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## HAPPY LITTLE TREES

Jackpot! Read more about Bee's Canna Farm in Clarksville, starting on page 8.

Story and photos by Tony Centonze



Bee's Canna Farm founder/owners, Brandon Farless & Drayton Hughes.

### **ALSO INSIDE:**

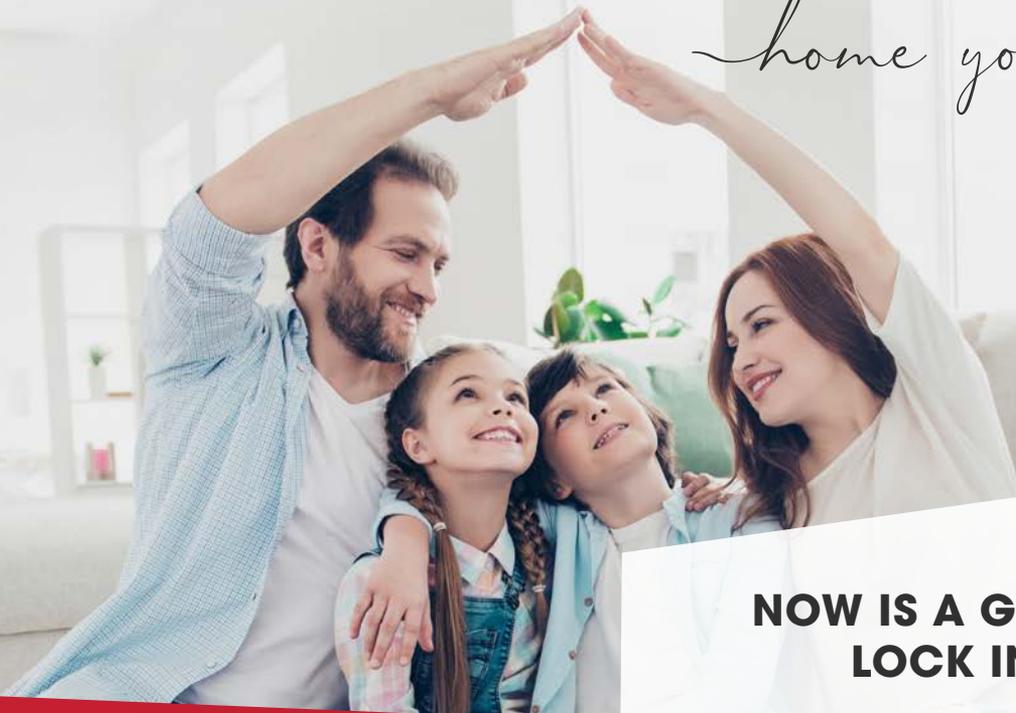
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## Publisher's note

Like most of you, Labor Day arriving usually signals the unofficial end of summer for me. As another beautiful Tennessee fall is about to begin, the 33rd annual Riverfest celebration returns September 9 through 11, and we cannot wait! As always, with Riverfest, there will be fun for ALL ages, so come out and enjoy the last days of summer! Please check out the article on page 6 and the calendar on page 24 for times and dates and clarksvillriverfest.com for everything else.

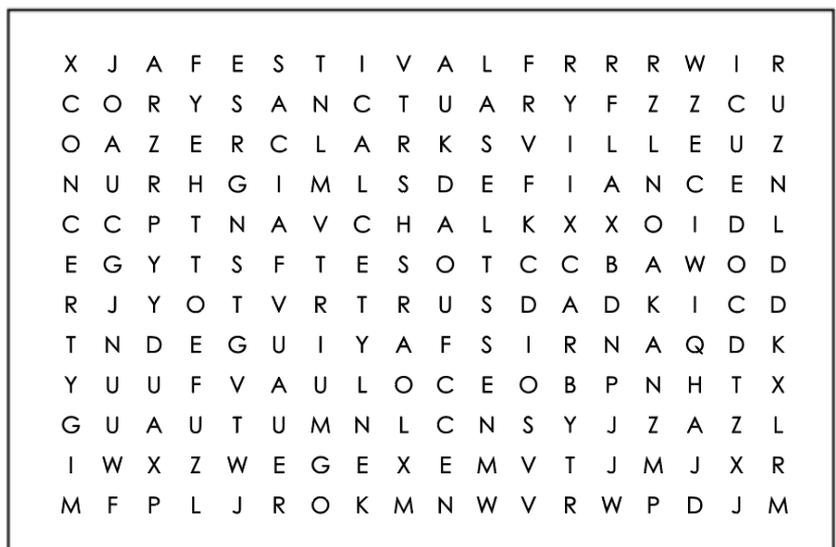
There's a lot going on this month, offering plenty of opportunities to get out and safely enjoy our fantastic community.

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



*Carla Landtroop*  
Founder & Publisher

September'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 ↘ .

- |           |             |           |
|-----------|-------------|-----------|
| ARTSVILLE | CLARKSVILLE | REGATTA   |
| AUTUMN    | CONCERT     | RIVERFEST |
| CANNA     | DEFIANCE    | SANCTUARY |
| CHALK     | FESTIVAL    | YOGA      |

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

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# 33 YEARS OF RIVERFEST

By Paige Eisemann

**A**fter being cancelled in 2020 due to the pandemic Clarksville's favorite event, Riverfest, is back! Scheduled for September 9-11, 2021, there is something for everyone planned at this year's event. Families should start making plans to attend this free event now! Clarksville's longest-running community festival brings more than 30,000 people to the banks of the Cumberland River in an arts and recreation celebration, according to the City of Clarksville website.

This year the celebration will begin with a Juried Art Show at the Wilma Rudolph Event Center on September 9. Activities and entertainment will continue throughout the weekend, including music, art, family events, and more at McGregor Park on Sept. 10-11. Admission and entertainment at the festival are free and open to the public.

The Riverfest Cardboard Boat Regatta will be held on September 11, 2021, at 1 p.m. at McGregor Park Boat Ramp on the Cumberland River. Participants will race their boats for 100 yards to compete for the fastest time in each division.

Whether you're a teacher looking for a fun way to incorporate STEM basics in your curriculum, a leader wanting to find a project to encourage teamwork among your staff, or a group of friends needing an outlet for your outrageous creativity, this is the event you've been waiting for. This event is just as much fun to watch as it is to race. So pull together your team, gather the materials for your boat, select your captains, and get ready to race.

Pre-registration for the regatta is required by September 10, 2021 at [www.clarkvilleparksrec.com](http://www.clarkvilleparksrec.com)



Events are primarily held at McGregor Park, located on Riverside Drive. The weekend will showcase local music and art in a variety of ways. Local dance studios as well as local high school step teams will perform, local bands will be showcased, arts and crafts demonstrations will be available, a plethora of local food options offered, and a children's area with exciting play adventures will keep the youngest visitors happy. One of the most anticipated events is the headlining concert, in which Clarksville Parks & Recreation will host headlining band Generation Radio.

According to Clarksville Online, this supergroup formed in early 2020 with the goal to bring 80's rock and classic music back to life. The group has spent the past nine months in the studio working on their debut album, which will be released this year. Fans of the members' original bands can expect to hear hits

such as "Anyway You Want It" by Journey; "Stay the Night" by Chicago; "These Days" by Rascal Flatts, and many more. Generation Radio is comprised these legends of Classic country and rock music: Jay DeMarcus (two-time Grammy Award Winner with Rascal Flatts), Deen Castronovo (former lead singer and drummer for Journey), Jason Scheff (lead vocalist and bass player for the multi-platinum band Chicago for more than 30 years), and renowned session players and sidemen Chris Rodriguez and Tom Yankton. The 33rd annual Riverfest is sure to be exciting this year, after its pandemic hiatus.

Food, art, music and fun will abound so make plans to attend! For more information about Riverfest 2021, visit [www.ClarksvilleRiverfest.com](http://www.ClarksvilleRiverfest.com).

For more information, check our calendar of events on page 24. To stay up to date on Riverfest, visit the festival website, [www.clarksvilleriverfest.com](http://www.clarksvilleriverfest.com)



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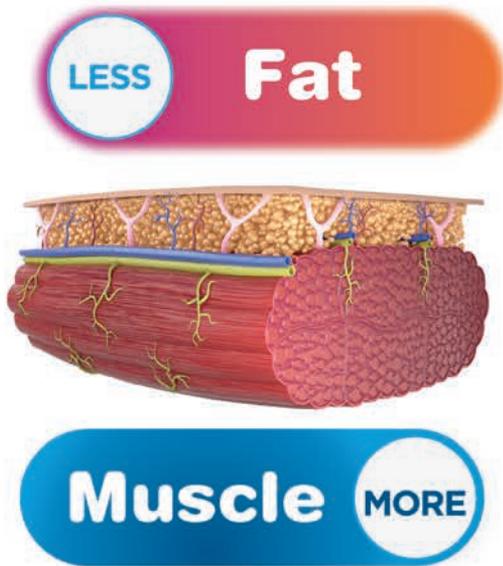
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# Joint Effort

Story & photos  
by Tony Centonze

**N** Tennessee's Farm Bill of 2018 states that all derivatives of cannabis plants with less than 0.3% THC content are legal under federal laws. Thus allowing customers within the state of Tennessee to legally purchase, possess, and use CBD products without a prescription.

As a result of that change to the law, we now have more than a dozen shops that sell CBD products in Clarksville. One of this area's latest additions to the marketplace is the entrepreneurial trio that goes by the name Bee's Canna Farm. They just launched their business in October, 2020, and they already have products on the market.

Brandon and Mary Farless, and Mary's cousin Drayton Hughes have set up their operation on twelve acres just outside Clarksville. "I had this wild thought," Brandon Farless said, "to pursue my Masters in Medical Cannabis and Therapeutics. I want to help people get off medications. I want to show them safer alternatives."

Brandon left his career with Fire and Rescue, and started with some organic gardening, he liked it. He said, "this is my passion, so let me turn this into something I'm even more passionate about." Brandon does most of the physical work on the farm, Drayton handles the website and the business end of things.

"We have an online store," Brandon said. "We're basically a CBD wholesaler. We go direct from the farm. We start with seed, grow, harvest and process, then go straight to the people. There is no middle man. This method allows us to offer our products at a lower cost."

The team doesn't currently have the equipment to make the capsules and gummies, but, everything else they sell is made in-house. Brandon explains how they were able to jump-start their business. At times he would get a little technical. What these guys are doing is more involved than just throwing out some seeds, then counting up the money.

"We wanted to get our flower and other products out quickly," Brandon said. "Hemp and cannabis rely on photo-periods, light-periods, to enter the flowering stage. It probably takes 120 days from seed to harvest. Auto flowers are not light dependent. They grow for thirty days and then flower automatically. The plants are shorter in stature, and can go from seed to harvest in just 75 days. I started two rounds of auto flowers and that sped up the process."

Brandon begins to talk about cannabinoids, and the medicinal properties of CBD. "Studies show a wide therapeutic use for CBD," Brandon said. "They're a great, potent, anti-inflammatory, and an effective analgesic for pain relief. I've been studying alternative medicine. I started getting into this, and discovering the benefits this plant offers, while I was still at Fire and Rescue."

The Bee's Canna team is proud of the fact that they are very particular in how they grow their plants.

"We're practicing regenerative agricultural," Brandon said. "We're adding organic materials, and not using pesticides or synthetic fertilizers. We're creating a living soil by adding organic matter that will break down over time and increase the health of the soil."

The guys explained the difference in marijuana, which is high in THC and low in CBD, and hemp which is the opposite, high in CBD, and low in THC. They are fully aware of the legal requirements to which they must adhere. Brandon also says, once planted, they grow like a weed, (surely an unintended pun), and depending on the strain, plants can range from two to three feet tall, all the way up to twelve feet or higher.

"Our first run was done indoors," Brandon said. "The second run was done here in the greenhouse, and they're already dried and cured. That product is currently for sale on our website. We have full-spectrum lime oil, broad spectrum oil, gummies, capsules, night-time capsules with CBD, melatonin and CBN, and our pet formula. We also offer smokeables, the whole flower, and pre-rolls."

Brandon says some people prefer inhalation, allowing them to get the cannabinoids directly from the flower. "The benefits are felt almost instantly, as it crosses the blood-brain barrier pretty quickly. We're also in the process



of producing pure CBD distillate, with no cutters or fillers, that can be vaped. You'll be able to inhale the plant compounds without the actual combustion process. It's much healthier."

So where does "Bee's" come into play in Bee's Canna Farm? Well, Drayton explains that B is for Brandon, and also that they're wanting to add bees to the farm.

"We're in the process of getting bees as well," Drayton said. "They love the cannabis plants. I recently went to my first CMC Beekeepers Association meeting at the library. We want to grow, with new products. Right now, we're working on a topical salve. The anti-inflammatory and pain relieving properties of CBD are unmatched. It's not a magic cure-all, but it does have anti-cancer properties."

If you go to the Bee's Canna Farm Facebook page you can find tons of information on the subject. "I read through medical journals, research related topics, and share it all on our Facebook page," Brandon said. "I'm currently doing this full-time, and attending school full-time."

The team was able to start this business debt-free. They had the benefit of family land, and a building, but have done a lot of work to get to this point. The website, [www.beescannafarm.com](http://www.beescannafarm.com) went live just two months ago, and has gotten a great response so far.

"Our products are of the highest quality," Brandon said. "Everything we offer is 3rd party tested for potency, purity and quality. We just have to get our products out there. We also started a Bee's blog that has all

these studies listed. They show how these products help with anxiety, dementia, even Alzheimer's.

"I think we're on the first wave of this, here in Tennessee. There are a lot of hemp farmers around, but we have an edge. With my background in alternative medicine I'm able to show people, and help them understand, how these products work with the body. There are studies on CBD and cancer or arthritis, or other ailments. I share the information and say, this is what the NIH has to say on the subject."

The plants currently standing in Bee's field were started from seed, indoors, during the first or second week of May. As we walk through the field, it's easy to recognize that there are different varieties present. He explains more about them. "The trichomes turn amber, so you'll know when the plant is ready to cut," Brandon said. "We do an organic bud wash, cut it, hang it upside down and strip the fan leaves. Then we let it dry. We control the temperature and humidity throughout this stage."

Brandon and Drayton admit that there has been a learning curve. "We're always learning from our mistakes," Brandon said. "I thought some of the plants had a calcium deficiency, you can read all you want, but ultimately, you learn hands-on. It ended up being a fungal disease. We used an all-organic natural spray and got it under control. The new growth and buds won't be affected, though you can still see where it was on the leaves."

Drayton has a farming background, and points out the similarities. Brandon says he is in the field every morning, while it's still cool. "I look at plants to see any changes, check for new



*Continued on page 11*

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Bee's Canna Farm owners, Drayton Hughes & Brandon Farless

pests, and keep the weeds pulled. I always make sure they are watered, but nature kind of does its own thing, for the most part. I've only had to artificially irrigate four or five times.

"These plants can be affected by fungal diseases, mites, aphids and gnats. Most don't create an issue unless they are not addressed. It's farming, for sure. We start the plants in the vegetative period. I feed them nutrients, and all-organic dry amendments. We mix them into the topsoil and water them down. Once the plants start to go into flowering, I switch my nutrients to an amendment that has different nitrogen, phosphorous and potassium ratios.

"It's an in-depth process. It's a science. I can stick these plants in a field and they will grow. But, if I can manipulate all the environmental factors, and give it the best opportunities. It will live its best life.

So far, these hemp farmers have tried five different strains, including Peach Mint Kush, Rosella and Red Robin. The Rosella variety seems to produce much bigger plants.

"The Rosella and Red Robin plants started flowering about three weeks earlier than the rest of them," Brandon said. "All the buds have different terpene profiles. Different strains have different properties. Sativa provides a more energetic

high, Indica is more relaxing. Those effects vary based on the turpenes that are present. There are hundreds of varieties, and lots of hybrids. Here we have Superwoman, another plant variety."

He goes on to explain how the colas forms like big arms. There are nets that offer support for when the plants start to get heavy. He points to some that are ready to finish and thicken in bud density.

"Each plant, if they do well, and depending on the strains, can yield from 2.5 to 5 pounds of product for us," Brandon said. I buy feminized seeds to make sure there are no males, and therefore no pollination. Once we harvest them, we dry them for seven to fourteen days with the temperature set at seventy degrees and the humidity at fifty percent. Then there is two weeks in the curing stage, where we put them in a bag or jar. That helps to redistribute the moisture, and makes for a better quality product, it also helps develop that chlorophyll taste. The process is about creating better tasting buds, better aromas, and more of the turpenes and flavonoids.

So is there money in CBD?

"Depending on how we finish the product - oils, distillates, original form - we can hopefully average 40 ounces of product from each plant, which can bring about \$50 per ounce. And, we have fifty plants. But, it's a long process, and after all that we have to use a commercial kitchen for processing. It takes a lot of time. This is a lot of work! 🦋



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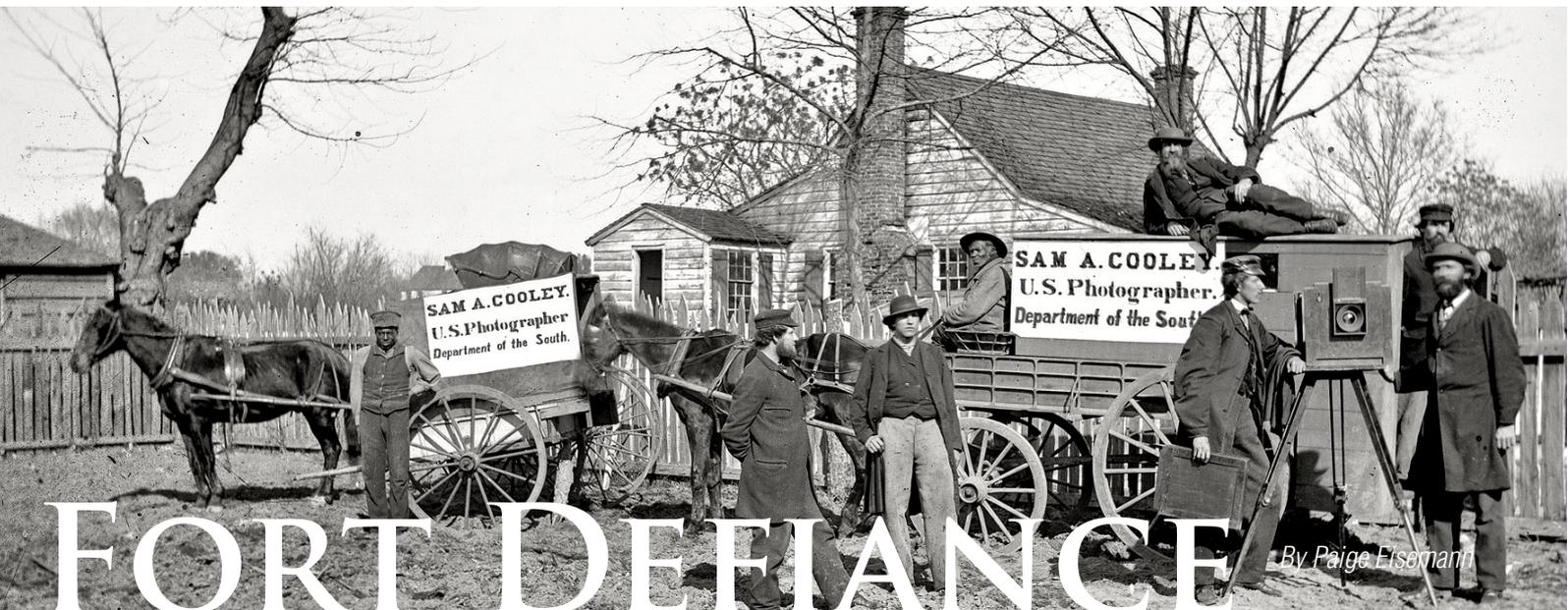
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# FORT DEFIANCE

By Paige Eisemann

**H**igh on the hillside, nestled atop what many locals call “Boot Hill” you will find the Fort Defiance Interpretive Center. Perched over 600 feet above the Cumberland and Red Rivers, this site has been important to everyone from the Native Americans that called it home, to the settlers in the 18th century, to the Confederate soldiers who selected the vantage point to construct. Many Clarkvillians have no idea it is even

there. Hidden now among neighborhoods and homes, the remnants of our community’s history rest quietly waiting to tell their stories.

Standing at the interpretive center one can take in the impressive view of our city. You can see the River channel all the way to the Bend, and the convergence of two rivers in the opposite direction. From here you can appreciate the downtown area with its many spires and steeples.

From this vantage point, it’s not hard to imagine why this location was chosen to build our primary defensive battlement in November of 1861. In February 1862, union forces came up the river from Fort Donelson and noted that the fort was deserted and flying a white flag. It was then that Fort Defiance was captured by the Union, renamed, and occupied for the remainder of the war. The site was a magnet for runaway and freed slaves, and many were employed in and around the fort. It then became an enlistment location for the United States Colored Troops.

According to the City of Clarksville website, in 1982 Judge and Mrs. Sam Boaz donated the property to

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the City of Clarksville. In 2008, the City secured a \$2.2 million federal grant that was combined with local funding to begin the construction of the Interpretive Center and nearly a mile of walking trails. The more than 1,500-square-foot Interpretive Center features exhibits about the surrounding area and the fort during the Civil War era.

A tour of the Interpretive Center shows off an impressive collection of memorabilia showcasing life in Montgomery County throughout history. Given the amount of time that has passed, the remains of Fort Defiance are remarkably well preserved; the outer earthworks, powder magazine, and gun platforms are still discernible. Today, visitors and school groups are invited to the Interpretive Center to tour the grounds, explore the center, and perhaps even take in a demonstration of musket usage. There is also a tour of Sevier Station Park, home of Valentine Sevier and family, which is only a brief walk around the corner and located at 326 Walker Street.



For more information, visit [www.cityofclarksville.com/461/Fort-Defiance-Civil-War-Park-Interpretiv](http://www.cityofclarksville.com/461/Fort-Defiance-Civil-War-Park-Interpretiv), 120 Duncan Street, or call (931) 472-3351. 



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By Paige Eisemann



**P**acefulness has come to downtown Clarksville. Located at 334 Main Street, the Sanctuary on Main brings a new level of calm to the area. The recently remodeled historic building is once again buzzing with energy and people.

The historic location at the corner of 4th and Main Street is familiar to many locals. The building was originally built in 1830 as the first Methodist church in our community, the first permanent church in the area and also one of the first brick buildings. Over the course of the last hundred years, it has served not only as a church and gathering place for congregations, but also as apartments. It remains one of the only buildings in Clarksville

constructed before 1850 that is still standing. Added to the National Register of Historic Places in 1982, the building itself garnered some attention only a few years ago. Used at the time as apartments, the state of disrepair was thought to be too great and it was scheduled to be demolished. Many fought for the historic church to be saved, and thankfully it was. A team of skilled laborers worked over the course of a year to complete renovations and updates, bringing the historic building back to life.

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The Sanctuary on Main features a lot of familiar faces to yoga lovers in Montgomery County. Formerly known as the Yoga Mat, the studio has been relocated and rebranded. Since 2015, this locally, family and female owned business has been offering a variety of yoga classes including vinyasa, hot yoga, therapeutic yoga, warrior yoga, meditation classes, and more. They offer not only classes but also training for yoga teachers, the studio brings a level of education to Clarksville that has been embraced. The beautiful location now features an intimate cafe and meeting space. There are also many types of wellness services offered including massage, life coaching, reflexology and Reiki. According to Mind Body Online, the third level features a spectacular 1600 square foot open concept yoga studio. Showcasing original brick, hand hewn wood beams, and two brick fireplaces, this space offers a 360 degree view of downtown Clarksville through 11 custom windows. All these elements combine to create a beautiful space that invites a welcoming feeling of warmth and safety. Many unique class offerings are available on their inclusive schedule which allows Sanctuary on Main to serve a diverse community so that everyone has access to the benefits of a yoga practice regardless of their skill level.

For more information on available classes, menu options at the coffee bar, and more, follow Sanctuary on Main on Facebook at [facebook.com/sanctuaryonmain334](https://facebook.com/sanctuaryonmain334). Visit their website at [www.sanctuaryonmainstreet.com](http://www.sanctuaryonmainstreet.com) to learn more! 🦋

SEPT 30 - OCT 2

CLARKSVILLE, TN

# ARTSVILLE FEST

[WWW.ARTSVILLEFEST.COM](http://WWW.ARTSVILLEFEST.COM)

JOIN THE COMMUNITY CHALK CONTEST

# CHALK IT UP!

GRAND FINALE SATURDAY NIGHT

# LIVE!

Fashion & Art Show

APPLY TO BE FEATURED AT THE LIVE FASHION AND ART SHOW TO WIN A SCHOLARSHIP

scan me



Presented by:



#CHALKITUPARTSVILLE



# quick on the draw

By Taylor Lieberstein

Two local creative brands, Artlink Clarksville and LOCAL Clarksville, are collaborating to host an event celebrating and showcasing local artists, creators, and small businesses- all the best people and places the community has to offer. The 3-day event will transform downtown into an outdoor art studio for the weekend. The festival will include live and interactive art experiences and exhibits, hands-on art activities, live music, food trucks, a craft beer garden, a kid zone, and a fashion show. Mark your calendars for September 30th through October 2nd for a weekend of vibrance, inspiration, and a look inside artists and their creative processes.

The event will kick off Thursday with a focus on local businesses. Guests will have the opportunity to meet the faces behind their favorite places to eat, shop,



and play. Friday and Saturday, guests are invited to browse the downtown area and enjoy live music, artists creating right in front of anyone that wants to watch. Throughout the festival, attendees will explore the pop-up art gallery filled with our visual artist finalists, bid on a large variety of auction items.

Live Art is when an artist creates the craft in front of an audience in real space and time. So instead of creating something (a painting, for example) and leaving it for the audience to encounter in their own time, live art comes into being at the actual moment of encounter between artist and spectator. Whether they are painting a mural, drawing, or staining glass, each visual artist will be doing their craft live. During their demonstrations, they will also be answering questions about their respective media. Artsville Fest organizers are excited to give everyone an opportunity

to come and experience the culture and creativity of this community.

## FEATURED LOCAL & REGIONAL ARTISTS INCLUDE:

- Jessi Queen- 3D chalk artist
- Elaine Stephenson- designer and muralist
- Jackie Lewis- Pyrography artist
- Shawn McCann- 3D chalk artist
- Craig & Jamie Rogers- 3D chalk artists
- Steve Tyrrell- metal and 3D sculpture artist
- Zach Herndon- 3D chalk artist
- Emily Henry- stained glass artist
- Olasubomi Aka-Bashorun- muralist
- Stephen Sloan- muralist, illustrator

Local creatives still have time to apply to be a part of the event as well. Being in the show could potentially win you a scholarship. You can submit your art under 3 categories. Visual art, anything that can be framed and/or displayed on a wall. Performance art, a solo performance such as singing, dancing, playing an instrument, a comedy sketch, a magic show, the list goes on. Fashion art, a mini runway showcase you can apply for if you create wearable fashion from scratch, create outfits from repurposed pieces or if you simply design unique t-shirts. More details on the application process and the link to apply is available on [www.artsvillefest.com](http://www.artsvillefest.com). If you have any questions, email [info@artlinkclarksville.com](mailto:info@artlinkclarksville.com).

Another way to get involved in the 'Chalk it up' contest. (Which can be entered by anyone.) For \$25, you get a 2x2 foot piece of wood to create

# Salon Suites

JOIN OUR SUCCESSFUL BUSINESS OWNERS WITH YOUR OWN SALON SUITE!

1. Klassic Crowns
2. Teesh The Stylist
3. Cutz by Mel
4. Sonia's Beauty
5. Mane Control Hair Care
6. SlayByJ.LaShae Salon
7. **YOUR BUSINESS HERE!**

Suites can be used for Hairstylists, Barbers, Massage Therapists, Tattoo Artists or Office Space. Get 24/7 access to your suite and customize it to your style.

TWO CLARKSVILLE LOCATIONS AVAILABLE:  
285 DOVER ROAD - OR - 913 TINY TOWN ROAD

Call Kat Hill, today for more information! 931-241-7464





and design with chalk before festival weekend. You will turn it in Thursday, the first night of the festival. Have your completed chalk piece created however you wish, keeping the content family-friendly. Your one-of-a-kind chalk art will be on display within the festival perimeters. It will be on display Friday and Saturday.

Saturday after the festival concludes, your piece will be transferred to the LIVE fashion and art show to be auctioned off. The deadline to sign up for the 'Chalk It Up' contest is September 20th. Once you have applied, you will receive an email with further instructions.

The Chalk Walk allows artists to create art that comes alive from the ground up. The chalk walk is an excellent way for the community to show their skills and create something that will be featured during the festival while beautifying the streets

of historic downtown Clarksville. Everyone is invited to participate. There will be ten chalking hubs around the festival. Bring your own chalk or purchase some from the information booth. From there, organizers will guide you to a chalking zone where you can create for free.

The grand finale of the 3-day event will be the Fashion and Art Show on Saturday night at 6 pm at the Downtown Commons. ArtLink Clarksville and LOCAL Clarksville invite and encourage the community to come enjoy a night of explosive expressions and fashion obsessions. Downtown Commons will be transformed into a space that is unlike ever before. Show up ready to be inspired, have the best night ever, and support the arts. There will be various dynamic and visually stimulating visual artists, vibrant performing artists, and stunning runway fashions designed by local designers.

The runway will be filled with locally created styles, and the stage will be filled with local talent. The coolest part is everyone gets to vote for their favorite. Votes are one dollar apiece each and are unlimited. The votes will be counted on-site, and the winner of each category will be announced live and presented with scholarships. The more votes, the more we raise for the scholarships. While being entertained, you will be impacting local artists' lives, something that truly matters. Choose your experience for the evening with optional ticket levels. There is a seat for everyone from up close to the runway, VIP seating and everything in-between. Seats are limited, though. Go online and purchase your tickets ASAP. 🦋

**ARTSVILLE FEST  
SCHEUDLE**

**THURSDAY, SEPT 30:  
MEET LOCAL NIGHT  
6PM - 9PM**

**FRIDAY, OCT 1:  
FESTIVAL  
4PM - 9PM**

**SATURDAY, OCT 2:  
FESTIVAL  
8AM - 5PM**

**LIVE FASHION &  
ART SHOW  
6PM - 10PM**



ArtLink founder, Maria Haycraft



**YOUR  
SCHOOL BAND  
HEADQUARTERS  
INSTRUMENT SALES & RENTALS.**

**BAND SUPPLIES, SCHOOL BAND BOOKS AND ACCESSORIES!**

**SIGN UP NOW FOR MUSIC LESSONS! All instruments. All ages.**

305 North Riverside Drive, Clarksville, TN 📞 **931.552.1240** 📱 LIKE US ON   
 Mon-Fri 9am-6pm 📞 Sat 9am-5pm 📞 [www.marysmusicofclarksville.com](http://www.marysmusicofclarksville.com)



# Does your pet need health insurance?

By Christina Chittenden

**T**he month of September is celebrated by veterinarians, shelters & rescues, pet owners and insurance companies in both Canada and the USA as National Pet Health Insurance Month. Intended to promote the importance of health insurance for cats and dogs and to disprove the myths pertaining to coverage, September is a way to introduce pet insurance to those pet owners who may not be familiar with it. Those of us who own pets know that we don't like to think of our pet's getting sick or injured – but, unfortunately, it can happen. When we utilize the advantages of having pet insurance, it allows us pet owners to focus on the most important thing when an accident or illness does arise: OUR PETS.

## WHAT IS PET HEALTH INSURANCE?

This type of insurance is a coverage designed to provide pet owners with financial protection against costly medical expenses. When you have assistance with the costs of care, pet insurance can place families in a better position to make decisions about your pet's medical needs rather than focusing on the impact it will make on your bank account. Veterinary medicine is ever changing and improving the medical options available for accident and illness treatments for our beloved pets. However, these options don't come without a cost. Pet owners also have higher expectations for their pet's health care and standard of living. The key is for your pet to receive treatment as early as possible and as quickly as possible as well as have the financial means to cover whatever expenses you incur.

## How to Choose the Right Coverage for You:

It is a good idea to gather a few quotes from reputable insurance providers when in the market for pet insurance. Every insurance company is different, so be sure to ask plenty of questions in order to make an accurate comparison. Some things to consider when selecting the right plan for you:

### THE SPECIES OF YOUR PET

Both cats and dogs need regular veterinary care and can experience medical issues or accidents. Keep in mind that some species or breeds may also live longer than others requiring a different level of commitment.

### THE BREED OF YOUR PET

Depending on your pet's breed, there may be specific medical conditions to be aware of. Knowing this can help you prepare for future medical needs. When researching insurance options, be sure to inquire with each company whether they make exclusions based on breed.

### YOUR FINANCIAL RESOURCES

Having the ability to proactively save and be diligent about keeping up funds set aside for related illnesses and unexpected medical emergencies should also be considered. Ask each insurance company what coverage limits exist, if any at all. Some companies may have annual limits, or limits for specific treatments or lifetime limits.

### YOUR ABILITY TO PAY FOR ROUTINE VET CARE

Consider the financial requirements needed to pay for the routine care

your pet will need. Additionally, any previous medical issues your pet may have that require ongoing care should also be considered.

### VALUE ADDED SERVICES AND ADD-ONS AVAILABLE TO YOU

Many insurance providers offer valuable products and services in addition to insurance coverage. Be sure to ask about these options in your research. 🦋

### Which Pet Insurance Plan Is the Pick of the Litter?

Comparing Out-of-Pocket Costs With and Without Pet Insurance Plans Over the Course of a Lifetime for a Sample Dog and Cat (Average costs for seven major metro areas)

For an illustrative mixed-breed dog that needs moderate care over its nearly 13-year life...



**BETTER OFF NOT BUYING INSURANCE**

#### TOTAL OUT-OF-POCKET COSTS:

Without Insurance	\$9,006
Healthy Paws	\$11,397
Nationwide	\$12,374
Trupanion	\$12,467
AKC & PetPartners	\$15,213
Pets Best	\$16,097
Figo	\$16,427
Embrace	\$19,735
ASPCA & Hartville	\$20,683
Petplan	\$23,651

For an illustrative mixed-breed dog that needs a lot of care over its nearly 13-year life...



**BETTER OFF BUYING INSURANCE**

#### TOTAL OUT-OF-POCKET COSTS:

Without Insurance	\$30,210
Healthy Paws	\$14,342
Trupanion	\$15,862
Pets Best	\$19,042
Figo	\$19,745
Embrace	\$22,215
ASPCA & Hartville	\$23,254
Nationwide	\$24,151
Petplan	\$26,222
Without Insurance	\$30,210
AKC & PetPartners	\$30,674

For an illustrative cat that needs a low level of care over its nearly 13-year life...



**BETTER OFF NOT BUYING INSURANCE**

#### TOTAL OUT-OF-POCKET COSTS:

Without Insurance	\$4,417
Healthy Paws	\$7,104
Nationwide	\$8,252
Trupanion	\$8,396
Pets Best	\$8,852
Figo	\$9,829
AKC & PetPartners	\$10,923
ASPCA & Hartville	\$12,114
Embrace	\$13,263
Petplan	\$13,335

# Clarksville Floor Covering

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606 Spring St. Clarksville, TN  
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Personalize your family's wishes to honor and celebrate a life well lived.

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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 Drive  
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.artlinkclarksville.com](http://www.artlinkclarksville.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.

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](mailto: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 Gymbol!

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](mailto: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

## 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](http://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](mailto: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](mailto: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](mailto:RecyclingHabitatMCTN@gmail.com). Recycling bin is located at:

Clarksville Restore

408 Madison Street  
(931) 645-4242

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

Clarksville Montgomery County Beekeeping Association (CMCBA)

<http://www.cmcbacba.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 honeybees

## FREE FESTIVAL

# 9-4-2021

## 11AM-4PM



PROD. Oak Grove Tourism Commission

ROLL	SCENE	TAKE
1	12th Annual Festival	2

DATE: September 4, 2021

DOMINGUEZ ATTRACTIONS FEATURING:

THE GLOBE OF DEATH

AS SEEN ON RINGLING BROS + BARNUM AND BAILEY, 134TH EDITION. THE DOMINGUEZ FAMILY GLOBE OF DEATH IS AN EXTREMELY FAST, DEATH-DEFYING ACT TO EXCITE THE WHOLE CROWD!

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FACE PAINTINGS

BUTTERFLY HOUSE

3D CHALK FOREST

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# 1,600

# BUTTERFLIES

# @ 4PM





# WWW.VISITOAAGROVEKY.COM

101 WALTER GARRETT LANE  
OAK GROVE, KY. 42262

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](http://crimsonriversca.org) or call Steven at (931) 542-2277.

**UFO CLUB.**

Shoot down your UFOs. For the quilters or sewers who have Unfinished Fabric Objects lying around. A great way to make new friends and be inspired to conquer some of your UFOs. Join us on the first 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](tel:931-378-5539) to reserve.

100 Strawberry Alley  
Downtown Clarksville  
Clarksville, TN

**RECURRING EVENTS MONDAYS**

**Turn Up with Tamara – 6:30 PM**

Mondays September 13th, 20th, 27th, October 4th, 11th, 18th, 25th)

Turn Up Dance Fitness: This dance fitness class combines elements of the Core Four: HIIT (high intensity interval training), toning, dance, and active recovery to create a high energy cardio workout that feels like a dance party!

The Studio Clarksville  
495 Dunlop Ln  
Clarksville, TN

**WEDNESDAYS**

**JEEP Night! – 5PM**

Wednesdays September 1st, 8th, 15th, 22nd, 29th, October 6th, 13th, 20th, 27th

Show up in your JEEP, and receive BOGO Axe Throwing Admission! Buy 1, Get 1 FREE! Family Friendly! 10& up can throw, but ALL ages are welcome! Axe Throwing is not a requirement to enjoy all our 6500+ sq ft venue has to offer! Smoke Free Establishment! Veteran and Locally Owned and Operated.

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

**FRIDAYS**

**Painting Class 6:00 PM**

Fridays & Saturdays September 3rd, 4th, 10th & 11th, 17th, 18th, 24th, 25th October 1st, 2nd, 8th, 9th, 15th, 16th, 22nd, 23rd, 29th, 30th)

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. Our classes

are perfect for beginners, so grab your friends, co-workers, fly solo or plan a unique date night. BYOB (Bring Your Own Beer or Bottle of wine/ champagne) to any class! Seating is limited so reserve your seats.

DBO Gallery  
33 Covington St.  
Clarksville, TN

**SATURDAYS**

**WALKING HISTORY TOUR - 8:00 PM**

Saturdays September 11th, 18th, 25th, October 2nd, 9th, 16th, 23rd, 30th)

Have fun on this entertaining historic walking tour of downtown Clarksville. Laugh and learn while getting a little exercise! You can request the ideal time for your tour. Price: \$12.00.

Journey's Eye Studio  
(Downtown Clarksville)  
131 Franklin Street  
Clarksville, TN

**SEPTEMBER**

**1 WEDNESDAY**

**SELECT WORKS FROM THE RELIANT BANK COLLECTION – 8:00 AM (1ST - 5TH)**

Lobby From picture-perfect downtown views, to watercolors of charming architecture and peaceful riverside scenes, Reliant Bank's extensive art collection contains over 60 works of art that depict a historic Clarksville scene, was created by a Clarksville resident or both. Selections from this newest donation to the Museum include pieces by Peg Harvill, Danny Goodrum, Jackie Langford, Marvin Posey, Tony Biagi, Silke Tyler and Max Hochstetter.

Customs House Museum & Cultural Center  
200 South 2nd Street  
Clarksville, TN

**2 THURSDAY**

**ART WALK CLARKVILLE - 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!

**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.tnconsign.com](http://www.tnconsign.com)

Find us on: **facebook**

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

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

**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**

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

### MISS LUCILLE'S LABOR DAY SIPS + STROLLS – 6:00 PM

You're invited to Miss Lucille's to kick off the Labor Day weekend with a big sale throughout the store! This is a private shopping event to preview our Labor Day storewide sale, 9/3-9/6! Sip wine or cocktails while you shop and enjoy fun music. Admission is FREE! Miss Lucille's Cafe will be open from 6-9 and regular menu items will be available. SEE YOU SOON!

Miss Lucille's Marketplace  
2231 Madison Street  
Clarksville, TN

### 3 FRIDAY

#### NOISE ORDINANCE TOUR WITH ADEMA & FLAW – 6:30 PM

The Warehouse Concert Lounge & Event Center  
20 McClure St]  
Clarksville, TN

#### DOWNTOWN @ SUNDOWN: CAPTAIN FANTASTIC – 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

#### PAINT 'N PUFF 7:00 PM

Welcome to Paint and Puff! DBO's Creative Circle will be partnering with Hempsired 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.

Hempsired LLC  
106 North 2nd St  
Clarksville, TN

### 4 SATURDAY THE 12TH ANNUAL BUTTERFLY FESTIVAL 11AM - 4PM

We are excited to announce the International & Regional Award-winning Butterfly Festival is back!

It all happens at the War Memorial Walking Trail, 101 Walter Garrett Lane, in Oak Grove, KY

The Oak Grove Butterfly Festival is one of the most popular events in the region. 2021 should have been the 13th year of the butterfly festival but this year is being marked as the 12th annual TAKE 2 festival, and word has spread quickly about this fun, free and educational event. This year's stage show will be the Dominguez Attractions featuring "The Globe of

Death". This show is an extremely fast, death-defying act to excite the whole crowd. Other shows performed by this multi talented family include magical illusion, stunt dogs, balancing acts and MORE!

And have you ever wondered what it would be like to soar through the sky like an eagle? If so, you're in luck! Come out and enjoy the ever so popular zip-line by Southern Zip-Line Company. They will have your legs dangling and your heart thumping. We will be bringing back arts & crafts, face painting, a balloon artist, photo booth, the bubble zone, and more. All activities are completely free! No cost for admission or parking. When you get hungry you can purchase food from one of the food trucks parked on site.

Come and interact with live butterflies in the Butterfly House provided by Milkweed & Honey farm out of Clarksville, TN. See live cocoons, caterpillars, and butterflies!

If you have never attended this festival before, we encourage you to do so. This festival is one of a kind and is sure to take your breath away with the beautiful live release of 1600

butterflies at 4pm on the Viceroy berm. The butterflies will hang around for a little while before beginning their migration to Mexico. All Media is welcome!

The Oak Grove Tourism Butterfly Festival is one of the most popular events in the region. 2021 will mark the twelfth year for the annual festival, and word has spread quickly about this fun, free, educational event.

There is something for everyone to See, Do and LEARN! There are free, nature focused arts and crafts for the children to create and take home. Head out to 101 Walter Garrett Lane and join in all the free family fun at the 12th annual Oak Grove Tourism Butterfly Festival!

Admission is FREE

PLEASE NO PETS OR ALCOHOL, THANK YOU!

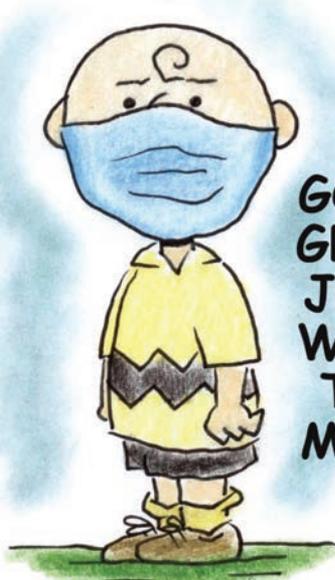
Viceroy Performing Arts Center  
101 Walter Garrett Ln  
Oak Grove, KY 42262

#### SANGO COLLECTABLES SHOW - 8:00 AM

Show is from 8-2pm Saturday. Folks this will be a opportunity to complete

# Aquino Pediatrics

YOUR CHILD'S HEALTHCARE IS OUR #1 CONCERN!



**GOOD GRIEF JUST WEAR THE MASK**

## MASK UP!

- Children 12 & up, get the COVID vaccine to stop the spread.
- Don't forget to schedule your flu shot for this fall!

*New Patients Welcome!*

**931-645-4685**  
Find us on Facebook!

881 Professional Park Dr.  
(off Dunlop Lane by Tennova Healthcare)

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

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 8:00 AM. Sports Cards, Comics and other related items are acceptable, please call to make sure.

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

### **5 SUNDAY 5TH ANNUAL WOUNDED WARRIOR V DISC GOLF TOURNAMENT 10AM - 10PM**

This is the 5th year for DiscGames.org to host this annual event benefiting Wounded Warriors. They are looking for area CTP prize sponsors as well as corporate sponsors for their event. If you are interested in being a player, sponsor, or participating in any way contact Randy Mecca 214-533-1983 .

Flex Tee times starting at 10am will kick off the day and a night glow round from 7 to 10:00 will cap off the evening. Even if you are playing elsewhere in the area on Saturday or Sunday you can still come and get in a night round on Sunday, receive a disc and support a great cause. Great prizes and packages for all participants... And a distance competition..

Wounded Warriors and people with disabilities play free and receive tournament disc and event t-shirt. Entry fee is \$25 for all divisions except Juniors ... \$10 and everyone gets a disc.

PLEASE PRE-REGISTER AT:  
[www.discgames.org](http://www.discgames.org)

Phone: 2704395675

Oak Grove War Memorial Park  
101 Walter Garrett Lane  
Oak Grove, KY 42262

### **7 TUESDAY**

#### **JEFFREY WILLIAMS (VOICE) FACULTY RECITAL – 7:30 PM**

Austin Peay State University  
601 College Street  
Clarksville, TN

### **9 THURSDAY**

#### **RIVERFEST 2021 5:00 PM (9TH – 11TH)**

Riverfest brings more than 30,000 people to the banks of the Cumberland River in an arts and recreation celebration. The 33rd annual festival will be Sept. 9 -11 2021. Music, art, family events, and more will fill McGregor Park. Admission and entertainment at the Festival are free and open to the public. More announcements will be made soon, as new events and entertainment are finalized.

Riverfest is Clarksville's longest-running community festival and brings more than 30,000 people to the banks of the Cumberland River in an arts and recreation celebration. The celebration begins with our Juried Art Show at the Wilma Rudolph Event Center on September 9th and ends with music, art, family events, and more at McGregor Park on Sept. 10-11. Admission and entertainment at the festival are free and open to the public. To stay up to date on Riverfest, visit the festival website, [www.clarksvillerverfest.com](http://www.clarksvillerverfest.com).

#### **WHEN AND WHERE IS RIVERFEST?**

Clarksville's Riverfest Celebration is the City of Clarksville's music and fine arts celebration. The festival's primary location is at the city's signature RiverWalk at McGregor Park on Riverside Drive and now at the Wilma Rudolph Event Center for the Juried Art Show. The festival is traditionally held in September, the weekend after Labor Day

RIVERFEST JURIED ART SHOW -  
Thursday, September 9, 2021 5:00  
pm- 7:00 pm Wilma Rudolph Event  
Center

McGregor Park  
640 N. Riverside Dr  
Clarksville, TN

### **10 SATURDAY**

#### **RIVERFEST 2021 5PM - 10PM**

Riverfest brings more than 30,000 people to the banks of the Cumberland River in an arts and recreation celebration. The 33rd annual festival will be Sept. 9 - 11 2021. Music, art, family events, and more will fill McGregor Park. Admission and entertainment at the Festival are free and open to the public. More announcements will be made soon, as new events and entertainment are finalized.

Riverfest is Clarksville's longest-running community festival and brings more than 30,000 people to the banks of the Cumberland River in an arts and recreation celebration.

McGregor Park  
640 N. Riverside Dr  
Clarksville, TN

### **11 SATURDAY**

#### **RIVERFEST 2021 11AM - 11PM**

The Riverfest Cardboard Boat Regatta will be held on September 11, 2021, at 1 p.m. at McGregor Park Boat Ramp on the Cumberland River. Participants will race their boats for 100 yards to compete for the fastest time in each division.

Riverfest brings more than 30,000 people to the banks of the Cumberland River in an arts and recreation celebration. The 33rd annual festival will be Sept. 9 - 11 2021. Music, art, family events, and more will fill McGregor Park. Admission and entertainment at the Festival are free and open to the public. More announcements will be made soon, as new events and entertainment are finalized.

Riverfest is Clarksville's longest-running community festival and brings more than 30,000 people to the banks of the Cumberland River in an arts and recreation celebration.

McGregor Park  
640 N. Riverside Dr  
Clarksville, TN

#### **SEVIER DAY – 10:00 AM**

Join us at Fort Defiance for our annual fall event that focuses on the frontier and colonial history of Clarksville. Native American and frontier re-enactors will demonstrate flint knapping, an authentic blacksmith operation, frontier camp life, and flintlock musket firing

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

### **14 TUESDAY**

#### **PAINT AND SIP @ YADA – 6:30 PM**

The second Tuesday of every month DBO's Creative Circle 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!

Yada on Franklin  
111 Franklin Street  
Clarksville, TN

### **15 WEDNESDAY**

#### **WELCOME HOME VETERANS CELEBRATION OPENING DINNER 7PM - 9PM**

This will be a wonderful night of barbecue and fellowship. The dinner will be at Valor Hall and will include a panel of speakers discussing the 30th anniversary of Desert Storm. Sponsored by Mission BBQ.

\$27.50 per person  
For tickets visit: [www.welcomehomeveteranscelebration.com/book-your-package](http://www.welcomehomeveteranscelebration.com/book-your-package)

Valor Hall Conference & Event  
Center  
105 Walter Garrett Lane  
Oak Grove, KY 42262

### **16 THURSDAY**

#### **WELCOME HOME VETERANS CELEBRATION VETERAN PICNIC 5PM - 8PM**

Veterans and their families are invited to join us at Oak Grove War Memorial Park for hamburgers and hot dogs prior to the Remembrance Ceremony at Oak Grove Gaming. Sponsored by: Oak Grove Tourism and Tilted Kilt.

Oak Grove War Memorial Park  
101 Walter Garrett Lane  
Oak Grove, KY 42262

## 17 FRIDAY DOWNTOWN @ SUNDOWN: JON LANGSTON – 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

## MEOWS & MARTINIS

A fundraising event to benefit Cats MEOW TNR, an all-volunteer & 100% privately funded program of the Humane Society of Clarksville - Montgomery County dedicated to reducing suffering, overpopulation and euthanasia of community cats in Clarksville-Montgomery Co., Tennessee through Trap-Neuter-Return (TNR) efforts. Cats M.E.O.W. TNR volunteers partner with individuals & businesses in the community to promote, educate, and advocate the compassionate care and control for the community cat population.

Old Glory Distilling Co.  
451 Alfred Thun Rd.  
Clarksville, TN 37040

## 18 SATURDAY TRIGGER HIPPIE LIVE AT THE ALHAMBRA 7PM - 9PM

Doors open- 6:00 pm | Show Starts- 7:00 pm

Tickets starting at \$25

Hopkinsville's own Steve Gorman, acclaimed drummer and founding member of The BlackCrowes, performs with his band Trigger Hippy, along with fellow members Nick Govrik, Ed Jurdi, Amber Woodhouse, Sol Philcox-Littlefield and Jimmy Matt Rowland on Saturday, September 18th at the Historic Alhambra Theatre in downtown Hopkinsville.

Performing tunes from their sophomore album, Full Circle and Then Some — featuring an irresistible mix of country, soul, and rock 'n' roll — Trigger Hippy will have the Hoptown audience on its feet for an unforgettable evening.

A special thanks to our show sponsor BryMak for their generosity and support.

Tickets on sale now at [pennyroyalarts.org](http://pennyroyalarts.org)

Alhambra Theater  
507 Main St.  
Hopkinsville, KY

## SEXUAL ASSAULT EMPOWERMENT WALK – 9:00 AM

The Sexual Assault Empowerment Walk is a family event scheduled at Liberty park in Clarksville, TN on Saturday, September, 18, 2021 from 9am -12 noon. This walk is an opportunity for victim/survivors, their families and the community to bring awareness to the impact of sexual assault and come together to empower one another to speak up and make a difference. Community partners will come together to support those impacted by sexual assault and offer information about services and resources available in the Clarksville Montgomery County area. Refreshments and activities for children will also be available. This event is free; pre-registration is recommended.

Liberty Park  
1190 Cumberland Drive  
Clarksville, TN

## 50TH REUNION - MONTGOMERY CENTRAL HIGH SCHOOL – 5:00 PM

Class of 1971! Join us for a night of food and fun. Food catered by Chartwell's Catering. Alcohol is not permitted at this local government facility.

RichEllen Banquet Hall  
1466 Highway 149  
Clarksville, TN

## 24 FRIDAY MCATAEC 2021 FALL FESTIVAL – 7:00 AM (24TH & 25TH)

Come enjoy the 21st Annual Montgomery County Antique Tractor and Engine Club's Fall Festival! Featured Tractor will be International Tractors & Equipment. All make and model tractors and engines are welcome to attend! Enjoy live demonstrations and craft skills throughout the festival! We will feature: Corn Shelling Silage Chopping Wheat Threshing Stationary Hay Baling Corn Grinding and MORE!

John D Bartee Agriculture Complex  
1985 Rossvie Road  
Clarksville, TN

## 25 SATURDAY SLEEP UNDER THE STARS CAMPOUT – 2:00 PM (25TH & 26TH)

Join us for a bonfire, games, ghost stories, and more at our great family campout! The fee includes an afternoon and evening of activities, dinner, and breakfast. Campers must provide their own tent and sleeping materials. Children must be accompanied by an adult at all times.

Price: \$15 for Individuals, \$55 for a family up to 6

Billy Dunlop Park  
1930 E Boy Scout Rd  
Clarksville, TN

## MOVIES IN THE PARK 6PM - 9PM

Movies in the Park is an outdoor movie series hosted by Clarksville Parks and Recreation. Enjoy free movies under the stars. Each movie will host pre-show activities before the movie begins.

- September 25, 2021, at Liberty Park- Hocus Pocus

Location and Parking:

Movies at Liberty Park are located on the Liberty Park Amphitheater (next to Wilma Rudolph Event Center). Parking is available at the Wilma Rudolph Event Center.

- Movies begin at sunset.
- You're welcome to bring picnics, lawn chairs, and blankets.
- Alcohol is strictly prohibited.
- Please leave your pets at home. No animals, except for certified service animals, are allowed.
- Please refrain from smoking within the viewing area.
- All minors (under the age of 18) MUST be accompanied by a parent or guardian. No exceptions.
- Bring your bug spray, picnic, family, and friends, and have a good time!

Liberty Park  
1190 Cumberland Dr,  
Clarksville, TN 37040

## 27 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

## 30 THURSDAY ARTSVILLE FESTIVAL – 6:00 PM (SEPT. 30TH- OCT. 2ND)

Artlink and LOCAL Clarksville are teaming up for a creative celebration of LOCAL artists, artisans and small businesses. Artsville Fest is a 3 day event that gives visitors of all ages an opportunity to grab a passport and travel around downtown to see the best of what Clarksville has to offer. We kick off the event with a focus on LOCAL businesses on Thursday. Meet the faces behind your favorite places to eat, shop and play. Friday and Saturday you can stroll throughout downtown to enjoy live music, art, entertainment, live performances, great food, a huge Kidzone and much more. Join us for the Fashion and Art Show Grand Finale on Saturday evening at the Downtown Commons. All proceeds from the weekend go to support the arts through Artlink and the Roxy. Get ready for a great time! Special thanks to F&M Bank for being our title sponsor and Vip Clarksville, Downtown Commons, Brand my swag and D&D making this possible for our community to enjoy!

Downtown Clarksville  
116 Strawberry Alley  
Clarksville, TN

## APSU WOODWIND CHAMBER ENSEMBLE – 7:30 PM

Austin Peay State University  
601 College Street  
Clarksville, TN

Submit your event to  
[events@  
clarksvillelivingmag.com](mailto:events@clarksvillelivingmag.com)

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

# BE A HERO!

## HELP WIPE OUT STUDENT LUNCH DEBT!



**Education  
Foundation**  
CLARKSVILLE-MONTGOMERY COUNTY



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

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

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

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

# ARTLINK

## SEPTEMBER 2021 CALENDAR OF EVENTS

### WORKSHOPS

3 - STAINED GLASS  
6:30-8:30PM

4 - EGG-GRESSION  
11AM-3PM

15 - STAINED GLASS  
6:30-8:30PM

16 - MACRAME  
6:30-8:30PM

17 - KIDS CRAFT NIGHT  
6:30-8:30PM

18 - MINI PAINTING IN THE DARK  
HOURLY FROM 11AM-3PM

24 - PAINTING IN THE DARK  
6:30-8:30PM

25 - NOT UR MOMS  
CRAFT NIGHT  
6:30-8:30PM

30 - PHOTOGRAPHY  
6:30-8:30PM

### SPECIAL EVENTS

2 - ART WALK  
FEATURING ANGIE WARD

9, 10 & 11  
- RIVERFEST  
COME VISIT THE  
ARTLINK TRAILER

30 - ARTSVILLE FEST—  
MEET LOCAL NIGHT  
AT THE DOWNTOWN  
COMMONS 6-9PM

### 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](mailto:karen.pinkett@pathways.com).

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

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

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

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

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

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

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

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

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

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

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

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

We offer monthly birding field trips from September - May.

Find us on Facebook: Warioto Audubon Facebook Page

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

**CANINE FLYBALL CLUB**  
The 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](mailto:icflyball@hotmail.com), or visit [www.flyballdogs.com/qcrr](http://www.flyballdogs.com/qcrr) for more information about this exciting canine sport.

**CLARKSVILLE BADMINTON CLUB**  
The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+ novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows: Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd; Contact Kim Leavelle at 436-1028 if you need more info.

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

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

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

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

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

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

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

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

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

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

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

Tennessee Nutrition & Consumer Education Program (TNCEP)

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

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

**CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER**  
At 331 Union Street, Suite B. Office at (931) 647-3632 or Toll-free Crisis Hotline at (800) 879-1999.

**CHAP PROGRAM OF CATHOLIC CHARITIES**  
Creating Hope by Assisting Parents program is a completely free voluntary program that provides individualized parenting education, crisis intervention, and some case management for families with children ages birth - 8 years. Families participating can expect weekly in home visits with a skilled professional providing information on Child Development, Family Routines/Structure, Family Systems and any goals the parent desires assistance with (weaning from the bottle, potty training, pre-school readiness, etc.). For more information or to set up an appointment contact Sarah at (931) 645-9669.

**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](http://las.org).

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

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

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

**BOY SCOUTS OF AMERICA**  
Cub Scouts, dens for boys or girls, K through 5th grades. Scouts BSA, male troops and female troops, ages 11 to 17. Venturing, co-ed crews for ages 14 to 20. Contact: (615) 383-9724 [mtcbsa.org](http://mtcbsa.org)

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

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

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

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

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

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

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

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

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

## CROATIANS IN TENNESSEE

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

## FREE CAKES FOR KIDS KY & TN

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

## FRIENDS OF THE BLUEWAY

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

## HAILEY'S HOPE WITH PROJECT SWEET PEAS

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

## HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

## HOPE CENTER

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

## HUMANE SOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

## LOAVES AND FISHES

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

## ADOPTION & FOSTER CARE

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

## CENTERSTONE

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

## CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

## CARING CHOICES OF CATHOLIC CHARITIES

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

## OAK PLAINS ACADEMY

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

## OMNI VISIONS INCORPORATED

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

## YOUTH VILLAGES

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

## CHILDBIRTH & PARENTING EDUCATION

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

## BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

## CLARKSVILLE BIRTH COMMUNITY

A place for families in the Clarksville/Fort Campbell area to find resources for pregnancy, birth and beyond. Join us for monthly playgroups and gatherings. We have a lively discussion group on Facebook where women can ask questions and get answers from fellow moms and professionals such as childbirth educators and doulas. We want to be sure our members know that all moms are welcome here. Our primary goal is that you make informed choices for your pregnancy, birth and newborn care. Events posted at [fortcampbelldoulas.webs.com](http://fortcampbelldoulas.webs.com) or find us on Facebook at [www.facebook.com/groups/clarksvillebirthpro/](https://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](mailto:BreastfeedingTN@gmail.com) or call (931) 444-7087.

## NINE MONTHS & BEYOND

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

Tennova Healthcare - Clarksville breastfeeding Class

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

## TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

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

## TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

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

## WHOLE WOMAN

Whole Woman Birth and Lactation Services

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

## COMMUNITY OUTREACH

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

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

## ALL NATIONS BIBLICAL STUDY CENTER

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

## APSU EXTENDED EDUCATION

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

## ARMY COMMUNITY SERVICE

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

## ASERACARE HOSPICE

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

## BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

A tax-exempt, non-profit organization. Its purpose is to promote Filipino-American culture to all Filipinos and to any interested nationalities,

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

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

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

**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://facebook.com/pages/Free-Cakes-for-Kids-KYTN/529017437122370). Reach Mindy Parker or Christina Johnson at [freecakesforkids\\_fortcampbell@yahoo.com](mailto:freecakesforkids_fortcampbell@yahoo.com).

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

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

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

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

Individual Financial Counseling and Legal Consultations Coordination

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

A very large clothing and food pantry is also available.

**TENNOVA HOME HEALTH & HOSPICE**  
141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, 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](https://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@clarksvilleresstore.org](mailto:donation@clarksvilleresstore.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://facebook.com/haileyshopePSP) or email division coordinator Kristin Vanderlip at [Kristin@projectsweetpeas.com](mailto:Kristin@projectsweetpeas.com).

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

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

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

**RADICAL MISSION**  
Meets Tuesdays and Thursdays from 9:00 a.m. to 1:00 p.m. at Clarksville First Church of the Nazarene, 150 Richview Road. A Compassionate Ministry Center, founded by Clarksville First Church of the Nazarene, seeks to creatively address issues of suffering and

brokenness particularly pertaining to poverty and basic human needs. We provide food, clothing, furniture, volunteer opportunities, and friendship. For more information contact Heather Byrd at (931) 648-1496.

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

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

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

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

**VETERANS UPWARD BOUND**  
Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U. S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Sharita Goodrich at: 931-221-7600 or [vub@apsu.edu](mailto:vub@apsu.edu). You can also visit our website at [apsu.edu/VUB/](https://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 does it 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](https://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](https://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](https://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](https://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](https://pastoralcounselingctr.org).

**THE PATH LIFE COACHING**  
Through The Path Life Coaching, [ThePathLifeCoaching.com](https://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](mailto: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](mailto:Katrina.Watts@centerstone.org).

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

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

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

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

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

Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSSTV, 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](mailto:karen.clarkvillechara@gmail.com) or visit [www.hilldale.org/aboutchara](http://www.hilldale.org/aboutchara).

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

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

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

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

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

**HILLDALE BAPTIST CHURCH 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](mailto:momstomoms@hilldale.org) or visit [www.hilldale.org/momstomoms](http://www.hilldale.org/momstomoms).

**SUPER MOM'S GROUP**  
If you are a single mom (—) you are a SUPER MOM! We meet every Sunday morning at 9:45 a.m. at First Baptist Clarksville. We are a small group that does various studies on parenting, Christian growth, boundaries, dating again, and other topics! We also do monthly get-togethers, mom's nights out, and play dates for the kids. Any single moms are welcome to attend these monthly events even if you can't come to the small group on Sundays! Please like our Facebook group to stay updated on all events: Clarksville - Super Moms. Contact Devin for more info at [devin.maureen@yahoo.com](mailto:devin.maureen@yahoo.com).

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

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

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

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

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

**RETIREMENT GROUPS**  
**AARP LOCAL CHAPTER 1957**  
Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. Affiliated with the National AARP. To become a member of the local chapter you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests 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](mailto:charmistfields@charter.net).

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

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

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

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

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

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

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

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

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

**DIABETES SUPPORT GROUP**  
Need help managing your diabetes? Tennova's Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month from 12 to 1 p.m.

in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information contact our Registered Dietitians at 931-502-1127

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

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

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

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

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

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

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

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

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

**TUESDAY OVEREATERS ANONYMOUS MEETING**  
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](mailto:tuesday1meeting@gmail.com)

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

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