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# Clarksville Living

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YOUR LOCAL  
*holiday*  
SHOPPING  
GUIDE  
(starting on page 12)

December 2018

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# Clarksville Living

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

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

For all other information:

Phone: (931) 320-9869

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

Fax: (931) 919-1234

Mail: PO Box 31867  
Clarksville, TN

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

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#### Owner/Publisher

Carla Lavergne

#### Editor

Sophie Woodberry

Victor Lavergne

#### Graphic Design

Carla Lavergne

Colleen Devigne

#### Advertising Sales

Rachel Phillips

(931)-216-5102

[rachel@clarksvillelivingmag.com](mailto:rachel@clarksvillelivingmag.com)

#### Staff Writers

Christina Chittenden

Taylor K Lieberstein

Tony Centonze

Karen Parr Moody

## Publisher's Message

It seems as if I start nearly every publisher's letter off by saying how fast each month goes by, and now here we are at the END of the year! It truly is hard to believe that in just a few weeks it will be 2019.

In this month's issue, we've really brought the holiday fun! Taylor Lieberstein is back with her local holiday shopper's gift guide (page 12). Christina Chittenden helps you bring some magic into your home with some easy Christmas decor craft ideas (page 20). And Karen Parr-Moody gives us a preview (page 8) of the historic Smith-Trahern Mansion's Christmas festivities, including SANTA! The rest of the issue is packed with great articles on health, community, fun family activity ideas, and more.

As always, our city is busting with awesome activities for you and the kiddos to do. A lot of it is free or at a very low cost. Check the calendar starting on page 34 for all the deets!

Thank you so much for another amazing year. We love and value each of you so much and wish you and your families a very merry Christmas and happy new year!



*Carla Lavergne*

#### DISCLAIMER

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

Clarksville Living Magazine  
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To support the organization financially email Kristen Henry at [kristen.henry@operationhomefront.org](mailto:kristen.henry@operationhomefront.org) or call 615-636-9864.



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# TIPS FOR AVOIDING HOLIDAY SEASON WEIGHT GAIN

*Brought to you by Tennova Medical Group*

Is it possible to celebrate the holiday season without packing on extra pounds? Absolutely, but it requires willpower as well as some simple strategies to sidestep holiday food temptations and avoid overeating. That’s why Tennova Healthcare is offering tips to help you beat the Thanksgiving-to-New-Year’s weight gain odds.

Recent studies have debunked the myth that the average American gains 7–10 pounds during the holiday season, but don’t break out the eggnog just yet. Those same studies confirm that holiday weight gain does happen to most people.

The average increase is between 1.5 and 2 pounds, and the scale creep actually starts as early as October. Perhaps more important is the fact that many people fail to take this weight back off after the holidays are over. That means that ‘holiday weight’ alone could add 20 pounds to your body during a single decade of your life.

The tradition of holiday weight gain has several contributing factors, including increased social events, holiday stress eating, and lack of time for cooking, meal planning and exercising. However, the biggest obstacle is likely very simple: holiday foods are often loaded with calories.

Holiday foods can contain a lot of land mines, even for those who are educated about food and mindful of calories. We all know that mashed potatoes can be a calorie- and carb-killer.

But what about that medium-sized candied sweet potato? It contains a surprising 305 calories—and that’s a whole lunch for someone trying to watch or lose weight.

Keep in mind that 3,500 calories equals one pound of fat. The average Thanksgiving dinner totals 3,000 calories, with an additional 1,500 calories in appetizers and drinks before the big meal.

Here is a chart of nutrition facts for some of the most common holiday foods

	Calories	Fat	Carbs
2 oz. M&Ms	170	8g	24g
6 oz. Turkey w/Gravy (light/dark meat)	440	4g	20g
1 cup Mashed Potatoes	260	10g	40g
1 cup Stuffing (Stove Top brand)	220	2g	42g
1 slice Pecan Pie	520	25g	69g

Portion size is another holiday food trap. For instance, keep in mind that one cup of mashed potatoes is only about the size of your fist. Going back for seconds can really add up.

Tennova Healthcare offers these tips to help you stay on the right track during the holiday season:

- Choose healthy snacks. Snack on raw veggies dipped

in vinaigrette or a handful of nuts as an appetizer.

- Be selective, not rigid. You can have it all, but not all at the same time. Meaning that you do not have to give up your favorite foods, but try to limit to one or two indulgences at a time vs. all at once.
- Don't graze. Use a plate (and make it a small one).
- Beware of leftovers. Say "no thanks" to take-home stuffing, pie and potatoes.
- Consume protein with meals. Aim for the size of the palm of your hand with protein sources. These will help to keep you full at meal times as well as to balance the higher level of carbohydrates during the holidays.
- Fill up on fiber. Try to make half of your plate vegetables because these low calorie and highly nutritious foods will keep you fuller.
- Don't starve yourself. It is so common to fast during the morning and afternoon before a large holiday meal. Instead, consume a balanced meal that incorporates both protein and fiber earlier in the day to prevent overeating later at a holiday event.

- Get in your exercise. Play outside with the kids, rake leaves, go to the gym, take long walks. Exercise is your best ally in the battle against holiday weight gain as well as holiday stress and depression.

One meal will not dictate your weight. Enjoy the holidays and the social time with family and friends, and try to incorporate these tips. Remember, though, consistently consuming nutritious meals over the course of the entire holiday season is what will ultimately help stave off the unwanted pounds.

Do you have nutritional questions or looking for some help with your weight management? Tennova Healthcare – Clarksville offers a group Nutrition Weight Management Program as well as Individual Nutrition Counseling. To learn more visit [Tennova.com](http://Tennova.com) and click on the Events tab or call all 931-502-1127.

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

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- DEC 23 FAMILY WORSHIP**  
Sunday, December 23 @ 10:00am | Grace Worship Center
- DEC 24 CHRISTMAS EVE CANDLELIGHT SERVICE**  
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*Merry Christmas!* **FBCT.ORG/CHRISTMAS**

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Christmas, Santa and Historic Restorations at

By Karen Parr-Moody

# SMITH-TRAHERM MANSION OPEN HOUSE

Guests can see Santa at his most dapper at the Smith-Traherm Mansion on Sunday, Dec. 2 from 2 p.m. to 5 p.m. This is when the Open House for the Trees of Christmas will occur at the historic home located at 101 McClure Street. The event is free and open to the public.

One exciting aspect of this event is that it gives visitors the opportunity to take their own photos of their children or grandchildren sitting with Santa. And Santa always dresses to match the grandeur of the mansion, complete with old-fashioned spectacles, making for an array of Christmas card possibilities for those who get photos taken with him. Light refreshments will be served and there will be entertainment, as well.

As they do each year, scores of volunteers worked like Santa's elves to decorate the Smith-Traherm Mansion the week after Thanksgiving, adorning the Christmas trees that fill each room.

From the grand hall to the library, each room will feature trees inspired by the theme "Standing on the Shoulders of Others." The theme underscores the notion that we owe a debt of gratitude to the illustrious forerunners of history. In particular, the theme pays homage to the women of Clarksville and Montgomery County who acted in the women's

suffrage movement that ultimately won American women the right to vote.

The Trees of Christmas is hosted by Family and Community Educators (FCE) in partnership with the UT/TSU Extension of Montgomery County and volunteers for the Smith-Traherm Mansion.

In addition to the Open House for the Trees of Christmas, the decorated mansion will also be on view to the public and for school tours from 10 a.m. to 2 p.m. during the first two weeks of December, Dec. 3 to 7 and Dec. 10 to 14. A \$2 admission is charged for adults during these days; children are allowed entry at no cost.

For more information on tours, call Barbara Brown Beeman at 931-801-0822. Beeman is the director of staffing for the Smith-Traherm Mansion and co-chair of the Trees of Christmas.

Beeman says that when volunteer Brenda Harper researched this year's theme, she discovered that at least 39 women from the Montgomery County area were involved in the women's suffrage movement. To highlight this historic period, which culminated with the 19th Amendment being ratified on August 18, 1920, the mansion volunteers have made a unique visual commemoration in the mansion's second-floor hallway. It is the recreation

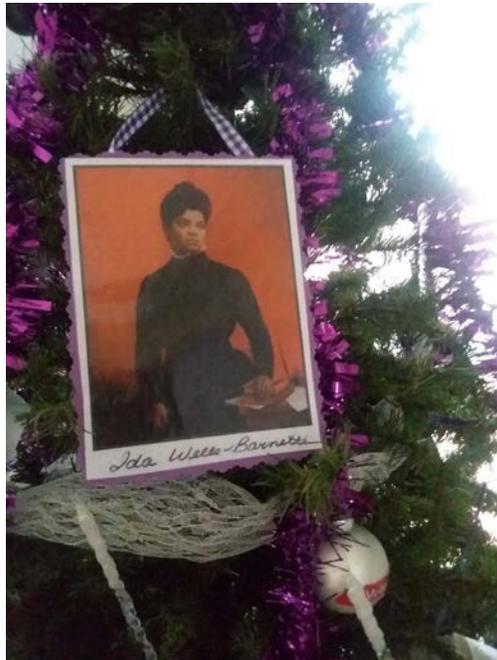
of Clarksville of 100 years ago.

Volunteer Martha Pile worked with other women to set up this hallway like the streets of historic Clarksville, focusing on places that are, or were, the core of downtown, with the county courthouse in the center. The women painted large cardboard boxes to look like the homes and buildings that were in town a century ago.

In one of various nods to women's move toward independence, among the buildings is the first woman-owned



Clarksville native Mabel Wood's home is recreated on the second floor of the mansion.



bank in town, the First Woman's Bank of Tennessee. It was founded by Brenda Vineyard Runyon in 1919 and was the first bank in the United States to be managed and directed entirely by women.

"It's just the coolest thing to come up the stairs and see these boxes that are three or four feet tall – and the courthouse is taller," Beeman says. "If you think of dollhouses, but bigger."

Another Clarksville building recreated for the exhibit is a home on Union Street that was once occupied by Mabel Wood, the daughter of tobacconist L.G. Wood, who married Leslie Cheek at the Madison Street Methodist in 1896. The couple, who had met on a Nashville-bound train from New York, became the namesakes and owners of Cheekwood, the famous mansion located in Nashville.

One of the Smith-Traher mansion rooms is going to be recreated to look like the entrance to the home of society doyenne Willie Daniel, who was essentially the grande dame of

*continued on page 10*



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Clarksville from the late 1800s through the early-to-mid 1900s. It is in this room that a cookie with historic significance – the “fuss cookie” – will be served.

“It’s basically a thumbprint cookie with jam in it,” Beeman says.

The story behind the cookie is what makes it interesting. During the 1920s, in Clarksville, two society ladies who both

loved to cook and entertain got into a “fuss” over a cookie recipe.

As Beeman explains, Petinka Bailey Foskett had discovered a new recipe for a tea cookie. She made the cookie and let her friend, Mary Dunlop, sample it. Dunlop then begged for the recipe, promising she would not serve it before Foskett did so at an upcoming event she was hosting.

“Then she went to some shindig at one of the fancy homes in town, and Dunlop was serving that cookie,” Beeman says. “So, there was a big fuss over that. It was typical of the period when people were more protective of things and would have liked to be the first one to have something such as a new recipe.”

The “fancy home” where the cookie made its debut was that of Willie Daniel, who founded the Captain William Edmiston Chapter of the Daughters of the American Revolution in 1914 in Clarksville.

Daniel was not only a member of one of America’s oldest and most prominent families, she was also a direct descendant of English nobility. A model of her home will also be on display; Beeman says it was originally located around the area where the Habitat for Humanity store now sits.

Yet another aspect of the Trees of Christmas is that of the Quilts of Tennessee. These 36 quilts, which were designed with purple as a key color, will be on display in the mansion’s Iris Room.

From sitting with Santa to sampling the notorious “fuss cookie” to seeing a fascinating recreation of Clarksville’s historic homes and buildings, the Open House for the Trees of Christmas offers guests an opportunity for maximum Christmas cheer.





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**EXPERIENCE MAKES *the* DIFFERENCE.**

*Your*  
2018  
*Local Gift*  
GUIDE

By Taylor Lieberstein

The end of the year is fast approaching and with it comes the anxiety of what gifts we should be buying for the wonderful people we love. Whether it's for friends, family, co-workers, white elephant or pets gift giving can be difficult to figure out. In hopes of making your holiday shopping a little easier this year we have put together a list of great gifts (maybe even a few for ourselves) that can be found locally all around Clarksville. However, when we recite the same list of things we're thankful for over and over, our authentic

## SANGO PHARMACY

From bloody mary mix and natural soap to children's toys and ice cream Sango Pharmacy has it all, especially when it comes to unique gifts. Veteran Grown hemp products make great gifts. Get hemp tinctures, massage oils and candies here. For the women on your list they have trendy jewelry lines, naturally scented Blithe & Bonny spray perfumes and of course endless natural and organic skincare products. For the kiddos OMY giant coloring posters and nailmatic non-toxic nail polishes. Duke cannon men's soap bars make great gifts and a portion of proceeds benefit U.S. Veterans. The soaps come in a variety of scents guys love such as fresh cut pine, campfire and leaf and leather. You can likely find a gift for every person on your list at this modern-day general store. On our wish list- A Paddywax candle in the Tobacco & Patchouli scent.



# COUTURE CRUSH

This chic boutique offers a variety of unique clothing designs and labels with artful accessories ranging from trendy to traditional that any woman would love to find under the tree. Shop quality brands such as Joes Jeans, Free People, Freeway Apparel, English Factory, Endless Rose, and Moon River. CC also carries products from the popular home decor line, Mockingbird Lane. This southern home décor company offers gifts such as Clarksville's longitude/latitude flour sack dishtowels as well as custom Clarksville themed totes, which make great, inexpensive gifts.

*continued on page 14*



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## HEY NOLI

Some of our favorite gifts can be found here. Rinse bath + body powdered facial masks made from natural ingredients ranging from yogurt to mocha to target specific skin types make great stocking stuffers. Another great line to stuff stockings with is Clary. Both the bath and body oil and balm are amazing. The body oil can be used by everyone, including the baby. This 100% natural and organic oil is made from calendula, chamomile, lavender, plantain and olive oil. You can apply this directly to the skin or add pumps to a saltwater bath. The Clary balm can be used on your lips, hands, face



and body and is perfect for winter dry skin. Little Seed Farm sustainably produced soaps and skincare, especially their serums and facial rollers are another one of many great products you can find at Hey Noli. Facial rollers have been used in Chinese culture for centuries as a beauty tool to improve skin tone and luminosity while reducing stress and anxiety via self-facial massage and have made a big comeback this year. They also carry graphic tee's, dopp kits and beard oil for men as well as a variety of gifts for trendy kids. On our wish list- Little Seed Farm elasticity serum and a rose quartz roller.

## MARY'S MUSIC

From guitars, electronic drums, ukuleles and PA systems to music books and accessories, they offer all things music. Shop name brands like Taylor and Peavey. Guitar, Piano, Bass, Violin and Fiddle lessons are also available at Mary's Music. Surprise the musician on your list with a lesson to develop or brush up a skill, a gift that lasts a lifetime. If you aren't sure which instrument they are into, pick up a gift card which can be used towards any lesson or product.



## PET FOOD CENTER

As you go about your holiday shopping over the next few weeks, don't forget the furry friends. Even if you're not a pet owner, chances are you know someone whose animal would welcome a new toy or treat. Show the fur babies some love this holiday season with one of our picks. La-Z-Boy® dog beds and



Midwest Metal kennels make great places for dogs to relax and rest. A calm dog is a happy dog, NaturVet hemp chews reduce stress and tension especially during storms, travel and grooming. They also carry Holistic Hound Hemp Oil, derived from hemp

that is organically grown in Colorado. These CBD products safely provide pet companions with many reported benefits of hemp-derived cannabis, including reducing pain, treating inflammation, minimizing anxiety and helping treat other health conditions. They also carry Pawsitively gourmet cookies, which are hand-decorated and made with real peanut butter and sweet potatoes.

## JOURNEY'S EYE STUDIO

You never know what you may find inside this gem of a store. From vintage furniture to jewelry to artwork to books they offer a little bit of everything here. Shop here for Ranger Station candles, especially the men on your list. The soy candles are hand poured into whiskey glasses in Nashville and they come in wonderful earthy scents. Their eclectic offerings are ever changing so it's hard to name specific gifts to look for at the studio. We can promise that once you're inside you'll find a variety of one-of-a-kind gifts for your loved ones here. On our wish list- Any of the gorgeous paintings or framed prints that hang on the studio's walls.

## EDEN DAY SPA

This Aveda concept salon and spa offers endless gifts and stocking stuffers as well as customized gift sets. Aveda and OPI products can be packaged in any assortment to make a personalized gift. Give someone



on your list the gift of vibrant hair this year. Aveda's color conserve line brings new life to color treated hair. Eden gift cards can be purchased online in any amount and printed or emailed, big bonus for last minute shoppers. On our wish list: Aveda's limited edition Candrima products enriched with ginger and ginger lily. The signature Candrima line is available in a Creme Cleansing Oil, Body Moisturizer and featured in the bestselling Hand Relief Moisturizing Creme, all of which are enriched with nourishing plant oil blends, which leave skin soft and smooth.

## BELLA MED SPA

This is one of those gifts of experience places which we are all about. Skin renewal can't be wrapped but a gift certificate to redeem for skin treatments can. They also offer amazing skin health products that can be wrapped up and given as gifts. Products that improve the integrity of skin are never bad gifts. Shop Bella for ZO skin health skincare products such as ZO exfoliating polish, which is like having a mini microdermabrasion at home. The ZO BRIGHTALIVE skin brightener and Daily Power Defense are two other products that Bella's staff and clients are loving this year.



When shopping for gifts this holiday look for ones that will not only be unique but also put money back into the community. From organic skincare products to music lessons this is our annual roundup of unique, thoughtful and locally sourced gifts for everyone on your list!



By Taylor Lieberstein

# CHRISTMAS LIGHTS EXTRAVAGANZA

**T**he quickest way to brighten spirits during the holiday season is to visit a musical light up drive-thru display. The annual Christmas Lights at Clarksville Speedway's is shining bright from now and will continue through New Year's Day. Start or continue a holiday tradition this year. Come enjoy the lights and sounds of the season with a one-mile drive through two million shiny lights.

There are several animated scenes throughout the one-mile drive-thru display. Christmas music plays throughout the light shows scenic drive. The best thing about this being a drive-thru light show is that it broadens the potential audience. Elderly and little ones can enjoy this event without the threat of walking long distances and being out in severe temperatures. This is also a great way for people who are not able to walk for long periods of time to enjoy the beauty of Christmas. You do not have to leave your vehicle to experience the beautiful light display.

Make Clarksville Speedway's Christmas Lights Show your family holiday destination this year. The magnificent

drive-through Christmas light show is bigger and better than ever before. With more than two million spectacular LED lights on a mile-long course, it's a must-see holiday attraction for the entire family. This year the drive-thru light show features many new displays along with all the old favorites such as a waving Santa, a candy cane machine, skiers, parachuting reindeer, a moving waterfall, teddy bear arches and two interactive drive-thru tunnels. Santa will be on-site Friday and Saturday nights spreading holiday cheer and posing for photos. There will be hot chocolate and coffee as well!

William Scogin, owner of the Clarksville Speedway, said the genesis for the idea of bringing the Christmas Lights show to the speedway was the community's need for local, affordable holiday entertainment. Scogin built many of the light up displays himself. His intention was to create something that families can do to get in the holiday spirit locally versus having to spend time and gas money to drive to surrounding cities.

The drive thru display runs from dark until 9:30 p.m. Sunday-Thursday and dark until 10:30 Friday and Saturday. Admission is \$25 per car load however there are \$5 off

*continued on page 18*



# Drive Thru Christmas Light Show

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EMS & Healthcare Professionals (Dec. 5th, 2018): \$18

City & County Employees Night TN & KY (Dec. 11th, 2018): \$18 With City or County ID card.

APSU Night: (Dec. 12th, 2018): \$18 with APSU ID card.

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By Christina Chittenden

# CRAFTY CHRISTMAS DIY

## GIANT PAPER PLATE LOLLIPOPS



**Supplies:**

Paper plates, wooden dowels, cellophane, ribbon, green and red paint and paint brushes, scissors, hot glue gun or tacky glue

**Directions:**

1. Paint various lollipop designs on the back of 2 paper

plates (or one paper plate if the back of the lollipops will be hidden wherever you display them).

2. Let them dry.

3. Cut two small squares out of each paper plate as seen in the video.

4. Glue the paper plates together, making a hole for the dowel to be inserted.

5. Once dry, insert the wooden dowel.

6. Wrap cellophane around the paper plates and tie a ribbon around them (this keeps them attached to the dowel).



## STOCKING PLACE SETTINGS

**Supplies:**

silverware, mini stockings (can be found at the dollar store)

Directions: place silverware in stockings and put on your table for Christmas dinner or a Christmas party!



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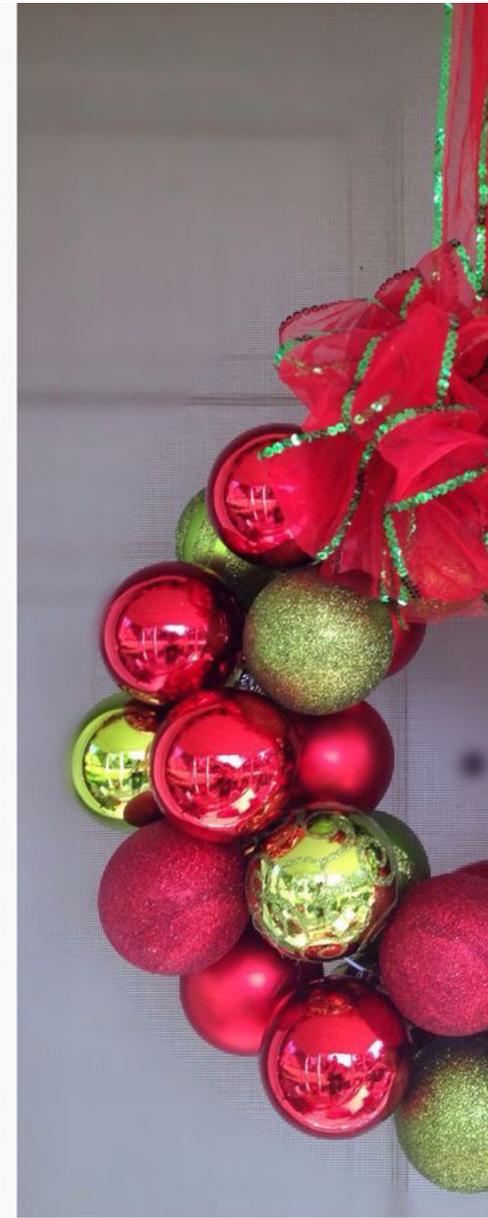
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## ORNAMENT WREATH

**Supplies:** metal coat hanger, about 80 Christmas balls (different sizes and colors), ribbon, a glue gun

Directions:

1. Start out by shaping your coat hanger in a circle (the best you can).
2. Pull off the silver hooks from your Christmas balls and hot glue them back on (critical part because they will fall off once you put them on if you skip this step, unless they are already really tight).
3. Start stringing balls onto the

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wire, making sure to space out colors appropriately and fill in spaces with smaller balls (It will start to look right, promise!).  
 4. Once your wire is filled completely, take the hot glue gun and glue both ends of the wire together so that it stays in the shape of a circle and the balls don't fall off.  
 5. Add ribbon (the kind with wire in it so that it maintains its shape) and glue it onto the wreath with the glue gun.  
 6. If you leave the natural hook from the hanger, you can use it to hang on your door.

continued on page 24

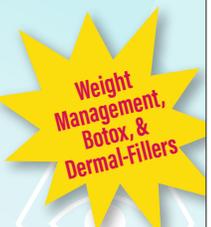


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## PRETTY PAPER STRAW CHRISTMAS TREES

**Supplies:** Cardstock, Ribbon, Decorative Paper Straws, Hot Glue, Scissors, Star Punch

(for ages 3 & up)

Directions:

1. Create Back of Tree

Your are going to need two paper straws for the back of your tree. Add a little hot glue (with parents supervision of course) to the back to keep the straws together.

2. Now it's time to start putting your tree together! Start off by adding the top of your tree, we cut our first straw about the same width as the two green straws. Then leaving a little more to the ends as we added



for straws down the tree.

3. Trim Your Tree Trunk

Next your going to cut off any extra at the bottom of your tree trunk.

4. Add Your Star

Use your star punch and some glittery paper. We hot glued on our star for the top of the tree.

5. Add Ribbon

Finally we needed to add our ribbon so we can hang our ornaments on the tree!

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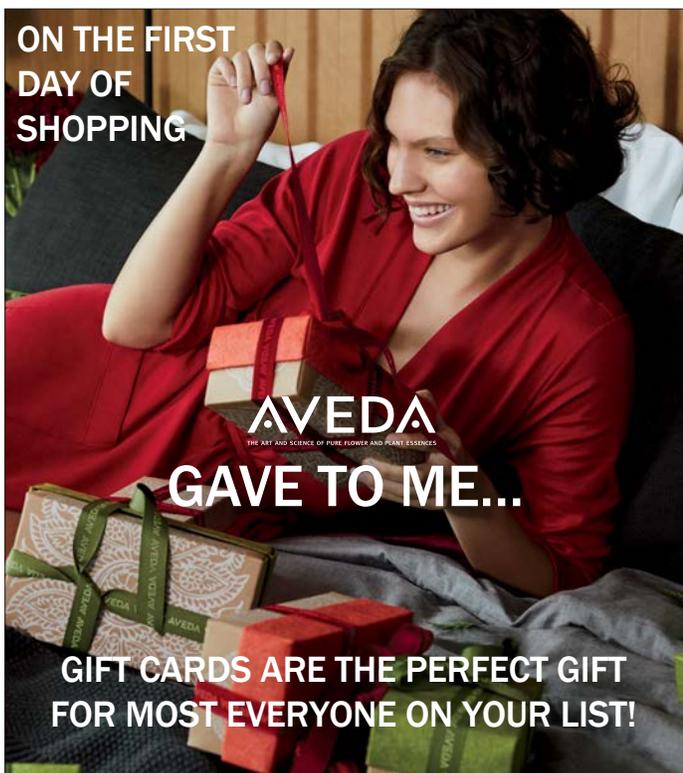
## SANTA'S FOOTPRINTS

**Supplies:** paper cut in the shape of Santa's boot print, flour or powdered sugar

Directions: Lay the stencil of Santa's boot on the floor (or fireplace) and sprinkle flour/ powdered sugar around it. Pick up the stencil and it should leave a foot print!



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## GIVING BACK

After 35 years of providing hot meals to hungry souls in our community, big changes are in store for Loaves & Fishes, as leaders announce plans to move to a much larger location and expand their mission.

Capital Campaign Chair, Jill Crow, sat down recently to talk about L & F's plans through 2021.

"The main thing I want to do is thank the community for their generous donations and support over the years," Crow said.

Crow, a retired teacher, has been very active with L & F for the last 14 years, during which time she has served the organization in numerous positions.

"Over the years, I think I've done about every job possible here," Crow said. "I've been blessed with so much in my life. In college, I originally wanted to be a social worker, but ended up being a teacher. Now, I'm doing that social work I've always wanted to do, and I am able to help others."

Crow's mother was instrumental in L & F's beginning. "I wanted to carry on her tradition," Crow said. "I believe everyone deserves something to eat and to have shelter over their head, I did a lot in the Salvation Army before I came here."

L & F started by serving meals one day a week, on a Wednesday. That quickly grew to multiple days, and became too big to manage in the original space. Someone at 1st Presbyterian Church made it possible for the move to the current location on Foster Street.

"We are basically funded by the fundraisers that we do," Crow said. "We used to get money from the government, including the city and county, but they no longer donate to non-profits. Now, we do still receive some grants. Our food is graciously supplied by the community, and we are very blessed. It seems that every time we need something, it just appears. If a freezer breaks down, we put the word out and one will suddenly appear. We are doing God's mission."

Local caterers, grocers, and even some restaurants donate food to the cause on a somewhat consistent basis, and L & F volunteers can often be seen conducting food drives.

"We are currently doing our Jingle Bells Food Drive," Crow said. "We do this every November and December. I send out letters to churches, schools, and businesses to let them know we are working on a campaign, and would love to do a food drive at their location. They are so supportive. And, local media is always very helpful to us in getting the word out."

On many Saturdays L & F volunteers can be seen outside local grocery stores, greeting customers, explaining the mission, and accepting donations.

"Sometimes we have to buy meat, and perishables, like milk and butter," Crow said. "But, most of the food we serve is donated. We served right at 48,000 meals last year, and we were able to share our excess donations with partner organizations."

Crow explained that a lot of food collected in Clarksville actually goes to Second Harvest. It's then taken to Nashville. L & F often has to pay to get those items back to its facility, saying, "I don't think people know how that works. That food doesn't stay here, and that hurts us."



L & F is currently serving about 4,000 meals per month. That's about 107 meals per day on average.

"Some days we serve as many as 200 meals," Crow said. "Usually, at the end of the month, we see more people coming through our doors. They might not have enough in their pantry, or they are running low on money. We see more families come at that time. They are just trying to make ends meet."

"We open our doors earlier during the cold weather. We offer hot chocolate, coffee and doughnuts if we have them. Our new facility will make it better. We will have a gathering area with more space. It's going to be so wonderful."

The proposed new space will be 13,000 square feet, many times larger than the current location. This is something Crow says she has wanted for a long time.

"The kicker was when the church needed this space," Crow said. "Our warehouse and storage is located all over Clarksville right now. We have board members keeping turkeys in their freezers, because we just don't have enough space."

"By moving to this new facility, we will have more space. Our warehousing will all be under one roof. We'll have a walk-in cooler, and freezer. We'll have space to keep our clients inside, out of the elements. There will be a place where they can charge their phones. We will have room to offer a much broader spectrum of social services."

One immediate change will be in L & F's ability to serve hot meals, allowing them to serve seven, instead of six, days a week. Crow says they will be able to assist clients with job services, physical, mental and dental health assessments. Everything will be in one location. When there is a nurse on site, clients can get their blood pressure checked or be tested for diabetes, and then referrals will be made.

"Our capital campaign, A New Move, A New Vision, runs from 2019 -2021," Crow said. "We want to break ground on the new building this spring. At this time, we have \$1.1 million pledged of our \$1.5 million goal. We got a lot of that before we officially kicked off the campaign."

"I think we were at about \$900,000, then we totaled up all the ticket sales and pledges from our November event and

that put us over \$1 million in pledges. We were already thrilled by the support, and then we received another great commitment at that same time."

Crow reiterated her appreciation for all that has been pledged to this point to help make L & F's vision a reality. She also knows that much more needs to be done.

"We would love for more people to get involved," Crow said. "We need more pledges and gifts in kind, so it won't be so costly for us. We would love for some of our professional friends, electricians and plumbers, to step up. Their time and talents will help make all of this possible."

"This community, when they know what the needs are, always steps up. We've been working on this for a long time. I've been doing planning for the last several months. We are pulling people together for our committees. We need more volunteers for our donor committee and our special events committee. We really need someone to head up our social media efforts. We have a capital campaign website and we could really use some help with that."

People interested in getting involved are urged to call Jill Directly at (931) 648-9529. The plans have been drawn. There are brochures that show the layout of the new facility, and outline L & F's vision as they begin the next phase of their mission.

"I want to let people know that we still have several naming rights opportunities," Crow said. "Certain donations will allow the donor the opportunity to name a room or an area in/of the new facility."

"Once again, I just want to thank everyone for their generous donations, their prayers, and support. I'm amazed and grateful to all those in this community who have already promised to step up and help us with this move and expansion. At L & F, our goal is to help all the people in this community who are in need, and we are only able to do what we do with the generous support of many great businesses and individuals right here in Clarksville."

To make a pledge, go to [www.loavesfishescampaign.org](http://www.loavesfishescampaign.org). For more information about upcoming events, volunteering opportunities, and L & F's mission, go to [www.loavesandfishestn.org](http://www.loavesandfishestn.org).

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25 11am-6pm	26 10am-9pm	27 10am-9pm	28 10am-9pm	29 10am-9pm	30 10am-9pm	Dec. 1 10am-9pm
2 11am-6pm	3 10am-9pm	4 10am-9pm	5 10am-9pm	6 10am-9pm	7 10am-10pm	8 10am-10pm
9 11am-10pm	10 9am-10pm	11 9am-10pm	12 9am-10pm	13 9am-10pm	14 9am-11pm	15 9am-11pm
16 9am-11pm	17 8am-11pm	18 8am-11pm	19 8am-11pm	20 8am-11pm	21 8am-11pm	22 <small>Super Saturday</small> 8am-Midnight
23 8am-11pm	24 7am-6pm	25 <small>Merry Christmas</small> Closed	26 7am-9pm	27 10am-9pm	28 10am-9pm	29 10am-9pm
30 11am-6pm	31 10am-6pm	JAN. 1 10am-6pm	2 10am-9pm	3 10am-9pm	4 10am-9pm	5 10am-9pm

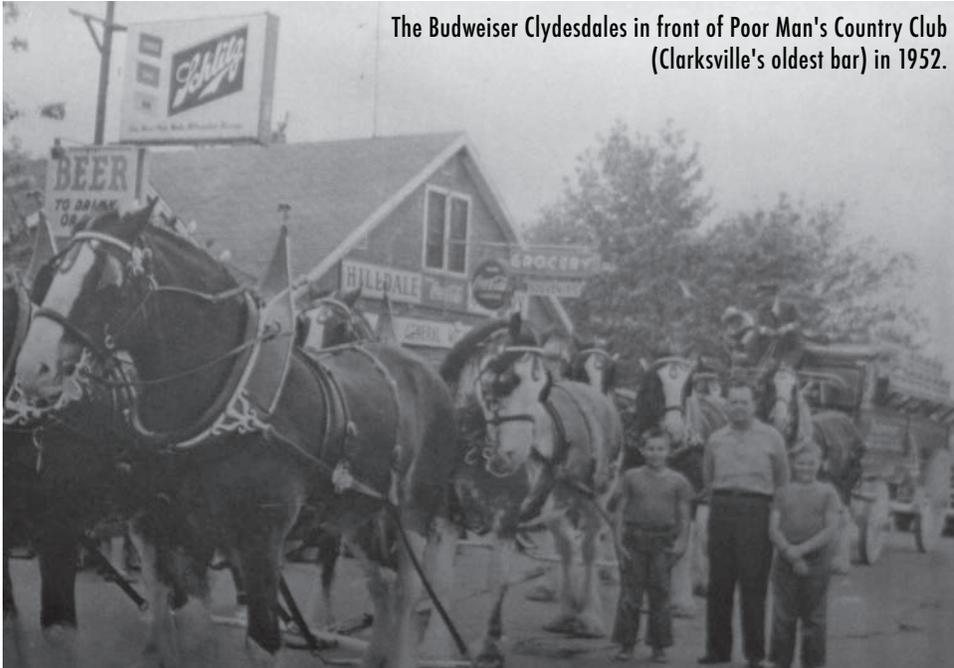
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The Budweiser Clydesdales in front of Poor Man's Country Club (Clarksville's oldest bar) in 1952.



# HOLD MY BEER

...and read this

By: Tony Centonze

There is a longstanding dispute in our city, the question, what is Clarksville's oldest bar. Bill Langford is the fifth owner of a Clarksville tradition, now known as Poor Man's Country Club, a tiny piece of history at the corner of Madison Street and Golf Club Lane.

Originally known as Jumpers, the little bar has been operating continuously in this city since 1939.

Langford bought the establishment about five years ago. "This bar has been here since 1939," Langford said. "Not exactly in this location the whole time, but right here on this corner. The original building was right behind where we are now. I have a picture of the Budweiser Clydesdales standing outside this location in 1952."

In fact, when you walk into the bar which seats only 30 to 40 people, you will notice that the walls are covered with interesting pictures, capturing moments in the lives of the regulars who are the life-blood of Poor Man's.

"These old pictures tell quite a story," Langford said. "Gordon Jumper started it all, and the nickname for the place has always been Jumper's. When I told my mom I bought the place, I said, 'I bought a bar,' she said, 'where?' I said Poor Man's. It didn't ring a bell. I told her where it was, she looked at me and said 'Jumpers?'"

Langford admits that he first started going to the bar when he was still in high school, the drinking age then was 18.

"We would come in the middle of the day and get a draft beer," Langford said. "That was back in 1969 or 1970. This place has been part of my life, basically all my life. I was born and raised right here on Madison Extension, about half a mile South of here."

Jumper ran the place for many years. He was really close to Pete Shearron, who became the second owner. Pete Overton owned it for about a year, and then Jim Kitchen took over and ran it for about 15 years until he passed away. A couple of years after Jim's passing, his family called Bill and offered him the chance to take over the historic establishment.

"It wasn't a dream of mine to own a bar," Langford said. "I certainly wouldn't have bought a bar that didn't come with its own clientele. There was no other bar in town that I would have taken over. My son, Bubba, wanted to run it. He had been helping Jim out, but then Bubba passed away."

When Bill got the call, he decided to take the leap. His role is more like caretaker. He didn't set out to make changes. He wants to keep everything just like it is, like it has always been.

"We're open seven days a week, 365 days a year," Langford said. "We might open a little late on Thanksgiving and Christmas, but you know, some people don't have a place to go on those days. We open for them. This is like a home away from home for a lot of people. It's like Cheers. Everyone knows everyone's business."

Langford says, it's the same customers, and it really is a place where everybody knows your name. The regulars range from 21 to, in his words, 'on a walker'. He sometimes has live music, but there is never a cover charge. There is an attached deck that holds fifteen to twenty people. Thirty people inside is about a full house.

"If every bar stool is full, it almost feels too busy," Langford said. This place is what a neighborhood pub used to be. Those places aren't really around anymore. People will start coming in at lunch time and they just pick up their conversation where they

left off yesterday. They're talking about everything from what they had for supper to how it went when they took their dog to the vet. It's the same people having the same conversations. As a bar owner, I hear the same stories every night. I could tell some of Gary Hodges' stories better than he can."

By lunch time there are a few patrons already staking out their spot for the afternoon. In front of many of the stools you see brass plaques mounted to the bar. They are engraved with the names of regulars who have passed away over the years. There are a lot of second and third generation patrons.

"I'm a second generation customer, my son was third generation," Langford said. "My dad used to come here at a time when they didn't allow women in the bar. Mr Jumper thought women and men in here together would cause trouble, so he never let them in. This place didn't even have a jukebox until Pete Shearron took over. Jim Kitchen was a big sports guy, so he liked all the televisions, and showed all the games." The bar has beer only, no liquor. There is no kitchen.



Sometimes Bill or someone from his staff will put out a pot of chili. During the holidays people bring food, creating a kind of potluck dinner for those who otherwise might not have a traditional holiday meal.



The bar is dark, even during the day. The walls are lined with photos, and other memorabilia and interesting decor, like an armadillo drinking a PBR. Just inside the door, hangs a picture of Pat Head Summit and Bobby Keel. They sang Rocky Top at the very spot where the picture now hangs.

Wayne Pace and Cecil Morgan hold a Tennessee/Georgia Ryder Cup style golf tournament in honor of Gordon Jumper each year. The Jumper Cup has a permanent home on a shelf, on the back wall of the bar. Langford says he would love to have a pool table, but the place is just too small.

"I think the hardest thing is all the old friends who aren't here anymore," Langford said. "There is always a story about Jim Kitchen, or Bret Smith, or Roger Greer, people I knew. A lot of these plaques were here way before my time, but they all have a story.

"Coach Howard Suiter would come in every afternoon. He passed away right after I took over. His obituary in The Leaf-Chronicle said, 'in lieu of flowers, please go to Poor Man's and have a beer'.

People would stop by and have a beer for Howard. Others would come in and just drop off a check, saying, 'I don't drink, but I wanted to do this for Coach Suiter'. On the day of the funeral, we set up a little memorial with his picture and we had people in here all day, a lot of his old ball players. He coached for 25 or 30 years, and had a lot of friends. That was one heck of a day. And, that's what this place is about.

"Roger Greer was a pharmacist at the Medicine Shoppe. He was up here telling us about a big scuba diving trip, that was his favorite hobby. He was so excited. Somehow, he had a heart attack and passed away on that trip, but at least he was doing what he loved."

Langford doesn't spend all his time at the bar, he is still very active with Bikers Who Care. He has now retired from Langford Welding, where he worked for more than 40 years.

Bill talked about the pictures on the wall, all the plaques, all the memories. One of the pictures is of a former Jumper's bartender. "That's Nick Richardson, he was on the deck of the USS Arizona

when Pearl Harbor was attacked," Langford said. "He had to jump into an ocean that was on fire. There is a picture of Jeff Purvis with Dale Earnhardt at Talladega. There is Harry Galbreath. He went to CHS and then played in the NFL. "

Langford says, Poor Man's never feels like work for him. "I sit at one of the tables with a beer," Langford said "I don't have to do much, unless it's busy and I have to change a keg or something. My favorite time is about 11:00 in the morning. I can come in, leave the doors locked and do my tinkering. There is always something to do here. It's a good hobby."

Bill says, you're never going to get rich selling beer. You just do your best to break even, and keep the place going. He is able to pay his staff, and keep gas in his truck.

"If you're 21 and over, come on in," Langford said. "This is a smoking bar, so it's not for some. It's just an old neighborhood pub. People have been calling it their second home for generations, and it just seems to keep on going. I don't know how long I'll be here. Some days I think about walking away. Sometimes it's heaven, sometimes it's hell, but it's always fun. That's the bar business. But this place will surely outlast me."



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# HOLIDAY PET SAFETY

By Christina Chittenden



The holidays are an incredible time of the year. Families will be decorating their homes with Christmas trees, holiday decorations and gifts, and friends and family members will arrive to celebrate in these festivities. Many of you have pets and/or have family members that will bring their pets to visit as well. The following tips will help keep your pet safe during this wonderful time of the year.

1. Place your tree in a corner or separate room away from your pet. This reduces the temptation for your pet wanting to play.
2. Avoid placing lights, cords, decorations, ornaments and tinsel within reach of your pet. These are dangerous and can cause injury to your pet.
3. Keep the area free from falling pine needles. Ingesting these can cause intestinal issues.
4. Holly, mistletoe and poinsettia plants are toxic. Keep them out of reach.
5. Never leave burning candles within reach of your pet or left unattended.
6. Keep all gift-wrapping, strings, plastic, cloth, paper and scissors out of reach.
7. Keep food out of reach. It is very tempting and some foods will make your pet sick.
8. Always keep your pet on a leash when walking or taking out for a potty break. Your pets are not familiar with the area when visiting and can easily stray from the area.

9. Meet and greets and slowly introducing new pets that are brought into the home will ensure their safety. Never leave them alone without supervision and **NEVER LEAVE A CHILD UNATTENDED** with that pet – it may not be child or pet friendly and can be very dangerous.

10. Have your pet microchipped and put a collar with current contact information on it.

11. Consider crating you're having a party, when guests arrive and during hectic moments. This keeps them safe and reduces the anxiety to both pets and family members.

12. Never leave your pet at a boarding facility or pet sitter that you do not know or trust. Please get references and do your research. Ensure your pet is up-to-date on vaccines prior to boarding.

So many families will consider adopting or buying a new pet for the holiday season. This is a wonderful gift; however, many do not take into consideration how busy it is during this time. It can be stressful to both the pet and the family bringing a new pet into their home. Please ensure that you are up to the challenge. When you adopt a new pet, it is a lifelong commitment for you, your family and your new fur baby. They will love you fur ever and their love is unconditional. Your love and commitment should be as well.

If you and your family are considering opening your home and heart to a homeless pet, please stop by the Humane Society of Clarksville-Montgomery County, your local shelters, or rescues when looking. There are so many beautiful, homeless pets looking for a fur ever loving family.

Be merry, be bright!

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# CELEBRATE

## December 1

National Pie Day  
 National Eat a Red Apple Day  
 Bifocals at the Monitor Liberation Day  
 Day With(out) Art Day  
 Rosa Parks Day

## December 2

National Fritters Day  
 National Mutt Day  
 Special Education Day

## December 3

National Roof Over Your Head Day

## December 4

National Sock Day  
 National Dice Day  
 National Cookie Day  
 World Trick Shot Day

## December 5

National Sacher Torte Day  
 Bathtub Party Day  
 International Ninja Day

## December 6

National Pawnbrokers Day  
 National Microwave Oven Day  
 National Gazpacho Day  
 St. Nicholas Day  
 Miners' Day

## December 7

National Illinois Day  
 National Pearl Harbor Remembrance Day  
 National Cotton Candy Day  
 Faux Fur Friday

## December 8

National Brownie Day  
 Pretend To Be A Time Traveler Day  
 National Rhubarb Vodka Day  
 Skywarn Recognition Day

## December 9

National Pastry Day  
 Weary Willie Day

## December 10

Dewey Decimal System Day  
 Human Rights Day

Nobel Prize Day

## December 11

National App Day  
 National Noodle Ring Day

## December 12

National Ambrosia Day  
 National Ding-a-Ling Day  
 Gingerbread House Day  
 Poinsettia Day  
 Chanukah Begins

## December 13

National Guard Birthday  
 National Cocoa Day  
 National Violin Day  
 National Day Of The Horse  
 Pick A Pathologist Pal Day

## December 14

National Alabama Day  
 National Bouillabaisse Day  
 National Salesperson Day

## December 15

National Wear Your Pearls Day

**WICKED GOOD SANDWICHES**

FAMILY DINING ★ DELIVERY ★ LIVE MUSIC

*Get it Delivered!*

Text's **WFCN** named Brandon to **68683** FOR EXCLUSIVE OFFERS, CONTESTS, AND ALL THE LATEST HAPPENINGS!

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**Best of Clarksville** Voted BEST SANDWICH SHOP (2015-16)!

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★ [wickedgoodsandwiches.com](http://wickedgoodsandwiches.com) ★

**AMARE MONTESSORI**

An educational journey from the first steps to adolescence.

"When children come in contact with **Nature** they reveal their strength."

-Maria Montessori

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

AMERICAN MONTESSORI SOCIETY  
 education that transforms lives  
 Accredited Member School

National Cupcake/ Lemon Cupcake Day  
 Bill of Rights Day  
 Cat Herders Day  
 National Wreaths Across America Day  
 Free Shipping Day  
**December 16**  
 National Chocolate-covered Anything Day  
 Barbie and Barney Backlash Day  
**December 17**  
 National Maple Syrup Day  
 Wright Brothers Day  
**December 18**  
 National Roast Suckling Pig Day  
 Answer The Telephone Like Buddy The Elf Day  
**December 19**  
 National Hard Candy Day  
 National Oatmeal Muffin Day  
**December 20**  
 National Sangria Day  
 Mudd Day  
 National Re-Gifting Day  
**December 21**  
 National Maine Day  
 National French Fried Shrimp Day  
 Crossword Puzzle Day  
 Humbug Day  
 Phileas Fogg Win A Wager Day  
 Winter Solstice  
 National Flashlight Day  
 National Homeless Persons' Remembrance Day  
 Yule  
 National Ugly Christmas Sweater Day  
 Underdog Day  
**December 22**  
 National Date Nut Bread Day  
 Forefathers Day  
**December 23**  
 National Pfeffernusse Day  
 National Roots Day  
 Festivus  
**December 24**  
 Christmas Eve  
 National Egnog Day  
**December 25**  
 Christmas  
 National Pumpkin Pie Day  
**December 26**  
 National Candy Cane Day

National Thank-you Note Day  
 National Whiner's Day  
 Boxing Day (Canada)  
**December 27**  
 National Fruitcake Day  
**December 28**  
 National Chocolate Candy Day  
 National Card Playing Day  
 Holy Innocents Day  
 Pledge of Allegiance Day  
**December 29**  
 National Pepper Pot Day

Tick Tock Day  
**December 30**  
 National Bicarbonate of Soda Day  
 Falling Needles Family Fest Day  
 Bacon Day  
**December 31**  
 National Champagne Day  
 Make Up Your Mind Day  
 New Years Eve  
 No Interruptions Day - Last Work Day of the Year  
 Universal Hour of Peace



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*Made with local love & a southern twist.*









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



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

# 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.

THE DOWNTOWN MARKET WILL RETURN MAY 2019.

## 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 JAN 15, FEB 19, MAR 26-30

Burt-Cobb Center  
1011 Franklin Street

Crow Center  
211 Richview Road

Kleeman Center  
166 Cunningham Lane

## 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



*Your holiday hair headquarters!*

Make an entrance and turn some heads this holiday season! Call today to book an updo or blowout with one of our stylists for an upcoming holiday party or special occasion.



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

# CUT MASTERS

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

 Happy to give free estimates! 931-320-3298

## CELEBRATE RECOVERY

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

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

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

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

## CHESS CLARKSVILLE

Fridays, 4:00 PM until.

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

## COUNTRY QUILTERS OF CLARKSVILLE 6:30PM-8:30PM

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

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

## CLARKSVILLE SCRABBLE CLUB

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

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

## CUMBERLAND WINDS

Cumberland Winds, a local community concert band, welcomes adult wind and percussion players to rehearse

and perform. Rehearsals are held weekly on Thursday evenings and performances are held at various times and locations throughout the year. Contact Mike Ritter, Musical Director, at (931) 436-3465 or at [thetptwillsound@charter.net](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

## FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

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



WISHING OUR FAMILIES A VERY MERRY CHRISTMAS!

# Aquino Pediatrics



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



LOAVES & FISHES

An agency that feeds the hungry

# JINGLE BELL

FOOD DRIVE

NOVEMBER - DECEMBER

Please help Loaves & Fishes stock their shelves this holiday season.

WHO CAN HELP

Churches, businesses, schools, individuals, & civic organizations by having a food drive.

Watch for the Loaves & Fishes Jingle Bell Food Truck on Saturdays during the months of November and December. 10 A.M. - 4 P.M.

To participate: Call Loaves & Fishes 931.645.9020 or email [patricia@loavesandfishestn.org](mailto:patricia@loavesandfishestn.org)

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

Clarksville-Montgomery County  
Public Library  
350 Pageant Lane

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

REGISTRATION IS REQUIRED @ the office of CMC Adult Literacy Council

For more information, contact the office of CMC Adult Literacy Council at (931) 542-5046, [adultliteracy-council@gmail.com](mailto:adultliteracy-council@gmail.com) or visit [adultliteracycouncil.org](http://adultliteracycouncil.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 Groppe, (931) 561-5530.

Clarksville-Montgomery County  
Public Library  
350 Pageant Lane

## SOCIETY FOR CREATIVE ANACHRONISM

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

# DECEMBER

## 1 SATURDAY

### ICCCW CRAFT FAIR.

9:00AM - 3:00PM

Immaculate Conception Council of Catholic Women is hosting their annual craft fair and country kitchen. Shop local this christmas! Come check out over 50 vendors with homemade wares and stop by our bake sale and country kitchen. We will be selling our famous quart jars of soup and chili, funnel cakes, and tons of homemade baked goodies.

Immaculate Conception Catholic Church.  
709 Franklin St  
Clarksville, TN

## MAKEUP AND MARGARITAS PARTY.

4:00PM

Hello friends! I have decided to host a makeup and Margaritas party! This will be different than regular makeup events because I want to address something I always hear. "I don't know how to do makeup" Well I will be doing a CLASS. yes, I will be reaching out and holding a class to teach basic to more advanced makeup looks. Depending on how many people want to attend will be how I decide to go about it. If we get over 5 people, then I will be bringing a couple models to show you on.

I will be bringing ALL my professional makeup for you to test out including a false LASH tutorial and even touch on skin care too because that's the base of every amazing application.

Cost: \$15 per person.  
All food and drinks included.

973 Harding Dr.  
Clarksville, TN

## CHRISTMAS PARADE AND 6TH ANNUAL TOUR OF TREES.

5:00PM - 8:00PM

Join us for the Clarksville Christmas Parade as First Baptist Clarksville will have a float this year! Saturday, December 1 will kick off our Christmas at FBCT, with our 6th annual Tour of Trees. Over 30 beautifully decorated trees will be on display, so join us immediately following the parade from 5-8pm. Come inside and tour the trees, enjoy warm drinks and snacks, and listen to live musicians and carolers! Visit [fbct.org/christmas](http://fbct.org/christmas) to learn more!

First Baptist Church  
435 Madison St.  
Clarksville, TN

## CHRISTMAS SWEATER REVEAL.

9:30AM - 8:00PM

Join us for our annual \$5 Christmas Sweater Reveal! All of our Christmas sweaters and tops (ugly and not) will be only \$5 while supplies last! Bring a friend and get a great deal on your jolly attire this Christmas!

Clothes Mentor Clarksville  
2714 Wilma Rudolph Blvd.  
Clarksville, TN

## 2 SUNDAY

### CRAPTS & COCOA WITH MRS. CLAU.

(FREE)

1:00PM - 4:00PM

Join us on Sunday at Center Court with Mrs. Claus for Crafts and Cocoa. We will have Christmas-themed rock painting and more! All ages are welcome, while supplies last.

Governors Square Mall.  
2801 Wilma Rudolph Blvd,  
Clarksville, TN

## THE POLAR EXPRESS MOVIE SHOWING.

2:00PM - 4:00PM

A doubting 8-year-old boy is whisked to the North Pole on a magical train for a meeting with Santa. Meanwhile, the train's conductor, along with the other young passengers, help turn the boy's crisis in faith into a wondrous journey of self-discovery.

Cost: \$5 per person (cash or cheque ONLY)

Roxy Regional Theatre  
100 Franklin St.  
Clarksville, TN

### 3 MONDAY PET NITE PHOTOS WITH SANTA.

**6:00PM - 8:00PM**  
Bring your fur babies in for their own picture with Santa! We ask that all animals be on a leash or in a cage while in the mall. All events are subject to change or cancellation without notice. See customer service for complete details.

Governors Square Mall.  
2801 Wilma Rudolph Blvd,  
Clarksville, TN

### 6 THURSDAY CELEBRATE WITH HOLIDAY CARDMAKING.

**(FREE)  
5:00PM - 7:00PM**  
Come celebrate our Blue Star Families and create holiday greeting cards to share.

Join Arts for Hearts Clarksville volunteers & The Two Rivers Company for an evening of art connecting our community with military families.

Concessions by GOLLY G will be open for purchase.

Downtown Commons  
215 Legion St.  
Clarksville, TN

### ART WALK WITH SANTA.

**5:00PM - 8:00PM**  
Join us for the First Thursday Art Walk at the Roxy Regional Theatre. Bring the kids from 5:30 to 7:30 so they can get pictures with Santa!

An all new exhibit "The Faces of Christmas" will be unveiled this night and will be on display throughout the month of December.

Roxy Regional Theatre  
100 Franklin St.  
Clarksville, TN

**NOEL NIGHT. (FREE)  
5:00PM - 8:00PM**  
Come join us for a night of food, fun, and shopping. For the first time

ever the Customs House Museum and Cultural Center will be hosting a barbershop quartet. No Green Bananas will be our entertainment for the evening.

Stop in at the café for a fun, family craft. Enjoy festive holiday food and drinks. Wrap up the evening off by doing some Christmas shopping at Seasons: The Museum Store. Take 15% off your entire purchase during this event. Museum members receive 25% off their purchases. Free holiday gift wrapping will be provided.

Seasons: The Museum Store  
200 S 2nd St,  
Clarksville, TN

**7 FRIDAY  
EPOXY CRYSTAL WORKSHOP.  
6:00PM - 8:00PM**  
The Mad Herbalist and J Leatherwood Trading will be hosting a unique, innovative, and extraordinary workshop followed by a pop-up market!

Imagine an array of crystals, fossils, dried flowers, and more - all waiting for your selection! First, you will get a quick Epoxy 101 that will help you make educated pairings for your Custom Epoxy Crystal. Next, get your collection box as well as your worksheet, and

select your shape. (Details below.) Then, choose from the array of options that will truly customize and personalize your piece! Do you have a small charm, trinket, or even a baby tooth you want to incorporate in the piece? Bring it along! Lastly, turn in your collection box and worksheet.

Cost: \$65 per person  
**TICKETS MUST BE PURCHASED PRIOR TO EVENT.**

For more details and to purchase tickets visit <https://www.facebook.com/events/478978159290929/>

The Mad Herbalist  
1601 Madison St.  
Clarksville, TN

**2018 CHRISTKINDL MARKET.  
4:00PM**  
Wander through our annual German Christmas market as you browse one of a kind high-quality handmade gifts by local craftsmen, listen to live Christmas music and enjoy a grilled bratwurst or warm mug of gluhwein. You're sure to find the perfect Christmas gift for everyone on your list at Christ Lutheran's Christkindl Market. Browse lots of local vendors offering handcrafted items both indoors, outdoors, and in our on-site heated tent.

# Crisis 211

There is light, even in the darkest night. **DIAL** Find Help • Give Help

**Crisis comes in many forms. It comes when a person experiences emotional pain like the death of a loved one, divorce, neglect, depression, broken relationships & even a bad day at work or school.**

**2-1-1 offers information on a broad range of services including:**

- Financial assistance
- Prescreening for foodstamps
- Free tax preparation
- Food banks
- Housing
- Health resources
- Elderly care
- Financial literacy
- Job training programs

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- AIR LIFT SUSPENSION**

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

Baked goods, hot food including pretzels, bratwurst, schnitzel, warm gluhwien, our own microbrew beer, and much more.

Christ Lutheran Church  
2425 Kirkwood Road  
Clarksville, TN

## 8 SATURDAY

### ELF SPLASH. 10:00AM - 12:00PM

Come join us at the pool, for a fun filled day at the second Elf Splash. Santa's elves will be busy at New Providence Pool again this year! Activities include crafts, ornament making, face painting and more. Ages: 6 months - 11 years

Cost: \$5 per person  
Register online at <https://bit.ly/2B7ldUu> or pay at the door.

New Providence Pool  
168 Cunningham Ln,  
Clarksville, TN

### CRAFT FAIR. 9:00AM - 3:00PM

Shop for Christmas gifts or for yourself at the MCHS Craft Fair. Easy access parking makes it so convenient. The train station will be filled with vendors offering a great variety of handcrafted goods. Gift Shop will be open also. Stop on by!

Montgomery County Historical Society  
189 10th St.  
Clarksville, TN

### FREE ADMISSEON DAY AT CUSTOMS HOUSE MUSEUM. 10:00AM - 4:00PM

Explore an entire city block featuring large gallery spaces filled with fine art, science and history. The Explorer's Gallery is packed with fun, learning and fantasy in McGregor's Market and kitchen, the toddler play space and of course, the Bubble Cave.

Customs House Museum  
200 2nd St.  
Clarksville, TN

### CHRISTMAS AT THE CRIB. 10:00AM - 3:00PM

Join us for the first, ever Christmas at The Crib! We will have local vendors, food trucks, Santa, and more!

2404 Peachers Mill Road.  
Clarksville, TN

### HERE COMES SANTA CLAUS. 10:00AM - 12:00PM

Please join us in welcoming Santa and Mrs. Claus this season. Stop by with your family and enjoy a free photo with our Guest of Honor while enjoying holiday music by Brio Springs. Warm yourself by the fireside, fill your tummy with delicious treats, and visit with us all.

2301 Rudolphtown Rd,  
Clarksville, TN

## 9 SUNDAY

### BRUNCH WITH SANTA. 10:00AM - 2:00PM

Santa Claus is coming to town! And you can meet him while enjoying a great brunch experience with Miss Lucille's!

Our beautiful farm tables will be set up in The Belle Hollow and brunch will be buffet-style. To capture the memories of the day with The Big Man in Red, we will have a photo booth on stage for your convenience.

Brunch will include:

- breakfast buffet
- waffle station
- meat-carving station
- + mimosa/wine cash bar (after 12:00 only)

Cost: \$18 per adult  
\$10 per child  
Children 2 and under are FREE but must reserve a space when purchasing tickets. Visit

<https://www.facebook.com/events/301913243755936/> to purchase tickets. Tickets WILL NOT be available at the door.

Miss Lucille's Marketplace  
2231 Madison St.  
Clarksville, TN

### HOLIDAY OPEN HOUSE. 1:00PM - 5:00PM

Join us for our annual Holiday Open house! Listen to live holiday music while you sip, shop, and snack around the gift shop! This event will without a doubt put you in the Holiday spirit.

Cost: \$10 per person

Wine Club Members and Coin Holders enter for free!

We are excited to donate a portion of the proceeds from ticket sales to Manna Café this year!

Beachaven Vineyards & Winery  
1100 Dunlop Lane,  
Clarksville, TN

### RAINBOW READING WITH EC. (FREE) 1:30PM - 4:00PM

Members and allies of the LGBT+ community will be reading LGBT+ AFFIRMING books to the public, sharing Affirming music, spoken word or poetry and/or movies, all of which are donated to the public library to increase tolerance, acceptance, acceptance and affirmation of our LGBT+ community.

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

### SENSORY FRIENDLY SANTA. 10:00AM - 11:00AM

Families of children with disabilities know that a trip to a shopping mall can be challenging—crowded stores, loud music and long lines can make the experience especially difficult. Governor's Square Mall wants to give children with special needs

time with Santa on Sunday. Please call the Santa set at 931-801-8016 to reserve your time slot.

Governors Square Mall  
2801 Wilma Rudolph Blvd  
Clarksville, TN

### A CHRISTMAS CAROL MOVIE SHOWING. 6:00PM - 8:00PM

Jim Carrey stars as Ebenezer Scrooge (and also plays the ghosts of Christmas past, present and future) in this adaptation of Dickens' classic holiday tale about the value of generosity and the true meaning of Christmas.

Cost: \$5 per person (cash or cheque ONLY)

Roxy Regional Theatre  
100 Franklin St.  
Clarksville, TN

## 10 MONDAY CHRISTMAS CAROLS AT THE VETERANS HOME. 6:00PM - 8:00PM

Women veterans will be joining together to fellowship with the residents of our local Tennessee State Veterans Home. We will be singing carols and distributing small gifts and cards.

Please feel free to bring small wrapped gifts and/or signed Christmas cards. If you have kids, or volunteer with a local organization, you can get cards signed by many people, which is always a blessing. Your kids can make their own personalized cards.

250 Arrowood Dr  
Clarksville, TN

## 10 MONDAY YIP DECEIVER W/ THE NASHVILLE FRONT DISCO & TBA 8:30PM-11:30PM

Yip Deceiver (featuring Davey Pierce and Nicolas Dobbartz from of

Montreal) w/ The Nashville Front Disco & TBA. \$7 | Doors 8PM All ages!

Wicked Good Sandwiches  
605 Cumberland Dr  
Clarksville, TN

## 13 THURSDAY COMMUNITY CHRISTMAS PARTY. (FREE)

**5:30PM - 7:30PM**  
Families are invited to celebrate the holidays with a fun evening of face painting, arts and crafts, letters to Santa, refreshments and more!

Activities will also include musical chairs, a cupcake walk, balloon pop and a scooter relay race. Parent or guardian must be present. Snacks and drinks will be provided.

Clarksville Parks & Recreation  
(Burt-Cobb Recreation Center)  
1011 Franklin Street  
Clarksville, TN

## STORYTIME WITH SANTA. 9:00AM - 10:00AM

This Holiday Season, bring the children and a blanket for a Special Storytime With Santa Thursday. We will gather at Santa's Home in the mall and listen to Christmas Stories being read and visit with the Jolly Old Elf.

Cookies brought to you from Great American Cookie Company, while supplies last. Santa Photos will be available for purchase after the Event.

Governors Square Mall  
2801 Wilma Rudolph Blvd  
Clarksville, TN

## 15 SATURDAY

### BREAKFAST WITH SANTA. (FREE) 8:00AM - 10:00AM

YMCA Members, mark your calendars as Santa himself will take time out of his busy schedule to visit the Clarksville Y. Santa will be

posing for pictures and, of course, making his list and checking it twice. This family-friendly event will include breakfast as well as other surprises as an appreciation event for our members.

Clarksville Area YMCA  
260 Hillcrest Dr.  
Clarksville, TN

## JESS BE YOU WORKSHOP. 11:00AM - 1:00PM

"Jess Be You" is an outlet for ladies of all ages to confidently strut who they are. Our motto is your confidence will determine your success. This workshop is for us to take a moment and realize the importance of our self-care. We perform and feel our greatest when we are filled.

In our time together we will unfold three categories of self-care. The categories include: physical, emotional and social. We will have a guest speaker, give-aways, refreshments and more! The goal of the day is for each individual to leave encouraged. Knowing how to fill their cups, so that they can fully walk out who they were designed to be.

Cost: \$15 per person

Eagles Nest Christian Center  
131 Tiny Town Rd  
Clarksville, TN

## PAINTING CLASS - STABLES. 6:00AM - 9:00AM

Artist: Lee Sullivan-Bergman  
Check-in is between 5:30 p.m. and 5:45 p.m. Class will begin at 6:00 p.m. This is a 3-hour class.

Cost: \$45 per person  
You can purchase tickets at <https://www.rezclick.com/swirlzartstudio/index.php?page=classes&fbclid=IwAR0AC2Gc3yG8p6HTDz2G3hJbqu84Jh-1lu0xnz2rktEwZQLkF3jWwgpae8#1176>

Swirlz Art Studio  
329 Warfield Blvd.  
Clarksville, TN

## THE PERFECT PRINCESS TEA. 5:00AM - 7:00AM

The Princess Palace will host our Annual Tea Party. Featuring Elsa. Come enjoy the Princess perform your favorite songs. Enjoy tea sandwiches, savories, tea, punch, arts/crafts and photo opts with the Princesses.

Regular Seating Cost: \$45 per person  
VIP Seating Cost: \$95 1 adult 1 child  
Regular Seating.  
Each Guest will enjoy:

- Meet and Greet
- Arts and Crafts
- Enchanting Tea Snacks and Drinks
- Performances from Queen Elsa and Princess Anna

VIP Seating.  
Each Guest will enjoy:

- Arrive 1 hour before other guests to have one-on-one time with the Princess at 4 p.m.
- VIP Princess Swag Bag
- Complimentary Photo

The ticket includes 1 adult and 1 child

Tickets can be purchased at <https://www.thepamperedpalace.com/perfect-princess-tea-party>

## CHILDREN COME DRESSED AS YOUR FAVOURITE CHARACTER.

Trane Union Hall  
121 Union Hall Road  
260 Hillcrest Dr.  
Clarksville, TN

## 16 SUNDAY A 19TH CENTURY CHRISTMAS. 3:00 PM - 7:00PM

Learn how our ancestors celebrated Christmas during the Civil War at A 19th Century Christmas at Fort Defiance Interpretive Center

Visitors will be able to step back in time and create period decorations,

visit with a nineteenth century Santa, decorate the tree, and enjoy eggnog, cakes, caroling and more!

Pre-registration is required and available online:

3:00 p.m. <https://bit.ly/2M44DtX>

5:00 p.m. <https://bit.ly/2nFnjR>

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

## 19 WEDNESDAY

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

Meets the 3rd Wed. of each month. When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family. Meeting POC is Henry Moore Jr. [tcfofclarkville@gmail.com](mailto:tcfofclarkville@gmail.com)

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

## 22 SATURDAY

### RECLAIMED WOODEN LIGHT UP CHRISTMAS SIGN. 5:00PM - 8:00PM

What a great gift this would be. We need to cut the boards, sand the boards, drill the holes, put the hanger on then sand them one last time. Do not worry about painting the truck or wording, I do have a little secret to help with that!

You will need to message me with your name the way you want it on the sign! at <https://www.facebook.com/jsartworksllc/>

Cost: \$50

You can purchase tickets at <https://www.rezclick.com/jandsartworks/index.php?page=classes#771>

J&S Art Works  
2535 Madison St.  
Suit G  
Clarksville, TN

## 25 TUESDAY

MERRY  
CHRISTMAS

## 27 THURSDAY

### FAMILY FUN KARAOKE. 7:00PM - 11:00PM

Family Fun Karaoke Happens Every  
Last Thursday Of The Month At Wgs!

Wicked Good Sandwiches  
605 Cumberland Dr  
Clarksville, TN

## 31 MONDAY

### NEW YEARS EVE SPLASH. 8:00PM - 12:30AM

Come Join Us at the Pool and ring  
in the New Year with a Pool Party!  
When the clock strikes midnight we  
will have our 3rd annual beach ball  
drop. Admission includes access to  
the Wibit, climbing wall, and water  
slide! New this year will be a light  
show provided by our DJ. After 10:00  
pm, minors 17 and under must be  
accompanied by parent/guardian.

Cost: \$5 Per person  
Register online at <https://bit.ly/20EHgEb> or pay at the door.

New Providence Pool  
168 Cunningham Ln,  
Clarksville, TN

### DAYTIME NEW YEARS EVE CELEBRATION. 1:00PM - 4:00PM

All the fun of staying up until  
midnight without needing to stay up

late! Our Midnight countdown and  
balloon drop is at 3:00pm. Don't  
miss all the fun, games, prizes, and  
excitement of NYE at Magic Wheels!  
Among the prizes given away will  
be a Free Birthday Party, a Free Pair  
of Skates (up to \$119), and Free  
Skating for a Year!

Cost: \$12 Per person  
anyone over the age of 10 is \$9.  
Advance ticket purchases receive \$3  
in free tokens!

Free admission for supervising  
parents.  
Tickets can be purchased at  
[https://partywirks.com/store/magic\\_wheels/activity/11336/daytime\\_new\\_years\\_eve\\_celebration?fbclid=IwAR1MVLiW\\_NR1v-wyBtiVFc6Rkfsly658f2pxCFolzTJczrm0l6shIPokT6A](https://partywirks.com/store/magic_wheels/activity/11336/daytime_new_years_eve_celebration?fbclid=IwAR1MVLiW_NR1v-wyBtiVFc6Rkfsly658f2pxCFolzTJczrm0l6shIPokT6A)

Magic Wheels Fun Center  
1671 Fort Campbell Blvd  
Clarksville, TN

## JANUARY

### 1 TUESDAY

Happy  
New Year  
2019

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

## AT THE LIBRARY:

### TODDLER PROGRAMS :

**Dec 3.**  
Busy Bees for 2s & 3s. 9:30am - 10:00  
am. Ch Story Theater.  
**Dec 6.**  
Baby & Me Lapsit. 9:30am - 10:00am.  
Ch Story Theater. This program is for  
children who are not yet walking and  
their caregiver.

### SCHOOL AGE CHILDREN (AGES 5 & UP):

**Dec 1.**  
Girl Scout Troop 1797. 10am-11:30am.  
Glass Study Room.  
Junior Coders Club. 10am - 12pm.  
Computer Lab. Signups are required as  
space is limited. <http://signup.com/go/zhyiCla>  
Sensory Story Time. 10:30am-11:30am.  
Ch Story Theater. Sign-up is encouraged  
and can be done by [emailing Jennifer@clarksville.org](mailto:emailingJennifer@clarksville.org).

**Dec 4.**  
Just For Me. 10:30am - 11:00am. Ch  
Story Theater. This program is an  
independent learning experience for 4  
and 5 year olds.

**Dec 8.**  
4 Paws 4 Reading. 1:00pm - 2:00pm.  
Ch Story Theater. Children are invited to  
come practice their read aloud skills by  
reading to pet therapy dogs.

**Dec 13.**  
Homeschool Lego Group Meeting.  
2:00pm - 4:00pm. Large meeting room.

**Dec 15.**  
Girl Scouts of Middle TN - Cookie Rally.  
2:30pm - 5:15pm. Large meeting room.

### TWEEN(GRADES 4-6) & TEEN PROGRAMS (GRADES 7-12):

**Dec 1.**  
Teen Scene. 2pm - 4pm. Large meeting  
room.

**Dec 3.**  
Tween Program. 5:00pm - 6:00pm. Ch  
Story Theater.  
Recover Our Sons. 6:00pm - 7:00pm.  
Large meeting room. Mentoring program  
for young men.

**Dec 5.**  
Paperback to Pictureshow. 5:30pm -  
7:30pm. Boaz Board Room. Read the  
book before and watch the movie with  
us!

**Dec 17.**  
Tween Holiday Program. 5:00pm -  
7:00pm. Large meeting room.

### ADULT PROGRAMS (18 & UP):

**Dec 1.**  
DDC Adult Driver Improvement Program.

8am - 12pm. Small meeting room.  
For more information contact (931)  
553-5186.

Clarksville Area Child Care Providers  
- Quarterly Training. 9am - 1pm. Large  
meeting room.

**Dec 4.**  
DDC 4. 3:00pm - 7:00pm. Glass Study  
Room. Defensive Driver Class sponsored  
by the Montgomery County Driver Safety  
Program. For more information, contact  
(931) 553-5186.

Public Hearing - Transportation Plan  
Update. 5:00pm - 7:00pm. Large  
meeting room.

**Dec 5.**  
Wings of Love Memorial Ceremony.  
5:30pm - 7:00pm. Atrium. Memorial to  
remember victims of homicide.

**Dec 7.**  
CMCCAA - Foster Grandparent Program.  
9:00am - 12:00pm. Large Meeting Room.

**Dec 8.**  
Homebuyers Education Class. 9:00am -  
5:30pm. Small meeting room.  
Burt High School Class of 1965. 1:00pm  
- 3:00pm. Glass Study Room. Class  
reunion meeting for Burt High School  
Class of 1965.

Free Yoga Class. 2:30pm - 3:30pm.  
Large Meeting Room. Join us for a free  
yoga class sponsored by the Yoga Mat  
Studio. Equipment will be provided for  
those attendees who do not bring their  
own mat.

**Dec 10.**  
Alzheimer's Support Group. 6:30pm  
- 7:30pm. Small meeting room.  
Alzheimer's support group for families  
and caregivers.

**Dec 11.**  
Clarksville Garden Club. 9:00am -  
2:00pm. Large meeting room.

**Dec 13.**  
APSU Woman's Book Club. 9:30am -  
11:30am. Large meeting room.

**Dec 14.**  
NIA Association - CPI Training. 9:00am  
- 4:00pm. Large meeting room. Safety  
Course for employees that require the  
large conference room

### FAMILY PROGRAMS:

**Dec 1.**  
Family Fitness: Belly Dancing. 12pm -  
1pm. Small meeting room. Please come  
dressed in comfortable clothes that are  
easy to move in and flat soled shoes or  
socks to wear during the class.

**Dec 3.**  
Family Story Time. 10:30am - 11:00am.  
Ch Story Theater.

**Dec 11.**  
Center for Family Development -  
Christmas Celebration. 2:00pm - 7:30pm.  
Large meeting room.



# Pet Pix Contest

Submit YOUR Pet Pix by Nov. 15<sup>th</sup>

The winner this Month is  
**Sadie**



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



Dressed like his daddy the Fireman!!



Such a sweet girl!



My Lil Fairy Princess Bella



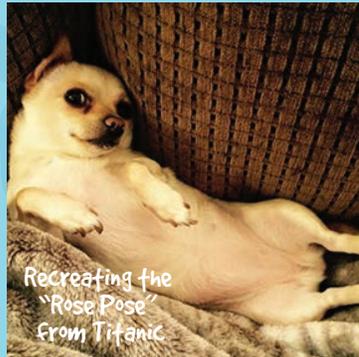
Look at that sweet face!



Baby it's cold outside



What did you say?



Recreating the  
"Rose Pose"  
from Titanic



I brought the turkey  
you bring the sides



I still act like a puppy  
but I am over 15  
years old! Peter Pan?



ITS NOT EVEN THANKSGIVING YET!!



Kevin is ready to brave the cold!

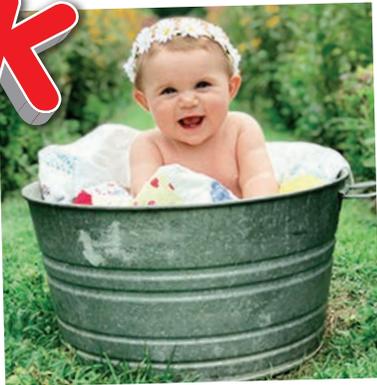


Izzy all snuggled in her jammies

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

# HAPPY BIRTHDAY!

K



Happy 1st Birthday Baby Kay!  
Love, mom, dad, And your bubbas

O



Happy birthday Ophelia, our little Beet Seed!  
Mommy and Daddy love you so much!

M



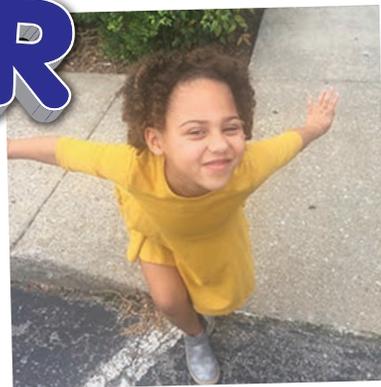
Happy 2nd Birthday Michael,  
Mommy, Gabriel, and Abby  
loves you very much!!

B



Happy 5th Birthday Bonnie Mae.  
We love you!

R



Happy 5th birthday Rain!

A



Happy 6th Birthday to our cuckoo bird!  
We love you most times infinity!

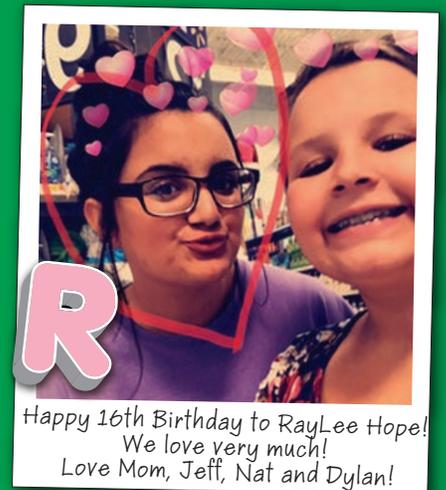
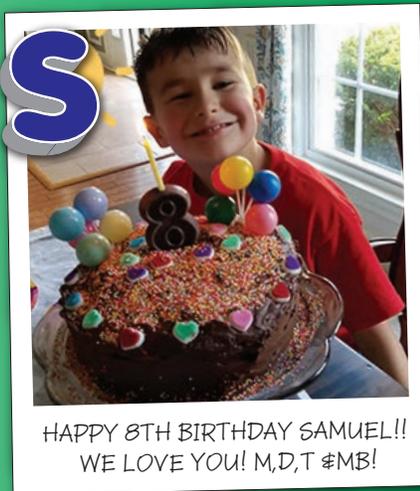
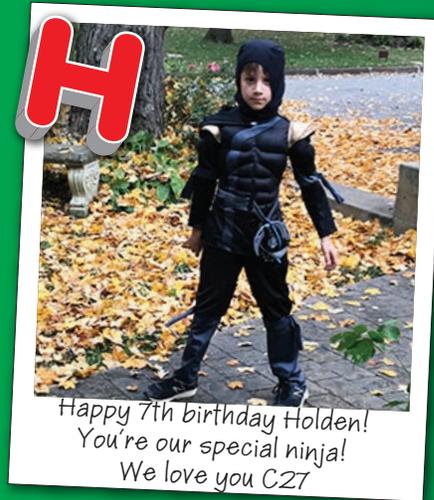
B



Happy 6th birthday Bentley Bear.  
Mommy and Daddy love you!

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

# HAPPY BIRTHDAY!



## ADOPTION & FOSTER CARE CAMELOT CARE

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

## CENTERSTONE FAMILY CENTERED SERVICES

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

## CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

## CARING CHOICES OF CATHOLIC CHARITIES

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

## OAK PLAINS ACADEMY

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, [karen.henderlight@uhsinc.com](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, wii bowling, exercise room and more. Our Senior Circle of Friends adult daycare room is available for seniors needing extra care during the day. We hold weekly dance, seminars, bible study. We are currently providing free tax preparation for seniors with a fixed income. For information contact Diana Akin or Dan Blair @ (931)-648-1345

## CLARKSVILLE MODEL RAILROAD CLUB

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

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

## COMMUNITY SCHOOL OF THE ARTS AT APSU

The Community School of the Arts (CSA) at APSU is now under the management of the Center of Excellence for the Creative Arts (CECA, or "seek-ah"). Established in 1990, the CSA offers a variety of classes for children and adults, from beginning to advanced levels, in the areas of dance, theatre, music, creative writing, and visual art. Over 20 courses are offered per semester, such as digital SLR photography, drawing, painting, ceramics, children's choir, ukulele, music play for toddlers, ballet, modern dance, fiction writing, and improvisational acting. These classes inspire students of all ages to get involved in the arts in an affordable, friendly environment. For more information, call 931-221-7876, visit [www.apsu.edu/ceca/csa](http://www.apsu.edu/ceca/csa), or email [csa@apsu.edu](mailto:csa@apsu.edu).

## MADISON STREET MUSIC & ARTS ACADEMY

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

## MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

## LET'S PLAY CHESS

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

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

### CANINE FLYBALL CLUB

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

### CLARKSVILLE BADMINTON CLUB

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

### CLARKSVILLE IMPACT SOCCER CLUB

Involves participation of children ages 5-18 in youth sports, specifically soccer. Impact

is a non-profit organization trying to provide opportunities to our youth. (931) 358-4926, [info@clarksvilleimpact.us](mailto:info@clarksvilleimpact.us) or [clarksvilleimpact.us](http://clarksvilleimpact.us).

## CLARKSVILLE TENNIS ASSOCIATION

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

## CLARKSVILLE VOLLEYBALL CLUB

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

## EMMANUEL FAMILY LIFE CENTER

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

## TEAM CLARKSVILLE YOUTH WRESTLING

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

## THUNDERBOLT AQUATICS SWIM CLUB

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

## WARRIORS SPECIAL NEEDS CHEERLEADING

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

## CHILD BIRTH & PARENTING EDUCATION

### ROOTS CHILD BIRTH PREPARATION

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

### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

### CLARKSVILLE BIRTH COMMUNITY

A place for families in the Clarksville/Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from fellow moms and professionals such as childbirth educators and doulas. We want to be sure our

members know that all moms are welcome here. Our primary goal is that you make *informed* choices for your pregnancy, birth and newborn care. Events posted at [fortcampbelldoulas.webs.com](http://fortcampbelldoulas.webs.com) or find us on Facebook at [www.facebook.com/groups/clarksvillebirthpros/](http://www.facebook.com/groups/clarksvillebirthpros/).

## HEALTHY START

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

## LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

## NINE MONTHS & BEYOND

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

##### ASERACARE HOSPICE

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

##### BAVANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

##### CRISIS CALL LINE

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

##### CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croats and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help

Croats who want to move to Clarksville and make sure their transition is smooth. Visit [facebook.com/groups/CroatiainsinTennessee/](http://facebook.com/groups/CroatiainsinTennessee/)

##### DAGAN FOUNDATION

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

##### FREE CAKES FOR KIDS KY & TN

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

##### FRIENDS OF THE BLUEWAY

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

##### TENNOVA HOME HEALTH & HOSPICE

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

##### GOOD NEWS CLUBS

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

##### GRACE ASSISTANCE PROGRAM

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

##### HABITAT FOR HUMANITY AND RESTORE

Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931)

645-4222, [habitatmctn.org](http://habitatmctn.org). The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, [donation@clarksvillerestore.org](mailto:donation@clarksvillerestore.org).

##### HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet Peas headed here in Clarksville by Kristin Vanderlip. We provide long term stay care packages to families who have babies in Neonatal Intensive Care Units (NICUs). We currently make scheduled deliveries to the level 3 NICU at Monroe Carell Jr. Children's Hospital at Vanderbilt in Nashville. However, we also take personal requests and will mail or hand deliver care packages to other local hospital NICUs. If you or someone you know has a baby who requires time in a NICU, the experience can be stressful and even traumatic; therefore, our care packages are designed to provide families with items they may need or find helpful during their baby's time in the NICU. Please contact us if you know someone who has a baby in a NICU. For more information please visit: [facebook.com/haileyshopePSP](http://facebook.com/haileyshopePSP) or email division coordinator Kristin Vanderlip at [Kristin@projectsweetpeas.com](mailto:Kristin@projectsweetpeas.com).

##### HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

##### HOPE CENTER

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

##### HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

##### LATINA ASSOCIATION

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

##### LOAVES AND FISHES

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

##### MANNA CAFÉ MINISTRIES

Mobile Café:  
Tuesdays 5:30pm to 7:00pm, New Providence area

Wednesdays 5:30pm to 7:00pm, Lincoln Homes

Thursdays 5:30pm to 7:00pm, Veterans Plaza

Saturdays 8:30am to 10:00am, New Providence area and Veterans Plaza

Food Box Distribution:  
Mondays, Wednesdays, and Fridays 10:00am to 4:00pm  
1319 East Franklin Street

Manna Café Ministries  
1319 East Franklin Street, Clarksville, TN  
Office:  
931-933-0970  
Email: [info@mannaecafeministries.com](mailto:info@mannaecafeministries.com)

#### MEALS ON WHEELS

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

#### MONTGOMERY COUNTY WIC CLINIC

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

#### RADICAL MISSION

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

#### SUNCREST HOME HEALTH

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

#### TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

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

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

#### UNITED WAY

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

#### VETERANS UPWARD BOUND

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

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

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common

problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050. Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

#### APTITUDE HABILITATION SERVICES

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

#### ASPERGER/AUTISM CENTER

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

#### BRADFORD HEALTH SERVICES

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

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

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

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

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

#### CENTERSTONE

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

#### COLUMBUS ORGANIZATION

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

#### HEALTH CONNECT AMERICA

At 1820 Memorial Drive, Suite 203. Offers programs that assist at-risk youth and their families facing issues such as depression, anxiety, grief, abandonment,

anger management, substance abuse and family conflict. For more details on our programs please call (931) 933-7200 or visit [healthconnectamerica.com](http://healthconnectamerica.com).

#### THE FAMILY GUIDANCE TRAINING INSTITUTE

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

#### LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

#### MENTAL HEALTH COOPERATIVE

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

#### PASTORAL COUNSELING CENTER

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

#### THE PATH LIFE COACHING

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

#### REGIONAL INTERVENTION PROGRAM (RIP)

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

#### WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug

treatment. Once accepted into the program, individuals will receive doses of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

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

#### INTERNATIONAL ORGANIZATIONS

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

Host parents may go to [afsusa.org/host](http://afsusa.org/host) to view and fill out a hosting application. Keep in mind that CMCCS 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 Tenny Area AFS Volunteer Leadership Team web site is [afsusa.org/misstenny/](http://afsusa.org/misstenny/). Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV and Flickr: afsusa.

##### YOUTH FOR UNDERSTANDING USA (YFU)

Would you consider hosting or serving as a welcome family for one of our carefully selected foreign exchange students this fall? The benefits of hosting a YFU student are as numerous and varied as the families who embrace this life-altering experience. Meet some of our incoming students at [yfuusa.org/meetstudents](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 [scbcmoms](http://scbcmoms). 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/](https://www.meetup.com/1943/)

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

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

#### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in meetings and via phone and email. All breastfeeding and expectant mothers and their children are welcome to attend either or both monthly meetings! Meetings are on the first Wednesday of each month at 10:00 a.m. at Clarksville's Montgomery County Public Library in the large meeting room and also on the third Wednesday of each month at 6:00 p.m. on Fort Campbell Army Post. The evening meeting is also open to your support person. Please check our Facebook for location each month [facebook.com/LLLClarksville](https://www.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.

#### 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 [momsclubofclarksvillwest@gmail.com](mailto:momsclubofclarksvillwest@gmail.com). Look for both groups on Facebook. A typical month of activities may include story time at the library, lunch at a local eatery, and a crafting play date, to name a few. Clarksville is a growing town with many family friendly activities. Contact us to explore these opportunities together.

#### MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to [clarksvillemops@gmail.com](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-Coordinators, 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/](https://www.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://www.cadstn.org).

#### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

#### CLARKSVILLE OSTOMY SUPPORT GROUP

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

#### CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

#### COMPASSIONATE FRIENDS

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

#### DIABETES SUPPORT GROUP

Need help managing your diabetes? Tennova's 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 from 12 to 1 p.m. in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information contact our Registered Dietitians at 931-502-1127

#### FOCUS AUTISM NOW

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

#### GRIEF SUPPORT GROUP AT ASERACARE

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

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

#### JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact [cvoiland-free@jdrf.org](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 NAMI.

#### PARENTS HELPING PARENTS

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

#### PARKINSON'S SUPPORT GROUP

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

#### TENDERPAWS PET THERAPY

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

#### YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

#### TUESDAY OVEREATERS ANONYMOUS MEETING

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

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



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