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Watermelon

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*By Taylor Lieberstein,
starting on page 8*

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Publisher's note

With all the heat and humidity, we've had lately, there's no doubt that this month's refreshing cover caught your attention. National Watermelon Day is on August 3rd but I think it's safe to say that in Tennessee, you can celebrate this holiday all summer long. Be sure to check out Taylor Lieberstein's article that celebrates this southern classic starting on page 8. Everything from how to choose the perfect watermelon, how to efficiently cut it, make drinks, and yes, even fried!

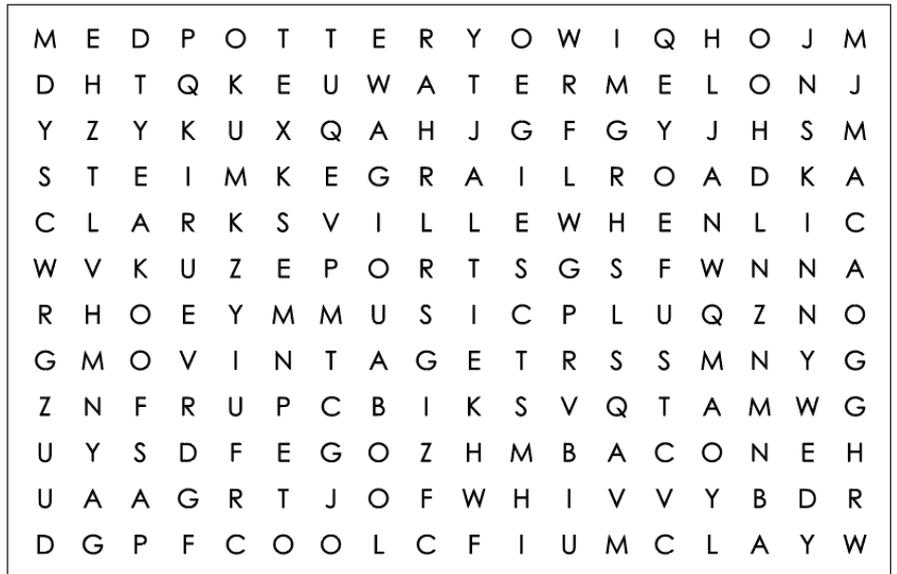
For those of you that are getting ready for back to school, I hope it will be a smooth and stress-free transition! I include myself in this as my seventeen-year-old son starts his senior year. I hope you can enjoy the rest of your summer and stay as cool as possible. Leaves will be turning soon, and Pumpkin Spice everything will be here before you know it.



Carla Landtroop

Founder & Publisher

August's find-a-word puzzle for clues about what's inside this month's issue!



Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

WATERMELON

CLARKSVILLE

PET

POTTERY

CLAY

RAILROAD

BACON

COOL

SKINNY

VINTAGE

MUSIC

SUMMER

DISCLAIMER

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

Clarksville Living Magazine

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Table of Contents

THE SKINNY ON
WEIGHT LOSS
SURGERY

6

WATERMELON:
SLICE IT. DICE IT.
CUBE IT. JUICE IT

8

VINTAGE
CLARKSVILLE:
THE L&N RAILROAD

12

RED RIVER CLAY

15

THE SOUND OF
(MARY'S) MUSIC

16

PET CORNER:
THE DOG DAYS OF
SUMMER

18

CALENDAR OF
EVENTS

20

NETWORK

28

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The SKINNY on Weight-Loss Surgery

Brought to you by
Tennova Medical Group

Surgery not only helps shed pounds, but also provides health benefits.

Many of us have been on some type of weight loss diet in our lives. Some of us have spent our entire lives trying the latest fad diet, each time ending up right back where we started. Extra pounds can result in numerous health problems including Type 2 diabetes, high cholesterol, hypertension, liver disease, sleep apnea, heart failure, and degenerative joint disease, to name just a few.

If you're more than 100 pounds over your ideal weight, you may benefit from weight-loss surgery. Weight-loss surgery – also known as bariatric surgery – can offer lifesaving health benefits. Bariatric surgery patients lose between 62 and 75 percent of their excess body weight and see significant improvements in chronic health conditions.

There are various types of bariatric surgeries:



Roux-en-Y Gastric Bypass (RYGB)

GASTRIC BYPASS

A small gastric pouch is created within the stomach to reduce food intake. The procedure is performed with a laparoscope through several small incisions.



Adjustable Gastric Band (AGB)

ADJUSTABLE GASTRIC BANDING OR LAP BANDING

A band is placed around the upper stomach with a laparoscope, limiting food intake to 1 – 3 ounces. The band can be tightened or loosened over time.



Biliopancreatic Diversion With a Duodenal Switch (BPD-DS)

DUODENAL SWITCH

Similar to the gastric bypass, a small stomach pouch is created and reconnected to a lower part of the small intestine. Because even more of the small intestine is bypassed, even fewer calories are absorbed.



Vertical Sleeve Gastrectomy (VSG)

GASTRIC SLEEVE OR VERTICAL SLEEVE

This procedure restricts food intake by removing most of the stomach. The remaining stomach “sleeve” will hold about one-fourth of a cup of liquid, and over time, can expand to hold approximately one cup of food.

“Advances in weight loss surgery have improved over the years, with recovery times becoming shorter and shorter,” said Dr. William Steely*, bariatric surgeon. “With so many options available to patients, from the lap band to the gastric sleeve, there is a surgery suitable for most every eligible patient.”

If you're considering bariatric surgery, keep in mind that surgical candidates must:

- have a body mass index (BMI, the ratio of your weight adjusted for your height) of 40 or more, or be at least 100 pounds overweight
- have at least two significant associated illnesses, such as diabetes, hypertension, arthritis or sleep apnea, if your BMI is between 35 and 40
- have no drug or alcohol dependency, or have at least one year of sobriety
- have documented attempts to lose weight medically
- be a nonsmoker for at least two months
- be committed to improving your health and lifestyle

As with any surgical procedure, bariatric surgery may present risk. Talk with your doctor about whether you're a candidate for weight loss surgery and together, discuss the risks and benefits. Remember that you must be committed to maintaining a healthy lifestyle as well as nutritional counseling and lifelong medical follow-up, after surgery.

Dr. Ronald Atwater, bariatric surgeon with Tennova Medical Group, states, “Weight-loss surgery is an effective tool to fight obesity. This can be life-changing surgery to our patients. We walk patients through the process from beginning to end to support their success.”

To learn more, visit www.findahealthyweight.com/tennova-clarksville or call 931-502-1111 to be referred to a physician that specializes in weight loss surgery.

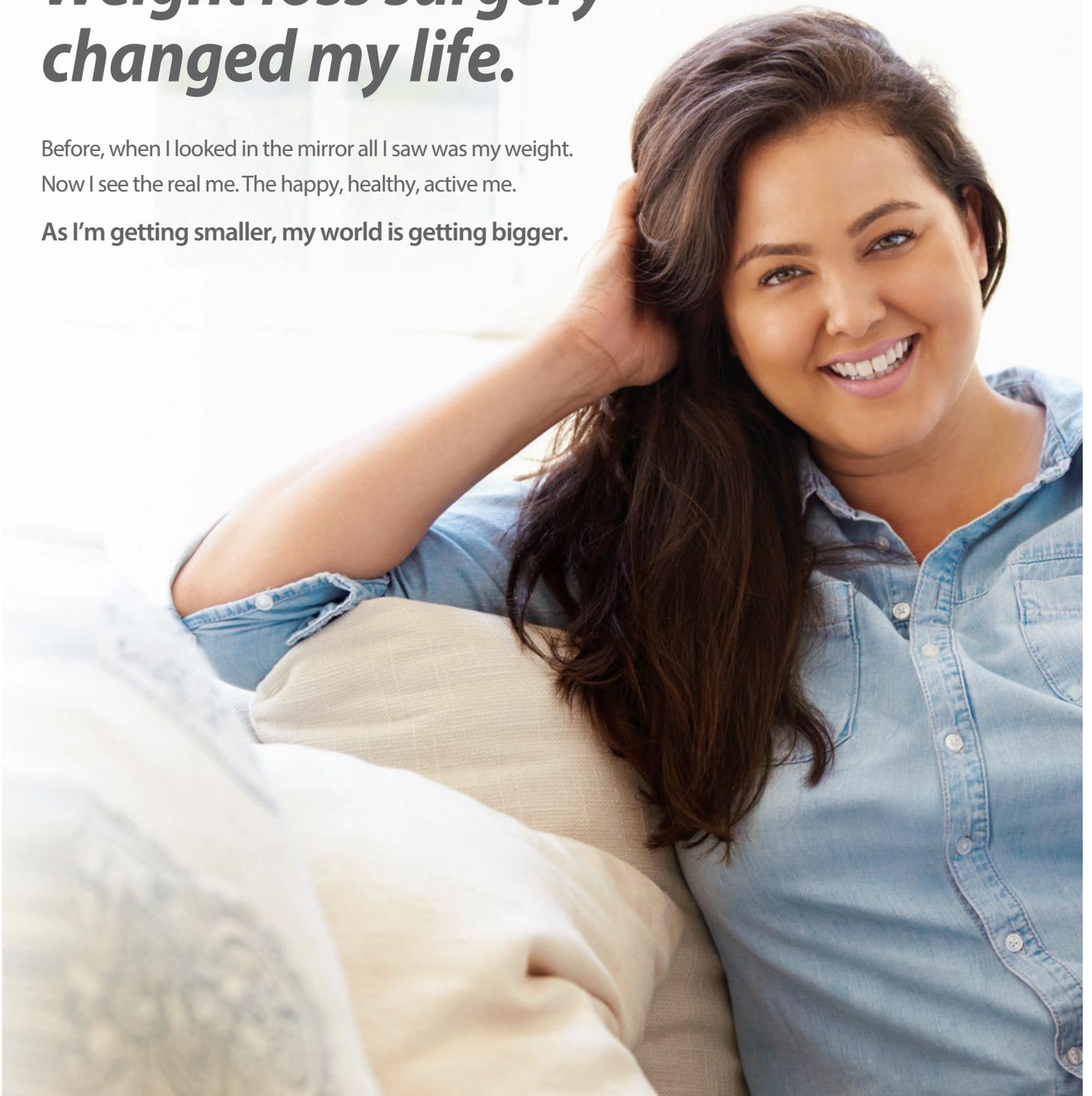
Remember that this information is not intended to replace the advice of your doctor, but rather to increase awareness and help equip patients with information and facilitate conversations with your physician that will benefit your health.

**Dr. William Steely is an independent member of the medical staff at Tennova Healthcare - Clarksville* 🦋

Weight loss surgery changed my life.

Before, when I looked in the mirror all I saw was my weight.
Now I see the real me. The happy, healthy, active me.

As I'm getting smaller, my world is getting bigger.



Find out if you're a candidate for a bariatric weight loss procedure.

**Take a free online assessment
at TennovaClarksvilleWeightLoss.com**



Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.



Watermelon

SLICE IT. DICE IT. CUBE IT. JUICE IT. *by Taylor Lieberstein*

National Watermelon Day is August 3 so grab a juicy melon and celebrate with us. We have found some of the best ways to celebrate the holiday and make use of this delicious and versatile melon all day (and month) long. Slice it up and eat it plain, cook it on the grill, mix it into a salsa, or blend it into a cocktail—there are countless ways to prepare and enjoy watermelon.

The watermelon lives up to its name as it is over 90 percent water, so consuming it on a hot summer day can help keep you hydrated and help prevent heat stroke. At just 40 calories per one cup serving, watermelon boasts an impressive nutritional profile. Some even refer to the watermelon as a "fregetable" because it is technically a combination of a fruit and a vegetable. 100% of watermelon is edible. Its pink center can be cooked, smoked, pureed, or juiced. And the rind (yes, the green part) you can pickle it, juice it, and even stir fry it. And for the seeds, in some parts of the world watermelon seeds are dried and roasted and enjoyed like nuts.

Before attempting any of these recipes you will want to pick out the best watermelon you can find. We have tips for that. Look the watermelon over. You are looking for a firm watermelon that is free from bruises, cuts or dents. Scratching is ok as these guys endure a lot of handling on their way to your kitchen.



Lift it up. The watermelon should be very heavy for its size. Turn it over. The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun. Few fruits are packaged more beautifully by the earth than watermelon. Its hot pink interior contrasted with a saturated deep green exterior makes it a stellar centerpiece showstopper for any table. There are several easy ways to go about slicing and cubing a whole watermelon for a stunning presentation.

To make wedges, place the watermelon half, cut-side down, on the cutting board; cut it in half through the stem or blossom end. Repeat, cutting each half in half again, through its stem or blossom end. Depending on the preferred size of wedges, these pieces can be cut crosswise into 1-inch-thick wedges, or the pieces can be cut in half one more



time before slicing into wedges.

To make cubes, cut the watermelon into your desired-sized slices. (You might want to steal the heart of the watermelon — the prized center piece that's usually the sweetest.) Place your pieces in an airtight container or zip-tight plastic bag and refrigerate.

To make sticks, cut the melon vertically in half. Turn it over onto its cut-side. Cut the melon vertically into 1-inch-thick slices, leaving the melon intact while slicing through it. Turn the melon 90 degrees, and cut

it again into 1-inch-thick slices. Carefully transfer the entire half of the melon to a large, flat platter so that the melon half stays intact. Guests can pull out a spike from the rind-end for a refreshing grab-and-go morsel of summer.

To make melon balls, cut the watermelon lengthwise in half through the blossom and stem ends. Use a melon baller or small ice cream scoop to create uniformly sized spheres, transferring them into a bowl; return the balls to the empty watermelon shell.

Boost your health esteem. Watermelon is 92% water, ideal for rehydrating, refueling, and recovering. And it is not only 80 calories per 2-cup serving, but cholesterol-free and fat-free too. Simply slicing up a juicy watermelon great place to start. Add a little salt, sugar or Tajin seasoning if you like spice. Watermelon and eating on the go are a great match. Watermelon is versatile and convenient, making it a great grab and go snack. Try adding watermelon's fresh flavor to appetizers like lettuce wraps and salsa and chips to create well-balanced yet totally unexpected flavors. Sip on watermelon beverages, you can infuse the juice into basically any beverage from a popsicle to a boozy Paloma.

WATERMELON JUICE



Watermelon juice could not be easier to extract. You don't need a fancy juicer, just a blender. Scoop the watermelon into the blender, blend for about thirty seconds, and done. You have watermelon juice. Taste your juice straight from the blender. If you like it as is, you don't need to strain it. If your watermelon had seeds in it, or you want your juice to be less pulpy, pour it through a fine-mesh sieve into a pitcher. Easy! If your juice separates as it sits, give it a little whirl with a spoon. If you're thinking about adding a splash of tequila or gin, great idea.



WATERMELON RIND PICKLES

INGREDIENTS:

- 8 cups sliced peeled watermelon rind (2x1-in. pieces)
- 6 cups water
- 1 cup canning salt
- 4 cups sugar
- 2 cups white vinegar
- 6 cinnamon sticks (3 inches), divided
- 1 teaspoon whole cloves
- 1 teaspoon whole peppercorns



DIRECTIONS:

Place rind in a large bowl; stir in water and salt. Refrigerate for several hours or overnight. Rinse and drain well.

In a large pot, mix sugar, vinegar, 2 cinnamon sticks, cloves and peppercorns. Bring to a boil. Add rinds; return to a boil. Reduce heat; simmer, uncovered, 10 minutes or until tender. Discard cinnamon sticks. Carefully ladle hot mixture into 4 hot 1-pint jars, leaving 1/2-in. headspace. Add a remaining cinnamon stick to each jar. Remove air bubbles and adjust headspace, if necessary, by adding hot mixture. Wipe rims. Center lids on jars; screw on bands until fingertip tight. Place jars into canner with simmering water, ensuring that they are completely covered with water. Bring to a boil; process for 10 minutes. Remove jars and cool.

WATERMELON RIND STIR FRY

INGREDIENTS: 2 cups watermelon rind, julienned (white part only, from about 1/2 of a seedless watermelon) 1 cup julienned carrots 1 inch piece of ginger, minced 1 clove garlic, minced 1/2 cup chives, cut into 3-inch pieces 1 tablespoon honey 1 tablespoon soy sauce 1 tablespoon fish sauce 2 teaspoons sesame oil 1/2 cup fresh basil leaves, torn 1/4 cup mint leaves 1/4 cup cilantro leaves.

DIRECTIONS: 1. Heat sesame oil in a wok over high heat. Add the watermelon rind and carrots and stir fry, stirring constantly, for 1-2 minutes. Let sit over high heat for 1 additional minute without stirring. 2. Add the chives and stir to combine. 3. In a small bowl, whisk together the honey, soy sauce, fish sauce, garlic and ginger. 4. Pour the sauce over the watermelon rind and cook, stirring, 30 seconds to 1

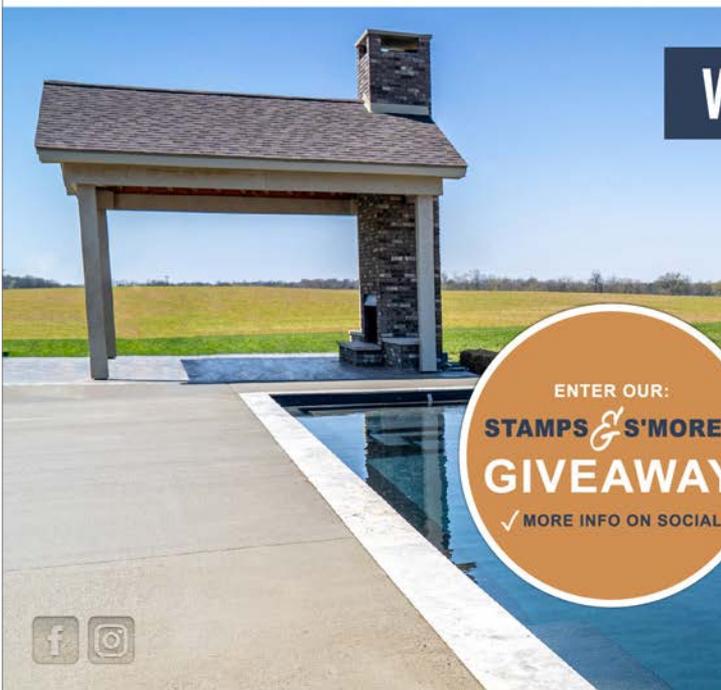
Continued on page 10



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minute until fragrant. 5. Transfer to a serving dish. Add the basil, cilantro, and mint, tossing to combine. 6. Sprinkle with red pepper flakes, if desired, and serve as a side dish. Makes 4 servings.

WATERMELON PALOMA



INGREDIENTS:

- 5 oz fresh watermelon juice
- 3 oz fresh grapefruit juice
- 1 oz fresh lime juice
- 4 oz silver tequila
- 1 oz agave nectar
- Seltzer, for topping off the glasses
- Ice
- Salt (for rimming glasses)
- Watermelon wedges (for garnish)
- lime slices (for garnish)

DIRECTIONS:

Add the watermelon, grapefruit, and lime juices, along with the tequila and agave nectar to a cocktail shaker filled with ice. Shake vigorously for 30 seconds or so to thoroughly mix and chill all the ingredients.

Taste and add more agave nectar or lime juice, as needed, to meet your taste

Rim a glass with salt and fill it with new ice (the salt is optional, but highly recommended). Pour the mixture over the ice and add a little seltzer to each. Garnish with watermelon wedges and citrus slices, as desired.



AIR FRYER BACON WRAPPED WATERMELON

INGREDIENTS:

- 9 square cubes of watermelon, about 1.5-inches each (around 8-9 oz total)
- 3 slices bacon (thin cut)

DIRECTIONS:

Cut the bacon slices in thirds so that you have nine total pieces. Stretch out each piece a bit, then wrap each around a piece of watermelon. Press together the ends where the bacon crosses. Place the bacon-wrapped watermelon in the air fryer basket, seam side down (place the side with the ends of the bacon face down in the air fryer basket). Air fry at 400 degrees F for 10-12 minutes, or until the bacon is crisp. Let cool for a few minutes before eating, as it will be hot. 🦋

MORE RECIPES:

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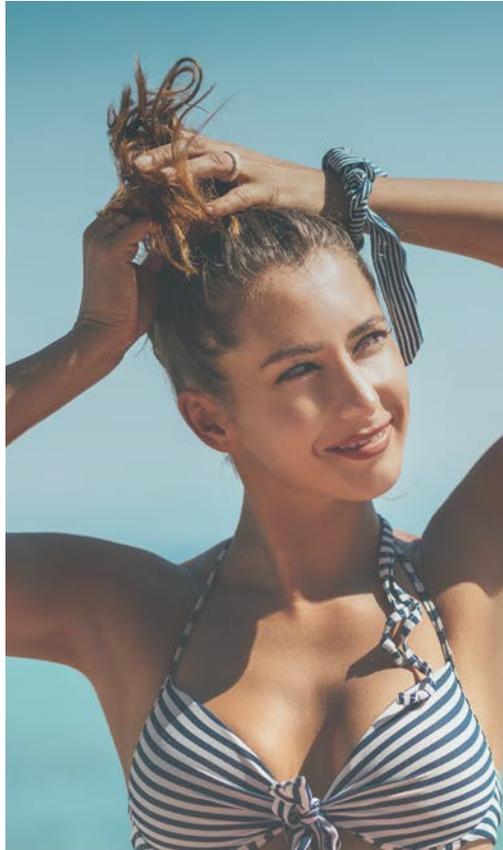
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L&N Railroad

By Paige Eisemann

Nestled along Commerce and Tenth Streets, a piece of Clarksville history stands. The L&N Train Station has stood watch since 1890, seeing our community through generations of change. Long ago there was no busier place in our community, and glimpses of that history are still visible thanks to the hard work and dedication of the Montgomery County Historical Society.

Opened by the Memphis, Clarksville and Louisville railroad, the first train came into town from Guthrie on October 1, 1859. The line's extension to Bowling Green was completed on September 16, 1860 and a ceremonial first train was operated on September 18, including a symbolic handshake between William Quarles and James Guthrie of the L&N at the Kentucky/Tennessee state line.

The first regular train from Clarksville to Bowling Green from the L&N Station rolled out on September 24. The first passenger service along the line didn't begin until April 14, 1861, however. With the completion of the bridge over the Tennessee River bridge at Danville, KY, Clarksville became a part of the route between Bowling Green and Memphis. The first Clarksville depot was located on Depot Street, near Cumberland Drive. This depot included a freight depot and hotel.

Groundbreaking for the current depot began in 1881. Trains were an important part of Clarksville industry, as important as the Cumberland River. Many tobacco warehouses were built near the intersection of Commerce and Tenth Streets to provide easy access for loading freight. In fact, it was the ready access to both river transport and rail freight lines that brought many businesses to Clarksville in the post Civil War era.

The L&N Station we know today underwent renovations in 1901, 1916, 1924, 1928 and 1960. The 320 foot butterfly shed to provide shelter for passengers was added in 1916. Train travel was the most popular form of transportation for many years, until the automobile arrived. The depot was a vital influence on our community, but with the advent of over the road shipping using automobiles the popularity began to decline. During World War II there was a resurgence in popularity of passenger train travel, with untold numbers of civilians and soldiers passing through our train station daily. Shortly thereafter however, trains fell out of favor as a method of transportation. By the 1950s, few passenger trains ran on the historic Memphis line.

According to the Montgomery County Historical Society, the most famous train on the Memphis Line was the Pan American, which

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had its beginning in December of 1921. Due to the steady decline of passenger business, this train was discontinued on November 15, 1965. The Monkees came out with the song, "Last Train to Clarksville" in 1966 due to this discontinuation. Legend has it that the hit song told the story of a drafted Vietnam soldier doing basic training at Fort Campbell and his hometown love meeting at 4:30 at Clarksville's L&N Train Station. It has been disputed that the song may not actually be about our town, but most people still assume it. The song might have been a hit, but in reality that was not the last train to Clarksville.

Night trains 101 & 104 ran on until February 28, 1968 when C. W. Harrison, night ticket agent, sold the last passenger ticket in Clarksville. Harrison and his day ticket agent comrade P.O. Bledsoe were known by most Clarksvillians since they had worked at the depot for over 30 years.

Time marched on and the L&N Train station fell into disrepair. After years of neglect, the train station was brought back to life for the State's Bicentennial in 1996. It is now home to the Montgomery County Historical Society. Many items of Clarksville memorabilia are for sale.

The train station is opened with the help of volunteers on Tuesdays, Thursdays, & Saturdays from 9-1. The Historical Society also sponsors a Farmers' Market on Tuesdays, Thursdays and Saturdays under the awning beside the train. The market includes produce, homemade goodies, crafts, etc. including local favorite Mrs. Trotter's booth which sells fried pies, banana pudding, breakfast biscuits, and more. A diesel locomotive and caboose donated by Tony Smith and RJ Corman are a unique static display that draws tourists from all around to the station. The station is available for rental use for weddings, receptions, meetings and other events. There is seating for 50 people and costs are quite reasonable. Locals enjoy using the station and associated displays for photo shoots and special events. We are fortunate to have this landmark of Clarksville history preserved and used by our community.

For more information visit the Montgomery County Historical Society's web page at www.mchsociety.org/Index.html or visit at 109 10th Street. For special tours contact: (931) 553-2486. 🐛

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If you don't like 🌮 I'm nacho type.

Did I just out loud?

I'm no cactus expert, but I know a prick when I see one

If stupid could fly, this place would be an airport

I'm trying my best to be awesome today, but I'm exhausted from being freakin' amazing yesterday.

Best friend don't judge each other. They judge other people, together.

Today's mood: CRANKY with a touch of psycho.

If you think I'm psycho, you should meet my family.

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AESTHETIC TREATMENTS FOR MEN

A common stereotype in the aesthetic and wellness industry is that medical spa treatments are for women. However, statistics don't bear that out. More men than ever have now discovered the benefits of aesthetic treatments and now you can too with the help of Bella Medical Spa. Bella Medical Spa is an award-winning medical spa with 15+ years experience in medical aesthetics. They proudly serve Clarksville and surrounding areas and have performed thousands of procedures.

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RIVER CITY CLAY

By Paige Eisemann

Creativity and passion are often overlooked in the rhythms of our daily lives. We get caught up in our daily routines and remain busy. People who make time to engage in creative activities frequently report feeling less stressed, more fulfilled, and better able to handle the stressors of life. A new business in downtown Clarksville has opened, offering a unique opportunity to develop talents and express creativity in a remarkable way.

Ken and Melody Shipley are internationally recognized potters, with four decades of experience creating and teaching others the art. Their experience is evident in their creations, and in their devotion to sharing their love of pottery with others. Shelby Crutcher is a business student with a passion

and talent for pottery developed over ten years. According to their website, these three talented artists used their journeys through 2020 to consider what would come next. Their visions came together as one great idea. That idea became an interactive gallery and pottery studio that would bring a new avenue for creating art to the Clarksville community, known as River City Clay.

Working with clay has long been recognized as an exceptionally restorative and therapeutic art form. Research has shown that the movement of working clay on a pottery wheel is gentle yet strengthening to hands, wrists and arms. It is often recommended for those suffering from arthritis because of the positive effects on joint mobility and manual dexterity. Going deeper than that, it is cited by Psychology Today as one of the most effective therapy recommendations for those suffering from mental stress such as PTSD. The tactile stimulation of manipulating clay is said to help artists feel grounded and calmed, having the effect of stabilizing the emotions. For these reasons, clay is frequently used as a tool in therapy settings. The artistic process of working with clay can help children develop motor skills and greatly impact sensory development, as well as offering a lot of creative fun!



Owner, Ken Shipley during a class at River City Clay.



There are many options offered at River City Clay, designed to reach patrons no matter what their comfort or skill level. Options to schedule a party, a private lesson, or even a six week course are available on their current schedule. You may host a birthday party, a family fun day, or an individual kids session. Schedule a date night session for two, or a private party class for a group. Six week courses with instructor Ken can teach you to learn to make your own pots or build on your current skills. Melody also offers six week sessions, which allow you to start from square one or advance your talent. Shelby hosts individual sessions tailored to your skill level, helping everyone from beginners to experienced potters. There are also open studio sessions available to book, where you may continue your work or get valuable practice time on the wheel.

River City Clay hosted their Grand Opening on July 17, opening their doors to the beautiful and bright studio for the people of our community. Beautiful pottery was on display, and many door prizes were distributed. Aside from stunning pottery, River City Clay also offers stunning fiber art and handmade jewelry. Some of these incredible weavings were by artisan Eloise Freeman, who was on hand to demonstrate weaving on an inkle loom. Ken, Melody and Shelby have chosen to devote their time and energy to our community by supporting arts and sharing their love of pottery. Their experience, education, and talents are an asset to our community, and the business they have opened offers an opportunity for all of us to develop a love of clay. River City Clay is located at 115 Franklin Street. Learn more on their website rivercityclay.com, or on their social media (facebook.com/rivercityclay) (IG @rivercityclay).



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MARY'S

THE SOUND OF MUSIC

By Tony Centonze

If you're a musician in Clarksville-Montgomery County you've probably spent some time in Mary's Music, a local landmark that has been serving this community for almost thirty years. And, not just by selling drums and guitars, but, by providing a full-service shop that caters to the needs of music enthusiasts of all types, ages and skill levels.

John Mark Cox and Andy Jones are the current owners of the store, which has operated in Clarksville since 1992. Since the summer of 2019 Thad Wallus has been the store's general manager. His Mary's Music experience began when he was just a child, taking guitar lessons

from the legendary Charlie Winkler. "I also took piano lessons as a kid, but they 'didn't take'," Wallus said. He took lessons throughout high school, played bass in the MCHS Jazz Band, and as a multi-instrumentalist continued to play gigs throughout his college years, and even now, with Syd Hedrick, Odiss Kohn and others.

Strawberry Alley Upstairs is one of his favorite places to play. "I want to say thanks to them for all they do for local live music," Wallus said. "My influences are broad. I like the finger-style guys like Chet Atkins and Jerry Reed, and the rock and rollers like David Gilmour. When you play long enough, you tend to like everything, and being versatile allows for lots of opportunities. I joke

that I'm a musician, and I make hundreds of dollars per year."

By now, we're all aware of the impact the pandemic has had on live music, and small businesses. While Wallus wasn't doing much gigging during that time, he was working hard to make sure that Mary's Music continued its important work in our community.

"The pandemic was challenging, but we did pretty well," Wallus said. "We kept the doors open, when we weren't mandated to be closed. It turns out that a lot of people were sitting home, and needed a new hobby. So, we were able to fill that need. We also switched in-person lessons to virtual lessons, and were able to keep that part of our business going as well."

Guitars saw a surge in popularity during the pandemic, which became a real challenge for music stores.

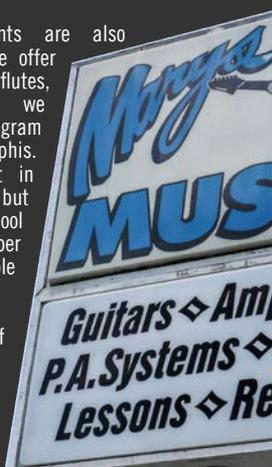
"There were times when we couldn't get product," Wallus said. "Things would arrive, and we would sell out immediately. We're still struggling with some supply chain issues, like many other businesses. We received twenty-five guitars today that have been on order since March."

Wallus says, when he talks to his reps and vendors, they're still somewhat in the dark about projected arrival times of instruments and equipment. It's an ongoing issue that many industries are facing, but it seems to be getting better now.

"Because of the supply chain issues, we've been buying and selling a lot of used instruments," Wallus said. "We're able to offer good prices, and offer items for which we're not a dealer, which is nice. Mary's Music is always willing to consider trades, and we do buy used instruments."

"School band instruments are also available at the store. We offer band instruments like flutes, saxophones, etc., and we have a rent to own program through AMRO out of Memphis. The instruments are not in stock here at the store, but everything a middle school or high school band member might need is available through the program."

Lessons are a big part of the Mary's Music business model. "We probably have



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931-552-2313

about 250 students right now, being taught by eleven instructors," Wallus said. "It's something we really promote, and I think it's an important service to our community."

"Some of our teachers have pretty full schedules. Many of them teach multiple instruments. We offer instruction on guitar, bass, drums, ukulele, and piano. Our voice lessons will start up again in September, and we do have a few flute students. Our violin instructor is currently on tour with a country artist. She will be back in the Fall."

Mary's Music instructors work with students as young as six years old. "Yeah, we have students ranging in age from six to eighteen," Wallus said. "Then we have a lot of adult students, and we even have a lot of retirees who have decided, now they have the time, so they're going to learn an instrument. They mostly do morning lessons."

"We probably have about 250 students right now, being taught by eleven instructors,"

"It's something we really promote, and I think it's an important service to our community."

Wallus touts the benefits of individual instruction. "Our teachers can tailor how and what they teach specifically for each student," Wallus said. "Group instruction is good, but one-on-one lessons are so much better for the students."

"If you're thinking about taking lessons or getting lessons for your kids, you should call us. Of course playing guitar is considered cool, so everyone wants to learn that instrument, and we currently have four great guitar teachers, Wes, Russell, Edwin, and Jimmy K. But, if you really want yourself or your kids to learn music, especially if they're in a school band and need to shore up the theory side of music, piano lessons are a great way to do that."

For the really young students who are interested in music, Wallus said, "start them with piano. It's a great way to conceptualize music. The piano is linear, as opposed to guitar, which is linear and every other way. There are fourteen different ways to play guitar, but really only one way to play the piano."

Wallus is optimistic for music's future.

"I would say music is as big as ever, and with emerging technology that allows you to literally sit in your bedroom and create your own music with one microphone and one interface, it may be easier than ever," Wallus said. "These days, you can record an entire album that sounds pretty good. People are making careers like that. There was a time when the number of students learning to play an instrument dropped a bit, but now everyone is realizing the value of learning to play an instrument."

Wallus hints that there are probably



upcoming promotions that will offer great deals on instruments, equipment, and lessons. "I know we'll likely run a Christmas special, where if you sign up for a certain number of lessons, you'll get some free," Wallus said. "And, there are no contracts. You only pay for four lessons, and if you decide it's not for you there is no further obligation."

"We offer beginner guitars at a reasonable price, entry level instruments that are set up well and sound good. And, we really do look at lessons as an important contribution to the community. It's like family, when you see the same people in here every week. We all get to know each other. It's a great way to build up what the community looks like. I see people from all walks of life come to our store for that one universal thing - music. It's really nice."

Mary's Music also offers repairs on guitars, basses, and pretty much anything with strings, thanks to their guitar-tech Randy Lewis.

"Randy has been here forever, and he does killer work," Wallus said. "You can take a guitar to him and say, make this thing sing, and he'll get it together for you. He is a great repairman and a 'monster' player. It's cool being around someone who knows so much about the instruments."

"Mary's Music really does it all. We sell equipment and gear, offer repairs on all types of instruments and accessories, offer lessons, and all the books, which reminds me, I probably need to start calling the band directors to make sure we have the books they'll be using this Fall." 🦋

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A NEW INSTRUMENT!**

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Mon-Fri 9am-6pm • Sat 9am-5pm 📍 www.marysmusicofclarksville.com





staying cool in dog days of summer

August is here, which means the extreme heat of the summer months is upon us. When you're feeling the heat, you can be certain that your pet is feeling it just as much – if not more. For animals, prolonged exposure to heat can cause serious health issues, such as organ failure, or even become fatal.

Unlike us, our dogs and cats do not sweat through their skin. Instead, they keep cool by sweating through the pads of their feet. They may also cool themselves off by panting or breathing rapidly, meaning their body systems need to work even harder to stay cool.

Because animals are unable to express how they feel verbally, it's our responsibility as pet owners to ensure that they are safe. Here are a few simple tips to help keep your fur baby cool and comfortable in the dog days of summer.

1. Don't Treat Pets as if they are Humans.

While we consider them part of our family, it is especially important to remember that they don't always enjoy the same things that we do. Take for instance, swimming. Typically pets like cats and rabbits have no interest whatsoever in getting wet. Many dogs love to play in the water, but not all of them are keen on being submerged. So, don't assume your dog will enjoy being thrown into the pool. And remember, if they do go into a chlorinated pool, be sure to wash them off after.

Letting your dog walk on a hot sidewalk should also be avoided. Hot pavements can burn tender paw pads, so during hot weather, it's best to plan your strolls in the early morning or later in the evening when the asphalt has cooled off.

On the other hand, there are some instances where it is okay to treat pets like a human, and that is when it comes to protecting its tender skin from the sun. If your pet has a lighter coat, or if they've recently been clipped, you'll need to apply sunscreen. If you aren't sure what kind to get, a good rule of thumb is: if it's gentle enough for a baby, it will be safe for a pet.

2. Limit Outside Time.

If your pet is used to spending a lot of time outdoors, don't leave them there for too long. Be sure they have a nice, shady spot to cool-off and plenty of hydration. A big bowl of water stays cooler for much longer than a small one. Keep in mind that some pets won't drink warm water no matter how thirsty they are, so be sure to change out their water frequently or add in some ice cubes.

3. Prepare for Inclement Weather.

In addition to extreme heat, summer also brings its share of tornadoes, thunderstorms, hurricanes and power outages. Here in Clarksville, we see our fair share of all kinds of summer weather, including plenty of humidity, which also causes a lot of discomfort for our pets. In the event of evacuations due to harsh weather, plan to take your pet with you – no matter how long you anticipate being gone.

4. Never Leave Your Pet in a Hot Car.

This one seems obvious, but if it didn't happen every year, we wouldn't have to mention it. Even with the windows open, temperatures inside your car can skyrocket to over 150 degrees in a short amount of time. If you can't determine if it's too hot, don't risk it. Leave your pet at home or bring them with you.



Summer...

By Christina Chittenden

5. Watch for Heatstroke.

Following the tips above should, hopefully, prevent you from ever worrying about heatstroke in your pets. But, if you notice any of these symptoms, be sure to take action immediately.

Signs of heatstroke in pets:

- Rapid, noisy breathing
- Trouble swallowing
- Distress
- Lethargic
- Refusing to eat or drink
- Eyes half-closed or glazed over
- Drooling

Dealing with heatstroke:

- Get your pet out of the heat
- Apply cold, wet towels to the back of the head
- Place cold packs or wet towels between back legs and on the belly
- Take them to the vet as soon as they've cooled down

By following these steps and taking the necessary precautions, you'll be sure to keep your pet safe and cool so that both of you can relax and enjoy all of the fun that summer brings! 🦋

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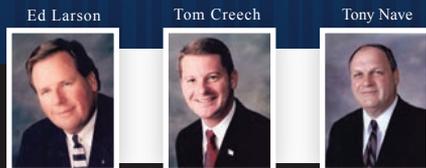
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**ONGOING
WICKED GOOD
WICKED GOOD TRIVIA.
7:00PM**

Every Thur. 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. 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.

605 Cumberland Dr. Clarksville, Tn.

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

Wicked Good Sandwiches
605 Cumberland Driev
Clarksville, TN

**ARTLINK WEEKLY
PHOTOGRAPHY CLASS.
EVERY Fri. 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 Fri.. The cost is \$10.

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.

This class is held at our studio
www.artlinkclarkville.com

116 Strawberry Alley
ArtLink Studios

**CLARKSVILLE
DOWNTOWN MARKET
8AM-12PM**

The Clarksville Downtown Market is a weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products. The Market has been running May through October each year since 2009 and strives to provide an opportunity for local customers to connect with local businesses, while enhancing quality of life in our community. Enjoy live music, meet our Market mascot, "Corny the Cob," and experience special events on select market days.

The Clarksville Downtown Market is produced the staff and personnel of Clarksville Parks & Recreation.

For ADA Assistance, please call 931-645-7476.

One Public Square
Clarksville, TN 37040

**MONTGOMERY
COUNTY FARMERS
MARKET
7 AM - 1 PM**

Every Tuesday, Thur., & Sat. through the growing season.

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

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

L & N Train Station parking lot shelter.

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

**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

**FAMILY BOARD GAME
NIGHT**

4:30PM-10:00PM

Sanctuary Gaming is hosting family board nights every Thursday.

This is a free event.

Salon Suites

Join our successful business owners with your own rental suite! Rental suites are perfect for: salon, barber, massage, tattoo, or office space!

TWO Clarksville locations available:
285 Dover Road | 913 Tiny Town Road

Call Kat Hill today for more information at 931-241-7464

Come play a game with us, one of the store's or one of your own.

Fun family environment that is a safe place for all

THURSDAYS:

JULY 1ST, 8TH, 15TH, 22ND, 29TH;

AUGUST 5TH, 12TH

Marvin Eberle

Sanctuary Gaming

sanctuarygamingllc@outlook.com

9315392602

Sanctuary Gaming
101 N. Riverside dr.
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

DOWNTOWN @ SUNDOWN

Join us for the 2021 Downtown @ Sundown Concert Series! Each event will offer a night of free music and entertainment. Beer and other beverages will be for sale with proceeds benefiting our featured non-profit, United Way of the Greater Clarksville Region. A variety of independent food trucks will line up

on Main Street. Chairs and blankets are welcome; however, pets, coolers, smoking/vaping or outside alcohol will not be allowed on site.

Contact Info

Elizabeth Quinton

ebquinton@mcgtn.net

931-245-3366

Friday, July 02

7:00 pm - 10:00 pm

Friday, July 16

7:00 pm - 10:00 pm

Downtown Commons

215 Legion Steet

Clarksville, TN

KARAOKE AND TACOS! 6:30 PM

Saturdays:

July 3rd, 10th, 17th, 24th, 31st

August 7th, 14th

Karaoke EVERY Saturday at The Flip'N

Axe, Clarksville from 6:30 - 10:30PM!

Come and Sign your favorites and

enjoy the Venue! We will have Chef

Bonez serving up Top Shelf West Coast Style Tacos, and MORE from 5:30 - 10:30pm! Beverage and Bucket Specials ALL NIGHT! Axe Throwing is not a requirement to enjoy all our Venue has to offer! Family Friendly, all ages welcome! 10&up can compete! Smoke Free Facility Veteran and Locally Owned and Operated.

The Flip'N Axe

2121A Wilma Rudolph BLVD.

Clarksville, TN

FREE CONCERT

Featuring: 101st Airborne Division Band



Friday, August 20th at 6pm

Viceroy Amphitheater
101 Walter Garrett Lane
Oak Grove, KY. 42262
-Gates open at 5pm-

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NEW: Bubble Zone, Lawn Games, Cornhole, & \$3.00 drinks!

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PAINT AND SIPS

Welcome to Art and Attitude! We bring BYOB Paint & Sip art classes to Downtown Clarksville, Franklin Street and Strawberry Alley while supporting local businesses, offering guided classes to people of all skill levels.

Contact Info
Asia long
DBOGALLERY
Lilasiae09@yahoo.com

Friday, July 02 6:30 pm
Saturday, July 03 6:30 pm

DBO's Creative Circle
33 Covington st.
Clarksville, TN

HICKORY POINT UMC PRODUCE MARKET

Located at the Hickory Point United Methodist Church under the covered pavilion. 2001 Lock B Road North, Clarksville TN 37043.

Fresh produce from Blocker Farms in Robertson County, handcrafted soap and beeswax lipbalms, pure Wisconsin maple syrup, delicious homemade sauces and jams, decorative house plants and so much more!

Come on out and support your local community!

Interested in setting up a table with us? Contact Karla Kean at kohlrabi1968@gmail.com for more information.

Contact Info
Annalee Parker
Daisysandybanks@gmail.com

Saturday, July 03
8:00 am - 12:00 pm

Saturday, July 10
8:00 am - 12:00 pm

Hickory Point United Methodist Church
2001 Lock B Road North
Clarksville, TN

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

Join us first Mon. 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

Mon. through Fri., 5:30AM to 9:00 PM (except Wed., 5:30AM to 5:00 PM), Sat., 7:00AM to 4:00 PM This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

Hilldale Baptist Family Life Center
250 Old Farmers Road
hilldale.org

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

ON SITE INTERVIEWS 9:00AM-11:00AM

Join Hankook AtlasBX every Tuesday for open interviews! Check out our website to view open positions:

<https://lnkd.in/dgbxtdd>

Contact Info
Nathan Dean
Hankook AtlasBX
nathandean@hankookn.com
931-999-8210

Tuesday, July 06
9:00 am - 11:00 am

Tuesday, July 13
9:00 am - 11:00 am

Hankook AtlasBX
1325 International Blvd
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

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

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

Clarksville Restore
408 Madison Street
(931) 645-4242

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING 7:00PM - 9:00PM

Clarksville Montgomery County Beekeeping Association (CMCBA)

<http://www.cmcba.com>

We are also on Facebook.

Our meetings are The first Sat. of every month at 10 AM. Locations have been varying due to Covid restrictions. Our next three meetings April, May, June will be held at the Dotsonville Community Center. There will be no July meeting, holiday weekend

With the upcoming spring season it always brings the season of honeybee swarms. We definitely want to make sure that the community can connect to us and our beekeepers. And those interested in beekeeping can connect as well.

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 Sun.s at 3:00 PM at Liberty Park. We meet past the fishing pond, back by the dog runs. Visit crimsonriversca.org or call Steven at (931) 542-2277.

UFO CLUB.

Shoot down your UFOs. For the quilters or sewers who have Unfinished Fabric



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Or call 1.800.615.3535,
Visit us on-line @ www.MallGiftCards.net



GovernorsSquare.net • 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.

Objects lying around. A great way to make new friends and be inspired to conquer some of your UFOs. Join us on the first Sat. 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. (270) 466-9222

Quilt and Sew
109 South Main Street
Trenton, Kentucky

FRENCH DINNER.

1st Sat. of each month at 6pm at Madeleine.

Reservation Only. Enjoy a French meal with homemade courses. Bring your own wine. Call 931-378-5539 to reserve.

100 Strawberry Alley
Downtown Clarksville
Clarksville, TN

RECURRING EVENTS

SUNDAYS

X-Wing 200 Point Games!

Sundays - (August 8th, 15th, 22nd, 29th, September 5th, 12th, 19th)

200 Point Game! Falling down at 1:00pm sharp! \$10 entry fee. Entry includes: One (1) soft drink, water or juice; One (1) snack \$1.00 or less; Entry in to tournament.

Sanctuary Gaming
101 North Riverside Dr.
Clarksville, TN

MONDAYS

Cornhole Cash Prize Blind Draw Tournament! - 6:00 PM

Mondays - (August 2nd, 9th, 16th, 23rd, 30th)

Every Monday and Thursday night, the Clarksville Cornslingers and Miggyboards Cornhole Crew host an American Cornhole League CASH Prize Blind Draw Tournament! Chef Bonez will be serving up Top Shelf West Coast Style Tacos, and MORE until closing! Sign-ups from 6 - 6:55pm, Bags Fly at 7pm!

The Flip'N Axe 2121A
Wilma Rudolph BLVD.
Clarksville, TN

TUESDAYS

On Site Interviews Hankook - 9:00 AM

Tuesdays - (August 3rd, 10th, 17th)

Join Hankook AtlasBX every Tuesday for open interviews! Check out our website to view open positions: <https://tinyurl.com/hankookjobs>

1325 International Blvd.
Clarksville, TN

WEDNESDAYS

EFNEP Free Nutrition Classes 11:00 AM

Wednesdays - (August 3rd, 10th, 17th)

Join us for a 7-week cooking, nutrition, and health course through University of Tennessee and EFNEP. Learn the importance of healthy meals and eating, how to track nutrition, meal plan, save money on food, food-safety, and so much more!

The Refuge at Manna Café
Ministries
503 D St.
Clarksville, TN

Weekly Wednesday Cash Prize Blind Draw Axe Throwing Tournament! 6:00 PM

Wednesdays - (August 3rd, 10th, 17th)

Each Team will throw 20 times (10 each Player) to compete against an opposite Team. The Team that wins will advance in the A Bracket, while the losing Team can still fight through the B Bracket! This will be a Best 2 out of 3 Tournament! Entry for the Tournament is \$25 (plus tax). \$10 from each Entry will be added to the Pot! The Flip'N Axe, Clarksville will start the Pot at \$50! We ask that you please pay in Cash, as it'll be easier to distribute the Cash Prizes! The Team that takes 1st Place will receive 50% of the Pot, 2nd Place will receive 30%, and 3rd Place will receive 20%! BEGINNERS WELCOME!

The Flip'N Axe
2121A Wilma Rudolph BLVD.
Clarksville, TN

THURSDAYS

Homeschoolers and Virtual learners Pokémon League! 1:00 PM

Thursdays - (August 5th, 12th, 19th, 26th, September 2nd, 9th, 16th)

Sanctuary Games is proud to host Homeschoolers and Virtual Learners Pokémon League! Free Event!! This event is for kids 16 and younger. This day is for school age kids to come and learn, battle and trade Pokémon Trading Card Game (TCG)

We will have staff on standby to instruct anyone who wants to learn how to play. This includes moms and dads who also want to learn

to play so they can interact with their kids. We have many interactive stations for kids to participate in i.e. scavenger hunts, coloring

pages, make your Pokémon, learn to paint miniatures, puzzles, board games and much more. Free Pokémon give-a-ways for each child. We will also be supervising any trades between children to ensure fairness and that each kid understands the value of their cards. Classes available for anyone one who wants to learn how to spot a fake card. (Kona snow cones scheduled but not guaranteed) Sanctuary also has Thursday Night Family board game night. Bring

your own or play with ours. All ages welcome. Warm friendly staff ready to help you with all things gaming.

Sanctuary Gaming
101 North Riverside Dr.
Clarksville, TN

Family Board Game Night 4:30 PM

Thursdays - (August 5th, 12th, 19th, 26th, September 2nd, 9th, 16th)

Sanctuary Gaming is hosting family board nights every Thursday. This is a free event. Come play a game with us, one of the store's or one of your own. Fun family environment that is a safe place for all. Sensory room is available for adults or kids who need a break. Snacks and drinks for purchase. Sanctuary Gaming also plays and Teaches kids and adults how to play; Pokémon Trading Card Game, Super Smash Bros. Ultimate, Magic: The Gathering, Dungeons and Dragons, WarHammer and all board games supplied at the store. There is no fee for learning how to play. We also have coin activated arcades and pinball machines.

Sanctuary Gaming
101 North Riverside Dr.
Clarksville, TN

LITTLE LAMBS & IVY

Consignment Sale

Receiving Dates: Sept. 9th - 11th
(by appointment only)

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

25th Annual Fall/Winter Sale

For complete details & instructions go to:
www.inconsign.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

SALE TIMES

PRE-SALE Tuesday
September 14th • 5:00 PM - 9:00 PM
PRESALE FOR CONSIGNORS, GUESTS & NEW MOMS. * No children allowed at Tuesday's pre-sale.

PRE-SALE Thursday
September 16th • 6:00 PM - 8:00 PM
1/2 OFF PRESALE FOR CONSIGNORS.

OPEN TO THE PUBLIC THE FOLLOWING DAYS:

Wednesday
September 15th • 7:00 AM - 6:00 PM

Thursday
September 16th • 7:00 AM - 8:00 PM: **25% OFF UNLESS MARKED NO DISCOUNT.**

Friday
September 17th • 7:00 AM - 6:00 PM
50% OFF UNLESS MARKED NO DISCOUNT

Saturday
September 18th • 7:00 AM - NOON
50% OFF UNLESS MARKED NO DISCOUNT

FRIDAYS

Painting Class 6:00 PM

Fridays - (August 6th, 13th, 20th, 27th, September 3rd, 10th, 17th)

Sanctuary Games & United Culture Entertainment. Hosting Friday Night Aimee Painting Class. \$25 for each person. Entry gets you a canvas with a line art image of an Aimee character and we teach you how to paint. This is a great date night idea where you will be surrounded by other nerds and gamers while you learn how to paint your favorite character.

Sanctuary Gaming
101 North Riverside Dr.
Clarksville, TN

Friday Night Magic: The Gathering TCG: Commander 6:30 PM

Fridays - (August 6th, 13th, 20th, 27th, September 3rd, 10th, 17th)

Sanctuary Gaming is proud to host: Magic: The Gathering Commander Tournament each Friday! Come and test your deck against other fans of the game! We have staff on hand to judge and facilitate the tournament. This event is casual play with prizes for 1st, 2nd and 3rd! \$5.00 Entry. All ages welcome!

Sanctuary Gaming
101 North Riverside Dr.
Clarksville, TN

SATURDAYS

Vendor Fair 1:00 PM

Saturdays - (August 7th, 14th, 21st, 28th, September 4th, 11th, 18th)

Sanctuary Games is hosting a vendor fair every Saturday. Booths available indoor and out (you can sell anything PG rated and legal) Every Saturday from 1-5. Free admission for ALL. We have changing booths every week with some repeaters. Comics, Pops, Toys, Legos, Video games, Handmade crafts, Food trucks, Glass blowers, Needlework, & Magic: The Gathering.

Sanctuary Gaming
101 North Riverside Dr.
Clarksville, TN

Riverside SMASH! 5:00 PM

Saturdays - (August 7th, 14th, 21st, 28th, September 4th, 11th, 18th)

Come into Sanctuary Gaming for our weekly Super Smash bros. Ultimate tournament!!! Come in and compete with local competitors to win cash

prizes. Buy in is \$5 and first place prize is half of the door entries, either in cash or store credit.

Sanctuary Gaming
101 North Riverside Dr.
Clarksville, TN

Karaoke and Tacos! 6:30 PM

Saturdays - (August 7th, 14th, 21st, 28th)

Karaoke EVERY Saturday at The Flip'N Axe, Clarksville from 6:30 - 10:30PM! Come and Sign your favorites and enjoy the Venue! We will have Chef Bonez serving up Top Shelf West Coast Style Tacos, and MORE from 5:30 - 10:30pm! Beverage and Bucket Specials ALL NIGHT! Axe Throwing is not a requirement to enjoy all our Venue has to offer! Family Friendly, all ages welcome! 10&up can compete! Smoke Free Facility Veteran and Locally Owned and Operated.

The Flip'N Axe
2121A Wilma Rudolph BLVD.
Clarksville, TN

AUGUST

2 MONDAY

ALOTTA YADA PAINT AND SIP - 6:30 PM

The First Monday of every month we collaborate with Yada on Franklin to provide an awesome night of painting with a different atmosphere. Still the same great relax feel just a change of venue. We provide the fun and creativity; they'll provide the food and drinks. Definitely, a Win-Win, Come check it out!

33 Covington St.
Clarksville, TN

4 WEDNESDAY

BUILD & BREW @ TVBC - 7:00 PM

Come build with us! Flex your DIY muscles and sip on some amazing beer! Your registration includes all the supplies you need to create a Beer Bottle Opener with your choice of design. We will meet at Tennessee Valley Brewing Company, located at 2088 Lowes Dr, Clarksville, TN 37040.

Price includes 1 Beer Flight. Price: \$50.00

Tennessee Valley Brewing Co.
2088 Lowes Drive
Clarksville, TN

5 THURSDAY

55 PLUS LUNCH BUNCH - 12:00 PM

Mt. Hermon Baptist Church is excited to announce a new ministry for those 55 years young and above! The 55+ Lunch Bunch is starting on Thursday, April 1st with a free sack lunch, devotional and fellowship time in the Mt. Hermon Baptist Church Family Life Center. This ministry will be meeting regularly on the first Thursday of the month at noon for a time of food, fun and fellowship with other 55+ adults. To sign up for our first luncheon, you can register in our Fellowship Hall at church or register at www.mounthermonbaptist.org/55plus for this free event.

Mt. Hermon Baptist Church
2204 Jarrell Ridge Rd
Clarksville, TN

ART WALK CLARKSVILLE - 5:00 PM

First Thursday Art Walk is a free, self-guided tour that combines visual art, live music, engaging events, and more in the heart of Downtown Clarksville. Held each month from 5 p.m. to 8 p.m. – rain or shine!

DBO Gallery
106 N 2nd. St,
Clarksville, TN

6 FRIDAY

HEALING HEROES GOLF TOURNAMENT - 8:00 AM

Soldiers and Families Embraced (SAFE) is hosting our Healing Heroes Golf Tournament at the Clarksville Country Club on July 16, 2021. This is a fundraiser to help support our mission. SAFE provides free, confidential counseling services to active duty military, veterans, first responders, and their dependents. This tournament has multiple ways for you to show your support to SAFE either by purchasing a team, being an event sponsor, or being a hole sponsor! Price: \$125.00 to \$1,000.00

Swan Lake Golf Course
581 Dunbar Cave Rd.
Clarksville, TN

PAINT 'N PUFF - 7:00 PM

Welcome to Paint and Puff! DBO's Creative Circle will be partnering with Hempspired LLC to bring Paint & Puff art classes for hookah lovers to Downtown Clarksville. Join us every first Friday of the month for our guided classes that are perfect for people of all skill levels! Paint and Puff classes are always in a relaxed, social setting. All art supplies and one pre-rolled are included in ticket price. You will have the opportunity to Purchase hookah and flavors upon your arrival. Guests are welcome to bring adult beverages. There will be treats, drinks, and other products available for purchase. An experienced artist guides the class step-by-step through replicating each night's featured painting. The process is easy, fun and totally stress-free. Many attendees find our classes to be a therapeutic and convenient way to tap into their creative side.

Hempspired LLC
106 North 2nd St
Clarksville, TN

DOWNTOWN @ SUNDOWN: RUBIK'S GROOVE - 7:00 PM

Join us for the 2021 Downtown @ Sundown Concert Series! Each event will offer a night of free music and entertainment. Beer and other beverages will be for sale with proceeds benefiting our featured non-profit, United Way of the Greater Clarksville Region. A variety of independent food trucks will line up on Main Street. Chairs and blankets are welcome; however, pets, coolers, smoking/vaping or outside alcohol will not be allowed on site.

Downtown Commons
215 Legion St.
Clarksville, TN

7 SATURDAY

SANGO COLLECTABLES SHOW - 8:00 AM

Show is from 8-2pm Saturday. Folks this will be a opportunity to complete or fill your collection, should be lots of fun. Come out and meet fellow collectors!! Dealers: We have 8ft tables for \$25 and \$20 additional. Setup can be the day before Friday 6pm-8pm or Saturday 630-8am, show starts at 8 am. Sports Cards, Comics and other related items are acceptable, please call to make sure. Concession: Available

3301 Sango Rd
Clarksville, TN

EGG-GRESSION ART THERAPY – 11:00 AM

Join us for a session of decompression and a creative way of releasing aggression. We will decorate eggs with aggressive statements, names, art, anything you need to express, then enter our splat-friendly environment and let those babies fly! We have aprons available or come in clothing you are cool with getting dirty (but you'll only get as messy as you allow yourself) Register ahead of time and then drop-in You get 12 eggs for \$10 but you can buy as many additional as you want. Drop in times are between 11am-3pm The event cost is \$10 per dozen eggs. Times from 11am to 3pm

ArtLink Studio
116 Strawberry Alley
Clarksville, TN

MOVIES IN THE PARK - 2:00 PM

Movies in the Park is an outdoor movie series hosted by Clarksville Parks & Recreation. Enjoy free movies under the stars. Each movie will host pre-show activities a few hours before the movie begins. Movie: Remember the Titans

Heritage Park
1241 Peachers Mill Rd,
Clarksville, TN

7 SUNDAY

HOT RODZ & HAULERS CRUISE IN – 4: 00 PM

Come join us at 4 pm behind O'Charley's on Riverside for our monthly cruise in. There will be refreshments and also a trophy for the best car. Bring the cars and trucks from Last Century on!

O'Charley's Restaurant + Bar
674 N Riverside Dr,
Clarksville, TN

13 FRIDAY

FRIDAY NIGHT LIVE | SUMMER CONCERT SERIES: THE YOUNG FABLES - 7:00 PM

Join us this Summer for Clarksville's Premier Outdoor Concert Series - Friday Night Live! This family friendly event will be filled with Food Trucks, Craft Cocktails, Beer, Yard Games, and Great Music! \$5 Admission for Adults FREE for Kids

Old Glory Distilling Co.
451 Alfred Thun Rd
Clarksville, TN

14 SATURDAY

PAINTBALL OPEN PLAY - 10:00 AM

Join us for our Monthly Paintball Open Play! We will have the paintball field open and ready for a great time. Our Speedball and Main Field will be available for open play. (minimum 5 players) This event is open to everyone age 12 and up. Age 17 and under must be accompanied by a parent/guardian. All patrons will sign waivers prior to participating. Closed toed shoes are required. Water, sunscreen, bug spray and snacks are encouraged. Snacks, drinks, and extra paintballs are available for purchase and we have restrooms available. COST: \$15 with own equipment \$35 with equipment rental For more information please call 270-956-3118

Outlaw Paintball
Jordan Springs Road BLDG 6644
Fort Campbell, KY

THE FLIP'N AXE AND SIP'N PAINT'S ART AND AXES! - 12:00 PM

Every 2nd Saturday of the month, The Flip'N Axe and Sip'N Paint, TN, teams up for an Art and Axes event! Come and start your day off with some Canvas Painting with a Free Beverage of your choice, and an hour of Axe Throwing! 12 - 4pm! Reserve at 989-820-5101, or Sipnpaint.tn@gmail.com Walk-ins are welcome!

The Flip'N Axe
2121A Wilma Rudolph BLVD.
Clarksville, TN

MOVIE NIGHTS AT THE DOWNTOWN COMMONS - 7:30 PM

The Downtown Commons is excited to start Movie Nights for a family fun night in Downtown Clarksville! Come join us once a month through the month of August to watch your favorite family movies under the stars. A mobile art studio will be set up with ArtLink for hands-on activities for kids and food trucks on Main Street for treats for everyone. Chairs and blankets are welcome; however, pets, coolers, smoking/vaping or outside alcohol will not be allowed on site. Movie Night Schedule: Coco

Downtown Commons
215 Legion Street
Clarksville, TN

15 SUNDAY

4TH ANNUAL BREWS FOR THE BRAVE 2021 – 11:00 AM(15TH) - 12:45 AM(22ND)

The Fort Campbell Steel Mags Chapter is hosting the 4th Annual Brews for the Brave to benefit the Green Beret Foundation (GBF). In 2019 we hosted a single night event and in 2020, we made it into a weeklong brew-crawl. We loved both so much, this year we've decided to do both! Please join us at our participating local breweries for the NO TICKETS REQUIRED brew-crawl from August 15th – 20th. Everyone is invited to grab a brew or two at each brewery throughout the week to support our hardworking, local brewers. Each participating brewery is donating a portion of the weeklong sale of an identified brew to benefit the GBF. Have your Brew Hop tracking card, available at all participating breweries, signed by all of the brewers by August 20th to be entered into a no purchase necessary drawing for some awesome prizes! Names will be drawn at the ticketed event on Saturday August 21st (you do not need to be in attendance to win). On August 21st, join us at Ruby Cora Event Center from 5pm-9pm. This portion of our event does REQUIRE TICKETS. Come and enjoy local brews, live music, and heavy appetizers all included with your ticket! While you're sipping on local flavor, take the opportunity to bid on incredible silent auction items. 100% of the proceeds go directly to the Green Beret Foundation (GBF). Please bring a copy of your ticket/receipt as well as an ID. You must be 21 or older to gain entry to the event. Tickets may be purchased, or donation may be made, by following the link: <https://fundraise.greenberetfoundation.org/.../e327416> Also, please continue to follow our Facebook page for updates about our generous sponsors as well as details about the silent auction items that will be offered. *The Steel Mags is a national program established by the GBF and has a chapter located here at Fort Campbell, KY. We serve the U.S. Army's Special Forces, our nation's most elite soldiers, by connecting them and their families with the resources they need to succeed in their next mission. We provide direct and continuous support to the Green Beret community and their families. This support includes raising funds for the GBF enabling them to assist those who sustain wounds in combat, illnesses, and injuries from numerous deployments. The GBF also provides scholarships to spouses, children, and dependents of Green Berets and provides transition

assistance for Green Berets leaving the military. The Steel Mags believe that supporting the GBF, as well as community outreach, is of the utmost importance and we accomplish this through community service activities, fundraising, and peer-to-peer mentorships.

The Ruby Cora
2300 Gunn Rd.
Adams, TN

19 THURSDAY MESSER SUMMER TOUR 2021- 7:00 PM

The Warehouse Concert Lounge and Event Center

20 McClure St
Clarksville, TN

LIVE, LAUGH, LOVE – 7:30 PM

Art and Attitude classes are always in a relaxed, social setting. An experienced artist guides the class step-by-step through replicating each night's featured painting. The process is easy, fun and totally stress-free. All art supplies are included. Many attendees find our classes a therapeutic and convenient way to tap into their creative side.

DBO Gallery
106 N 2nd. St,
Clarksville, TN

20 FRIDAY

FREE CONCERT FEATURING THE 101ST AIRBORNE DIV. BAND. 6PM-8PM

Music Under The Stars & Oak Grove Tourism are proud to welcome the 101st Airborne Division Band! They will be playing a mix of popular, well-known songs of all genres.

Come join us for music, food trucks, a beer garden, door prize raffles, bubble zone, lawn games, & corn hole!

Viceroy Performing Arts Center
101 Walter Garrett Ln
Oak Grove, KY 42262

10 YEARS OF RRRW! - WINE TASTING & PAC FUNDRAISER – 6:00 PM

Come celebrate our 10-year anniversary with us at the Red River Republican Women's annual wine tasting and PAC fundraiser! Local and state candidates and elected officials will be invited to speak. A variety of wine, heavy hors d'oeuvres, and non-alcoholic beverages will be served. There will also be a silent auction featuring only Made in America products. 100% of the proceeds go to

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.

our Red River Republican Women PAC, which directly supports Republican candidates. Mix and mingle with us! Price: \$30.00

L & N Train Station
10th and Commerce St
Clarksville, TN

DOWNTOWN @ SUNDOWN: DEPARTURES – 7:00 PM

Join us for the 2021 Downtown @ Sundown Concert Series! Each event will offer a night of free music and entertainment. Beer and other beverages will be for sale with proceeds benefiting our featured non-profit, United Way of the Greater Clarksville Region. A variety of independent food trucks will line up on Main Street. Chairs and blankets are welcome; however, pets, coolers, smoking/vaping or outside alcohol will not be allowed on site.

Downtown Commons
215 Legion St.
Clarksville, TN

21 SATURDAY

BREWS FOR THE BRAVE 2021- 5:00 PM

The Fort Campbell Steel Mags Chapter is hosting the 4th Annual Brews for the Brave to benefit the Green Beret Foundation (GBF). Please join us at our participating local breweries for the NO TICKETS REQUIRED brew-crawl from August 15th-20th. Everyone is invited to grab a brewer two at each brewery throughout the week to support hardworking, local brewers. Have your Brew Hop tracking card, available at all participating breweries, signed by all of the brewers by August 20th to be entered into a no purchase necessary drawing for some awesome prizes! Names will be drawn at the ticketed event on Saturday August 21st (you do not need to be in attendance to win). On August 21st, join us at Ruby Cora Event Center from 5pm-9pm. This portion of our event does REQUIRE TICKETS. Come and enjoy local brews, live music, and heavy appetizers all included with your ticket! While you're sipping on local flavor, take the opportunity to bid on incredible silent auction items. 100%

of the proceeds go directly to the Green Beret Foundation (GBF). Please bring a copy of your ticket/receipt as well as an ID. You must be 21 or older to gain entry to the event. Tickets may be purchased, or donation may be made with the link provided. Price: \$50.00 to \$90.00 — \$50 for one ticket \$90 for two

The Ruby Cora
2300 Gunn Rd
Adams, TN

28 SATURDAY

WOMEN OF CLARKSVILLE EXPO – 9:00 AM

Join us for the first ever Women of Clarksville Expo! The Expo will feature over 70+ vendors, food trucks and presenters.

Wilma Rudolph Event Center at
Liberty Park
1190 Cumberland Drive
Clarksville, TN

DAY I DREAD LIVE AT THE WAREHOUSE- 7:00 PM

The Warehouse Concert Lounge and Event Center

20 McClure St
Clarksville, TN

30 MONDAY PAINT NIGHTS @ STRAWBERRY ALLEY

The last Monday of every month we collaborate with Strawberry Alley Ale Works to provide an awesome night of painting with a different atmosphere. Still the same great relax feel just a change of venue. We provide the fun and creativity, and they'll provide the food and drinks. Definitely, a Win-Win, Come check it out!

Strawberry Alley Ale Works
103 Strawberry Alley
Clarksville, TN

Submit your event to

events@clarksvillelivingmag.com

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

BE A HERO!

HELP WIPE OUT STUDENT LUNCH DEBT!



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

All payments are securely processed via Bloomerang. Please email us at robin.burton@cmcss.net with any questions.



Education Foundation
CLARKSVILLE-MONTGOMERY COUNTY

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

ARTLINK

AUGUST CALENDAR OF EVENTS

WORKSHOPS

- 5 - MACRAME
6:30PM-8:30PM
- 6 - STAINED GLASS
6:30PM-8:30PM
- 7 - EGG-GRESSION
11AM-3PM
- 11 - STAINED GLASS
6:30PM-8:30PM
- 14 - NOT UR MOMS CRAFT
NIGHT 6:30PM-8:30PM
- 17 - CANDLE WORKSHOP
6:30PM-8:30PM
- 18 - KIDS CRAFT NIGHT
6:30PM-7:30PM
- 20 - STAINED GLASS
6:30PM-8:30PM
- 21 - PAINTING IN THE DARK
MINI 11AM-3PM
- 27 - PAINTING IN THE DARK
6:30PM-8:30PM

SPECIAL EVENTS

- 5 - GREEN RIBBON
CUTTING 3PM
- ART WALK 5-8PM
- 7 - MOVIE NIGHT @LIBERTY
PARK: REMEMBER THE TITANS
4PM-9PM
- 14 - MOVIE NIGHT @DTC
COCO 4PM-9PM
- 21 - ARTLINK @BANKIN
FESTIVAL 12--9PM

WEEKLY EVENTS

- MOM N TOT
EVERY TUESDAY 10:30AM
- TURN UP WITH SARAH
EVERY THURSDAY 7PM
- DOWNTOWN MARKET
EVERY SATURDAY 8AM-12PM

OPEN STUDIO HOURS

- WEDNESDAY & THURSDAY
2PM-6PM
- FRIDAY 12PM-6PM SATURDAY
9AM-8PM

ADOPTION & FOSTER CARE

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

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

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

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

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

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

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

ARTS, CRAFTS & HOBBIES
CLARKSVILLE AJAX TURNER SENIOR CENTER
953 Clark St. Clarksville, TN
(931)-648-1345

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

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

COMMUNITY SCHOOL OF THE ARTS AT APSU
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, or email cса@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, or visit our website at madisonstreetumc.org and find us on Facebook (Madison Street Music & Arts Academy)!

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

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.

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

CLARKSVILLE BADMINTON CLUB
The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+ novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows: Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd; 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 or clarksvilleimpact.us.

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

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

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

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

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

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

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

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

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

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

Tennessee Nutrition & Consumer Education Program (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES
AL-ANON & ALATEEN
Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 358-9515; or Ajax Senior Citizens Building, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard & Airport Road, Kim at (931) 647-0566. 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) 645-9669.

DEPARTMENT OF CHILDREN'S SERVICES
At 350 Pageant Lane, Suite 401. (931) 503-3200.

LEGAL AID SOCIETY
At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE
At 93 Beaumont Street. (931) 572-1663.

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

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

BOY SCOUTS OF AMERICA
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. Contact: (615) 383-9724 mtcbsa.org

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

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

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

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

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

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

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

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

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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/CroatiainsinTennessee/](https://www.facebook.com/groups/CroatiainsinTennessee/)

DAGAN FOUNDATION

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

FREE CAKES FOR KIDS KY & TN

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

FRIENDS OF THE BLUEWAY

A group dedicated to keeping Clarksville's Blueway beautiful and directly involved with the new access point park on Tiny Town. We will have clean up days, fundraisers, events and meetups. This group is passionate about outdoor activities, including kayaking and canoeing. The Parks and Rec department works closely with this group and gives insight on future access points to the rivers. Visit our facebook at [facebook.com/FriendsOfTheBluewayClarksvilleTN](https://www.facebook.com/FriendsOfTheBluewayClarksvilleTN) for more information and sign up for email updates at outdoorclarkville.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, Cheatham, Robertson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

GOOD NEWS CLUBS

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

GRACE ASSISTANCE PROGRAM

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

HABITAT FOR HUMANITY AND RESTORE

Habitat collaborates with faith, civic, and business organizations for home sponsorships. Homeowner applications are accepted Monday through Friday at 404 Madison Street, (931) 645-4222, habitatmtn.org. The ReStore accepts and sells building, furniture and appliance donations funding Habitat's mission while providing an environmentally and socially responsible way to keep reusable materials out of the waste stream. 408 Madison Street, (931) 645-4242, donation@clarksvillerestore.org.

HAILEY'S HOPE WITH PROJECT SWEET PEAS

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

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

HOPE CENTER

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

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

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.

CENTERSTONE

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

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

CHILDBIRTH & PARENTING EDUCATION

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

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](https://www.facebook.com/LLLClarkville). If you have breastfeeding questions please contact one of our local group's leaders at BreastfeedingTN@gmail.com or call (931) 444-7087.

NINE MONTHS & BEYOND

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

Tennova Healthcare - Clarksville breastfeeding Class

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

TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

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

TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

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

WHOLE WOMAN

Whole Woman Birth and Lactation Services

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

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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 or call (931) 648-8844 for more information and to register.

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

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

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

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

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

HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY
Provides reduced-cost spaying-neutering and pet care assistance to eligible owners; pets for adoption through foster homes; dog bite prevention and pet care programs; and a 24-hour help line. (931) 648-8042, humanesociety@clarksville.com or clarksvilllehumanesociety.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

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.

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. You can also visit our website at apsu.edu/VUB/.

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS
Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; neither 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 6, Aptitude Habilitation Services is a comprehensive educational and rehabilitation services firm dedicated to providing the highest quality applied behavioral therapy to children and adults on the autism spectrum. (800) 991-6070 or aptitudeservices.com.

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

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

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

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

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

THE FAMILY GUIDANCE TRAINING INSTITUTE
800 Tiny Town Road, committed to positively impacting the lives of our community's children, youth and their families. Family Guidance Training Institute, Inc. is a 501(c)3 licensed community mental health center and alcohol and treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. Therapeutic and psychiatric services include: assessments, individual counseling, marriage and family counseling, group counseling, supervised visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 431-7580.

LIFESOLUTIONS - ASPIRE & JOBLINK
611 Eighth Street, (931) 920-7210.

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

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

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

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

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT
Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin addictions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once accepted into the program, individuals will receive doses of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

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

INTERNATIONAL ORGANIZATIONS
MISS TENN KY AREA AFS VOLUNTEER LEADERSHIP TEAM
The above team operates locally as the volunteer arm of AFS Intercultural Programs (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.

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. Apply early as CMSS 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 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 and 515-721-3651.

Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFS TV, 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 Facebook at sbcbcmoms. 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 or visit 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/

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

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

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

MOPS AT FIRST BAPTIST CLARKSVILLE
Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillmops@gmail.com. Check us out online at clarksvillmopsatfbc.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-Coordinator at momstomoms@hilldale.org or visit 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.

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

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

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

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

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

RETIREMENT GROUPS
AARP LOCAL CHAPTER 1957
Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. Affiliated with the National AARP. To become a member of the local chapter you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests to all our meetings, and have light refreshments after each meeting. For additional information, please contact Charmist Fields, President, (931) 358-3875, charmistfields@charter.net.

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

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

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

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

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)
Where individuals, families and the community come together to enrich, educate and support one another. Contact Patricia Hanna at (931) 645-1261 or cadstn@hotmail.com. Visit cadstn.org.

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

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

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

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

DIABETES SUPPORT GROUP
Need help managing your diabetes? 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

GRIEF SUPPORT GROUP AT ASERACARE
A grief support group provides opportunities to connect with others who have had a similar experience and talk about the experience in a safe, supportive, and understanding environment. Remember that support groups will take several sessions to help develop coping skills and strategies to deal with one's loss(es). AseraCare Hospice offers grief support groups and individual bereavement services free of charge open to anyone who has or is experiencing grief. A new six-week support group will start every 10 - 12 weeks. For more information, please contact Henry Moore Jr. at (931) 551-4100.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)
Meets the last Saturday of each month. Contact cvoiland-free@jdrf.org.

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

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

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

PARKINSON'S SUPPORT GROUP
Meetings are the 2nd Thursday of each month from 3:00 - 4:00 p.m. (for patients and caregivers) at the Church of Christ at Trenton Crossing, 2650 Trenton Rd. Contact: Shirley Cook 931-624-4561
Vennie Evans 931-801-2706 or vennieevans@aol.com.

TENDERPAWS PET THERAPY
Tenderpaws Pet Therapy Group meets at 10:00 a.m. the first Saturday of the month in the Liberty Room of 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

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: tuesday1meeting@gmail.com

For corrections or to include your group's information e-mail: network@clarksvillelivingmag.com

WISHING YOU ALL THE BEST WITH

BACK TO SCHOOL

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RESIDENTIAL
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