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*Eco-friendly hacks for a spooky, yet sustainable Halloween
(starting on page 8)*

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For all other information or questions:

E-mail: info@clarksvillelivingmag.com

Mail: PO Box 31867
Clarksville, TN

Web: clarksvillelivingmag.com

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Owner/Publisher
Carla Landtroop

Advertising
(931) 320-9869
hi@clarksvillelivingmag.com

Editor
Sophie Woodberry
Victor Lavergne

Graphic Design
Carla Landtroop
Jordan Cathey

Staff Writers
Tony Centonze
Christina Chittenden
Paige Eisemann
Taylor K Lieberstein

Publisher's note

At the risk of sounding cliché, happy fall, y'all!

Halloween is creeping up and will be here before you know it. COVID considerations aside, one of the spookiest things about it is the scary amount of waste we create. But with a few small tricks, we can cut down the waste and treat our kids – and the planet – to a frighteningly good HallowGREEN. Be sure to check out Taylor Lieberstein's article (*starting on page 8*) for some ghoulishly green ways to celebrate!

Besides the lower temps and beautiful, Tennessee fall colors, there is no shortage of things to keep you busy all month long. Be sure to check our jam-packed events calendar starting on page 22.

Happy Halloween, and as always, thank you for picking us up!

Carla Landtroop
Founder & Publisher



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

M	D	T	P	P	V	D	I	G	C	C	K	G	K	P	A	G	Y
H	A	R	U	W	W	O	U	I	O	L	P	T	H	K	D	T	B
A	E	I	M	N	H	W	H	V	U	A	K	S	A	C	U	R	
N	S	C	P	T	I	N	O	I	R	R	G	K	L	D	N	E	C
D	G	K	K	W	S	T	E	N	T	K	W	B	L	Q	A	A	X
B	P	E	I	E	T	O	F	G	H	S	A	N	O	L	K	T	H
A	Q	B	N	Z	O	W	S	Y	O	V	F	S	W	L	J	N	Y
G	Z	A	H	H	R	N	T	Z	U	I	E	E	E	R	F	G	R
S	P	R	W	P	I	S	Q	L	S	L	O	S	E	K	E	R	
S	C	R	L	K	C	A	U	L	E	L	J	G	N	L	M	T	F
Z	M	N	N	K	B	X	E	G	Q	E	B	S	J	X	Q	J	F
Q	P	E	Z	M	C	V	G	R	E	E	N	W	G	Y	F	T	U

Find the following words in the puzzle.

Words are hidden → ↓ and ↘

CLARKSVILLE
COURTHOUSE
DOWNTOWN
FEEL

GIVING
GREEN
HALLOWEEN
HANDBAGS

HISTORIC
PUMPKIN
TREAT
TRICK

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Bikers Who Care is an all-volunteer organization of motorcycle enthusiasts committed to helping others in the community.

BWC was formed in 1982 and began their community service by supporting the Dream Factory of Clarksville, which grew into Camp Rainbow, a summer camp for seriously ill children.

To learn more or to volunteer, visit bikerswhocare.org

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BREAST HEALTH AS EASY AS 1-2-3

*Brought to you by
Tennova Medical Group*

The thought of having breast cancer can be frightening, which makes it tempting to avoid this sensitive subject. But being proactive is a woman's best bet in the fight against breast cancer.

Routine preventive care is the best way to keep you and your breasts healthy, since the detection of breast cancer at its earliest stages provides the greatest opportunity for successful treatment. Breast care begins with three easy steps:

STEP 1: BREAST SELF-EXAMINATION (BSE)

All women, ages 20 and older, should perform breast self-exams to familiarize themselves with their breasts so any changes are more quickly identified. BSE should be done regularly at the same time each month. Changes may include: Development of a lump, swelling of the breast, skin irritation or dimpling, nipple discharge other than breast milk, or other nipple abnormalities (pain, redness, or turning inward).

If any of these changes are noticed, see your health care provider as soon as possible for evaluation.

STEP 2: CLINICAL EXAMINATION

A breast examination by a doctor or nurse trained to evaluate breast problems should be part of a woman's physical examination. A clinical breast examination is very similar to the procedure for breast self-examination. Women who perform BSE regularly will be prepared to ask questions and mention any concerns during a clinical exam.

STEP 3: MAMMOGRAPHY

A screening mammogram can help detect breast cancer in its earliest and most treatable stages. Mammography is a low-dose x-ray of the breasts and is the most common imaging technique. Mammography can detect cancer before a lump becomes large enough to feel during a self-examination.

For women of average risk, the American College of Radiology recommends annual mammograms starting at age 40, with no upper age limit as long as the woman is in good health. Different guidelines apply to women at higher risk. Women who may be at increased risk for breast cancer

should talk with their health care provider about having their mammograms at an earlier age or more frequently.

Tennova Healthcare - Clarksville now offers breast tomosynthesis or 3D mammography, technology that allows images to be magnified and adjusted on a computer screen for better visualization.

"When breast cancer is found early, the chances of survival are greatly improved. And 3D mammography is the best system to provide the quality images and patient experience to make early detection possible," states Gina Wyatt, MD, Chief Medical Director of Radiology at Tennova Healthcare - Clarksville. "3D mammography offers the widest image acquisition angle in the industry, so doctors can see more. Personalized compression is tailored to the structure of each woman's breast for a more thorough exam."

POTENTIAL ADVANTAGES OF 3-D MAMMOGRAPHY

- Fewer call backs for additional screening and testing
- Imaging that shows the inner breast structure more clearly
- Better detection because thin layers of tissue are shown separately
- Improved imaging for dense breast tissue

To schedule your screening mammogram at Tennova Healthcare – Clarksville call 931-502-1180.

Gina Wyatt, MD is a board certified Radiologist practicing at Tennova Healthcare – Clarksville. Dr. Wyatt is the Radiology Chief Medical Director and a member of the medical staff.

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



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Happy HallowGreen!

By Taylor Lieberstein

When we think about Halloween, ethical and sustainable practice doesn't exactly spring to mind. Halloween is perhaps one of the biggest offenders in waste. Halloween doesn't just have a huge impact on the environment, either—it also takes a massive toll on our wallets. Between all the scary movies, haunted houses, and creepy costumes that pop up throughout the Halloween season, it's easy to miss the season's real-life fright, the money levitating out of our wallets and into our landfills. According to consumer data provider Statista the U.S. will spend roughly 10 billion dollars on Halloween this year.

Most of that money spent will accumulate excess waste, including cheap single-use costumes and decorations and single-use plastic wrapped candy that is detrimental to the environment. Traditions such as Halloween were formed back when the environment was not a concern. Times have changed as should the way we consider when celebrating holidays. We have compiled a few tips on how to make this Halloween as eco-friendly as possible. Read on to discover how to have a greener Halloween without creating a nightmare for the planet and your wallet.

COSTUMES

Large urgent orders for cheap Halloween swag result in garment industry workers being forced to work long hours for very little pay. To add on to the horrors, most costumes are made from polyester, which is derived from the oil industry and is non-biodegradable. These costumes have heavy carbon footprints, and often head to the landfill after just one use. One of the best ways to dress up with minimum impact is to get pinning on Pinterest or Tik Tok for Halloween costume inspiration and then head to your basement, local thrift shop or consignment store to get what you need to DIY a costume. Not only is it often more affordable than a ready-made

costume it is also more fun to create something from scratch. By second-hand shopping, you're helping to extend the life cycle of clothing by saving garments from going to landfill, instead breathing new life into them and giving them a new story. What's more, buying from charity shops donates money to good causes, and supporting your local vintage sellers helps boost the local economy. Swapping or borrowing Halloween costumes from a rental shop or from friends and family is another great way of avoiding the waste of a single-use costume, promoting a circular economy model.



Taking these steps will help save your money and our earth. Most Halloween costumes only get worn once, and about 85 percent of them end up in landfills. Prevent this from happening by disposing of your Halloween costume responsibly (and sustainably), by donating them.

TREATS

A very important Halloween tradition is taking to the streets to "trick or treat". While this tradition makes Halloween a lot more exciting for trick treaters, it's not always the best for the planet. Most candy and other treats handed out to trick or treaters come in non-sustainable packaging and result in an immense amount of waste one particularly destructive impact on animal habitats and

contribute to species extinction. Just a sidenote, by 2050 there will be more plastic in the ocean than fish. Substitute plastic wrapped sweets with ones packaged in recyclable paper or boxes. One of the most low-waste candy options is handing out boxed candy such as Nerds. Boxed candy is eco-friendly because the packaging can be recycled. Lemon Heads, Junior Mints, and Milk Duds also come in cardboard, there a still a great selection and it's much more environmentally friendly. Just in case you hadn't thought of alternatives to sweets, there are many great ones. Temporary tattoos, fair trade friendship bracelets, Hallowe'en pencils and erasers are excellent non-food options you can consider handing out. Being conscious doesn't mean the holiday can't be any fun. The most important takeaway here is anything non-plastic is the way to go.



or

PUMPKINS

Pumpkins are all the rage when the Halloween season falls but people are quick to forget that with supply and demand comes dangerous effects on the environment. To grow pumpkins big and fast enough every October, they are sprayed with heavy-duty pesticides. They are shipped over long distances, making their carbon footprint exorbitantly high. The solution is easy, buy organic and shop local. You'll protect water and reduce carbon emissions by picking up your pumpkin from your local farm.

We have the perfect place Boyd's Pumpkin Patch, a family operated pumpkin patch that's been around since the 1984. They also offer mini pumpkins, gourds, winter

Continued on page 10



Looking for Expert Care?

Meet Dr. Genevieve Febbraro

The newest addition to our Pediatrics Team!

A professional portrait of Dr. Genevieve Febbraro. She is a young woman with long dark hair, smiling warmly at the camera. She is wearing a dark, patterned top. The background features a series of concentric, semi-transparent circles in shades of blue and green, creating a modern and clean look.

Want your children to love their pediatrician?

Dr. Febbraro brings fun and energy into the exam room and easily connects with kids. This dog lover enjoys volleyball, tennis and anything Peloton.

Dr. Febbraro completed her Residency at Oklahoma State University, Tulsa, OK. She received her Doctor of Osteopathic Medicine from LMU-DeBusk College of Osteopathic Medicine, Harrogate, TN.

Dr. Febbraro welcomes new patients and accepts most major insurances.

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squashes and have a corn maze.

Burn soy candles in pumpkins. Wax candles are made from petroleum that, when burned, unleashes the equivalent of diesel exhaust. Natural soy or beeswax candles will help you have a healthy green Halloween without polluting the air. Another way to help the planet is to carve not paint the pumpkins. Save the seeds and pulp from your pumpkin to make delicious snacks and baked goods. By reusing or

composting our unwanted pumpkin parts, we can reduce dangerous greenhouse gases. After the holiday compost your carved pumpkin, even if that means just smashing it and burying it in your garden to supplement the soil. You can also ask local farms if you can donate your pumpkins for the animals to eat.

TRICK OR TREATING

Consider a carpool with friends and head to Fright

on Franklin. Each year Historic Downtown Clarksville transforms into a frightfully fun night for the entire family. Dress to impress for the popular costume contest. This contest is open to all ages and registration is required beginning on October 1. Spots fill up fast. There will be themed activities, and safe trick-or-treating. Fright on Franklin is Saturday, October 30 from 3:00 PM - 6:00 PM. Visit the www.cityofclarksville.com for more information on costume contest details and more. Stay away from the molded plastic jack-o'-lanterns to collect treats in. Although they are reusable, they are made of plastic. Over 90% of all trash floating in our oceans is plastic, and much of that is eaten by fish, birds, and other marine life. Canvas bags, drawstring bags, backpacks, reusable shopping bags, and pillowcases are safer and maybe even more creepy.

There's nothing spookier than global warming, so this year think as you plan. Consider incorporating some of these hacks to eliminate waste that won't come back to haunt us. It's not so hard to celebrate sustainably, DIY your decorations and costumes, and avoid plastic-based products. Eco-friendly alternatives are also a great way to spread the environmental protection message to kids. We know you may not be able to go all green but try your best to implement a handful of these ideas so future generations will be able to appreciate the holiday as well. 



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90 years of kindness

By Lee Phillips

Altra Federal Credit Union is deeply committed to being active in all the communities that they serve. They invest in the communities they serve because stronger communities and educated citizens benefit everyone.

In October 2021, Altra will be celebrating its 90th anniversary! To commemorate this, they will be giving back to our community with their 90 acts of kindness campaign.

June 2021: Their Clarksville team donate over 90 lbs of pet food to Clarksville Humane Society.



July 2021: During a two-week school supply drive, their Clarksville two offices, and community partners, and members of Altra raised over 1,100 school supplies for CMC Education Foundation's Teachers Warehouse.



Their time and monetary gifts to Loaves & Fishes are priceless gifts to the less fortunate in our community.



Every year, Altra staff members also donate time and money to buy and wrap holiday gifts for families in need through the For Goodness Sakes and Toys for Tots program. It's this tremendous spirit of giving that makes us all so proud to be part of the Altra family. Watch the pile of presents grow!



Altra is proud to provide support to many of the civic and charitable organizations that make Clarksville a better place to live. Wherever you go, you're likely to see an Altra employee volunteering at local festivals, outings, movies in the park, races, barbecues, farmer's markets, health fairs, and many other community events.



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The Montgomery County Courthouse after a fire in 1900.



MOCO COHO

By Paige Eisemann

Driving through downtown Clarksville, one of the most prominent and eye-catching buildings is our historic courthouse. Most people don't realize that the beautiful building is listed on the National Register of Historic Places. They also don't realize that this is not the first courthouse to serve our community.

The first courthouse in Clarksville/Montgomery County was constructed on Spring Street and Main Street in 1796 by James Adams. Built using logs, it sat close to the riverbank on the corner of what we now know as Riverside Drive and Washington Street. According to the TN Historical Commission, in 1796, the Tennessee State Legislature authorized Commissioners George

Neville, Sr., Francis Prince, Hayden Wells, Robert Edmondson and Robert Dunning to construct a Courthouse, prison and stocks in Clarksville. James Adams contracted to build this first Courthouse on property adjoining his home on Spring Street between Main and Washington (now College Street). The job was completed within a year. According to the American Gazetteer of 1797, "It (Clarksville) contains 30 houses, a Courthouse and gaol (jail)."

There is some discrepancy among historians about the number of buildings actually used to house our courts, with some saying the original log structure was replaced by a second larger log courthouse built in 1805, and a third even larger in 1806 on a plot of land donated by local Henry Small. Others say the building constructed in 1811 was the second courthouse and not the fourth. Regardless of the timeline, everyone agrees that the 1811 courthouse was the first community civic structure to be built of brick. Local man Martin Armstrong donated the land where the brick building was constructed, on the east half of Public Square. The third courthouse/fifth courthouse (depending on which timeline you follow) was constructed in 1843, this time on Franklin Street. It would remain standing until it was destroyed by the Great Fire of 1878.

The cornerstone for the courthouse we know today was laid on May 16, 1879, but on March 12, 1900 it was also damaged



The Montgomery County Courthouse, 1960.

by fire. Under the supervision of Kenneth McDonald of Louisville, KY and contractor Charles A Moses of Chicago, IL, the building was restored. This version of the courthouse is well remembered and documented in Clarksville history. In



The Montgomery County Courthouse, as it stands today.

The Montgomery County Courthouse after a fire in 1878.

the early morning hours of January 22, 1999, an F3 tornado ravaged the downtown district of Clarksville. The courthouse building was heavily damaged, with some entire sections being completely destroyed. Locals who saw the devastation first hand described the catastrophic scene as heart breaking, with so much history and beauty gone in the blink of an eye. Soon there was discussion about replacing the building completely, but in the end the interior of the building was renovated and made into county offices, the exterior was restored to full glory, and a new courts center was built on the north side. Lyle, Cook and Martin of Clarksville served as architects, with R C Matthews of Nashville as contractor. On the fourth anniversary of the disaster the new courthouse was dedicated.

Many people visiting downtown stop to take photos of the stunning spires, statues, or arches that adorn our courthouse. The statues around the building are also famous on Instagram! At the corner of second and Commerce sits The Day After sculpture, created by Clarksville fireman Scott Wise. The sculptor created a man sitting on a park bench reading a local newspaper. The newspaper signifies efforts made by the Leaf Chronicle, who managed to publish the day after a tornado struck downtown Clarksville. On the northeast corner of the courthouse stands Lenora "Nora" Witzel and Nettie, which was sculpted by artist Andrea Lugar. This sculpture is inspired by the life of female photographer Lenora. Lenora left an impact on the Clarksville community strong enough to last a lifetime, despite enduring many hardships. The

beautiful courthouse and plaza are jewels worthy of their place on the historic register. It can be hard to believe that the beautiful architecture, impressive details and unique statues came from humble beginnings as a small log structure just off the riverbank over 225 years ago.

Photos courtesy of the Montgomery County Archives.



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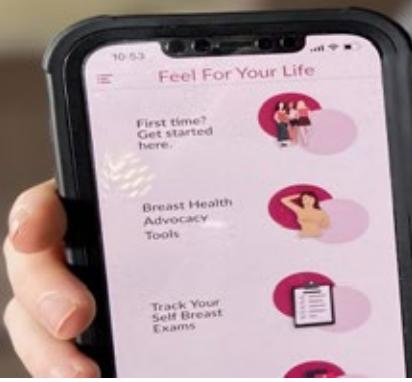
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Feel For Your Life

By Paige Eisemann

During the lockdown of 2020, some people learned to bake bread. Some took up a hobby like knitting or painting. One local one used that time to fulfill a need that she discovered in the most personal way. With no prior experience in app creation, Jessica Baladad developed an app that could literally save lives.

Jessica's story is a familiar one, and thankfully one nearing a happy ending. According to the Susan G. Komen foundation, each year an estimated 281,550 women in the United States will be diagnosed with invasive breast cancer, and 49,290 women will be diagnosed with non-invasive (in situ) breast cancer. Jessica was diagnosed at 33 years old, and as she communicated her diagnosis to friends and family via social media she was frequently asked how she got to that point. She was surprised to learn that many women don't do self-exams, or those that do often don't record their findings (instead depending on memory). Through the course of her treatments she had conversations with the women she loved and found that many did not do self-exams due to their own fears and anxieties. Jessica shared that those fears might stem from being unsure of HOW to do a self-exam, finding something and not knowing what to do, or not feeling comfortable with their bodies.



After 16 rounds of chemo, 24 rounds of radiation, a double mastectomy, a hysterectomy, and a 10-hour reconstruction surgery, Jessica celebrates life in remission by encouraging other women to do self breast exams and to be their best advocates through her work with Feel For Your Life, according to her website.

With only minor coding experience she spent time in lockdown creating an app that would provide instructions for self-exams, set reminders, provide a place to record findings, and use as a tool to communicate with physicians. She created Feel For Your Life, which is described as the easiest online platform for learning how to do a self breast exam, developing a screening routine and understanding the general risks for breast cancer. Via the website, the Apple App Store or Google Play store, the app she created has reached women around the world. Women from all over send her messages sharing their experiences, asking questions, and sharing their fears. Sometimes these are women she knows, other times they are strangers who become friends.

Jessica is now out of active treatment and has been in remission for two and a half years, with only one surgery remaining in the reconstructive process. She has partnered with the NFL in their Crucial Catch campaign to increase awareness and empower women to be proactive in their own breast health.

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Clarksville Living

ScreenShot from The
Feel For Your Life app.
Available in the Apple
app store and
Google Play store.

The pandemic has affected these efforts somewhat. According to the National Cancer Institute, there has been a sharp increase in late stage cancer diagnoses of all kinds due to people postponing or canceling screenings. Researchers are now exploring ways to improve cancer screening during the current crisis and beyond. Jessica hopes that the Feel For Your Life app can be helpful for women to take control, keep records, and provide assistance in providing their physicians with information.

In addition to her work with Feel For Your Life, Jessica has been featured in commercials for the NFL's Crucial Catch Campaign, recognized for her advocacy efforts by The Dave Ramsey Show, honored as Western Kentucky University's Alumni of the Week in October 2020 and serves as a community ambassador for the National Breast Cancer Foundation. You may find more information about Jessica and Feel For Your Life at feelforyourlife.com. The app is available in the Apple app store and Google Play store.



Good for: Anyone looking for tissue redefinition, muscle definition, and a "butt lift."



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AFTER

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While this FDA-cleared technology is new, there are seven multicenter clinical studies about to be released for the treatment, all of which show exciting results. For starters, one study shows evidence that the protocol not only reduces fat, but also increases muscle mass and lessens muscle diastasis. Another study shows reduction in average waist circumference, while a third study shows promising outcomes when used for noninvasive butt augmentation.

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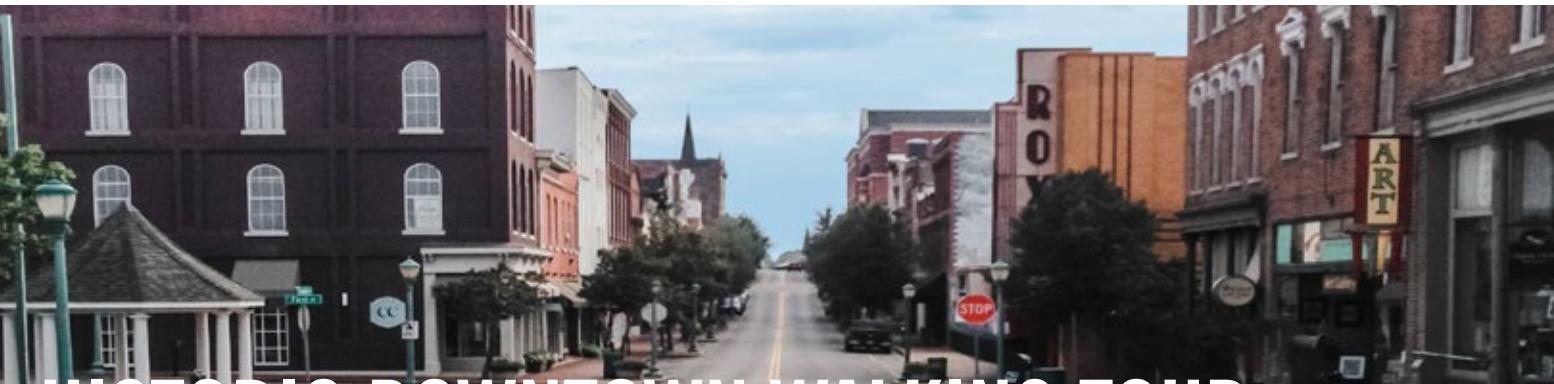
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HISTORIC DOWNTOWN WALKING TOUR

By Tony Centonze

Summer Sasarita moved to downtown Clarksville in March of 2021. On her first day of exploring, she walked to Founding Frother's for coffee and bumped into the Roxy's Ryan Bowie and Journey's Eye/Clarksville Connection's Jody Isaacs, which she described as "a most fortuitous meeting."

Now, just a few short months later, Sasarita, a Minnesota transplant, is the face of Clarksville Walking Tours, an informative Clarksville history lesson that looks all the way back to this town's humble beginnings in the 1780's.

Destination Clarksville is run by Isaacs, whose goal is to welcome people to our city, and help create an identity for Clarksville. She has created a welcome center on Franklin Street, where she provides visitors and new arrivals with lots of information on where to go and what to do.

Sasarita starts her tours there, at Journey's Eye Studio - 131

Franklin Street. The idea evolved quickly, after a visit from her son on Mother's Day.

"My youngest son was visiting, and I took him for a running tour," Sasarita said. "I said, let me show you how cool this downtown is, and I realized I didn't know anything about the things I was showing him. That's when I got really curious."

"I told Jody, I think I'm going to start doing running tours, she said, 'how about walking tours', something she had been thinking about for a while. I thought, yes, I would really like to do that. So I started spending every day at the library, the archives, the Montgomery County Historical Society, and talking to as many people as I could who would tell me stories about Clarksville. I kept the focus on downtown, otherwise the scope was just too big. There is so much history just in the downtown area, we can't even begin to cover it all."

A couple of Sasarita's favorite stops along the tour are the Poston Block, a group of three storefronts overlooking the river,

that were built by John H. Poston around 1843. It's the one with the faded Uneeda Biscuit billboard. Also, this city's first permanent church building, the Clarksville Methodist Church, built in 1831 at 334 Main Street, now known as Sanctuary on Main.

"The Poston building from 1843 is so representative of a town built on iron ore, tobacco and the military," Sasarita said. "Those are the three things that have run through this city since its beginning to now. Land that was given to American Revolutionary soldiers as payment was cashed in here, or sold to speculators."

"John Poston loved this style of architecture he had discovered in Philadelphia, so the building was built in what's known as Federal-style architecture. He built it as three store fronts. He had twelve living children at the time, but eventually gave the building to his daughter and son in law, which was unusual for that time. It's the oldest continually commercial business property in Clarksville."

"The building that now houses Sanctuary on Main was built more than a decade earlier. It was originally a church. That's where they nailed the proclamation of Clarksville surrendering to the Union."

These are just two of the fifteen or so stops along Sasarita's tour. The tour lasts a little more than an hour, depending on how many questions are posed by members of the group. The tour leader is witty and has a sense of humor, so be ready to be entertained as you learn.

"I started doing tours for my friends about two months ago, wearing my normal street clothes," Sasarita said. She now leads tours in 19th century attire. "About a month ago I did

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a free tour for RWB. We had about thirty people here for that one. Since then I've been offering tours to the public.

"There is a schedule. Most tours take place on the weekends, or they can be arranged by appointment. We offer one tour Friday at 6 p.m., but that will soon start earlier because of the change of seasons."

Sasarita likes to keep the tour group's number at fifteen or less. She is looking to offer ghost tours around Halloween, and in November there will be a prohibition party. Details will be announced soon. After a few minutes with her, you might find it hard to believe that she has never done anything quite like this before. She is actually a retired hand therapist.

She talks about some of the things she finds most interesting from her research so far. Research that continues almost daily.



The Original Clarksville Methodist Church, built in 1831 at 334 Main Street, now known as Sanctuary on Main.

"Cave Johnson is particularly interesting," Sasarita said. "He was involved in the surrender of Clarksville to the Union. He protected the people and property at that time, when the Union soldiers were ready to come in and just ravage it. He seemed to be a voice of reason throughout his life. Although he had a very odd love-life."

Sasarita will gladly fill you in on those interesting more-personal details. Johnson served as U.S. Postmaster General under President James K. Polk, at which time he initiated the use of postage stamps, and corner mail boxes.

Samuel Hodgson is another person who has caught Sasarita's attention. He was a marble sculptor by trade. He ended up owning several businesses on Franklin Street. His wife owned a millinery shop.



Tour Guide, Summer Sasarita

"Downtown seems to have been at its peak from the 1890s to the early 20th century," Sasarita said. "The Historical Society would know better than I, but that's when we had street cars, a 4-story tobacco exchange on public square, and a lot of other gems, like the Franklin House Hotel."

Sasarita tells a very interesting story about an antique mirror that once hung in the hotel, and its encounter with world-famous Swedish opera singer Jenny Lind.

On the tour I tell really cool stories, like the one about Jenny Lind," Sasarita said. "I tell a couple of jokes and we sing some songs. We also talk about more recent things, like when Sheryl Crow came to Franklin Street to film a music video. We talk about how some things haven't changed that much, for example how greed ruined children back then, just as it does today. For some reason the children of wealthy people just weren't/aren't very happy."

As you travel along on the tour, through the streets of downtown, Sasarita will tell you about Clarksburgians who went on to great fame, like world-renowned composer and violinist Clarence Cameron White, born on Main Street in 1880.

"There is a lot of misinformation about Mr. White in old newspaper articles," Sasarita said. "Certainly, some parts and periods of this city's history are more interesting than others. After the Civil War was a difficult time for the people of Clarksville, but almost in a comical way. So many didn't know how to do for themselves. Of course, many lost property, and a lot of people had died, so that was also a sad time in local history."

The tour starts with the John Montgomery statue. He along with Martin Armstrong came here in 1784, when Montgomery was a young man.

"They were schemers, and knew what to do," Sasarita said.

"They laid out grids and started selling parcels of land. They established Clarksville as a tobacco inspection point in 1789. People don't know how world-renowned Clarksville's tobacco industry was. It's good that Clarksburg was the Queen City, there was so much greed here, it might have corrupted the entire state had it become the capitol."

The tour starts at the Montgomery statue, then heads toward the Poston block. Along the way, you'll make stops at Public Square, various fountains, and the old City Hall, where people were required to come get a pass during the Civil War, if they wanted to leave the city. That building also housed the jail where Virgil Earp once served out a term.

"There is so much history here, so many rabbit holes," Sasarita said. "I'll find myself going down a path and I'll have to pull back, and say, no. I can't get into that. I can't be talking about the graveyards, or whatever. Brenda Harper has joined me on tours, Martha Pyle too. They are very knowledgeable. They join in and add so much to the tour, which is nice. People like that, keep my train on the rails."

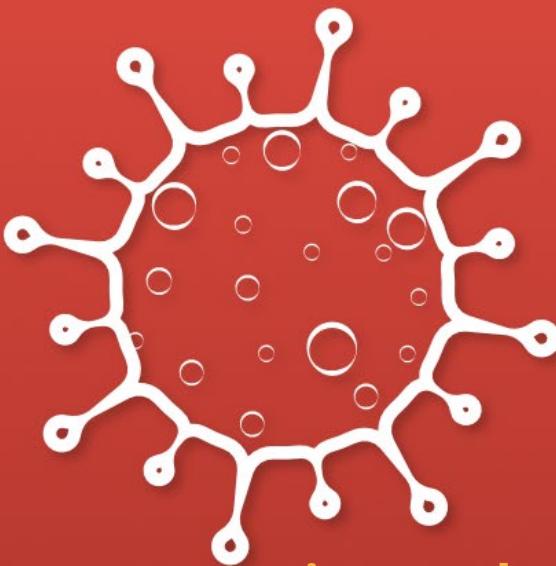
"And, I must say, there are quite a few inaccurate stories about the Customs House. I go to the the Elder Conroy Hardware building, I talk about the Lillian, which is now the Roxy. On Franklin, we talk about the stores that were here, and the streetcars. We go around the corner and talk about Samuel Hodgson and his marble works. We talk about strawberry Alley and its story. We talk about the Northern Bank of Tennessee, and what they did in the Civil War. The 1st Presbyterian Church, the Sanctuary, the Gracey House, the Episcopalian Church, the Lenora Witzel statue, the courthouse, old-time medicines and more. We tell stories about the people not just the property."

For more information, call (702) 280-8723 or email Journeyseyestudio@gmail.com. Clarksville Walking Tour can also be found on Facebook and Instagram.

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parenting during a pandemic

By Paige Eisemann

Parents have always worried about having hard conversations with their children. The world we live in has given us plenty of things that can be difficult to discuss. We've all wondered how to talk to our children about things like climate change, violence, social injustice, even death. We've

read all the books, watched all the videos, initiated the conversation where we explained things to our kids without scaring them.

Now we are in a new phase, where we must talk to our children about the pandemic. Finding the right words, calming their fears, helping them make sense out of things we hardly understand ourselves is a new challenge. Here are some tips to help address COVID with your children.

1. Set the tone.

Uncertainty is a constant in the time of COVID. Recommendations, requirements, and guidelines seem to change frequently. News comes at adults in every direction. Try to shield your children from conversations and news that might create anxiety for them. Filter the information that is shared with them to prevent worry. Watch your own words and tone when discussing the pandemic with or around your children.

2. Let them lead the discussion.

Children need simple, honest answers. Answer their questions with as much truth as possible, while choosing age appropriate examples and language when talking about COVID. Don't volunteer too much information, as it might be overwhelming and scary.

3. Let them know what to expect.

Be honest with your kids. It's okay to tell them there is a lot we simply don't know about COVID. Let them know that there will be a lot more hand washing, prepare them for social distancing in stores and schools, talk about how some people might choose to wear a mask.

4. Keep your child's developmental stage and temperament in mind.

We can't expect a toddler to keep their hands to themselves and never touch others or things. We can't even always count on school age kids to remember the proper way to wash their hands every time. The same applies to mask wearing, which for some children might be a challenge. Depending on their ages, stages and temperaments, some children will require more reassurance or more time to transition than others. Keep your expectations in check.

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5. Be reassuring.

Children are very egocentric, so hearing about the mounting death toll on the news may make them seriously worry that they'll catch it, especially the coverage of the new syndrome affecting children. (Another great reason to monitor or limit screen time.) Hearing talk among other children at school might create anxiety as well. It's helpful to reassure your child that they should talk to you with any worries they have, so that you can help them understand and not create additional fears.

6. Deal with your own anxiety.

According to the Child Mind Institute, "When you're feeling most anxious or panicked, that isn't the time to talk to your kids about what's happening with the coronavirus," warns Dr. Janine Domingues. If you've just learned news that's upsetting, or that your worry will upset your child, take some time to calm down before trying to have a conversation or answer your child's questions. Try not to pass on your own worries and concerns about the pandemic to your children.

7. Model the behavior you want to see.

Children look to us for guidance and support, especially in trying times. "We are their North Star on how to respond," says Linda Hatfield, a parent-education coach and one of my co-authors on ParentShift: Ten Universal Truths That Will Change the Way You Raise Your Child says. "Model a positive confidence about the topic, and stay grounded." That goes for issues like hygiene and social isolation/quarantine, too. You can't expect a 6-year-old to wash her hands consistently or a 10-year-old to isolate from his friends if their parents aren't willing to do the same. This also applies to dealing with others regarding the pandemic. Different opinions might sometimes cause adults to respond in haste, so take a breath and remember that you want to model a response that you would be pleased to see your child use.

8. Empathy, empathy, empathy.

So much good can be done when we allow our kids to express the full range of their emotions, and when we receive those feelings with empathy. If their fears and frustrations are minimized or dismissed, Hatfield says, they likely will show up in other ways — fighting with siblings, throwing tantrums or being generally uncooperative. For small children with big emotions, she says, get on their level and say something affirming like, "I imagine you are worried about getting sick. I wonder if you are frightened about all the things that are suddenly changing." Acknowledge your child's concerns, frustrations, and anxieties. You don't have to agree with a child's thoughts or feelings to acknowledge them without judgment or minimization. Demonstrating empathy is the best way to teach empathy.

Stay healthy. Stay calm.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.

9. Keep talking.

These are anxiety-producing times on a number of levels; we parents are shouldering a lot. New information seems to be released daily. Let your children know that the lines of communication are always open. Be open to their questions. Listen to their concerns. Reassure them and talk as necessary about what your family is doing to stay safe. Maintain an open channel that can help your child feel better, and you as well. 

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It's in the bag...

By Jamie Wilbanks

The Clarksville Association of REALTORS® (CAR) Young Professionals Network (YPN) hosted their seventh annual Handbags for Hope event on September 18, 2021, at Wilma Rudolph Event Center. The proceeds from the event raise money for CAR's Spreading Our Support Foundation (S.O.S.) which, in years past, have benefited the Mike Groves Memorial Scholarship, Safehouse for Women, Habitat for Humanity, FUEL, and other local organizations.

Over 400 items were auctioned off in both a live and silent auction bringing in contributions from \$20 up \$39,500. Event attendees and bidders were local REALTORS®, Affiliated Business Partners of CAR, and members of this community.

A grand total of \$233,577 was raised this year shattering the 2019 record of \$150,000. Over its history, the CAR YPN Handbags for Hope has raised close to \$710,000 for our local community.



"I am bursting at the seams with pride for our YPN, our association, and our community. The amount of support we had this year was unbelievable. I am so excited to see how these funds will directly impact our community," said Caitlin Griser,

2021 CAR YPN Chair. "This year's event was a huge success. My heart was so happy to see everyone dressed up and having fun! Knowing that 100% of the funds raised will go towards local organizations makes me proud to be a part of this REALTOR® community!" said, Becki Seay 2021 CAR YPN Vice-Chair. Seay went on to rave about the generosity of the real estate community and their love for this community they serve every day, "Thank you to all the generous donations, sponsorships, and participation that made this event so successful."

"After participating with Handbags for Hope for the past five years, I've had the privilege to watch the behind-the-scenes planning of the event and honored to see the end results of the hard labor.

**"A grand total of \$233,577
was raised this year
shattering the 2019 record
of \$150,000"**

This year we saw how this will become a part of the entire community for years to come. We are so grateful for the outpouring of love allowing us to have record breaking numbers. Stay tuned for next year, guaranteed not to disappoint!" said event Emcee and REALTOR®, Jimmy Terry Jr.





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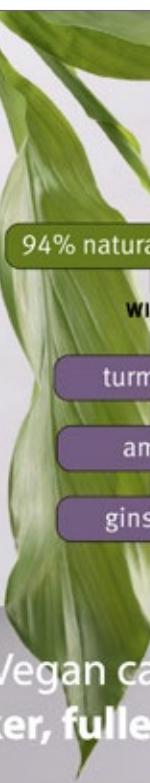
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This is a weekly class. We will meet every Fri.. The cost is \$10.

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This class is held at our studio

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.

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MONTGOMERY COUNTY FARMERS MARKET

7 AM - 1 PM

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

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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
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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 Gymbro!

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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!

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

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FAMILY LIFE CENTER ACTIVITIES

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

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

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

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

Corlew Chevrolet Cadillac,
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Clarksville, TN

GENEALOGY DISCUSSION GROUP 6:00 PM TO 7:30 PM

Second Tuesday of each month. Informal small group discussion of genealogy and family history topics. Contact Brenda Harper at (931) 358-2581.

Genealogy Room on 2nd Floor
Clarksville-Montgomery County
Public Library
350 Pageant Lane
genealogydiscussion@yahoo.com

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

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

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(931) 645-4242

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

7:00PM - 9:00PM

Clarksville Montgomery County Beekeeping Association (CMCBA)

<http://www.cmcba.com>

We are also on Facebook.

Our meetings are The first Sat. of every month at 10 AM. Locations have been varying due to Covid restrictions. Our next three meetings April, May, June will be held at the Dotsonville Community Center.

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

SOCIETY FOR CREATIVE ANACHRONISM

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

UFO CLUB.

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

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Clarksville, TN

RECURRING EVENTS

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TURN UP WITH TAMARA – 6:30 PM

Mondays 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!

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TUESDAYS

DIY AT THE LIBRARY – 6:00 PM

Tuesdays October 5th, 12th, 19th, 26th,
November 2nd, 9th, 16th, 23rd, 30th

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week's DIY project is, go to <https://mcgtn.libcal.com/> and search DIY. We look forward to seeing you!

Clarksville MoCo Library
350 Pageant Ln Suite 501
Clarksville, TN

WEDNESDAYS

JEEP NIGHT! – 5PM

Wednesdays 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.

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THURSDAYS

TEEN SCENE – 4:00 PM

Thursdays October 7th, 14th, 21st, 28th, November 4th, 11th

Join us for Teen Scene at the library on Thursday's from 4 PM to 6 PM!

Clarksville MoCo Library
350 Pageant Ln
Clarksville, TN

FRIDAYS

LITTLE EXPLORERS: DINO DELIGHT – 10:30 PM

Fridays October 8th, 15th, 22nd, 29th
Oct 8, 15, 22, 29, drop by between
10:30 am – 12:30 pm | Ages 2 – 5,
with adult

Free with membership or paid admission | Hudson Room. Preschoolers pretend to be paleontologists by using trowels and paintbrushes to excavate dinosaur skeletons buried in a sandpit. Toddlers enjoy playing in a sensory bin that contains mini-dinosaurs, dinosaur eggs and more. Walk realistic dinosaur models around on top of "mud" to make trace fossils, then create an imprint of a dinosaur skeleton in "mud" to take home! Examine and compare the models to illustrations in a full-color book and discover lots of cool things about dinosaurs!

*All parents are expected to participate with and supervise their children. Activities may include items that are a choking hazard.

Customs House Museum & Cultural Center
200 South Second St.
Clarksville, TN

PAINT 'N SIP – 6:30 PM

Fridays & Saturdays 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

HISTORIC GREENWOOD CEMETERY WALKING TOUR WITH ARTIFACT STORIES

Back by popular demand! The Customs House Museum & Cultural Center is once again hosting our popular historic walking tour of Greenwood Cemetery, one of Clarksville's oldest active cemeteries. Take a spooky stroll through the winding paths of Greenwood to hear tales full of local history and intrigue. New addition: expand your tour with a close-up showing of eerie Museum artifacts. This optional addition will be hosted at the Museum immediately following the cemetery tour. Tickets must be purchased in advance. Hurry – space is extremely limited!

EVERY SATURDAY IN OCT, 10 AM – 12 PM

*Artifact Stories portion is not available on Oct 9 & 23.

Buy tickets here:
customshousemuseum.org/events/

Greenwood Cemetery
976 Greenwood Ave
Clarksville, TN,

YOGA FOR HEROES

Saturdays October 2nd, 9th, 16th,
23rd, 30th, November 6th

Soldiers and Families Embraced and Sanctuary on Main are partnering to bring Yoga for Heroes to our community. Yoga for Heroes is a FREE yoga class for active duty, veterans, and first responders. It is recommended to bring your own mat, towel, and water. Registration is required as there are limited slots available for this class.

Sanctuary on Main
334 Main St.
Clarksville, TN

WALKING HISTORY TOUR - 8:00 PM

Saturdays October 2nd, 9th, 16th,
23rd, 30th November 6th, 13th, 20th
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 - Plus Tax

Journey's Eye in Downtown Clarksville
131 Franklin Street
Clarksville, TN

TEEN GAMING – 3:00 PM

Mondays, Wednesdays, & Fridays
October-November

Join us for Teen Gaming in The Loft at your local public library! Gaming days are Monday, Wednesday, and Friday from 3 PM to 5 PM

Clarksville MoCo Library
350 Pageant Ln.
Clarksville, TN

OCTOBER

1 FRIDAY

ARTSVILLE FESTIVAL – 4:00 PM (OCTOBER 1ST & 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

DOWNTOWN @ SUNDOWN: XTRAORDINARY GENTLEMEN – 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

2 SATURDAY

BIRD WATCHING AT THE FORT – 8:00 AM

Fort Defiance Civil War Park will host a new program highlighting the diverse bird population found within the park. Joseph Hall will lead a birdwatching exploration and teach participants about the fall migration along the Cumberland River.

Fort Defiance
120 Duncan St
Clarksville, TN

SANGO COLLECTABLES SHOW - 8:00 AM

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

3301 Sango Rd
Clarksville, TN

COMING HOME WITH THE HAWKS – 10:00 AM

Craft Fair, Cornhole Tournament, Chili Cook-Off, Taco Food Truck, & Homerun Derby - a family friendly event to support the Rossview High School baseball program.

Rossview High School Athletic Complex

1237 Rossview Road
Clarksville, TN

AP DAY – 11:30 AM

What's it like to #BeAGov? Come see for yourself! Experience what it's like to live, learn and lead as a Gov at AP Day at Austin Peay State University. AP Day is a full campus preview day where you'll be able to tour campus, speak with APSU students and professors, meet academic departments, learn about financial aid, housing and more! Morning, afternoon and virtual sessions available on each date. Space is limited, so save your spot today!

Winfield Dunn Center
320 Drane St
Clarksville, TN

MONTGOMERY COUNTY RELAY FOR LIFE – 4:00 PM

Montgomery County Relay for Life presents "Falling for a Cure" happening on October 2, 2021 from 4-8PM. This fall fest will feature fun for the whole family with many interactive stations, vendors, food, and more. We will host a luminaria ceremony to honor survivors, those fighting, and caregivers that cancer has impacted.

Hilldale United Methodist Church
1751 Madison Street
Clarksville, TN

LIVE! FASHION AND ART SHOW – 6:00 PM

A night of explosive expressions and fashion obsessions. As day turns to dusk Artsville's LIVE Fashion and Art Show comes alive. The LIVE show will be an unforgettable night to benefit the arts. We will host a variety of dynamic and visually stimulating visual artists, vibrant performing artists and of course stunning runway fashions designed by our very own local designers. We invite you to join us for an intimate evening under the stars as we transform the Downtown Commons into a space that's wildly unexpected. Arrive in your best and you'll be greeted red carpet style as

we set the stage for a celebration sure to inspire. The evening is presented by ArtLink Clarksville and Local Clarksville and Sponsored By Clarksville Fencing

TICKET INFORMATION: Choose your experience for the evening with our 3 ticket levels. From up close and personal around the run to VIP and everything in-between we have the perfect seat for you. We thought of everything so you only need to come ready to be inspired, have the best night ever and support the arts.

Seats are limited and they are selling fast so don't miss out snag your tickets today. Price: \$25.00 to \$100.00

Downtown Commons
215 Legion Street
Clarksville, TN

4TH ANNUAL CLARKSVILLE MEMORY BALL – 7:30 PM

A night of Dancing, Socializing and raising awareness for Alzheimer's.

Price: \$65.00 to \$120.00 —\$65 per person/ \$120 per couple

The Madison Room
2231 Madison Street
Clarksville, TN

OAK GROVE CASINO SMOOTH JAZZ NIGHT— 6PM – 9PM

Smooth jazz and r&b saxophonist Harold Dawson will be performing Oct. 2nd from 6-9pm in the lounge. Come through the main entrance, walk through the double doors and head to your right. Free entry. Harold is supported through tips.

Oak Grove Racing & Gaming
777 winners way
Oak Grove Kentucky 42262

7 THURSDAY

ART WALK CLARKSVILLE – 5:00 PM

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

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

8 FRIDAY

STAR SPANGLED OKTOBERFEST! – 3:00 PM

Clarksville's 5th annual Star Spangled Oktoberfest!

Continued

CANDY CRUZ'N FOR CHRIST

Safe and fun family drive through historical Bible events from Genesis through Revelations! Families can stay safely in their car the whole time and listen by their car radio to each scene! At the end, they will receive their bag stuffed full of candy, treats and other goodies!

**SUNDAY, OCTOBER 31ST
FROM 2 PM - 4 PM**



931-362-3323
@MHBCClarksville
www.mounthermonbaptist.org



MT. HERMON BAPTIST CHURCH

2204 JARRELL RIDGE RD. CLARKSVILLE, TN 37043

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.

Come out and join us for 3 days of live music, games, food and fun!

Get your tickets now at: <https://bit.ly/3ufJVdj>

Star Spangled Brewing Co.
1030 Progress Dr. Suite E.
Clarksville, TN 37040

9 SATURDAY

CLARKSVILLE BBQ BASH – 10:00 AM

Come watch teams from near and far compete to see who has the best BBQ! Admission to the event for the general public is free. Enjoy live music, artisan vendors, a cornhole tournament, and more! Beer and BBQ will be available for purchase.

Liberty Park
1188 Cumberland Drive Ext
Clarksville, TN

DISCOVERY SATURDAY: HALLOWEEN SCIENCE – 1:30 PM

Oct 9 & 23, drop by between 1:30 – 3:30 pm | 1st grade and above, with adult. Free with membership or paid admission | Family Art Studio.

Get in the Halloween spirit with fun hands-on science! Create a “magic potion” to make a chemical reaction happen. Explore the properties of a non-Newtonian liquid by immersing your hands in thick green “ooze.” Have a pumpkin-themed sensory experience and try your noggin at pumpkin math. *All parents are expected to participate with and supervise their children.

Customs House Museum & Cultural Center
200 South Second St.
Clarksville, TN

12 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.

Yada on Franklin
111 Franklin Street
Clarksville, TN

14 THURSDAY

DAN STULL FACULTY RECITAL – 7:30 PM

Austin Peay State University
601 College Street
Clarksville, TN

19 TUESDAY

DAVYION ANDERSON (TROMBONE) SR RECITAL – 7:30 PM

Austin Peay State University
601 College Street
Clarksville, TN

23 SATURDAY

DISCOVERY SATURDAY: HALLOWEEN SCIENCE – 1:30 PM

Oct 9 & 23, drop by between 1:30 – 3:30 pm | 1st grade and above, with adult. Free with membership or paid admission | Family Art Studio. Get in the Halloween spirit with fun hands-on science! Create a “magic potion” to make a chemical reaction happen. Explore the properties of a non-Newtonian liquid by immersing your hands in thick green “ooze.” Have a pumpkin-themed sensory experience and try your noggin at pumpkin

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/LunchDebt
Donations**

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

math. *All parents are expected to participate with and supervise their children.

Customs House Museum
200 South Second St.
Clarksville, TN

24 FRIDAY

HOCUS POCUS AT THE ROXY! - 2:00 PM

Halloween night will never be the same after three 17th century witches hanged for their murderous crimes, are accidentally conjured up in present-day Salem, where they brew a hilarious cauldron of mischief and mayhem! RATING: PG RUNNING TIME: 95 minutes

Roxy Regional Theater
100 Franklin St
Clarksville, TN

26 TUESDAY

HALLOWEEN PARTY FAMILY FUNTIME - 9:30 AM - 11:00 AM

Join us for treats, games, dance party, costume contest and lots of fun!

Family Funtime Cost:

Members: \$5

Non-Members: \$8

Sibling Discount Available

Infinity Cheer & Tumbling
438 Kelly Ln
Clarksville, TN 37040

28 THURSDAY

PHOTOGRAPHY WORKSHOP - 6:30 PM

Photography Workshop Join us in the studio for a deep dive of learning, growing and fine tuning your photography skills. Come at any level and be prepared to be elevated. We will go in depth on many topics in photography and how to use your camera. Bring the camera you will be using. The cost is \$36. Time 6:30 - 8:30pm This class is held at our studio: ArtLink Studio 116 Strawberry Alley, Clarksville, TN. 37040 all sales/ bookings are non-refundable

ArtLink Studio
116 Strawberry Alley
Clarksville, TN

30 SATURDAY

FRIGHT ON FRANKLIN

3:00PM - 6:00PM

Every year, Historic Downtown Clarksville transforms into a frightfully fun night for the entire family. Dress to impress for the popular costume contest. This contest is open to all ages and registration is required beginning on October 1. Spots fill up fast! There will be themed activities, and safe trick-or-treating on the following streets: Strawberry Alley, Franklin Street, Public Square, and N. First Street.

Historic Downtown Clarksville
Franklin St,
Clarksville, TN

31 SUNDAY

CANDY CRUZ'N FOR CHRIST - 2:00PM - 4:00PM

We are so excited about our next big outreach event! Candy Cruz'n for Christ will be our safe and fun Trunk or Treat alternative this year on Sunday, October 31st. The concept is a drive through of historical bible events

from Genesis through Revelations with scenes from various points in the bible. A family will drive through the parking lot, staying safely in their car the whole time and listen by their car radio to each scene and end up at the Resurrection of Christ where they will receive their bag stuffed full of candy, treats and other goodies.

Mt Hermon Baptist Church
2204 Jarrell Ridge Rd
Clarksville, TN 37043

Submit your event to
events@clarksvillelivingmag.com

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

CLARKSVILLE LIVING

Deck the PAWS!



COVER CONTEST

Email photos of your pet in the holiday spirit, for a chance to BE ON OUR DECEMBER COVER!
email entries to:
cover@clarksvillelivingmag.com

*Please include:

Pet name & age. Owner's name, current hometown, phone & email.

All entries due by Sunday, November 7, 2021.

Winner will be professionally photographed by The Cultivated Co., for the December 2021, cover of Clarksville Living Magazine.

Photo session will be on Monday, 11/15 @ 1pm.
(Please be certain that you will be available at this time.)
Winners will be contacted via email.

SPONSORED BY:  The Cultivated Co.

ADOPTION & FOSTER CARE

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

CENTERSTONE

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

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

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

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

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

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

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

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

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

MADISON STREET MUSIC & ARTS ACADEMY

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

MONTGOMERY COUNTY WATERGARDEN SOCIETY
A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit www.mcwg.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-MoCo Library at 6 p.m. with a speaker and refreshments. The program is free and open to the public.

We offer monthly birding field trips from September – May.

Find us on Facebook: Warioto Audubon Facebook Page

ATHLETICS

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

CANINE FLYBALL CLUB

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

CLARKSVILLE BADMINTON CLUB

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

CLARKSVILLE IMPACT SOCCER CLUB

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

CLARKSVILLE TENNIS ASSOCIATION

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

CLARKSVILLE VOLLEYBALL CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

THUNDERBOLT AQUATICS SWIM CLUB

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit thunderboltaquatics.com call (707) 226-8421 or e-mail thunderboltcoach@gmail.com. All participants must pass a swim test.

WARRIORS SPECIAL NEEDS CHEERLEADING

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

CHILD CARE**CHILD CARE AWARE**

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

Tennessee Nutrition & Consumer Education Program (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES**AL-ANON & ALATEEN**

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

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

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

CHILDREN'S GROUPS**4-H YOUTH DEVELOPMENT**

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

BOY SCOUTS OF AMERICA

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

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

COMMUNITY OUTREACH

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

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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.

BAYANIHAND FILIPINO-AMERICAN INTERNATIONAL GROUP

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

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DAGAN FOUNDATION

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

FREE CAKES FOR KIDS KY & TN

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

FRIENDS OF THE BLUEWAY

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

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GOOD NEWS CLUBS

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

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HOPE CENTER

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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 helpline. (931) 648-8042, humane@clarksville.com or clarksvillehumanesociety.org.

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

ADOPTION & FOSTER CARE

CAMELOT CARE

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

CENTERSTONE

Family Centered Services

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

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

CHILDBIRTH & PARENTING EDUCATION

ROOTS CHILDBIRTH PREPARATION

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

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

Tennova Healthcare - Clarksville breastfeeding Class

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

TENNOVA HEALTHCARE – CLARKSVILLE PRENATAL CLASS

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

TENNOVA HEALTHCARE – CLARKSVILLE SIBLING CLASS

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

WHOLE WOMAN

Whole Woman Birth and Lactation Services

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

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ALL NATIONS BIBLICAL STUDY CENTER

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

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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 Cafe Ministries
1319 East Franklin Street, Clarksville, TN
Office: 931-933-0970
Email: info@mannacafeministries.com

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

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

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

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

SUNCREST HOME HEALTH

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

TENNESSEE REHABILITATION CENTER AT CLARKSVILLE

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

TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAECY)

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

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS

Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050, Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

APTITUDE HABILITATION SERVICES

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CENTERSTONE

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

COLUMBUS ORGANIZATION

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

HEALTH CONNECT AMERICA

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

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

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

MENTAL HEALTH COOPERATIVE

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

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

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

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

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

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

INTERNATIONAL ORGANIZATIONS MISS TENNENY AREA AFS VOLUNTEER LEADERSHIP TEAM

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

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

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

Follow AFS on Facebook:,AFSUSA, Twitter: afsusa, YouTube: AFSTV, and FICKR::: 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 scbmoms. 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.clarksvillechara@gmail.com or visit www.hilldale.org/aboutchara.

CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP
The Clarksville, Hopkinsville, and Ft. Campbell SAHM playgroup is here to support mothers who are navigating the phases of newborn through preschool with their children. We do all kinds of different activities throughout the year from Moms' Night Out, Potluck Lunches, Coffee and Donuts playdates, and other activities and events that include moms, kids and families. samh.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 visit groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/

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

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

HILLDALE BAPTIST CHURCH MOM LIFE
Moms to moms is for moms of all ages, weather 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-Coordinators at momstomoms@hilldale.org or visit www.hilldale.org/momstomoms.

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

PARENTS OF MULTIPLES

An email support group for parents of twins, triplets and more that live in Clarksville or the surrounding area. Call Kelley Corley at (931) 358-0127 or e-mail CCorley77@aol.com for more information.

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

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

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 second Thursday of each month at Golden Corral at 2188 Wilma Rudolph Blvd. Our meeting begins at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at hsimms6551@charter.net.

SUPPORT GROUPS

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

BREAST CANCER SUPPORT GROUP

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

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CLARKSVILLE OSTOMY SUPPORT GROUP

Clarksville Ostomy Support is for people who have undergone ileostomy, colostomy, or urostomy or who suffer from CROHN'S DISEASE or other diseases of the bowel. Group meets monthly, on a varying schedule, so please call (931) 502-5001 for next meeting day 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 mccausey@tnvoices.org, Jennifer Allen at (615) 854-2165 or jallen@tnvoices.org; or Sharon Jarrell at (931) 266-6064.

COMPASSIONATE FRIENDS

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

GRIEF SUPPORT GROUP AT ASERACARE

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

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact cvoiland-free@jdrf.org.

MEN HELPING MEN

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

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

PARENTS HELPING PARENTS

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

PARKINSON'S SUPPORT GROUP

Meetings are the 2nd Thursday of each month from 3:00 - 4:00 p.m. (for patients and caregivers) at the Church of Christ at Trenton Crossing, 2650 Trenton Rd. Contact: Shirley Cook 931-624-4551

Vennie Evans 931-801-2706 or vennieevans@aol.com.

TENDERPAWS PET THERAPY

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

YMCAS RESTORE MINISTRIES SMALL GROUPS

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

TUESDAY OVEREATERS ANONYMOUS MEETING
Tuesday meeting, noon to 1:00 pm. Saint Joseph Center Room #10 (Downstairs: parking behind building) For more information call: 931-257-6817

Email contact: tuesday11meeting@gmail.com

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

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