 101ST AIRBORNE DIVISION ASSOCIATION

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

#### ALL NATIONS BIBLICAL STUDY CENTER

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

### APSU EXTENDED EDUCATION

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

### ARMY COMMUNITY SERVICE

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

### ASERACARE HOSPICE

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

### BAYANHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

### CRISIS CALL LINE

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

### CROATIANS IN TENNESSEE

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

### DAGAN FOUNDATION

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

### FREE CAKES FOR KIDS KY & TN

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

### FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up

uplifting those in need through kindness, love, respect and a full stomach. 1319 Franklin Street, (931) 933-0970.

#### MEALS ON WHEELS

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

#### MONTGOMERY COUNTY WIC CLINIC

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

#### RADICAL MISSION

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

#### SUNCREST HOME HEALTH

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

#### TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

#### UNITED WAY

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

#### VETERANS UPWARD BOUND

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

#### COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH ALCOHOLICS ANONYMOUS

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

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

#### APTITUDE HABILITATION SERVICES

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

#### ASPERGER/AUTISM CENTER

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

#### BRADFORD HEALTH SERVICES

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

#### CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

#### CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

#### CENTERSTONE

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

#### COLUMBUS ORGANIZATION

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

#### HEALTH CONNECT AMERICA

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

#### THE FAMILY GUIDANCE TRAINING INSTITUTE

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

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

#### LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

#### MENTAL HEALTH COOPERATIVE

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

#### PASTORAL COUNSELING CENTER

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

#### THE PATH LIFE COACHING

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

#### REGIONAL INTERVENTION PROGRAM (RIP)

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

#### WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

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

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

#### YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

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

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

#### PARENT GROUPS

##### 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 sbcmoms. 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 RIGHTEOUSNESS ACADEMICALLY

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

##### CLARKSVILLE HOMESCHOOL NETWORK

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

##### CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

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

Donuts playdates, and other activities and events that include moms, kids and families. [sahm.meetup.com/1943/](http://sahm.meetup.com/1943/)

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

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

##### MOMS CLUB OF CLARKSVILLE

We are moms in and around Clarksville who meet-up for "play dates" and fun "mom time" activities. We consist of two independent clubs, based on location. If you live in Sango or St. Bethlehem areas of Clarksville (east of Wilma Rudolph), you are zoned for MOMS Club of Clarksville-East. To learn more, send an email to [eastclarksvillemomsclub@gmail.com](mailto:eastclarksvillemomsclub@gmail.com). If you live in Ft. Campbell, Woodlawn, Oak Grove, or areas of Clarksville west of Wilma Rudolph you are zoned for MOMS Club of Clarksville-West. To learn more, send an email to [momsclubofclarksvilwest@gmail.com](mailto: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](mailto:clarksvillemops@gmail.com). Check us out online at [clarksvillemopsatfbc.wordpress.com](http://clarksvillemopsatfbc.wordpress.com). We look forward to meeting you!

##### HILLDALE BAPTIST CHURCH MOPS

MOPS, Mothers of Preschoolers is for moms with children between the age of pregnancy through Kindergarten. We meet most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Meetings are at 2001 Madison Street, Student B Building, Main Campus. Childcare is provided. For more information please contact Arin Johnston or Jenny Kent, Co-Coordinates, at [mops@hilldale.org](mailto:mops@hilldale.org). Visit [hilldale.org/mops](http://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](mailto:devin.maureen@yahoo.com).

##### PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in

Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail [KCorley77@aol.com](mailto:KCorley77@aol.com) for more information.

##### PARENTS REACHING OUT

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

##### TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

##### TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

##### WIC NUTRITION EDUCATION CENTER

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

##### RETIREMENT GROUPS

###### AARP LOCAL CHAPTER 1957

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

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at 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](mailto:hsimms6551@charter.net).

##### SUPPORT GROUPS

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

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

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

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

###### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

###### BREAST CANCER SUPPORT GROUP

ABC (After Breast Cancer) outreach program provides survivor support

through a free, comprehensive 16-week program that includes a YMCA membership, Pink Ribbon training classes, lymphedema education, and nutrition classes in a wellness-focused, caring environment. Survivors are encouraged to attend our monthly meetings held the 2nd Monday of each month. If you are going through chemo and are in need of a wig, please let us know. For more information or to sign up for the next session, contact Sherrie Lewis at (931) 647-2376 or [slewis@ymcamidtn.org](mailto:slewis@ymcamidtn.org).

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

Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or [cadstn@hotmail.com](mailto:cadstn@hotmail.com). Visit [cadstn.org](http://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 form CROHN'S DISEASE or other diseases of the bowel. Group meets monthly, on a varying schedule, so please call (931) 502-5001 for next meeting day, time and location.

##### CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

##### PARKINSON'S SUPPORT GROUP

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

##### TENDERPAWS PET THERAPY

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

##### 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 of 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 [tcfc@clarksville@gmail.com](mailto:tcfc@clarksville@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](http://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. [focusautismlnow.com](http://focusautismlnow.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](mailto:cvoiland-free@jdrf.org).

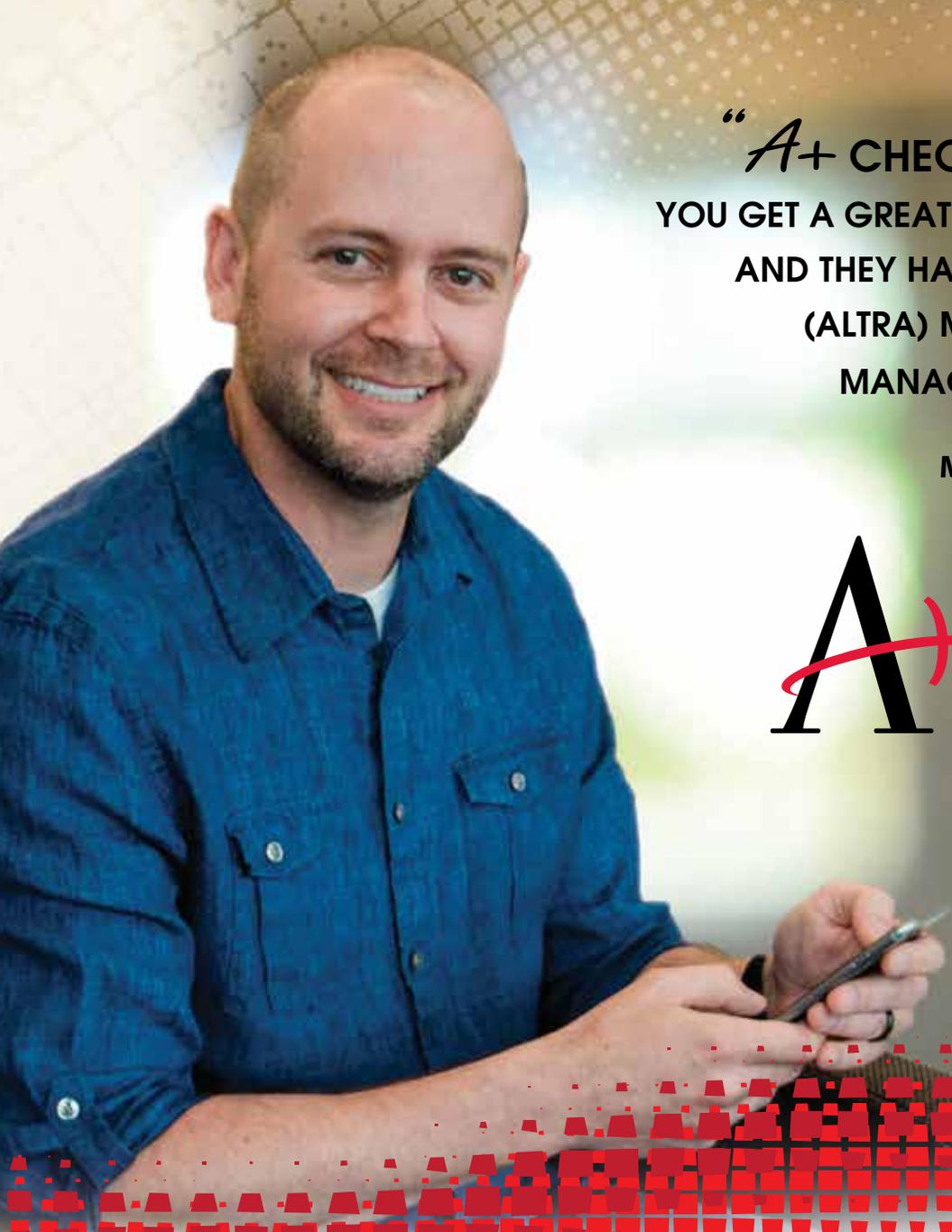
##### MEN HELPING MEN

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 NAM1.

##### PARENTS HELPING PARENTS

A bereavement support group for any person



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