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## *Date Night* **INSIDE EDITION**

*Play it safe with our local Date-Night-IN guide; starting on page 8.*

*Valentine Date Night Box from Tutti Frutti Charcuterie, includes: creamy strawberry honey, spicy Italian salami, brie, & two macarons,*

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## Publisher's Message

After a January that seemed to drag on twice as long as usual, I am excited for February.

This issue of Clarksville Living is filled with as much useful information that we could find for coping with winter amidst COVID restrictions.

Another thing that inevitably comes to mind for February, is Valentine's Day. For a day that usually has restaurants booked to capacity, things will be very different this year. Taylor Lieberstein shares plenty of creative ways to celebrate Valentine's Day and show your love while staying safe. The best part is that most of these can be used year-round, not just on Valentine's Day. (Page 8)

If you have kids, it's almost certain that you are now also taking on the role of homeschool teacher. Paige Eisemann spoke to some local teachers and other CMCSS representatives for some helpful tips on how to make the best of at home learning. (page 18)

February may be the shortest month, but there is no shortage of interesting and exciting things to do to help cope with COVID cabin fever, so be sure to check out our calendar starting on page 26.

We hope you enjoy this issue and as always, stay safe, and thank you for picking us up!



Founder & Publisher



### DISCLAIMER

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

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## TAKE IT TO HEART, DON'T DELAY CARE DURING COVID

*Brought to you by Tennova Medical Group*

It's easy to see how the COVID-19 pandemic can overshadow other important health issues. The virus continues to dominate news coverage, social media and conversations. We have all changed the way we live in order to help prevent the spread of the virus. Researchers are beginning to see evidence of one positive trend - many of us are more conscious of the importance of self-care. Whether it's taking a walk to get some fresh air, reading a book to lose yourself in a story or starting a new hobby, taking care of yourself can help reduce anxiety and improve your mental health.

Among the most important things you can do for your physical health is to get an annual checkup and seek treatment when you don't feel well. That's vital for everyone, but especially those suffering from underlying health conditions like diabetes, cancer or heart problems. The Centers for Disease Control reports 40 percent of us have delayed or avoided urgent and routine health care during the pandemic. Regular screenings should be continued, and you should seek care in the interim if needed. If you have signs of a medical emergency, call 911.

### A Safe Haven

Tennova Healthcare – Clarksville has taken extra precautions to provide a safe environment to all patients and staff. Everyone who enters is screened for COVID-19 symptoms. Social distancing and masks are required. Tennova facilities are frequently cleaned and wait times are limited. Some healthcare providers offer telehealth appointments, where patients can connect with a doctor using their computer or smartphone from the comfort of their home. Don't delay or be afraid to get help if you need it. When it comes to keeping you and your family healthy, annual wellness visits are crucial. Routine exams and screenings can identify potential health issues early, when they are most treatable.

### The Heart of the Matter

One of the most important things you can do is know whether you're at risk for heart disease. With February being "Heart Month," there is no better time. Your doctor can help you understand your health history and risk factors. Routine screenings can help identify other diseases that affect the heart, like an irregular heartbeat, heart failure and plaque build-up in coronary arteries. Tennova Healthcare Clarksville offers a free, five-minute

cardiovascular risk assessment to discover your heart's real age.

Discover Your Heart's Age at  
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Across the nation, heart-related deaths rose by 11 percent in 2020 compared to the previous year. A worldwide survey of 3,101 healthcare professionals from 141 countries revealed a noticeable drop in heart attack patients going to hospitals for treatment. When someone is experiencing symptoms of a medical emergency, especially signs of a heart attack, the sooner they receive treatment, the better. The risk of damage to the heart increases as time passes without treatment. Get to a doctor as fast as you can if you experience: chest pain, sudden dizziness, weakness or numbness in your arms or legs, severe abdominal pain, high fever or other symptoms of a possible medical emergency.

To learn more about your risk factors for developing heart disease, take our free, five minute assessment available at [MyTennovaHeartCare.com](https://www.tennovaheartcare.com).

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*You can postpone the  
birthday party.*



*But don't put off your*  
**health care.**

**Many things have been postponed because of the pandemic, but your health care shouldn't be delayed.** Routine screenings and annual wellness exams can help identify health issues in the earliest stages, when they are most treatable.

Our providers are committed to helping you stay well. We are taking extra precautions to provide a safe and clean environment and offer both in-person and telehealth appointments.

*Make your health a priority and schedule an appointment today.*

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# DATE NIGHT: INSIDE EDITION

By Taylor Lieberstein

**F**ebruary means Valentine's Day is fast approaching, and it's no surprise that your romantic night might have to take place in your home this year. From mixology classes to virtual concerts, here's how to keep the spark lit if staying inside this Valentine's Weekend. If you are coupled up and lucky enough to be together this Valentine's Day and need inventive date night ideas, we got you. There are tons of entertaining and relaxing activities as well as food and cocktail options to take advantage of. Here are some ideas for the best lockdown date night ever.

## HAVE A DIY COCKTAIL NIGHT

The Tippy Bartenders wilding entertaining website and YouTube channel has tutorials on how to mix every popular cocktail as well as a special DIY Valentine's Day drink menu that features step-by-step videos on how to build cute drinks such as sweetheart martinis and red-hot Valentine shots. There are also other useful websites such as The Whiskey Exchange where you can choose your spirits and follow along with professional mixologists to create award winning libations at home. If you don't feel like making drinks, grab a bottle of Buffalo Trace and head to the distillery's website for a virtual tour of their distillery and play Bourbon trivia. Buffalo Trace Distillery is inviting couples to visit and learn about their traditions virtually with a special "Virtual Tour with Trivia" game that can be played online or on a phone or tablet. They can go behind the scenes of bourbon-making from grain to bottle and test their knowledge along the way. Sipping Bourbon while

touring and testing your knowledge is a perfect date night.



## PICKUP A PRE-MADE DATE BOX

Tutti Frutti Charcuterie, a local custom grazing box & charcuterie board company, has teamed up with The Cake Crumb Bakery to create beautiful charcuterie boards that include creamy strawberry honey, spicy Italian salami, brie, & two macarons, one red vanilla (gluten free) macaron and one purple cookie dough macaron, both so delish and so cute. Ordering is open now and will be available for pick up Saturday, February 13th and Sunday, February 14th.

For a romantic at home Valentine's date that is already put together Mildred and Mable's, Yada on Franklin and Kassie Kay Floral Designs have collaborated to create the perfect date night at home packages. The packages come in three options and each include a dinner for two as well as an assortment of curated goods such as lotions, candles, hand towels, Valentine's décor. Floral bouquets and bottles of wine are both available to add onto your order at checkout. Packages are available for pick-up and delivery options. Pre orders are open at [www.yadaonfranklin.com](http://www.yadaonfranklin.com).

The Customs House Museum Guild is also offering



*Continued on page 10*



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Valentines Delivered, Date Night in a Box, in place of their annual Champagne and Chocolate fundraiser. For the fundraiser, donations over \$100 will receive a premium date night box for a romantic Valentine's date at home. Boxes include complimentary cheeses, meats, jams, sweet treats, and a bottle of Beachaven Winery's sparkling wine. A limited amount of special luxury-themed boxes will also be available for a more unique date night experience. The boxes will be available for delivery and pickup options available until February 12. It is recommended to reserve your box early, as quantities are limited.

### MAKE A MEAL TOGETHER

Perhaps you and your partner get delivery more than you cook. If your more comfortable having a stay-at-home holiday maybe now's the time to learn a new skill together. Allrecipes Cooking School courses are made to meet every home cook's comfort level. Each lesson will include a detailed cooking video paired with quick step-by-step skill demonstrations, interactive quizzes, top-rated recipes to reinforce newly acquired skills, and social sharing boards.



All lessons are designed to be viewed across PC and mobile devices making them convenient to your schedule. Top Chef runner-up and head chef of Freight House in

Kentucky, Sara Bradley offers private virtual cooking classes. Participants can choose the time, topic, and skill level or add a cocktail experience. Her scheduled classes include dishes like fried chicken, rib roast, and her famous biscuits. She also offers a happy hour cocktail class where guests create syrups and learn about ingredients, techniques, and garnishes.

### HAVE A GAME NIGHT

Sure, you could play Scrabble, a strategy game or whatever else is lying around or you could try a new and exciting way of gaming. Let's Roam's Virtual Game Night makes it easy for you to have an epic game night any night. Clarksville Virtual Game Night includes trivia, charades, and drawing. Let's Roam's virtual games let people explore, discover, and connect through a one-of-a-kind video platform for an awesome game night experience. You can play against friends or strangers. Tickets for game night can be reserved through Eventbrite. Local retailer Sango pharmacy also has some games available for



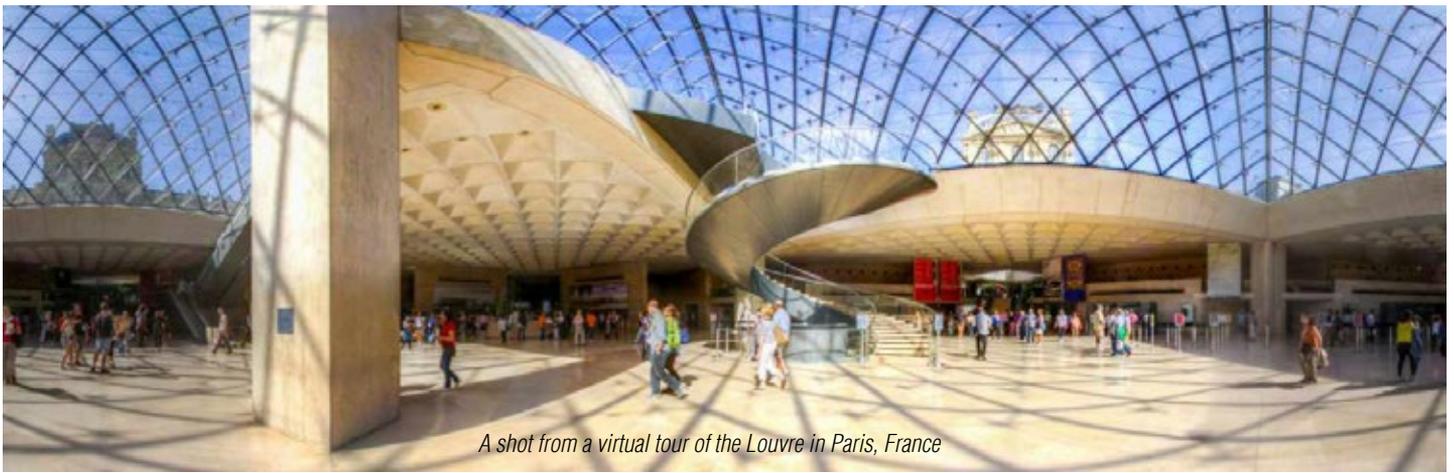
purchase if you're more into traditional board games. They have an adorable mini tabletop bowling game and a jumbo wooden tic-tac-toe set. Miss Lucille's marketplace has various booths with team games such as vintage flower and national park puzzles.

### GET CREATIVE WITH DIY CRAFTS

There's nothing like working with your hands to create something you'll cherish long after Valentine's Day. Check out some crafts to commemorate your love. There are a wide variety of workshops and classes now available online. Together you can enjoy an online painting party or drawing class. Yaymaker hosts interactive virtual paint parties via zoom. Of course, they have various Valentine's themed painting projects scheduled throughout the month. Sign up for a class at [yaymaker.com](http://yaymaker.com).



For other DIY projects check out The Spruce Crafts website. Whether you are DIY-savvy or just getting started, their projects are perfect for the skilled and professionals alike. Browse through their projects and get creative.



A shot from a virtual tour of the Louvre in Paris, France

## TAKE A VIRTUAL TOUR

Nobody is travelling anytime soon, but you can easily explore the treasures of the world and take virtual tours of museums and galleries like the Louvre in Paris, London's Natural History Museum, or tour the ultimate romantic site, the Taj Mahal.

Plunge into the Caribbean gem known as Buck Island Reef, America's first protected marine monument and explore the unmatched beauty of marine life on National Geographic's YouTube channel. Explore the stunning landscapes, imposing cliffs, and spectacular waterfalls of Yosemite Valley. Get your day pass at [www.virtualyosemite.org](http://www.virtualyosemite.org).

## ATTEND A VIRTUAL CONCERT

Turn your living room into a romantic private viewing venue with a virtual concert. Virtual gigs are popping up left and right. The chances of one of your favorite artists putting on a live show are high right now. Browse various virtual livestreams on Gigs Guide and get front row seats to a show. Jackson Browne, Elle King and Kurt Vile among other generous and talented musicians are coming together to create Food for Love, a virtual concert on Valentine's Eve, February 13. The show will raise money to provide emergency food relief around the world.



Continued on page 12

## CLARKSVILLE'S BEST BURGER SINCE 1965



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## HAVE A SPA DATE TOGETHER AT HOME

Grab the cocktails you made earlier and treat each other to a spa night in your own home. Relaxing and refreshing your mind, body and soul together is an excellent way to stay sane during the lockdown and – for the most part – a simple night activity to partake in.



Sango Pharmacy sells a sea salt diffuser that promotes high levels of relaxation. They also have another spa vibe diffuser that includes two mist modes, four spa sounds and includes a remote control. Buff City Soap Clarksville has all you need for a stay-at-home spa day or night. From Face



masks, to foot and body scrubs, bath salts and moisturize bath bombs they have you covered for a night in with your honey.

## CREATE A ROMANTIC ATMOSPHERE WITH FLOWERS

Flowers are always a good idea, especially for Valentines Day. You have probably seen Jen Proctor's colorful flower truck, The Snapdragon Wagon at various places around town. Snapdragon Wagon offers the most beautiful (and affordable) floral arrangements in town. And when you combine that with some of their amazing, scented candles, it's a perfect recipe for setting the your date night mood.

To decorate your space contact Snapdragon Wagon on Facebook or Instagram. They have pre-made bouquets ranging from single stem roses to a vase of



a dozen roses, in reds, pinks and purples of course. Preordered custom arrangements are recommended and available by messaging her on social media or calling 931-980-7627. 🦋



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# CONVERSATION HEARTS 2021 EDITION





# UNVEILING A LOCAL LEGEND

By Tony Centonze

Dozens recently gathered in downtown Clarksville for the unveiling, by the Tennessee Department of Tourist Development and Visit Clarksville, of two Tennessee Music Pathways markers, one for the Roxy Regional Theatre, and the other for Grammy award winning banjoist Charles Cushman.

The name Charles Cushman may not ring a bell, but this native son of Clarksville and Clarksville High School Class of 1977 graduate is recognized throughout the world for his extraordinary talent, and decades of accomplishment in the music business.

“It was an extreme honor to be recognized by the state of Tennessee and of course my hometown,” Cushman said. “I grew up in Clarksville, stayed until I graduated from CHS, then moved to Nashville. To be recognized by your hometown is the dream of any American. The fashion by which the state did that, with that beautiful marker, and in that particular location. It was such a great honor.”

Cushman and his wife were joined by many family members and friends for the occasion. The presentation, featuring Clarksville Mayor Joe Pitts, Tennessee Commissioner of Tourism Mark Ezell, and other dignitaries, took place on Commerce Street, at the former site of Collins Music Store. That's where Cushman got his start.

“I got my first instrument and my first lessons at Collins Music Store,” Cushman said. “The day was filled with celebration. My wife, mother and dad, nephew, both dad's brothers, my wife's parents, her brother, and a couple of our grandchildren were there. Almost the entire family was there that day.

“They were happy for me. My grandchildren are at the age where they are just now learning about what I do, and some of what I've done as far as recordings, and working with pioneers in the business. They're also aware of

my current band, The Earls of Leicester.”

Cushman said it was a thrill for him to enlighten his grandchildren just a little bit, and that the rest of his family knew at least some of the stuff he has done. His career actually began when he was just a child. He was performing regularly on Nashville television while still in high school.

“Yep, when I was nine years old I was playing every week on the radio, that was a big deal for me, especially back then, Cushman said. “By the time I was fourteen I was performing on local Nashville television six days a week.”

The shows were taped, so he didn't have to go to Nashville every day, which was good. He started on Channel 5 when it was known as WLAC TV.

*Continued on page 16*



*Charlie Cushman (center) joined by his parents, Irene and Finis Cushman*



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“Performing on radio and television were big steps in getting me started,” Cushman said. “That gave me some amazing exposure. When I finished my five years on Channel 5, I started working with bands that played shows out on the road. We were performing all across the country.”

Cushman's traveling career continued until about 1986, then, he went to work for Opryland Theme Park. He was there from 1986 'til it closed in 1997. Throughout his career Cushman has continued to perform live. He has also performed on countless Nashville recordings, with just about every big name in Country Music and Bluegrass.

“After Opryland, I continued to do road work with Grand Ole Opry great Mike Snider,” Cushman said. “I got to play on the Grand Ole Opry. That was a highlight. I had fourteen years of getting to play on that world famous stage. During that time I got to know Roy Acuff, Little Jimmy Dickens, Porter Wagoner, some of the real first and second generation Opry stars.

“I enjoyed my time on the road, getting to see the country, meeting different people. Some are still friends today. Getting to see how people lived and spoke in other areas of the country was an experience. In some areas, the people are very interesting, and different from those I grew up with here in Tennessee. But, the love of music is somewhat universal.”

Cushman said, today and back then, people have/had a need for live entertainment. He talked about the importance of seeing a music show, or a play.

“There was a lot of appreciation for what I was involved in, all over the country,” Cushman said. “That always makes you feel good. I've been on some of the greatest stages, and I've played in cow pastures,” he laughed. “It's a broad spectrum of venues, if you will. The type of music I specialize in is Bluegrass. So, you can find yourself playing out on a farm, or at The Greek Theater in Los Angeles. It's a broad array, for sure.”

When most of us were just beginning to learn to read and write, Cushman was starting down a different path. He remembers when he first saw Earl Scruggs play the banjo on television. Cushman was only four years old.

“Scruggs and his banjo inspired me,” Cushman said. “I remember watching his show Saturday afternoons, at 4:30, I think. His sound captured my attention, and has had it ever since. I started taking lessons at the age of seven.

“I was fortunate to know my first musical hero, later in life. Earl Scruggs wrote the book on how to play the five-string banjo, as far as notation and phrasing. His style was a huge influence, and I got to be close friends with him for more than 35 years. That is certainly a highlight. To have known him and his family, and have a personal relationship with him. I got to ask the questions I had always wondered about. I found myself in some jam sessions with him, casual living-room style picking. I had many times with him in that setting, and of course, I got to watch him and see how he played, and talk to him about what he was doing.”

Cushman said, Scruggs never taught him person to person, but, proudly admits he has studied Scruggs for many years, and still is today. Word on the street is, if you want that Scruggs sound and style, Cushman is the man to call.

“That has been said, and it's hard to describe what an honor it is to be put in a category where you're actually replicating some of his most famous work,” Cushman said. “I always said, I'm just standing in his shadow, I'm not really at his level. But, to play his music, one of the original architects of Bluegrass music, and be recognized along side him, is an extreme honor.”

Early on, Cushman taught himself to play guitar. He was inspired by many of the great guitarists of that era. He also plays mandolin and the upright bass.

***"The name Charles Cushman may not ring a bell, but this native son of Clarksville is recognized throughout the world for his extraordinary talent, and decades of accomplishment in the music business."***

“When a person is learning music, it engulfs them,” Cushman said. “You become incredibly curious about how other instruments work, and how they're played. The thing is, playing is a lot of fun. We all like to do things that are fun. I still enjoy it to this day”

Cushman's band, The Earls of Leicester, won a Grammy Award for Best Bluegrass Album in 2015. The group is still together, but due to Covid-19 their 2020 shows were canceled. Cushman said they'll be back, soon.

“Management is trying to assemble a 2021 touring schedule, we're hopeful,” Cushman said. “In Bluegrass there is a movement, The genre is becoming more diversified. More young people are taking an interest, all kinds of people from all walks of life are taking interest. When that new blood comes in it will change the texture of the genre. You'll still have your older, traditional people like me, and then you might have a seven-year-old that picks up a guitar or banjo and brings a new perspective.



Carla and...

“The technology they have to day, with YouTube, and software that can slow down the recordings. These younger players have more tools to help them learn to play than I did when I was growing up in the 1960's. Technology is actually helping make some great musicians out of this younger generation.

Cushman has slowed his pace a bit. He used to play with as many as four bands at once, now it's just the one.

“I don't do any teaching,” Cushman said. “I do repairs on banjos, and banjo set-up. I have a shop that I run out of my home. People send me banjos from all over the world, Japan Australia, Canada. They ship them in, I work on them, tune them up, and get them in good playing order. That's my day job, so to say. I'm just playing with The Earls right now. I'm 61, and this keeps me pretty busy.”

When asked if he sees himself playing another ten or twenty years, he laughed. “Ten years anyway, I don't know about twenty. As long as I have my abilities, I'll keep going. For now, I just want to say thanks to the City of Clarksville and the State of Tennessee. And, I would say to any young people, whether they are interested in music or art or becoming a mechanic, just follow your heart and do what you love to do. Stay with it. It can turn out way beyond your imagination.” 🦋



Charlie Cushman



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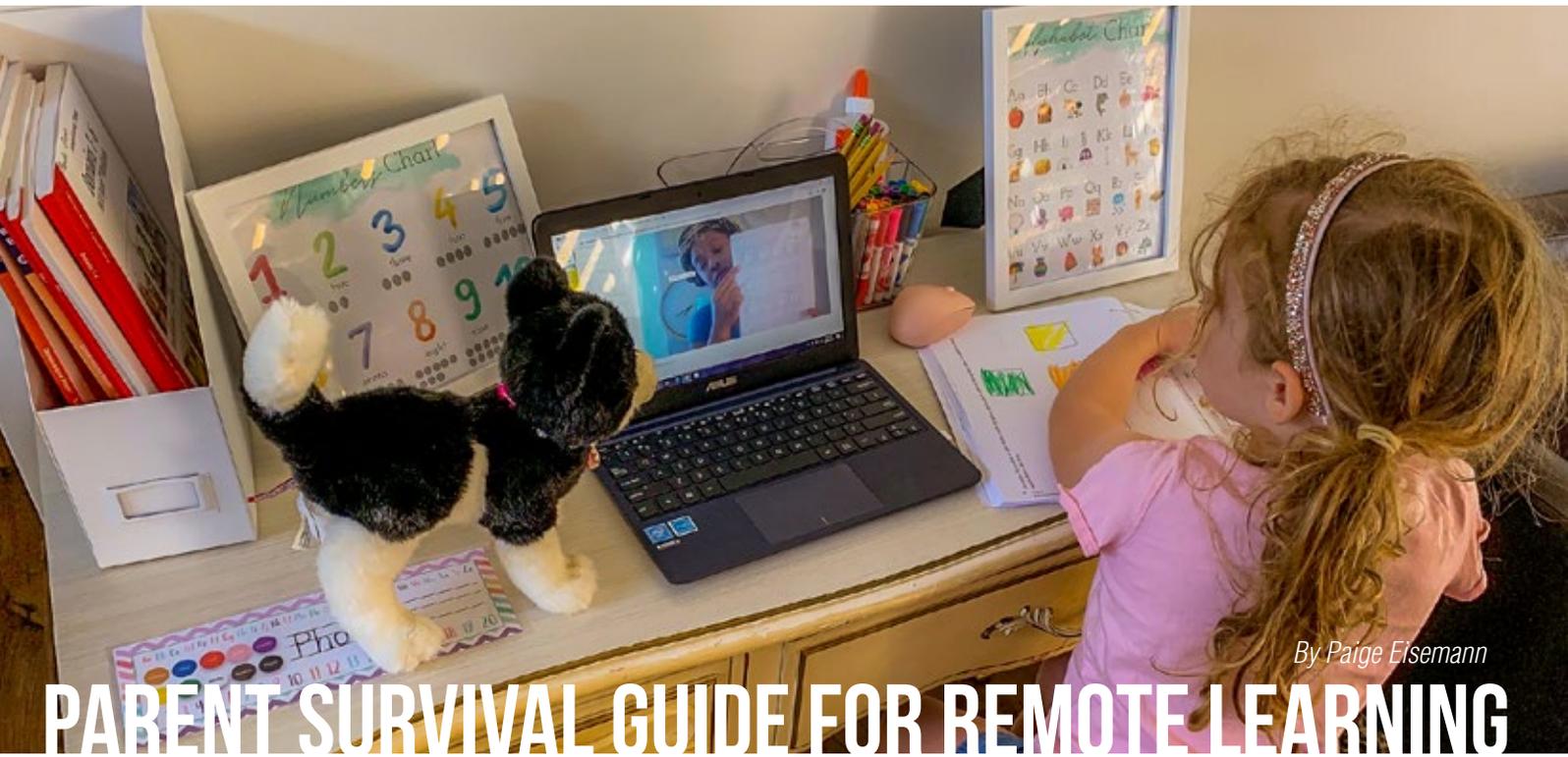
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By Paige Eisemann

# PARENT SURVIVAL GUIDE FOR REMOTE LEARNING

For many parents in the Clarksville area, January 2021 seemed to go on forever thanks to virtual and remote schooling for all CMCSS students. Students in grades K-6 returned to the classroom on January 25, while students in grades 7-12 continued learning at home. None of us knows what the remainder of the school year holds, so the possibility of returning to virtual and remote learning is something we should be prepared for.

How do we make the best of that situation for our children learning at home, as well as surviving it ourselves? Some full time remote/virtual parents and several teachers shared their tips and tricks to making learning at home less stressful, more effective and perhaps even enjoyable for you and your child!

## 1. CREATE A SCHEDULE AND STICK TO IT!

Keeping up with ZOOM class times can be stressful, especially if your child has multiple teachers. Write everything down, planning out the day. Determine when you child must be in front of their computer, and allow that to set the framework. Don't forget to schedule in time for lunch, time to sit together and read a book, and time to play!

## 2. CREATE AND ORGANIZE AN ENVIRONMENT THAT IS CONDUCIVE TO LEARNING.

One parent I spoke to mentioned that this part seemed easy, but it wasn't! There is a lot to consider when setting up a work space. You might find that if they are in their bedroom, they might be too isolated and you aren't able to check on them easily. If you create a workspace at the kitchen table, there may be too many distractions. Be flexible, but make everyone in the family aware (even younger siblings) that this space is for learning. Allow your child to spread their things out, decorate the space, make it comfortable for them. Don't forget to consider the physical AND the digital

aspects of remote learning. If your child works best on multiple devices, consider using your phone for their ZOOM so they can complete notes on their laptop at the same time. Anything personalized and positive you can do will carry over into your child's attitude says one parent.

## 3. HELP CHILDREN CHECK MESSAGES AND COMMUNICATE WITH THEIR TEACHER(S).

Take a few moments each day to ask your child if there are any questions they need to communicate with their teacher. Review how to navigate their device to send emails to instructors, check for messages, check to make sure their work is turned in. Several parents recommended doing a weekly check in to make sure students remember how to use all the tools for communication, citing this quick action to be helpful in heading off surprises about missing work or incomplete assignments.

## 4. MAKE SURE ALL WORK IS COMPLETED.

Many parents commented on feeling overwhelmed with the various platforms students use to complete work and turn things in. Usually students have finished the work, they just forget to turn it in (or even to hit submit). Many teachers also mentioned how procedures can vary, along with the struggle to locate and grade work when it is turned in late. Learning platforms generally don't notify teachers if assignments are submitted after the due date has passed, so they never know that they would need to go back and check for things to grade unless students let them know. Both parents and teachers recommend frequently checking for missing assignments and having open communication.

## 5. UTILIZE RESOURCES.

CMCSS schools offer many resources for families- everything from digital library books to study programs. Contact your child's school, or CMCSS

Learning Centers and state education agencies to inquire about additional resources that might be available. This is especially critical if your child has an IEP or 504 plan and requires additional support and services at school.

## 6. PERSONALIZE LEARNING.

Use this time of learning at home to personalize your child's learning space (sound, light, room, equipment, etc.). Consider your child's interests and find ways to add in his/her favorite subjects for fun activities in supplementation to their usual curriculum. Use your child's strengths and gifts and build backward from them as much as possible.

## 7. WORK ON DEVELOPING MOTIVATION.

Many parents and teachers talked about using this situation to help children develop motivation and determination. It is true that all children are unique, as are levels of motivation and where that motivation comes from. Motivating a child is one area where parents are ideally equipped to teach their children. The idea here is to help them 'want to' learn without punishing them or making all motivation external and independent from the actual value of the knowledge being gained.

## 8. DON'T TEACH- HELP THEM UNDERSTAND.

Most parents expressed worry or frustration at not only the structure of remote learning, but also the content. It's been a long time since most parents were in elementary school! Remember that the teachers are analyzing the standards, creating the lessons, and evaluating the assignments. What students need from parents at home is support. That might mean talking through an assignment with your child so that they develop a deeper understanding. It might mean sitting down to review a video lesson so that a concept is fully understood. Even a momentary check for understanding as your child transitions from subject to subject during the remote learning day can be very effective in monitoring progress.

## 9. STOP FEELING GUILTY!

Everyone is on edge lately. The world is full of worries! Every parent I spoke to mentioned feeling guilty that our children are missing out on experiences and "normalcy". Some mentioned feeling guilty about the amount of time their child is in front of a screen. Some said they feel guilty for disliking remote/virtual school so much, but it's perfectly normal to want your children to get back to the original method of instruction that you chose for the school year. We as parents have to give ourselves a lot of grace. Our children are resilient! We might not have chosen remote/virtual learning but everyone is in the same boat. Parents, teachers and children are navigating these unprecedented times together and all things considered, doing a wonderful job! 🦋

## Easy Post-Lesson Activities

Keep kids busy and engaged after the teacher logs off with these educational activities.

### Tour virtual museums

**Tip:** Pair museums with the lesson theme.



### Participate in a Minecraft playground

**Tip:** Find a sensory playground for collaboration opportunities.



### Explore a National Park with virtual tours

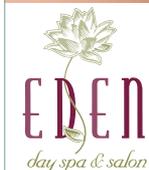
**Tip:** Encourage your child to become a web ranger.



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# PARTNERS IN WINE

By Paige Eisemann

When the military brought Jake and Emily Trageser back to Clarksville in 2013 from a two-year sojourn in Monterey County, California, they brought with them a love of wine. Monterey County is well known for its grapes, with the region's wineries often called "the backbone of central coast wines of California". The Tragesers' time in Carmel-by-the-Sea gave them the opportunity to experience wine in new ways, thanks in no small part to the free weekly tastings at the local corner store. They are excited to bring a bit of that culture to the Clarksville area soon.

For over five years, the couple dreamed of creating a place in Clarksville for wine lovers. In 2019, they took a leap of faith and decided to open their own wine bar. They knew they would need training, the right distributor, and the perfect location. They began the process of finding just the right space in downtown Clarksville for their dream. Searching tax records and touring vacant spaces led them to finding the perfect place, situated in the heart of Clarksville.

Emily says that when she first went into the building she knew it was the one. 128 Franklin Street had been vacant for nearly forty years, but now the beautiful building is coming back to life. The Tragesers have made restoring the building a family affair, with their children participating in the work. The old building will provide the aesthetic the family wants for their business, with original details being restored to their former glory. The Tragesers were blessed with a grant from the Chamber of Commerce which

helped to restore the beautiful facade, which can now be admired looking down Franklin Street.

Deciding to open a wine bar unfortunately isn't as simple as finding a building and buying wine. The Tragesers dream is to bring to Clarksville a true experience like the ones they enjoyed in California. With that in mind,



128 Franklin St. Future home of The Vine, Wine Bar.



Emily Trageser, founder and owner.

Emily began her education in becoming a wine steward, training with the Court of Master Sommeliers. Through hard work, she earned her Introductory Sommelier certification in August 2019. This intensive training requires passing a wine theory exam which tests knowledge of wine types and the various regions of the world from which they originate, as well as the basics of wine service and tasting. "Interestingly, fertile soil doesn't grow good wine grapes. The poorer the soil, the harder the vine has to work, which imparts the flavors that the winemaker is looking for," says Emily. The sheer volume of information about specific grapes being grown in various areas of the world and how the geography and geology of each region affects the type of wine made in the region is incredible!

The Vine on Franklin held their first event in November 2020 at Journey's Eye Studio. The event showcased four different wines paired with specific foods to highlight the wine's unique flavors and elements. Local foods were incorporated, including chocolate macarons from Thistle Sweets bakery, which were paired with a young port. The sold out event was Emily's first experience guiding a class through wine pairings, and it was a smashing success with a waiting list for tickets. They hope to offer more events in the near future, at Journey's Eye or other downtown businesses with space available for a

socially distanced event. Word of mouth and social media have played a huge part in promoting the Trageser's dream before they even open the doors. The conversation and level of interest from the community is encouraging, proving that there will be customers for a wine bar in Clarksville.

While the family continues to restore the building that will house The Vine on Franklin, they are also working towards the business aspects of running a wine bar. Finding the right distributor is a challenge, while extensive paperwork must be completed in preparation for filing for business and liquor licenses. Plans for tasting events and pairing classes must be created.

*"Emily began her education in becoming a wine steward, training with the Court of Master Sommeliers."*

Finding the right staff - both front and back of house - to create the ideal guest experience is perhaps the most important. There is still a lot of hard work to be done, but it has become an investment of time, energy and love for the entire family. They hope to open in spring or summer of this year. The Tragesers are dedicated to sharing their love of wine bringing a new way to experience it to Montgomery County. 🦋



*Second floor renovations at The Vine.*

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# THE NICE GUYS

By Paige Eisemann

**H**eather Eisenmann and Whitney Davis have goals. These goals are what drives them to put in the hard work and time to make property management and real estate accessible to Clarksvillians in a number of ways. Many people have already seen how Heather and the Clarksville HomeOwner team are impacting the community, but they aim for a larger impact. The latest way they are helping people in our community is through Abode Property Management, which strives to go beyond standard property management.



Whitney Davis, Manager & Heather Eisenmann, Broker

Whitney Davis brings years of property management experience to homeowners, with experience on various levels from tax credit properties, luxury properties, to single family homes. It is this experience that makes her uniquely qualified to do what she describes as “taking the mess out of things for homeowners”. Abode Management strives to provide customer service for homeowners in ways both big and small. Properties will always be maintained by quality service providers, which in turn will increase a home’s overall market value for the owner. This approach allows for peace of mind and a “hands off” experience for homeowners without any of the headaches they may have experienced with property management in

the past. For tenants, Whitney says that her goal is to always do what is right, not what is easy. She has found that even if she doesn’t have the right property for a client at the time, putting in the extra effort to send them listings and suggestions from other companies shows customers that she has their best interests in mind and not just the bottom line. It is this approach and genuine connection that keeps people returning to do business. Whitney’s vision for Abode Management is that they be known as “The Nice Guys”!

Being a part of our community is another goal for both Whitney and Heather. Abode Management is already a part of the Property Management Association of Clarksville, and they are hard at work finding ways to give back to the community. With a goal to take on at least 150 properties in the year 2021, it is clear that Abode is planning to serve Montgomery County in a big way. [ClarksvilleHomeOwner.com](http://ClarksvilleHomeOwner.com) as well as Abode Management hope to continue their growth so that they become Clarksville’s “one stop shop”, meeting every real estate need for families. Whether that is buying, selling, renting or maintenance- the goal is to be here for the people of Clarksville for decades to come. 🦋



To find out more information, contact:

ABODE Management, LLC.

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

2279 Wilma Rudolph Blvd STE A

Clarksville, TN 37040

(931)538-4420 Call/Text

[Admin@abodeclarksville.com](mailto:Admin@abodeclarksville.com)

Whitney Davis, Manager

Heather Eisenmann, Broker



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# CHEW ON THIS:

## TIPS FOR DENTAL CARE FOR YOUR PETS

*By Christina Chittenden*

**T**he importance of your pet's dental hygiene February is "National Pet Dental Health Month". Too often, pet owners overlook the importance of good dental hygiene. Most pet owners are not aware, nor do they recognize, the early signs and symptoms of gum and dental disease. Dental health plays a vital role in the overall health of your pet. Understanding periodontal disease and preventative measures that can be taken is extremely important. Daily brushing, healthy diet, and annual checkups with your veterinarian will reduce and even prevent many health issues attributed to poor dental hygiene.

Periodontal disease is the most common dental condition in both dogs and cats. Early detection is crucial. Plaque and tartar formation on your pet's teeth begins to build as young as three years of age. Most often, plaque and tartar first forms above the gum line. Once the plaque and tartar forms below the gum line, if left untreated, periodontal disease develops. This can lead to severe damage to the underlying tissue, infection and abscesses can occur in the area, tooth decay and tooth loss and can also damage the connective tissue that connects the teeth to the jawbone. Periodontal disease is graded on a scale of 0 (normal) to 4 (severe). If left untreated, it is very painful and can lead to other health issues such as kidney, liver, and heart disease. Depending on the severity of the disease, your veterinarian will make recommendations as to a treatment plan for your pet.

Annual checkups with your veterinarian are crucial to early detection. The following are signs that your pet is having dental issues and should be addressed immediately by your veterinarian:

- BAD BREATH
- BROKEN OR LOOSE TEETH
- TOOTH DISCOLORATION
- PLAQUE
- TARTAR
- DIFFICULTY CHEWING
- DROOLING
- REDUCED APPETITE
- WEIGHT LOSS
- PAIN, SWELLING OR BLEEDING IN OR AROUND THE MOUTH AREA.

Use caution when examining your pet's mouth. If he/she is in pain, they could possibly bite the owner.

As a pet owner, there are several steps you can take to reduce and even prevent severe gum disease. It is important to regularly brush your pet's teeth. While daily brushing is best, some pets have poor tolerance to brushing. If this occurs, brushing several times a week can be just as effective. Patience and training will reduce your pet's anxiety and eventually they become tolerant. Your pet's diet plays an important role as well. Please consult with your veterinarian to determine what food, treats, and dental products best suit your pet's dental and overall health. 🦋

# Pet Pix Contest

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HOSPITAL**



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

Go to either Facebook page to **vote for the winner!** Win **\$50 credit** to use at either location on service or products.

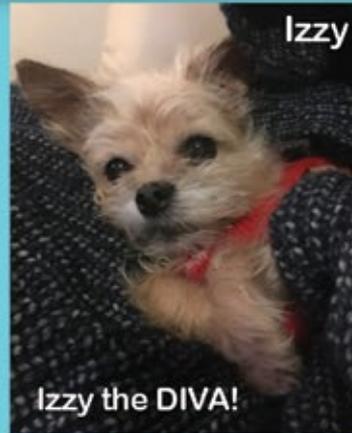


How cute am I?



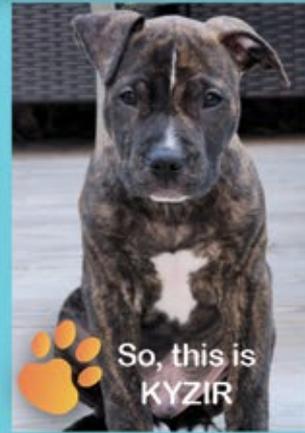
Tucker

I'm going to be a  
**BIG BROTHER!!!**



Izzy

Izzy the DIVA!



So, this is  
**KYZIR**

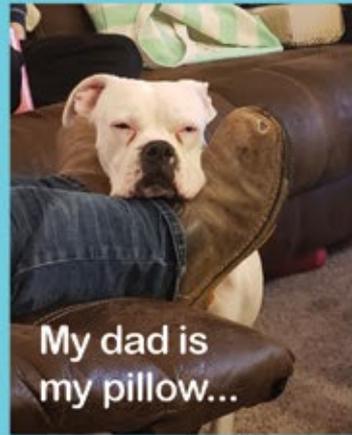


Ava

Chillin after  
a long walk



Sweater  
Weather

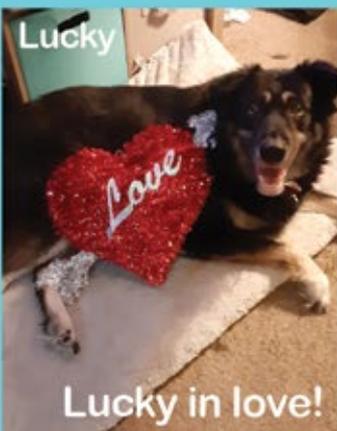


My dad is  
my pillow...



Sammie

Happy 7th Birthday  
Sammie Jay Barkley!  
Momma loves you!



Lucky

Lucky in love!



Hope & Lorelei

Go Pack Go!



Look for the  
golden paw  
to see  
who won!

## MONTHLY PET TIP

♥ DON'T FORGET!  
March is Rabies  
awareness month. ♥  
Be safe, vaccinate!

**Wanna share your pet?**

Email a photo and brief caption to  
petpix@clarksvillelivingmag.com by the 15th!

## ONGOING WICKED GOOD TRIVIA. 7:00PM

Every Thursday in Downtown Clarksville is WICKED GOOD TRIVIA with host Joe Padula of The Joe Padula Show

This is not your recycled corporate trivia. This is a Game Show! It's fresh, created each week with Video, Visuals, Audio, Music and more.

Rounds include TV Shows, Music, Movies, History, Sports, Disney Crap, etc. etc. And so Extra Points earned throughout the night.

PLUS \$2 Bud Pints ALL NIGHT LONG and full kitchen open with the Wicked Good Sandwiches Menu.

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TEXT WGS TO [68683](tel:68683) FOR OFFERS, COUPONS, & EVENTS [wickedgoodsandwiches.com](http://wickedgoodsandwiches.com)

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Reserve Your Seat by direct messaging The Joe Padula Show page, absolutely!

Wicked Good Sandwiches  
605 Cumberland Driev  
Clarksville, TN

## LITTLE LAMBS & IVY 24TH ANNUAL SPRING/SUMMER CONSIGNMENT SALE

Receiving Dates: Feb. 18th - 20th  
(by appointment only)

Bring your newborn to size 16 Children's Clothing, Infant Equipment.

### SALE TIMES:

**PRE-SALE Tues., February 23rd 5:00PM-9:00PM**

presale for consignors, guests & new moms.\* No children allowed at Tuesday's pre-sale.

**PRE-SALE Thur., February 25th 6:00PM-8:00PM**

1/2 Off pre-sale for consignors.

### OPEN TO THE PUBLIC THE FOLLOWING DAYS:

**Wed., February 24th 7:00 AM - 6:00 PM**

**Thur., February 25th 7:00 AM- 8:00 PM:**

25% off unless marked no discount.

**Fri., February 26th 7:00AM-6:00PM**

50%Off unless marked no discount

**Sat., February 27th 7:00AM-NOON**

50% Off unless marked no discount

For complete details & instructions go to: [www.tnconsign.com](http://www.tnconsign.com)

Event will be held at

121 Union Hall Rd.  
Clarksville, TN

## ARTLINK WEEKLY PHOTOGRAPHY CLASS.

EVERY FRIDAY 6PM - 7PM

Join us in the studio for a photography class topic based. Each week we will talk about a topic in photography that will help expand and develop

your skills and interest in photography. We want to create a easier way of learning, growing and fine tuning your photography skills. Come at any level and be prepared to be elevated.

We will choose topics in photography you want to know more about and how to use your camera.

Bring the camera you will be using.

This is a weekly class. We will meet every Friday. The cost is \$10.

DUE TO COVID-19 ALL EVENTS ARE SUBJECT TO CHANGE, PLEASE EMAIL, CALL OR VISIT THE LINKS PROVIDED This class is held at our studio

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

116 Strawberry Alley  
ArtLink Studios

## MOM N TOT. 1:00PM - 2:00PM

GrMom N Tots is something fun and creative that you can do with your little one. Come with your baby, toddler or preschooler. If you are a Mama, Grandma, Nanny, or Friend Don't let the name fool you its for any one who has a little one that wants something fun and creative to do out side of the house for a change;)

We have the class on Tuesdays from 1pm to 2pm. You must register ahead of time as seats are limited. We have created a fun new art project and story by our story reader "Sunny" age appropriate for the littles in your life. Its fun to do the project together and create some memories while taking home a masterpiece that will add some flare to your fridge.

The class is pre-register only and lasts about an hour. We have all the supplies and will clean up the mess too!!

Register today for the next class! We are excited to see you there.

Want to see what we are making this week? check out our facebook event page for each weeks projects

115 Strawberry Alley  
Clarksville, TN

## WELLNESS: YOGA ON THE STAGE TUESDAYS IN FEB & MARCH, 7:00- 8:00AM:

Start your day with relaxation and a renewed mindset with Yoga on the Stage led by instructor Jessie Dempsey of Balance Hot Yoga. This recurring Tuesday morning class is suitable for beginners to advanced students.

\$10/per person | 25 student max

Masks and social distancing will be enforced.

Pre-registration is required.

Visit [pennyroyalarts.org](http://pennyroyalarts.org) or the Alhambra Theatre's Facebook page @ [alhambraatrehopkinsville](https://www.facebook.com/alhambraatrehopkinsville) for more info and registration information.

Alhambra Theatre  
507 S Main St.  
Hopkinsville, KY 42240  
(270) 887-4295

## HARRIS-HOLT MARTIAL ARTS ACADEMY AFTER SCHOOL PROGRAM

We know how exceptionally busy life can be. With our program, your child has somewhere to go after school that allows them the opportunity to participate in learning martial arts. We provide a safe fun environment where your child can develop self-discipline, self-control, and gain confidence. Our highly skilled instructors will be teaching the same curriculum offered in our regular karate classes. Our experienced certified teacher is on staff to provide help with your child's homework.

During this program we have regular karate classes daily.

Benefits:

Not having to fit additional karate classes into your family's already hectic schedule.

The curriculum for classes allows your child to progress through the martial arts ranks and be rewarded for good grades and behavior.

Tests are held during after school hours.

Our staff members are highly trained instructors who help provide an engaging, safe, and healthy environment for your child.

The program is designed to help your child gain self-confidence, self-control, and self-discipline.

All programs include daily karate classes, karate drills and games, snack time, homework help, arts & crafts, and much more!

Transportation options are available from certain schools.

1810 Alpine Drive  
Clarksville, TN

**MONTGOMERY COUNTY GYMBOREE OPEN GYM. 9AM**

Where they are: We welcome all children, at all levels of development! Come explore our playscapes, for some unguided play time.

What to expect in class: Children are given free range to explore the set-ups, with their adults within a hug's reach. Let your child take the lead and run out some wiggles! Special Open Gym times will sometimes have extra activities like a no-mess art activity, a story-time or a surprise visit from Gympo!

Benefits:

Physical: Allowing children to lead their own play offers time for them to try things repeatedly without worrying about the structure of a class, or trying something again they did in class earlier!

Cognitive: Unguided play supports early brain development.

Social: Sharing a space with mixed ages allows for children to learn and practice more sophisticated social skills and learn from their peers.

Adults: Let your little one guide their own play, which has countless benefits. Spend quality time with them doing what they love to do, and mostly run out some energy!

Gymboree Play & Music  
210 Needmore Rd.  
Clarksville, TN

**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.

Pardue Memorial Free Will Baptist Church.

1895 Memorial Drive  
Clarksville, TN.

**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  
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hilldale.org

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FAMILY-FRIENDLY KARAOKE LAST FRIDAY OF THE MONTH 8PM

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AMERICAN MONTESSORI SOCIETY

**CORVETTES OF CLARKSVILLE  
6:30PM - 7:30PM**

Corvettes of Clarksville monthly meetings to be held on the first Tuesday of every month. Great opportunity to meet other lovers and support local charities.

Corlew Chevrolet Cadillac,  
722 College Street,  
Clarksville, TN

**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  
7:00PM - 9:00PM**

The Montgomery County Beekeepers Association meets on the 2nd Wednesday of each month - except in the months of August (County Fair) and December (holiday party). For details on each meeting, visit <https://>

[montgomerycountybeekeepers.com](http://montgomerycountybeekeepers.com).

PLEASE NOTE THESE MEETINGS HAVE BEEN CHANGED TO ONLINE ZOOM MEETINGS DUE TO COVID-19 FOR THE FORSEEABLE.

**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.**

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.

What is a UFO? An Un-Finished Object!

A UFO is anything you have started or stashed! You may have bought the kit or a pattern and fabric and just never got started on it. Or you may have started, ran out of time or encountered a problem, and put it down! As with many of our projects, it's just hard to find the time (or enthusiasm) to get back to them. So any project you've put in a drawer, the top of the closet, under the bed or on a shelf could qualify as a Un-Finished Object for this Challenge!

Just follow the directions below and come see us at the shop. "UFO Show and Tell" meetings.

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

**FRENCH DINNER.  
6:00PM**

1st Saturday of each month at Madeleine. Reservation Only. Enjoy a French meal with homemade courses. Bring your own wine. Call [931-378-5539](tel:931-378-5539) to reserve.

100 Strawberry Alley  
Downtown Clarksville  
Clarksville, TN

**CUSTOMS HOUSE MUSEUM HAPPENINGS CALENDAR: FEBRUARY 2021**

**Exhibitions:**

**ROBERT MCCURLEY: DUE SOUTH**

**FEB 2 – APR 25  
KIMBROUGH GALLERY**

Robert McCurley's Due South displays a side of the Southern region that's pure, romantic and pictorial. It's deep-rooted in beauty, tradition, religion and simplicity - a side that everyone can appreciate and enjoy. His photographic education includes classes at the former Southeastern Center for the Photographic Arts in Atlanta, GA, workshops with Keith Carter, Magnum photographers David Alan Harvey and Alex Webb as well as countless hours studying the work of influential artists. His photographs have been exhibited in a variety of venues and galleries across the U.S.

Customs House Museum & Cultural Center  
200 South Second Street  
(931) 648-5780  
[www.CustomsHouseMuseum.org](http://www.CustomsHouseMuseum.org)

**CLARENCE CAMERON WHITE**

**FEB 1 – MAR 7  
MUSEUM LOBBY**

Clarence Cameron White was born August 10, 1879 in Clarksville, Tennessee to Dr. James W. White and Jennie Scott White. At age 8, he was given a violin by his grandfather. He went on to



**GOVERNOR'S SQUARE MALL**

**Gift Cards**

**ONE CARD  
OVER 100 OPTIONS**

Available at the Customer Service Center,  
at Center Court by Dillards.

Or call 1.800.615.3535,  
Visit us on-line @ [www.MallGiftCards.net](http://www.MallGiftCards.net)



[GovernorsSquare.net](http://GovernorsSquare.net) • [MallGiftCards.net](http://MallGiftCards.net)

All events are subject to change or cancellation without notice. See the Customer Service Center or call 931-552-0289 for complete details.

become one of America's most exceptional composers and violinists of the first half of the twentieth century. White played many well-known concert halls in the United States and Europe. This exhibit features some of White's personal items from the Museum collection.

Customs House Museum & Cultural Center  
200 South Second Street  
(931) 648-5780  
[www.CustomsHouseMuseum.org](http://www.CustomsHouseMuseum.org)

**LIFE WORK: THE ART OF JULIETTE ARISTIDES THROUGH MAR 31 ORGAIN & BRUNER GALLERIES**

Seattle-based, realist artist Juliette Aristides teaches workshops both nationally and internationally. She also exhibits in solo and group shows nationally. Aristides is the author of several books, including Classical Drawing Atelier: A Contemporary Guide to Traditional Studio Practice and Lessons in Classical Painting. She is Vice President and Co-founder of the Da Vinci Initiative. Her work has been featured in magazines such as Art Connoisseur, American Art Collector and others.

Customs House Museum & Cultural Center  
200 South Second Street  
(931) 648-5780  
[www.CustomsHouseMuseum.org](http://www.CustomsHouseMuseum.org)

**AUDRY DEAL-MCEVER: BOTANICAL EXTRAVAGANCE THROUGH MAR 28 JOSTENS GALLERY**

Over the past 6 years, ceramic artist Audry Deal-McEver has had work in over 40 solo and group exhibits across the U.S., including venues as diverse as the American Museum of Ceramic Art, the Reece Museum of Fine Art, the Nashville International Airport and various nature centers/botanical conservatories. McEver currently teaches at Watkins College of Art, Design, and Film's Community Education

Program workshop centers across the country and privately out of her home studio.

Customs House Museum & Cultural Center  
200 South Second Street  
(931) 648-5780  
[www.CustomsHouseMuseum.org](http://www.CustomsHouseMuseum.org)

**LISA JENNINGS: COMING HOME THROUGH APR 18 CROUCH GALLERY**

The combination of creating with rock, paper and wood has been a magical journey for Lisa Jennings for over 20 years. Jennings started out with fibrous pre-dyed, colored papers and worked her way into tall sculptural forms that appear to come directly from the nature around her.

Customs House Museum & Cultural Center  
200 South Second Street  
(931) 648-5780  
[www.CustomsHouseMuseum.org](http://www.CustomsHouseMuseum.org)

**MANGO: NEW WORK BY SYMPHONY MEDLEY THROUGH FEB 28 HARVILL GALLERY**

Symphony Medley is a Clarksville artist working in printmaking, ceramics and painting. Medley's expressive paint strokes and engaging color schemes exhibited in "Mango" add flavor to her thought-provoking compositions. She is a recent graduate of Austin Peay State University and her work has been shown in many regional venues.

**JACKETS & JERSEYS THROUGH MAR 21 HAND GALLERY**

Jackets & Jerseys features basketball and football letter jackets and team shirts from Burt High School, Clarksville High and Vanderbilt, including some worn by Ted Young. Ted Young played forward at Vanderbilt before playing center/forward for the Isuzu team in Kawasaki, Japan from 1983-1991. He was considered the most valuable player of this championship team.

Customs House Museum & Cultural Center  
200 South Second Street  
(931) 648-5780  
[www.CustomsHouseMuseum.org](http://www.CustomsHouseMuseum.org)

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[www.CustomsHouseMuseum.org](http://www.CustomsHouseMuseum.org)

**Museum Programs MUSEUM DISCOVERY QUEST**

Free with paid admission or membership | Developed for school-age children Free Take It N' Make It Activity

Museum Discovery Quests are self-guided adventures that offer a fun exploration through the Museum. Kids can experience exhibits and artifacts in new and entertaining ways that pique their curiosity and captivate their attention. The theme changes regularly. Bonus: Complete the MDQ and receive a free Take It N' Make It activity packet to create a fun project at home.

Customs House Museum & Cultural Center

**HUFF & PUFF EXPRESS MODEL TRAINS: SNOWFLAKE SPECIAL**

Exhibit open daily | Volunteer Train Crew members run trains Sundays, 1-4 pm and Wednesdays, 10 am-12 pm

Enjoy one of the largest model railroad layouts in the region transformed into a winter wonderland with a snow-covered backdrop and trains flying past toy shops, ice skaters and hot cocoa-drinkers. Interact with this miniature world by making automobiles move and helicopters fly. The model train exhibit is open daily and themes change every season.

Customs House Museum & Cultural Center

**LITTLE LAMBS & IVY**  
*Consignment Sale*  
Receiving Dates: Feb. 18th - 20th  
*(by appointment only)*

**Bring your newborn to size 16 Children's Clothing, Infant Equipment, Toys & Maternity Clothing to the:**  
*24th Annual Spring/Summer Sale*

**SALE TIMES**  
**PRE-SALE Tuesday**  
February 23rd • 5:00 PM - 9:00 PM  
PRESALE FOR CONSIGNORS, GUESTS & NEW MOMS. \* No children allowed at Tuesday's pre-sale.

**PRE-SALE Thursday**  
February 25th • 6:00 PM - 8:00 PM  
**1/2 OFF PRESALE FOR CONSIGNORS.**  
**OPEN TO THE PUBLIC THE FOLLOWING DAYS:**

**Wednesday**  
February 24th • 7:00 AM - 6:00 PM

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

**Friday**  
February 26th • 7:00 AM - 6:00 PM  
**50% OFF UNLESS MARKED NO DISCOUNT**

**Saturday**  
February 27th • 7:00 AM - NOON  
**50% OFF UNLESS MARKED NO DISCOUNT**

For complete details & instructions go to:  
[www.tnconsign.com](http://www.tnconsign.com)

Find us on: **facebook**

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

Contact: Jeannette Smith  
931-801-5409 or  
email [littlelambsandivy@gmail.com](mailto:littlelambsandivy@gmail.com)



200 South Second Street  
(931) 648-5780  
[www.CustomsHouseMuseum.org](http://www.CustomsHouseMuseum.org)

## **SEASONS: THE MUSEUM STORE VALENTINE'S SALE**

Offer expires February 12, 2021

Get your loved one unique, handcrafted jewelry pieces from Seasons. All jewelry is 15% off and 25% off for members. For every \$25 spent after discount, your name will be entered in a drawing to receive a Valentine's Gift Basket.

Black History Month Sale

Offer expires February 28, 2021

Celebrate Black History Month with 10% off your Seasons purchase from a Black-owned business. Members receive 20% off.

Closures

The Museum will be open during our regular business hours.

## **FEBRUARY**

### **2 TUESDAY**

#### **MOM N TOTS ART CLASS. 5:30PM - 6:30PM**

Mom N Tots is something fun and creative that you can do with your little one. Come with your baby, toddler or preschooler. If you are a Mama, Grandma, Nanny, or Friend Don't let the name fool you its for any one who has a little one that wants something fun and creative to do out side of the house for a change;)

We have the class on Tuesdays from 11:30am to 12:30pm. You must register ahead of time as seats are limited. We have created a fun new art project and story by our story reader "Sunny" age appropriate for the littles in your life. Its fun to do the project together and create some memories while taking home a masterpiece that will add some flare to your fridge.

The class is pre-register only and lasts about an hour. We have all the supplies and will clean up the mess too!!

Register today for the next class! We are excited to see you there.

Want to see what we are making this week? check out our facebook event page for each weeks projects

Want to get crafty but don't want the mess? join us and leave the mess for us:) click the link and get your tickets today its only \$10 per kid

Tickets can be purchased at [www.artlinkclarksville.com/events/mom-n-tot](http://www.artlinkclarksville.com/events/mom-n-tot)

116 Strawberry Alley  
ArtLink Studios  
Clarksville, TN

#### **INTERIOR DESIGN: THE 5-MINUTE FIX WORKSHOP 5:00PM-6:30PM**

Expert interior designer Bob Lancaster will take your home decorating problem areas and provide easy five minute fixes in this workshop. Participants will also learn about the latest design trends, what's current, and where the market is headed.

\$25/per person | 25 student max

Masks and social distancing will be enforced.

Pre-registration is required.

Visit [pennyroyalarts.org](http://pennyroyalarts.org) or the Alhambra Theatre's Facebook page @ [alhambratheatrehopkinsville](https://www.facebook.com/alhambratheatrehopkinsville) for more info and registration information.

Alhambra Theatre  
507 S Main St.  
Hopkinsville, KY 42240  
(270) 887-4295

### **4 THURSDAY**

#### **KIMO'S BIG PRIZE TRIVIA™. 7:00PM**

Fun trivia designed for the entire family with HUGE Gift Card giveaways for the top 3 teams!

And hosted by Joe Padula, "Absolutely."

Seating begins every Wednesday @ 7pm and let's Party with a Purpose, Hawaiian Style!

\*Gift Cards earned are not accepted at any Kimo's Hawaiian Bar & Grill until the next business day.

Kimo's Hawaiian Grill  
125 Franklin Street  
Clarksville, TN

### **5 FRIDAY**

#### **GAME NIGHT. 6:00PM - 9:00PM**

We are hosting another game night on Friday, Feb 5th

Students are able to bring in their Nerf guns

We will start at 6pm and end at 9pm

We will provide food and drinks for the participants

Admissions: \$25 per person

We will limit our participants to 25

2609 Fort Campbell Blvd,  
Clarksville, TN

### **6 SATURDAY**

#### **FATHER/DAUGHTER VALENTINE TEA.**

FEBRUARY 6TH AND 7TH

Come and enjoy a special day with your little sweetheart. Father/daughter daddy/daughter

EVERYONE IS INVITED.

EACH SESSION WILL INCLUDE:  
FANCY TEA SETTING  
FANCY FOODS  
ARTS/CRAFTS

PHOTO SESSIONS ARE AVAILABLE

SESSION TIMES:

11:00 NOON UNTIL 1 PM

3:00 PM TIL 6:00 PM

\$25.00 PER PERSON (EACH PERSON ATTENDING MUST HAVE A TICKET.)

1-PHOTOS ARE INCLUDED

The Perfect Princess Tea  
360 Fantasy Lane  
Clarksville, TN

### **7 SUNDAY**

#### **WOMEN'S SELF-DEFENSE SEMINAR. 6:00PM**

Valentine's Day may traditionally be for couples, but this February 6th is all about your gal pals. Spend a fun evening together at Renzo Gracie by having fun, learning to kick a\$\$, building confidence, and (if you're at least 21) sipping on some delightful Trazo Meadery honey wine.

Gather your friends for a girls' night out and join the staff of Renzo Gracie Clarksville for a women's only self-defense seminar. Learn basic techniques and participate in situational demonstrations.

FREE for current Renzo Gracie Clarksville Annual and Monthly Members.

Take \$10 OFF early bird registration until January 31.

Regular price: \$20 per person.

Renzo Gracie Clarksville  
Brazilian Jiu-Jitsu  
327 Warfield Blvd  
Clarksville, TN

### **9 TUESDAY**

#### **CRAFTING: PERSONALIZED VALENTINE'S CARD WORKSHOP 5:00PM-6:00PM**

Learn basic rules of design with artist MacKenzie Russell to make your everyday creations and Valentine's Day cards shine! This workshop is perfect for parents and kids aged 8 and up or anyone who wants a memorable card for their loved ones. \$25/per person, 25 student max

Masks and social distancing will be enforced.

Pre-registration is required.

Visit [pennyroyalarts.org](http://pennyroyalarts.org) or the Alhambra Theatre's Facebook page @ [alhambratheatrehopkinsville](https://www.facebook.com/alhambratheatrehopkinsville) for more info and registration information.

Alhambra Theatre  
507 S Main St.  
Hopkinsville, KY 42240  
(270) 887-4295

## 12 FRIDAY

### **VALENTINE'S DAY COUPLES CLASS. 10:00AM - 11:00AM**

We're offering our private pottery wheel classes to couples with a special Valentine's Day "twist". After watching a demonstration by our amazing potter, each person will create a small item (1 pound) of their own on the wheel. For your second piece, you have the option of joining your clay and working together to create a larger piece (2 pounds). Your piece can even be altered into a heart shape if desired!

Whether you've taken a pottery wheel class before or always wanted to, this event should NOT be missed! No experience is required. Our potter will teach you and assist as needed.

Prepayment is required. \$65+tax includes a private wheel class, completion of 3-4 pieces (depending on options selected), first firing to bisque, returning to paint in two weeks, glazing and second firing. Due to the nature of this event, class fees are NON-refundable.

We have a limited number of time slots available on the following days:

Friday, February 12

Saturday, February 13

Call or stop by the studio to reserve your class soon before they're all gone!

The Pottery Room  
110 Needmore Road  
Clarksville, TN

## 13 SATURDAY

### **JUST THE TWO OF US- COUPLES MASSAGE.**

Enjoy a 60min. massage side-by-side for two people.

Includes chocolate covered strawberries, refreshments, hot towels and aromatherapy.

Price \$150

Times are based on a first serve first come basis.

Call [931-802-2393](tel:931-802-2393) or email [yogamatclarksville@gmail.com](mailto:yogamatclarksville@gmail.com) to reserve your spot.

Ypga Mat  
227 Dunbar Cave Rd,  
Clarksville, TN

### **COUSINS MAINE LOBSTER AT BEACHAVEN 11:00AM - 5:00PM**

We are back for a fun-filled day of food, wine, music and more! Tell your friends, and let's all spread joy not germs, please wear a mask and social distance for everyone's safety.

Please RSVP via Beachaven's Facebook Page (post or private message)

Beachaven Winery  
1100 Dunlop Ln.  
Clarksville, TN 37040

### **IN THE NAME OF LOVE, VALENTINE'S NIGHT. 6:30PM - 9:00PM**

Valentine's day celebrated early with a night of Harold Dawson's Sax playing nice, smooth, romantic music at 6:30-9:30pm!

This is an intimate event to celebrate with your significant other.

There will be three dinners to choose from.

Attend this event at 5pm to have a night to unwind and enjoy a good meal.

The River's Edge Grille  
1150 Warfield Blvd suite B  
Clarksville, TN

## 14 SUNDAY

### **VALENTINES DINNER DATE NIGHT AND PAINT IN THE DARK. 5:00PM - 7:00PM**

Valentines Dinner Date Night and Paint in the Dark

The love day is upon us. Lets fill the night with love, laughing and memories. We fill your belly and soul with great food Luau style and as a couple you will each create a one of a kind piece of art that when put together will be complete.

This special Valentines Date is an exclusive and limited experience. The night will be held at:

Kimos Hawaiian Grill

This is a couples experience so the ticket is for 2 to enjoy together. You will each be served a true Hawaiian meal. Enjoy a plate full of Hawaiian Chicken, Kalua Pulled Pork, Macaroni Salad, Steamed White Rice, Green Salad and a Hawaiian Desert. You will also be served a soda and cocktail.

Along with the meal you will have a one of a kind experience with our Artist Tracy Bettencourt. She will be guiding everyone as a group through a painting the way she paints as a blind painter. You will be able to paint as she does with a blindfold on or you can choose to see through the process if you wish to do so. The experience is yours to enjoy at the level you so choose. Regardless you will each be creating individual paintings that are meant to be put together to showcase a bigger picture once finished.

The painting size will be 11x17 stretched canvas x 2 one for each person

We provide all the supplies for the painting portion of the evening. We have aprons as well to cover and protect your clothing. Its recommended however to have sleeves that roll up easily or short sleeves if possible.

The entire experience is 2 hours. We are offering 2 time slots to choose from

5pm-7pm or 7:30pm to 9:30pm

Seats are limited and this event will sell out. Reservations will be available until Feb 5th or until the event has sold out.

Kimo's Hawaiian Grill  
125 Franklin Street  
Clarksville, TN

### **CHEF ILONA'S VALENTINE'S DAY DINNER. 10:00PM**

Come join Chef Ilona and Crew for an exclusive romantic evening! Must Reserve Table

with small deposit by Feb 10th to ensure proper logistics. Please call [931-272-7756](tel:931-272-7756) during business hrs or text for call back anytime & email to receive menu for the evening to choose your individual dinner. We look forward to serving you and your loved one. You will have a choice of a shared appetizer, choice of 2 entrees, salads & dessert with complimentary chocolate covered strawberries & 2 glasses of white or red wine to choose from. There will also be live music with Harold Dawson one of our favorite Saxophone players who will keep the evening very romantic for you to enjoy. Total Price \$199.00 plus 18% gratuity will be added plus taxes. Deposit of \$50.00 required for guaranteed reservation by Feb 10th.

We hope to see you Feb 14, 2021. ( We are still participating in the social distancing practices to ensure yours & our safety.) See you soon!

Ilona's Table  
620 Dunlop Lane Ste 117  
Clarksville, TN

## 15 MONDAY

### **VALENTINE'S WEEKEND POP UP!**

#### **10:00AM**

Prepare yourself for a 3 DAY Valentine's Shopping Weekend!

We will have vendors inside & outside our store all weekend providing you the best shopping choices & the convenience of a one stop shop to grab all your gifting needs!

We wrap the weekend up with a Valentine's Day Sign Painting Workshop from S&S Sign Co!

Schedule:

Friday, February 12th 10am - 5pm

Saturday, February 13th 10am-6pm

Sunday, February 14th 10am - 5:30pm

Sunday, 6pm-8pm Painting party!

Vendor information & application - <https://forms.gle/ewy5purJPe3zwjz8> Limited seating available.

Scriptures and Sawdust  
260 Needmore Road  
Clarksville, TN

## 16 TUESDAY

### **MIXOLOGY: BUILDING YOUR AT-HOME BAR 5:00PM-6:00PM**

Join Graham Dawson, owner of The Mixer, for a Mardi Gras themed evening of classic cocktails! In this workshop, participants will learn shaking techniques, step-by-step cocktail instructions, and how to stock their at-home bar. Must be 21 to attend.

\$25/per person | 25 student max

Masks and social distancing will be enforced.

Pre-registration is required.

Visit [pennyroyalarts.org](http://pennyroyalarts.org) or the Alhambra Theatre's Facebook page @ [alhambraclarkville](https://www.facebook.com/alhambraclarkville) for more info and registration information.

Alhambra Theatre  
507 S Main St.  
Hopkinsville, KY 42240  
(270) 887-4295

## 18 THURSDAY

### **CAMP RAINBOW! 12:00PM**

Join us as we raise money for Camp Rainbow! Donate to the radiothon and help some amazing girls and boys enjoy a week of summer fun at Camp Rainbow! All proceeds go to make sure the children make memories that last a lifetime!

1640 Old Russellville Pike,  
Clarksville, TN

## 20 SATURDAY

### **PAINTING: WATERCOLOR CLASS WITH DUSTY KNIGHT 10AM - NOON**

Professional working artist Dusty Knight will lead a watercolor class remotely where she'll combine a step-by-step demonstration approach with

real time guidance. The class is suitable for beginners to advanced students.

\$50/per person | 15 student max

Masks and social distancing will be enforced.

Pre-registration is required.

Visit [pennyroyalarts.org](http://pennyroyalarts.org) or the Alhambra Theatre's Facebook page @ [alhambraclarkville](https://www.facebook.com/alhambraclarkville) for more info and registration information.

Alhambra Theatre  
507 S Main St.  
Hopkinsville, KY 42240  
(270) 887-4295

### **FALLEN KARMA RETURNS TO THE WAREHOUSE.**

**8:00PM - 1:00AM**  
\$ 5.00 / Age 18 And Up

Additional Info:

18 AND OLDER CAN ENTER WITH VALID ID ANYONE UNDER THE AGE OF 21 WILL HAVE TO PAY AN ADDITIONAL FEE OF \$5 AT THE VENUE DOOR.

Tickets can be purchased at <https://bit.ly/3qYc31S>

The Warehouse Concert Lounge and Event Center,  
Clarksville, TN

### **CLARKVILLE CARS N' COFFEE.**

**3:00PM - 6:00PM**

The Clarksville Gearheads Car Club will be hosting Clarksville Cars n' Coffee on February 20th from 9am to noon. This is a monthly event held on the third Saturday of every month, rain or shine. All vehicles are welcomed to attend. The location is at the Governor's Square Mall right off of Exit 4 beside the old Sears building. While we want everyone to have a good time, there will be a few rules set to ensure we don't lose this great opportunity. No Burnouts No excessive revving or two stepping Please don't litter, pick up your trash if you have any, no loud music. This is a family friendly event. We all love vehicles so lets have a good time! Please like, share, and tag anyone who would be interested in coming out!

2801 Wilma Rudolph Blvd,  
Clarksville, TN

### **TEACUP CANDLE WORKSHOP.**

**6:00PM - 8:00PM**

Join me for a night of fun as we create one of a kind candles in unique teacups! We will start the workshop with a sort of "white elephant" teacup exchange, then turn those beautiful teacups into luxurious & all natural candles! All of this while enjoying the company of fellow crafters!

Tickets are \$30 and include the teacup & all candle supplies. You can add additional teacup candles to make for \$10 each Refreshments will also be provided during the class.

This workshop is open to ages 10 and up, a perfect mother/daughter night out, or just a night with the girls! Men are also welcome.

To purchase your tickets, visit <https://bit.ly/3acZskz>  
Limited seating available.

Scriptures and Sawdust  
260 Needmore Road  
Clarksville, TN

## 23 TUESDAY

### **COOKING: VIRTUAL MEAL PREP MADE EASY**

**5:00PM-6:00PM**

Learn basic knife skills and how to prep food for your family like a pro with cooking sensations Margaret Prim and Julia Sikes of the Arts Council. A grocery list will be provided in advance so participants can prep ingredients for three meals.

\$25/per person | Virtual

Pre-registration is required.

Visit [pennyroyalarts.org](http://pennyroyalarts.org) or the Alhambra Theatre's Facebook page @ [alhambraclarkville](https://www.facebook.com/alhambraclarkville) for more info and registration information.

Alhambra Theatre  
507 S Main St.  
Hopkinsville, KY 42240  
(270) 887-4295

## 24 WEDNESDAY

### **ARTS & CRAFTS: KID'S CLAY MONSTER CLASS. 10:00AM - 11:00AM**

Join us for our Clay Monster Workshop where we teach you the basics of working with clay to create this fun monster.

This class is open to ages 8 and over.

Children 12yrs & younger must be accompanied by an adult.

Cost \$12 (glazes not included)

To register please call (270) 798-3625.

Facial coverings will be worn by students and staff at all times. Class size will be limited to allow for social distancing. No shared tools or supplies.

Guenette Arts and Crafts  
Center  
Fort Campbell, KY

## 26 FRIDAY

### **BABY YOGA (8WEEKS - CRAWLING). 6:30PM - 7:30PM**

A special class for babies and their caregivers.

Gentle yoga poses and music will introduce your little one to the world of yoga.

Age: 8 weeks to crawling

Price: \$15 for Caregiver and baby

Register on your MindBody App or at [yogamatclarkville.com](http://yogamatclarkville.com)

Ypqa Mat  
227 Dunbar Cave Rd,  
Clarksville, TN

Submit your  
event to

[EVENTS@CLARKSVILLELIVINGMAG.COM](mailto:EVENTS@CLARKSVILLELIVINGMAG.COM)

by the 15th of  
the month for the  
next issue.

# BE A HERO!

## HELP WIPE OUT STUDENT LUNCH DEBT!



Education Foundation  
Clarksville–Montgomery County

& CLARKSVILLE  
Life, Community, Home & Health in Clarksville, Ft. Campbell & Beyond LIVING

We invite you to donate to Clarksville Living Magazine's charity of choice:  
**The CMCSS Education Foundation Lunch Fund**  
to help pay down student lunch debt!

To donate to this amazing cause, visit:  
**[bit.ly/LunchDebtDonations](http://bit.ly/LunchDebtDonations)**

All payments are securely processed via Bloomerang.  
Please email us at [robin.burton@cmcss.net](mailto:robin.burton@cmcss.net) with any questions.

## 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.

**WARIOTO AUDUBON SOCIETY**  
A chapter of the National Audubon Society. The mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife and their habitats for the benefit of humanity and the earth's biological diversity. We connect our community to nature through events, hikes and talks. Meetings are on the 1st Thursday of March, May, September and December at the Clarksville-Montgomery County Library at 6 p.m. with a speaker and refreshments. The program is free and open to the public.

We offer monthly birding field trips from September – May.

Find us on Facebook: Warioto Audubon Facebook Page

**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/qcr](http://www.flyballdogs.com/qcr) 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; Contact Kim Leavelle at 436-1028 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).

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

**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/LLLClarkville](http://facebook.com/LLLClarkville). 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 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. [middlesetalanon.org](http://middlesetalanon.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 (wearing 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**  
Cub Scouts, dens for boys or girls, K through 5th grades. Scouts BSA, male troops and female troops, ages 11 to 17. Venturing, co-ed crews for ages 14 to 20. To contact Clarksville area volunteers: (931)249-3383, [cogiobascouting@gmail.org](mailto:cogiobascouting@gmail.org), [scoutingtn.org](http://scoutingtn.org)

To contact Middle Tennessee Council: (615)383-9724, [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 [sevierstationCAR@gmail.com](mailto:sevierstationCAR@gmail.com).

**GIRL SCOUTS OF MIDDLE TENNESSEE**  
331 A-1 Union Street. (931) 648-1060 or [gsmidtn.org](http://gsmidtn.org). Girl Scouts build girls of courage, confidence and character who make the world a better place. Email [bkelly@gsmidtn.org](mailto:bkelly@gsmidtn.org) for more information.

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

**COMMUNITY OUTREACH**  
**101ST AIRBORNE DIVISION ASSOCIATION**  
Once an Eagle...Always an Eagle

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

**ALL NATIONS BIBLICAL STUDY CENTER**  
Offers free Bible courses to the community in the major fields of biblical research. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit [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, Cheatham, Stewart, Houston, Humphreys, Dickson, and Hickman counties. (931) 551-4100.

**BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP**  
A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos

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

**CRISIS CALL LINE**  
Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

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

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

**OPERATION STAND DOWN: OSDTN - CLARKSVILLE**  
A non-profit Veterans Service Organization that has been serving Tennessee for over 20 years, with it being in Clarksville going on 5 years. The office is located at 400 Madison Street, and the office phone number is (931) 896-2184. I am a retired US Army Chaplain who volunteers with the organization. The office manager is Mr. Willie Celestine and he gave me permission to reach out to you.

Career Services through individual employment plans (resume building, interview skills) and links veterans with employers.

VA Health Services and Benefit Counseling directly with a VA counselor.

Individual Financial Counseling and Legal Consultations Coordination

Housing Services by assisting veterans remain in their current residence, and find housing for homeless veterans.

A very large clothing and food pantry is also available.

**TENNOVA HOME HEALTH & HOSPICE**  
141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, physical care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatham, Roberson, 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

**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, [habitatmtcn.org](http://habitatmtcn.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 [huihawaiotn.com](http://huihawaiotn.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, [humanesocietyofclarksville.com](http://humanesocietyofclarksville.com) or [clarksvillehumanesociety.org](http://clarksvillehumanesociety.org).

#### 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.

#### 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.

#### WARIOTO AUDUBON SOCIETY

A chapter of the National Audubon Society. The mission is to conserve and restore natural ecosystems, focusing on birds, other wildlife and their habitats for the benefit of humanity and the earth's biological diversity. We connect our community to nature through events, hikes and talks.

Meetings are on the 1st Thursday of March, May, September and December at the Clarksville-Montgomery County Library at 6 p.m. with a speaker and refreshments. The program is free and open to the public.

We offer monthly birding field trips from September - May.

Find us on Facebook: Warioto Audubon Facebook Page

#### 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; Contact Kim Leavelle at 436-1028 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 [JGVolleyball.com](http://JGVolleyball.com), email Director Jen Garinger at [jeng917@hotmail.com](mailto:jeng917@hotmail.com) or call Jen at (602) 741-8045.

#### EMMANUEL FAMILY LIFE CENTER

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

#### TEAM CLARKSVILLE YOUTH WRESTLING

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

#### THUNDERBOLT AQUATICS SWIM CLUB

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

#### WARRIORS SPECIAL NEEDS CHEERLEADING

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

#### CHILDBIRTH & PARENTING EDUCATION

**ROOTS CHILDBIRTH PREPARATION**  
Pregnant? Know who is your 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/LLClarkville](http://facebook.com/LLClarkville). 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, baby moon 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

**DUE TO COVID-19 ALL EVENTS ARE SUBJECT TO CHANGE, PLEASE EMAIL, CALL OR VISIT THE LINKS PROVIDED UNDER EACH EVENT TO KEEP AS UPDATED AS POSSIBLE. STAY SENSIBLE AND SAFE.**

sessions and are held on consecutive Wednesday or Thursdays at 7:00 p.m. Classes should be attended between the 26th and 34th week of pregnancy. Classes are taught in the Liberty Rooms on the first floor of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

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

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

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

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

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

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

Tennessee Nutrition & Consumer Education Program (TNCEP)

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

**CHILD PROTECTION & DOMESTIC CRISIS SERVICES**  
**AL-ANON & ALATEEN**  
Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street. Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. [middlesetalanon.org](http://middlesetalanon.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**  
Cub Scouts, dens for boys or girls, K through 5th grades. Scouts BSA, male troops and female troops, ages 11 to 17. Venturing, co-ed crews for ages 14 to 20. To contact Clarksville area volunteers: (931)249-3383, [cogjobascouting@gmail.com](mailto:cogjobascouting@gmail.com), [scoutingtn.org](http://scoutingtn.org)

To contact Middle Tennessee Council: (615)383-9724, [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 lineage, bloodline descent from an ancestor who aided in achieving American independence. Email us at [sevierstationCAR@gmail.com](mailto:sevierstationCAR@gmail.com).

**GIRL SCOUTS OF MIDDLE TENNESSEE**  
331 A-1 Union Street, (931) 648-1060 or [gsmidtn.org](http://gsmidtn.org). Girl Scouts build girls of courage, confidence and character who make the world a better place. Email [bkelly@gsmidtn.org](mailto:bkelly@gsmidtn.org) for more information.

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

**COMMUNITY OUTREACH**  
**101ST AIRBORNE DIVISION ASSOCIATION**  
Once an Eagle...Always an Eagle

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

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

**APSU EXTENDED EDUCATION**  
Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for

each course. New online classes start every month. Melony Jones at (931) 221-7868, [jonesma@apsu.edu](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.

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

**CRISIS CALL LINE**  
Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

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

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

**OPERATION STAND DOWN: OSDTN - CLARKSVILLE**  
a non-profit Veterans Service Organization that has been serving Tennessee for over 20 years, with it being in Clarksville going on 5 years. The office is located at 400 Madison Street, and the office phone number is (931) 896-2184. I am a retired US Army Chaplain who volunteers with the organization. The office manager is Mr. Willie Celestine and he gave me permission to reach out to you.

Career Services through individual employment plans (resume building, interview skills) and links veterans with employers.

VA Health Services and Benefit Counseling directly with a VA counselor.

Individual Financial Counseling and Legal Consultations Coordination

Housing Services by assisting veterans remain in their current residence, and find housing for homeless veterans.

A very large clothing and food pantry is also available.

**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, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

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

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

**HABITAT FOR HUMANITY AND RESTORE**  
Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222, [habitatmctn.org](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).

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**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](https://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 [huihawaii.com](http://huihawaii.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](mailto:humanesociety@clarksville.com) or [clarksvillehumanesociety.org](http://clarksvillehumanesociety.org).

**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@mannacafeministries.com](mailto:info@mannacafeministries.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 Sharita Goodrich at: 931-221-7600 or [vub@apsu.edu](mailto:vub@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.

**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**  
The above team operates locally as the volunteer arm of AFS Intercultural Programs ([www.afsusa.org](http://www.afsusa.org)) which has been hosting and sending folks on international exchanges since 1947 and now partners with 90 countries. Local registered volunteers are always needed. See [www.afsusa.org/volunteer-with-afs](http://www.afsusa.org/volunteer-with-afs).

Mini-bios are arriving weekly for the AFSers who will need loving hosts for the fall. You may view and apply to host at [www.afsusa.org/host](http://www.afsusa.org/host). Apply early as CMCCS will only allow four (4) exchange students per local high school.

Many scholarships are available for students who wish to study abroad in 2020-21 (summer, semester and year long). To see those that will soon have deadlines go to [www.afsusa.org/scholarships](http://www.afsusa.org/scholarships) and study-abroad. Some of those are: BP Full scholarships for Summer Academies in Egypt, India and Brazil, Cultural Explorer, Viaggio Italiano, Vaya a America, Latina, Sakura (Japan) LGBTQ Pride, and one locally for participants from Montgomery County for two (2) \$4,000 scholarships to study German in Germany or Austria. The deadline is March 1st. and an essay will be required. Locally, contact Susan Roberts at [sroberts@afsusa.org](mailto:sroberts@afsusa.org) and 515-721-3651.

Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV, and Flickr: AFSUSA.

**MOM & PARENT GROUPS**  
**SPRING CREEK MOMS**

Moms on a Mission is for moms, grandmoms, 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

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Facebook at [sbcmmoms](#). We meet at Spring Creek Baptist Church at 2760 Trenton Road. Meetings are from 9:30-11:30 with childcare provided.

**HILLDALE BAPTIST CHURCH HOMESCHOOL MINISTRY**

"CHARA" is a support group for families who have chosen to educate their children at home. We offer monthly meetings throughout the school year. Additional activities are also held throughout the year. For more information email [karen.clarkvillechara@gmail.com](mailto:karen.clarkvillechara@gmail.com) or visit [www.hilldale.org/aboutchara](http://www.hilldale.org/aboutchara).

**CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP**

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

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

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

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

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

**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 [momsclubofclarksvillewest@gmail.com](mailto:momsclubofclarksvillewest@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 MOMS TO MOMS**

Moms to moms is for moms of all ages, whether you're expecting or have grandchildren. We meet most 1st and 3rd Fridays from 9:30 - 11:30 am from September to May. Child care is provided from birth to 4 years of age. For more information contact Sara Turnquist or Lindsay Marlow, Co-ordinators at [momstomoms@hilldale.org](mailto:momstomoms@hilldale.org) or visit [www.hilldale.org/momstomoms](http://www.hilldale.org/momstomoms).

**SUPER MOM'S GROUP**

If you are a single mom—you are a SUPER MOM! We meet every Sunday morning at 9:45 a.m. at First Baptist Clarksville. We are a small group

that does various studies on parenting, Christian growth, boundaries, dating again, and other topics! We also do monthly get-togethers, mom's nights out, and play dates for the kids. Any single moms are welcome to attend these monthly events even if you can't come to the small group on Sundays! Please like our Facebook group to stay updated on all events: Clarksville - Super Moms. Contact Devin for more info at [devin.maureen@yahoo.com](mailto:devin.maureen@yahoo.com).

**PARENTS OF MULTIPLES**

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

**PARENTS REACHING OUT**

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

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

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

**TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)**

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

**WIC NUTRITION EDUCATION CENTER**

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

**RETIREMENT GROUPS**

**AARP LOCAL CHAPTER 1957**

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

**NARFE CHAPTER 870. (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)**

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at Golden Corral at 2188 Wilma Rudolph Blvd. Our meeting begins at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at [hsimms6551@charter.net](mailto:hsimms6551@charter.net).

**SUPPORT GROUPS**

**ALZHEIMER'S CAREGIVERS' SUPPORT GROUP**

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

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

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

**AUTISM SUPPORT GROUP**

Donna Richardson at (931) 503-2315. **BREAST CANCER SUPPORT GROUP** ABC (After Breast Cancer) outreach program provides survivor support through a free, comprehensive 16-week program that includes a YMCA membership, Pink Ribbon training classes, lymphedema education, and nutrition classes in a wellness-focused, caring environment. Survivors are encouraged to attend our monthly meetings held the 2nd Monday of each month. If you are going through chemo and are in need of a wig, please let us know. For more information or to sign up for the next session, contact Sherrie Lewis at (931) 647-2376 or [slewis@ymcamidtn.org](mailto:slewis@ymcamidtn.org).

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

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

**CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP**

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

**CLARKSVILLE OSTOMY SUPPORT GROUP**

Clarksville Ostomy Support is for people who have undergone ileostomy, colostomy, or urostomy or who suffer 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 [ctcfocclarksville@gmail.com](mailto:ctcfocclarksville@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 1st 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**

Tuesday meeting, noon to 1:00 pm. Saint Joseph Center Room #10 (Downstairs: parking behind building) For more information call: 931-257-6817 Email contact: [tuesday11meeting@gmail.com](mailto:tuesday11meeting@gmail.com)

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

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