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Starting on page 10.

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Publisher's note

After a January that's felt like it's lasted 45 days, I can safely say I am ready to move on to February.

If you were trying to start off 2023 in a healthier way by participating in Dry January, you can continue that at Miss Ashley's Tearoom with some of their amazing fruity mocktails. You can read all about their exciting first year in business as well as their special upcoming Daddy/Daughter Valentine's Dance, starting on page 10. There's also a Valentine Dinner Show in Oak Grove; you can get all the details on page 14.

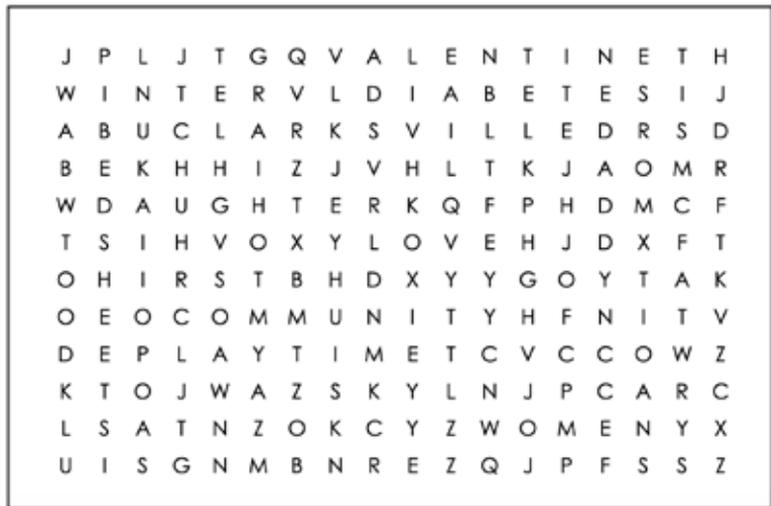
February may be the shortest month, but there is no shortage of activities going on or amazing citizens in our community to highlight. Our jam-packed calendar of events starts on page 24.

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



Carla Lavergne
 Publisher Emeritus

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



Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

- | | | |
|-------------|----------|-----------|
| BEDSHEETS | DAUGHTER | PLAYTIME |
| CLARKSVILLE | DIABETES | VALENTINE |
| COMMUNITY | JDRF | WINTER |
| DADDY | LOVE | WOMEN |

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Earlier this year Habitat for Humanity of Montgomery County celebrated 30 years of serving low-income families by partnering with them to build decent, affordable housing.

HOW HABITAT WORKS

To qualify, families must demonstrate the need for housing, meet the income requirements, and sign a partnership agreement that spells out their responsibilities.

Habitat for Humanity of Montgomery County focuses on helping people with low or extremely low income. "What we're talking about here is people that make as little as \$9 or \$10 an hour. They can actually qualify to own a home through Habitat for Humanity of Montgomery County,"

Habitat for Humanity of Montgomery County is at 404 Madison St. and is open Monday-Saturday 9 a.m.-5 p.m.

To learn more, visit habitatmctn.org, email info@habitatmctn.org, or call 931-645-4222. You can also follow Habitat for Humanity of Montgomery County on Facebook.

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HIS FIGHT IS THEIR FIGHT: HOW ONE FAMILY HAS LEARNED TO LIVE WITH T1D

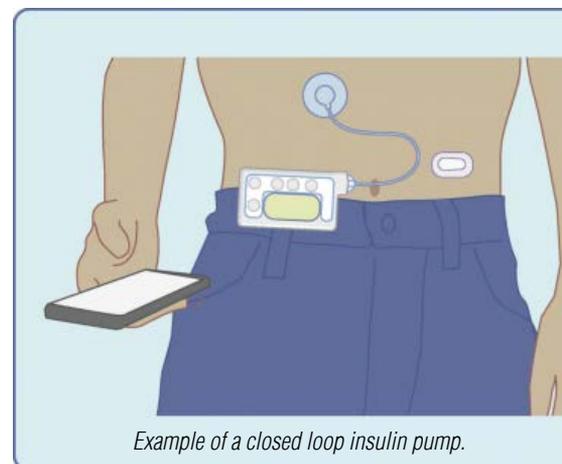
By Paige Eisemann

This time of year often finds us rededicating ourselves to the people and things we hold dear. Some families in our community use this as a reminder of their continued resolve to promote awareness and support research for causes that are close to their hearts. Those causes might be any number of things such as serving in church, school, service organizations, or various outlets throughout the community. One such cause is the Diabetes Research Foundation (JRDF), and for one local family the support is deeply personal.

The Allen family has dedicated time and energy to bring awareness to the topic of type 1 diabetes (T1D) because it impacts their family daily. At 20 months old, Garrett Allen

was rushed to Vanderbilt Children’s Hospital with extremely high blood sugars. Garrett’s mother Sally recalls, “He spent one night in the NICU and another night on the pediatric floor. We rang in 2010 giving shots to oranges in order to learn how to care for him once we were discharged.” This diagnosis brought into sharp focus the need for advocacy and research. “We had to learn at a young age how to be a major organ for our child. We literally make life and death decisions on a daily basis. Now at 14 he makes those decisions. It is a constant tight rope. He manages his disease with some of the best technology on the market. He wears a CGM (Continuous Glucose Monitor) which reads his blood sugar all day long. It communicates with his insulin pump and our phones. I can track

his levels on my iWatch & iPhone! It’s amazing.” Garrett now wears a closed loop insulin pump. Sally explains that the pump medicates Garrett when he is high (based on the levels set by Garrett, his family and doctors) and shuts off if his blood



Example of a closed loop insulin pump.

sugar goes below 70. "This alone can be life saving. It talks to his CGM to know what his levels are. He still has to personally bolus (or medicate) via the pump for every bite or drink that goes into his body. It doesn't do it all." She cautions that sometimes technology fails and he goes too high or has a severe low. "Lows are the scariest as he could die if not caught quickly. Overnight lows are terrifying. My phone alarms when he falls low at any time so we can give him a snack. It also alarms for highs. Highs are terrible, and cause long term damage to the kidneys, eyes, and have other effects, but aren't as much of an immediate scare. We still work quickly to get his number down. His pump & CGM as well as many other advancements in T1D research came from JDRF research."

Over 110 people are diagnosed every day, an equal number of adults and children from all walks of life. Type 1 diabetes is an autoimmune disease, meaning the immune system destroys the pancreatic cells that produce insulin. This means a process your body does naturally becomes something that now requires your daily attention and manual intervention. Sally shares that a few symptoms to note are frequent urination, dry skin, and excessive thirst. "Unfortunately most of the time you have to ask your doctor for a simple finger prick blood test

if you are experiencing symptoms. It is not common practice to do this otherwise", she states.

JDRF was founded in 1970 and is the leading global organization for advocacy of funding for type 1 diabetes research to help those with T1D live longer and stay healthier

while they await a cure. A strong advocacy collective of voices banding together not only advance the cause of funding research and fostering understanding, but create support systems that become lifelong friendships. Their website states that JDRF "works every day to change the reality of this disease for

Continued on page 8



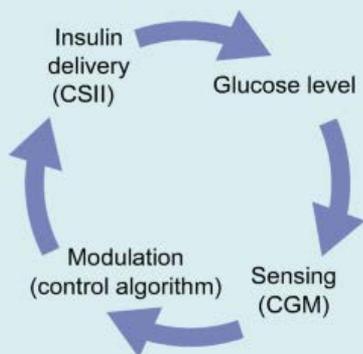
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millions of people—and to prevent anyone else from ever knowing it—by funding research; advocating for government support of research and new therapies; ensuring new therapies come to market and are recommended by healthcare providers; and connecting, engaging, and educating those with T1D.”

Founded by parents determined to find a cure for their children with T1D, JDRF expanded through grassroots fundraising and advocacy efforts to become a powerhouse in the scientific community with dozens of U.S. locations and five international affiliates. They have funded about \$2.5 billion in research to date and have made significant progress in understanding and fighting the disease.

The Tennessee chapter of JDRF is based in Brentwood. Hosting events, community forums, even providing

one on one support, they maintain a strong presence throughout the state. The Allens advocate through this chapter in many ways. Sally shared that in 2013 Garrett was chosen as one of the youngest members at the JDRF Children’s Congress in Washington, D.C. at only five years old. “He spent four days learning all about T1D research and then met with our Congressional Member (Marsha Blackburn at the time) and our Senators.

We talked with them about the importance of funding for research and educated them on the disease”, says Sally. In 2014 she was asked to be on the JDRF Middle TN Board of Directors and take on the role of Advocacy leader. Using her education and professional skills, each March for the past eight years she has joined a team of three individuals representing Tennessee who have traveled to DC

(or attended virtually) to speak to all of the TN Congressional members and senators.

She states that during these congressional visits, “We share our stories and how this affects our daily lives. JDRF has been fortunate to receive a renewal for the Special Diabetes Program each year I’ve been a part of the organization. This program gives \$150 million to T1D research annually. JDRF almost matches that amount in annual fundraising yearly as well.”

Currently serving in her final year as the JDRF Middle TN Board of Directors Advocacy Chair, Sally also acts as a mentor to newly diagnosed families in the Middle TN area. She cautions against common misconceptions that T1D is something you catch or that you did something to cause it. “It is NOT from eating too much sugar. When people say, oh we



Garrett Allen, 14



Sally Allen at a Congressional Visit for JDRF in Washington DC

will get diabetes from eating that, or diabetes in a cup referring to a sugary item, it shows not many understand the disease.

No one asks for this. No one caused this. A very tiny portion of Garrett's pancreas quit working, when he was an infant! We have no family history. No predisposition." It is this valuable personal understanding and connection which can make a difference to families who are struggling to understand T1D. Devoting time and energy to advocate for research and promote awareness is this family's way of giving to others, as well as advocating for their loved one.

The Allen family's story reflects that of many. Regionally, there are notable public figures who have committed to advocacy and research. Former Titans general manager Jon Robinson and wife Jaimie have dedicated their time fighting to provide awareness, as their daughter Taylor was diagnosed at 6 years old. Hockey star Luke Kunin of the Nashville Predators makes appearances to advocate and fundraise for research, as he also has T1D. Country singers Mark Collie, Eric Pasley and RaeLynn speak about their experiences managing the disease working in the music industry while using their platforms to champion research. As a labor of love, these families and many more commit to raising awareness, advocating for research, and hoping for a cure. Their resolve is a reminder of the power of committing time and energy to things that truly matter, for the good of us all. What better statement of love can there be, than the one of hope?

For more information regarding the work of the JDRF and find support locally, visit the Tennessee chapter on the JDRF website at www.jdrf.org/tennessee. 



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CHEERS TO MISS ASHLEY'S TEAROOM

By Tony Centonze

“We believe, better ingredients will make for better tea, that’s why we’re here.” That’s the motto of Miss Ashley’s Tearoom & Cafe, located at 610 Washington Street in Clarksville since August of 2022, right around the corner from Wicked Good Sandwiches.

Anissa Gold opened Miss Ashley’s less than one year ago, and has seen great success so far.

“It has been wonderful,” Gold said. “We are actually outgrowing this location, already. Our focus is on tea, but we also have a full service menu with breakfast, lunch, and dinner.”

Tearooms have been a growing trend for a while now, and according to Business Wire, “the total coffee and tea market is predicted to grow from \$100.78 billion in 2021 to \$165.88 billion in 2026.” That growth is happening in cities, large and small.

And, sipping tea is not just for women over a certain age, millennials in the 24 – 35-year-old demographic are a major segment of the market, and Generation Z is now doing their

part to drive the increased demand.

Various types of tea are popular for a myriad of reasons, some just for their flavor profile, others for their health benefits. Some say there are

thousands of varieties of tea, which come from four major classifications; White, Black, Green and Oolong. Miss Ashley’s serves about 300 varieties.



Front, Emmie Morris, Back L - R, Anissa Gold, Caiylea Gold, Torri Greer and Nira Washington



“Yes, we have over 300 loose leaf teas,” Gold said. “We offer some boxed teas that are grab and go, but the focus is the loose teas that we brew, which can be served hot or cold.”

Miss Ashley's isn't just about great tea. For breakfast, the cafe serves up pancakes and waffles, eggs, bacon, and sausage. There are also scones and croissants. At lunch, there are pastas, like fettuccine Alfredo, with chicken



or shrimp, as well as homemade quiche and chicken salad. One of the cafe's signature items is their ham, turkey and cheese, which is offered on a croissant, or as a melt on Texas toast. That comes with home fries and/or a fruit cup.

Other popular items on the menu are the Cafe's unique selection of mock-tails, which are created using luxury gourmet tea, freshly brewed, and infused with juices, fresh fruits and berries.

The little shop seats about 54 people. During the day, they cater to a lot of ladies who enjoy the quiet atmosphere. In the evening they draw a younger crowd.

Our mock-tails are \$6.50,” Gold said. “A glass of tea starts at just \$5.25, our pots of tea are \$12.99, and are unlimited when you order the tea time lunch special. Our customers absolutely love that they can get that with sandwiches, or scones. We have our macrons, which are different flavors each week.

Continued on page 12



FATHER/DAUGHTER

Valentine Tea

Saturday February 11th

12 noon and 4pm



VIP Seating: \$80 to include a 2-cup teapot, birthday teacup, apple tea and keepsake photo.

Traditional Seating: \$50.00 to include swag bag

Come enjoy this Valentine Tea a day to remember.

Tickets on sale now at missashleystearoom.com







Miss Ashley's Tea Room

610 Washington St, Clarksville, TN 37040
 931-216-1366 • *(Reservations required for parties of 6 or more)*
 Tues -Sat 11am til 8pm & Sunday 11am til 6pm



Homemade quiche and chicken salad on croissant is available at Miss Ashley's Tearoom Cafe



Miss Ashley's Tearoom at 610 Washington St. in Clarksville

"We offer savory or sweet scones, there are ham and cheese, blueberry, chocolate chip, and lemon. We also offer fresh fruits with orange marmalade and our crême Chantilly, a homemade cream that I make. Nobody has that recipe but me."

Morris added, "She also offers homemade, handcrafted quiche with ham and cheese, or spinach and bacon, and another big seller is Anissa's chicken salad."

Emmie Morris has been with Anissa since the beginning. "Usually, it's just Miss Gold and me and these other ladies help us out throughout the week. Of course, Saturdays are our busiest days. You better have a reservation."

To make a reservation, you can get in touch on Facebook at Miss Ashley's Tea Room or at their website, www.missashleytearoom.com.

"People love our teas, they are the star of the show, Morris said. "We have a great variety from black to green to Oolong to white teas, and everything in between. You're going to find Rooibos teas are going to have the most robust flavors. We do spotlight this time of year our health teas. We offer health and wellness, body busters, belly-be-calms, and your jet-lag kind of teas.

"Each month throughout the year we try to spotlight new options. We have so many

flavors, and some can get lost in the shadows, so we like to feature different types and flavors on a monthly basis. That gives our customers a chance to try them, and see which will be their favorites. We really have flavors to meet everyone's taste buds, from fruity to savory, to chocolate-y. So, our offerings are changing constantly."

"ANISSA GOLD OPENED MISS ASHLEY'S LESS THAN ONE YEAR AGO, AND HAS SEEN GREAT SUCCESS SO FAR."

Morris spends most of her time out front, serving and mixing drinks. Gold spends most of her time baking and cooking, an activity she has loved since she was a child.

"Another customer-fave is our Shepherd's Pie," Gold said. "That's another family recipe, and you won't taste anything like it anywhere. We get a mix of people - college kids who want to sit and have tea while they study, and older customers who are more interested in the 'tea time' experience."

Miss Ashley's offers 'tea time' all day.

"It's a specific menu, all of which include a pot of tea," Gold said. "They range from cream tea

with scones or dessert, all the way to Miss Mary's that comes with Shepherds Pie, or even catfish.

"Our future plan is to relocate to a larger building, but that won't happen for a few years. I would love to have an entire bakery inside the restaurant. I do so many desserts, but I can't roll them out all at one time."





Gold and Morris are proud to announce that they have the largest selection of any tea room in Tennessee and Kentucky.

Gold said, "Some younger members of the team are getting the word out on social media, Everyone helps out when and where they are needed."

Morris said, "We do feel that this is a team effort. It's not just about the individual tasks. We really try to come together and help each other out, and we have a good time while we're doing it."

Gold talked about her true inspiration. She laughed, saying, "I'm just fancy", Then humbly said "I started baking at age 10. I was inspired by my mother, Miss Mary, and my

grandmother, Miss Sadie. The first thing I made was lemon sweet rolls, with assistance from my grandmother. She passed on, last year, but when I bake and cook, I have my grandmother with me, and she always inspires perfection. What would she say about all this? She would say, 'this is really busy', but she would love it. We have a signature mock-tail, and tea, named in her honor." 🦋

Free Clinic Presentation w/ Dr. Gregory Fryer, MD; Belly Fat, High Blood Pressure and Sugar
Date: Wednesday, February 1st, 2023
What TIME 6:15 pm for 6:30 pm presentation
WHERE: Medical Direct Care, Wellness Center
 190 Hatcher Lane, Suite B
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FREE
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Presentations

Free Dinner Talk with Dr. Gregory Fryer, MD; Stress, Hormones, and Inflammation
Date: Wednesday, February 15th, 2023
What TIME: 6:15 pm for 6:30 pm presentation
WHERE: Logan's Roadhouse;
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VALENTINE DINNER SHOW

By Traci Cunningham

Please join us for a hilarious Valentines Day date night with dinner and improv & musical comedy Featuring The Nashville Improv Factory

Doors open at 5pm, dinner is served at 5:30 followed by the show at 6pm for 2 hours of fun and laughter.

Photobooth provided by: *We Bring The Party*

“Every year, twice a year, Valor Hall Conference & Event Center puts on a dinner show, either a murder mystery or a play of some sort,” said Traci Cunningham, executive director. “We are pleased to have the Nashville Improv Factory come to Oak Grove and start the new year with a great deal of laughter.”

The event will be Saturday, Feb. 18, in Oak Grove at 105 Walter Garrett Lane. Doors open at 5 p.m., the show starts at 6. Tickets are available now for ages 18-plus on www.eventbrite.com. For more information, visit www.visitoakgroveky.com or call 270-640-7144.

First is a great dinner prepared by Cupid himself for you and your sweetheart. Then, get ready to laugh with love at The Nashville Improv Factory- creating hilarious scenes based on YOUR suggestions. (If you've seen the hit TV show "Whose Line Is It Anyway", you'll get the idea.). They've trained and performed in Chicago, L.A., and parts of Canada and beyond.) Plus musical comedian Steve Goodie will entertain with his incredible musical parodies, as heard regularly on the national radio show "Dr. Dimento." (Think Weird Al Yankovich.)



Professionally Catered Buffet-Style Dinner Included: We are unfortunately not able to accommodate for special dietary needs but still welcome you to enjoy the show!

Age Restrictions: 18+ to attend. Please bring ID for purchase of alcoholic beverages (21+ only of course)

General Seating: Open Seating/General Admission - If you would like to sit with a specific person/group please arrive early and together. While we do not guarantee seating together we will try to accommodate as best as we can.

Reserved tables: Table reservations are available for purchase and guarantees you and up to 9 guests of your choosing will be seated together. This option includes the cost of admission, show, & dinner for all 10 attendees. If purchasing this option, you must submit list of guest names no later than 02/05/2023 to eventsales@visitoakgroveky.com

Timeline: Doors Open at 5 pm
Buffet Line Starts at 5:30 pm
Show Begins at 6 pm
Show Ends at 8 pm

Refunds: All ticket sales are final with the exception of a government mandated cancellation.

Online ticket sales only. Tickets will not be available at the door. Make sure to get your tickets now before they sell out! 🦋



Nashville Improv Factory Presents: My Funny Valentine Dinner Show

Saturday, February 18th 2023
Doors Open at 5 pm

Buffet-Style Dinner Included

Improv Comedy & Music

Photobooth

Cash Door Prizes

18+ Only Please

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For More Information go to:

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



PLAYTIME BEDSHEETS & MORE!

By Paige Eisemann

John Wesley famously said, “Do all the good you can, by all the means you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can.” One young girl from our community has chosen to devote her time and energy into doing good for others in a myriad of ways, and her most recent endeavor is benefitting other children at a time when they need support the most.

Sasha Albright is a busy mother. Aside from raising her family, she is an outspoken advocate for achondroplasia dwarfism on behalf of her incredible daughter Kai'Lani. Sasha has more than one amazing daughter, though. Evelyn, age 8, has

learned that doing good for others is one of the most powerful things a person can do. Even at her young age, Evelyn has undertaken many service projects within our community. A passionate Girl Scout who is actively involved in troop 220, Evelyn has been a part of many service projects. Over the past few years she has collected pet food and cat litter for donation to the Montgomery County Humane Society, and collected all sorts of winter wear to donate to our homeless citizens via The Old Firehouse Day Shelter. Over the past few months, Evelyn set her sights on a new project.

Having a younger sister with achondroplasia dwarfism, Evelyn is used to spending time at doctor's appointments and Monroe Carell Jr. Children's Hospital at Vanderbilt.

Observing the children being treated at Vanderbilt inspired Evelyn. She wanted to do something for these children, something outside of the usual donations of coloring books and toys. When her mother shared an article about fun and interactive bedsheets being used at Children's Hospital at Erlanger in Chattanooga, Evelyn knew she had found her next service project.

Playtime Bed Sheets are the invention of a North Carolina father named Kevin Gatlin. While visiting a friend's child in the hospital, he saw what a struggle it could be to balance games on the hospital bed. He thought it would be easier if the activities were actually printed right onto the sheets. This would allow pediatric patients to learn, play and sleep without



ever leaving their bed. (Which is especially important when patients need to be immobile.) Seeing that the hospital environment can be boring and monotonous for children, Kevin had the idea to produce bed sheets featuring games, lessons, and more. After two years developing his idea and working out details of production, his idea of interactive bedsheets came to life. Each set is available in bright colors, featuring more than 50 fun interactive games such as checkers, word finds, tic-tac-toe, as well as original games and activities. Parents can print out printable game pieces for the children's bedding at playtimeedventures.com. Each set of printable game pieces by Playtime Edventures is designed to be played with the Playtime bed sheets. To get the most from your printable game pieces, the company recommends getting them laminated. Dozens of children's hospitals around the country are now using the bedsheets, and once she found out about them Evelyn knew that she wanted to provide them for the patients at Vanderbilt Children's.

Evelyn jumped right in, making videos for her mother to share on her social media. She made countless videos explaining the project and asked friends and family to contribute. One of her videos is even featured on the Playtime Edventures Bedsheet YouTube channel! She set herself a goal of donating 100 sets of Playtime Bedsheets. She worked hard since summer 2022, doing extra little jobs and saving her money as well as fundraising from loved ones.

Over the holiday break, Evelyn and her family were able to deliver 21 sets of bedsheets to Champ's Toy Chest, where donations are made for children at Vanderbilt Children's. She specifically requested that they be used in the surgical wing. Knowing how boring it can be for a child awaiting surgery, or having to be immobile while in recovery, Evelyn knew this was right where her donation should go.



While Evelyn is thrilled to have been able to donate 21 sets of bedsheets, she is still working to achieve her goal of donating 100 sets. Each set of sheets is \$25, and Evelyn continues to promote her project via videos posted to her mother's social media as well as the Playtime Edventures YouTube page. If you would like to contribute,

you may visit her fundraiser at the address given at the conclusion of the article, or via the Playtime Edventures YouTube channel link below. Evelyn may only be eight years old, but she is an amazingly kindhearted child who wants to give back to other patients at the hospital that has taken such good care of her sister. Evelyn is setting an example for us all of doing all the good we can, for those who need it the most.

To visit Evelyn's fundraiser, visit: <https://tinyurl.com/2p929mvm>

To visit the Playtime Edventures YouTube channel and view Evelyn's featured video: <https://youtu.be/q8T-eZ-S0nw>

To learn more about Playtime Edventures Bed sheets, visit: www.playtimeedventures.com 🦋

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SEASONAL AFFECTIVE DISORDER (SAD)

or the Winter Blues? How to Know the Difference and Ways to Minimize the Symptoms

By Stephani Cook

Seasonal Affective Disorder or the Winter Blues? How to Know the Difference and Ways to Minimize the Symptoms

Do you find yourself feeling sad and poorly motivated during the winter months? Do you look forward to getting home each day to change into your PJ's and head to bed early each night? Do you find yourself turning down social invitations because you have no energy or desire to be around others? Do the activities that typically bring you joy now feel too difficult or not worth the effort?

If you answered "yes" to most of these questions, it is possible you may be suffering from the winter blues or maybe something more serious: Seasonal Affective Disorder.

According to the National Institute of Mental Health, Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year.

Symptoms of major depression may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having problems with sleep

- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

For winter-pattern SAD, additional specific symptoms may include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")

To be diagnosed with SAD, a person must meet the following criteria:

- They must have symptoms of major depression or the more specific symptoms listed above.
- The depressive episodes must occur during specific seasons (i.e., only during the winter months or the summer months) for at least 2 consecutive years. However, not all people with SAD do experience symptoms every year.
- The episodes must be much more frequent than other depressive episodes that the person may have had at other times of the year during their lifetime.

If you are experiencing many of these symptoms, it is likely that you will want to seek professional help. But for those with less serious concerns, there are ways to improve your mood.

1) Move Your Body. It seems like the longer days of spring and summer lend themselves to more opportunities to stay active — especially after a day of work. But it may be even more important to move your body during the winter months. A few things to consider:

- Try to plan your workouts first thing in the morning or before you go home for the day to ensure that you won't be tempted by the comforts of the sofa and the warm temperatures in your home.
- This is a great time of the year to join a gym or fitness classes to help with accountability and encouragement from others.
- If your workplace is large enough, ask a co-worker to join you for a brisk walk around the halls during the lunch hour or immediately after the workday.
- Use apps on your phone, watch or fitness band to complete challenges with friends or family members for more motivation and friendly competition.
- YouTube offers hundreds of free workouts you can complete in the comforts of your home. Even ten minutes a day can make a big difference in how you feel.
- At the very least, try to walk or stand a few minutes each hour during the day.

2) Stay Social. One of the leading causes of depression is social isolation and we tend to withdraw when we feel depressed. This sets up a vicious cycle. Be intentional to schedule activities that provide opportunity for socialization with others...and honor your commitments. Here are a few ideas:

- a. Host a game night. No matter what age you are, card and/or board games can be a lot of fun! Invite folks to bring simple snacks and spend a few hours in friendly competition.
- b. Attend sporting events. We are blessed in Clarksville to have some great high school sports teams, as well as Austin Peay State University. Just a few minutes to Nashville provides access to professional hockey, soccer, and even more college events. Use the Gametime App to look for tickets and some great last-minute deals.
- c. Participate in church activities, volunteer opportunities or civic organizations.
- d. Create or join a book club.
- e. Follow "Local Clarksville" on social media for local places to eat, shop and play.

3) Let the sunshine in.

- a. Whenever possible, position yourself close to a window or out in the sunlight (if weather permits). Vitamin D is essential to mental health.
- b. You might consider purchasing a light therapy box, which emits high concentrations of artificial light to mimic the sun. These are very helpful if you must spend a lot of time in closed spaces with no natural light.

4) Avoid screen time.

- a. Research published in the American Journal of Psychiatry (Choi, Stein, Nishimi, Gei, Coleman, Chen, Ratanatharathorn, Dunn, Breen, Koenen & Smoller, 2020) indicates that bingeing television is directly linked to depression. While it may be tempting to put on your PJ's and head to the couch for a Netflix binge each day, the result may be the opposite of what you hope to accomplish when it comes to making yourself feel better.
- b. Furthermore, the overuse of social media has been associated with depression, anxiety, feelings of isolation, low self-esteem and even sleep deprivation. (Exploring the Link Between Social Media and Depression: Deveney, Renee. 2022). If you're feeling particularly blue, consider how you are spending your "free" time each day.

5) Limit caffeine, alcohol, and sugar. Let's be honest, we all have comfort foods that come to mind when we want to feel better. During winter months, fruits and vegetables are not as appealing or as readily available as they may be during the summer months. As a result, we tend to choose heavier, less healthy options to warm our tummies.

- a. Consider healthy soups, crock pot meals or sheet pan dinners rather than fast food or take out.
- b. We are less likely to drink enough water when the temps grow colder and instead reach for coffee or cocoa. Consider hot teas in the evening rather than caffeine filled coffee that may keep you from restful sleep.
- c. Mocktails and no alcohol wines and beers are super popular. Experiment with new recipes to re-create your favorites without the ill effects of the alcohol.

Hopefully these ideas will help you to think about your own situation and how you can be proactive in minimizing the winter blues. If your symptoms become debilitating or if you are concerned you may be experiencing depression, reach out for professional help.

And lastly, if you or someone you know is having thoughts of self-harm, contact the suicide hotline by dialing 988. The 988 Suicide and Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the US. 🦋



Stephani Cook, M.A., Ed.S. is a Life and Enneagram Coach, licensed School Psychologist, and the creator of On Purpose Coaching. Through group and/or individual coaching, live event

speaking or Enneagram workshops, she helps others to improve relationships and to discover intentional abundant living.

To connect with Stephani about the possibility of coaching or speaking to your group or organization, visit her website www.stephanicook.org.

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THE BUYING POWER OF WOMEN:

How Women Shape the Economy and Business World

By Kimberly Blaker

Women today control about one-third of household financial assets, constituting more than \$10 trillion, points out Ted Jenkin, CEO/founder of oXYGen Financial in his May 3, 2022, CNBC article, "Women are gaining power when it comes to money – here's why that's a big deal." Moreover, he says the female economy will reach \$30 trillion by 2030. These statistics reveal the crucial role women play in keeping the economy afloat—in good times and in bad.

As a result, many businesses have taken heed. Still, plenty of industries and companies remain behind the times when it comes to treating women as major consumers. They fail to see the power this segment possesses. For example, most women can attest to occasions when their gender has negatively affected the service and attention they received. Additionally, women are still taken advantage of because of their lack of or perceived lack of knowledge in certain industries. Women, however, have become increasingly educated consumers, and businesses that don't recognize this are learning the hard way. Many women, offended by these biases, walk away from a purchase and go elsewhere, demanding to be treated with respect. Advertising and marketing specialists are also catching on. Advertising that

stereotypes women and marketing explicitly geared to male audiences don't sit well in the minds of women today. Stereotyping and the absence of recognizing women as potential consumers for traditionally male products are off-target, offensive, and fail to give these large consumers the information they need.

House & Home



Women today account for well over half of the spending on household goods and personal items. That's because they take more interest in shopping for these items, especially non-essentials. Women control most of the expenditure not only on décor, linens, and kitchen gadgets, but furniture, cabinetry, carpeting, lighting, and more. Furthermore, women play a significant role in the purchase of real estate, the biggest investment most families make. According to the National Association of Realtors' 2020 Profile of Home Buyers and Sellers, "19% of first-time home buyers and 17% of repeat home buyers

were single women," totaling 36%. Single men accounted for only 20% of homebuyers in 2020.

Married women also markedly influence real estate decisions. According to David Powers Homes of Houston, Texas, couples ultimately agree on the purchase together. Yet research conducted by the company found women make almost 80 percent of the home-buying decisions in the company's \$180,000 to \$500,000 price range.

When buying a home, men and women each look for certain features. Women are most concerned with floor plans and designs and how these factors will accommodate their lifestyles. Specific features of importance to women include large closets, kitchen space and design, space needs, and overall comfort. Men focus mainly on technology, energy efficiency, and garage functionality. Probably one of the most under-recognized areas of women's buying power, however, is in the tool and home improvement industry. With the surge in do-it-yourself remodeling, women have fast become one of the big spenders in tool departments and home improvement aisles. Kimberly Stevens, a staff reporter for The Wall Street Journal, explains, "We're talking buzz saws, routers and power sanders."

The growth of female tool shoppers isn't minimal, Stevens points out. A survey by the Home Improvement Research Institute, found women have been outpacing men in their involvement in do-it-yourself projects since at least 2000. According to a female industrial designer at Porter-Cable of Jackson, Tennessee, as reported by Daily Gist, "Women are using these tools on a regular basis." The growth of female tool sales is the significant increase in women working in the construction field, which has nearly doubled over the last 15 years.

Travel



Women are equally important to the travel market. They now make seventy percent of all travel decisions. They're the larger clientele of adventure travel. But business travel has also seen marked growth by females. Women make up nearly half of all business travel, according to research by Judi Brownell, Ph.D., professor of Cornell University's Management & Organizational Behaviour Program. Over 75% of women traveling on business are college-educated and abler than men to articulate their needs. They participate in more leisure activities while traveling on business. They're also much more likely to order room service while traveling alone. For these reasons, they have a significant impact on this industry.

Investment



While the percentage of women who own stocks still lags behind men, ample research has found women make better investors. In 2017, Fidelity Investments reported after analyzing more than 8 million clients that when it comes to the return on

investments, women outperform men.

Health Care



Women's voices are gaining prominence in the healthcare industry, as well. Women make at least two-thirds of the healthcare decisions in U.S. households, according to Amy Ertel Bellcourt, vice president

"With the surge in do-it-yourself remodeling, women have fast become one of the big spenders in tool departments and home improvement aisles."

of corporate communications for MVP Health Plan. So healthcare systems are paying particular attention by improving maternity wards and focusing a portion of their marketing on services affecting women.

Automotive



Another area where women play a crucial role is in the automotive industry. "Women," according to a report by the National Institute of Automotive Service Excellence, "are not only becoming more influential in deciding what car to buy, they are also taking over the traditionally male-dominated responsibility of maintenance and repair." Women make

Continued on page 22

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NEW scalp solutions



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1-2x week
EXFOLIATING SCALP TREATMENT
Instantly reduce sebum.
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STEP TWO
Cleanse + Condition
Daily
BALANCING SHAMPOO
Remove excess oils and impurities.
REPLENISHING CONDITIONER
Replenish, hydrate and soften hair and scalp.



STEP THREE
Treat
Daily
REFRESHING PROTECTIVE MIST
Helps control scalp oil throughout the day.
OVERNIGHT SCALP RENEWAL SERUM
Helps fight signs of premature scalp aging.













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up between 65 and 80 percent of auto repair and service shop customers. Women are also responsible for almost half of new car sales and slightly over half of the used-car sales, according to Art Spinella, of CNW Research. Women influence 80% of all transactions. Not to mention, says Ford Motor Marketing, 95% of women have the power to "veto" an automobile purchase. What women want from this industry, experts say, is not to be treated differently. They want to be treated with respect. "Women ask more questions, inquire about details, and are more willing to look under the hood, or check out parts," says Diane Hohman, an automotive aftermarket consultant in Herndon, Virginia. So they're beginning to get the respect they deserve in this market.



Sports and Entertainment

Women are not only spending increasing amounts on clothing but on entertainment and electronics.

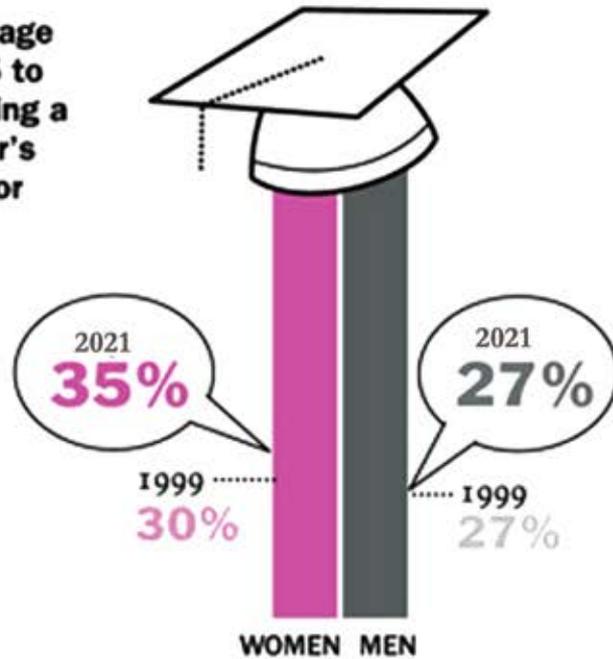
Furthermore, the women's sports apparel market is valued at \$26.8 billion, nearly a third of the total sports apparel market of \$80.1 billion as of 2018, according to the Euromonitor International. In fact, an unexpected 45% of NFL fans are now women according to the NFL's 2017 estimate.

What this all boils down to is two-fold. Being America's biggest consumers, women not only keep the economy from becoming stagnant during times of stability. They keep it from collapsing during a recession. This means women are gaining the upper hand in the way the business industry treats them. Women aren't demanding preferential treatment, but they expect equal treatment and respect.

EDUCATION

Young women have pulled ahead of their male counterparts in higher education

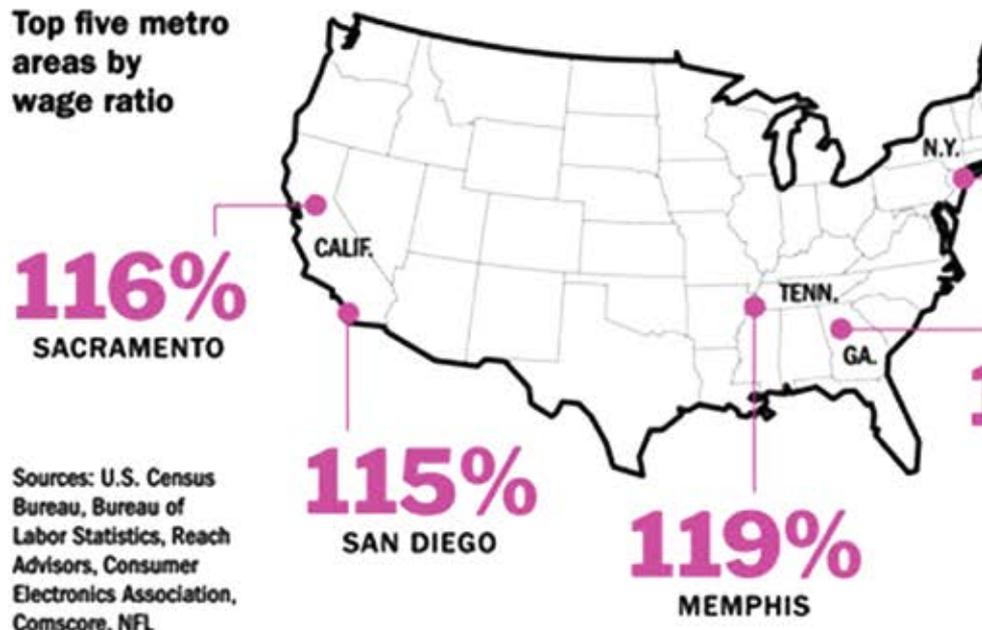
Percentage ages 25 to 29 holding a bachelor's degree or higher



EARNING

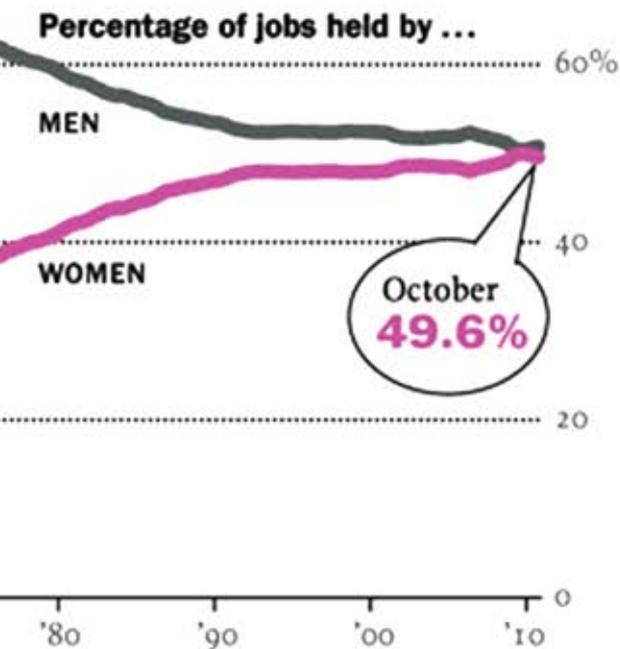
In 47 of the 50 largest U.S. metro areas, single, childless women in their 20s make more money than their male peers

Top five metro areas by wage ratio



WORKING

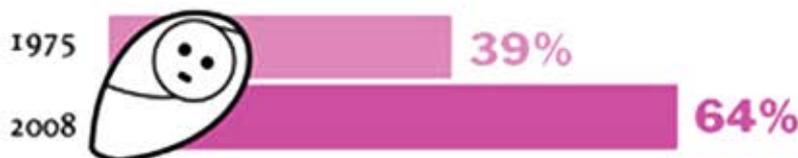
Women now hold about half of nonfarm jobs in the U.S.
Own nearly a third of companies



U.S. companies owned by ...



Mothers of children under age 6 who work outside the home



men

Percentage of wives earning more than their husbands



SPENDING

Marketers in many sectors are increasingly targeting the female market

Women's share of ...

U.S. ONLINE RETAIL DOLLARS SPENT



U.S. HEALTH CARE DECISIONS MADE



CONSUMER ELECTRONICS PURCHASED IN 2007



NFL FANS



**ONGOING
NASHVILLE
PREDATORS**

VS Vegas Golden Knights:

Tue. Feb. 7th., 7pm

VS Arizona Coyotes:

Mon, Feb. 13th., 7pm

VS Boston Bruins:

Thu, Feb. 16th., 7pm

VS Florida Panthers:

Sat, Feb. 18th., 1pm

VS Vancouver Canucks:

Tue, Feb, 21st., 7pm

VS Pittsburgh Penguins:

Thu. Feb. 28th., 7pm

Tickets · \$55 - \$500

via Ticketmaster

Doors to the games and will call open 1.5 hours prior to game time. The All-Inclusive Zone is in sections 109-111, rows F & up. The All-Inclusive Zone comes with access to Yuengling Flight Deck. Yuengling Flight Deck includes upscale buffet and select beer and wine.

Bridgestone Arena
501 Broadway
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Wed, Feb 01, 5:00pm-6:30pm

Thu, Feb 02, 5:00pm-6:30pm

Wed, Feb 08, 5:00pm-6:30pm

Thu, Feb 09, 5:00pm-6:30pm

Wed, Feb 15, 5:00pm-6:30pm

Thu, Feb 16, 5:00pm-6:30pm

Wed, Feb 22, 5:00pm-6:30pm

Thu, Feb 23, 5:00pm-6:30pm

Wednesday or Thursday, 5pm - 6:30pm...ages 5 - 14...enjoy a free trial boxing day before you sign up!

Located in the lower level of Clarksville Guns & Archery... parking and entrance on the side of the building. JC Clemons
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Clarksville, TN

**BREW CREW RUN
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6PM-8PM**



**FEB 7
FEB 14
FEB 21
FEB 28**

That's right the Brew Crew Run on Tuesdays is here brought to you by Fleet Feet Clarksville. We have mapped three different routes that you can do that start and end at KBB! They will be posted under the discussion part of the event! We are so excited to have everyone back out for runs again.

Kings Bluff Brewery
128 University Avenue
Clarksville, TN

**STAINED GLASS
WORKSHOP
FEB 3 @ 6PM (ADV)
FEB 4 @ 10AM (BEG)**

**FEB 4 @ 1PM (ADV)
FEB 4 @ 5PM (ADV)
FEB 5 @ 2PM (ADV)**



We have 2 kinds of workshops now! Beginners and advanced.

For beginners:

We will have a fun time of creating stained glass sun catchers in the traditional copper foil method. You will get to learn to cut, grind, foil and solder to create your first glass art piece.

For advanced:

We will jump right into creating a unique glass piece. We will create a unique piece with a variety of designs to choose from. A previous beginner class is required to join an advanced class. We will not go over any tools or have practice glass. This class is designed to jump right into creating a glass piece with the ability to add more details to your creation.

Create and learn from talented glass artists.

This workshop has an age requirement—sorry kids this one's for 16 and older.

We have beginner and advanced workshops.

The event cost is \$45

Space is limited so be sure to sign up before we sell out.

Select your event date and time below using the drop down.

Once you sign up and pay you will be added to the registration list. You will not receive an actual ticket. \$45 Tickets: www.artlinkclarksville.com/products/stained-glass-workshop

ArtLink Studio
116 Strawberry Alley
Clarksville, TN. 37040

**DRAWING 4 KIDZ
CLASS**

**FEB 5 @ 3PM
FEB 12 @ 3PM
FEB 19 @ 3PM
FEB 26 @ 3PM**



This is a free class just for your young artists.

Introduce your child to the basic fundamentals and theory in an age appropriate way. Inspire your young artist. This class is for ages 4-8. We are offering this as a free class. Space is limited and you must register online in advance.

What we will learn in this class:

Colors , shapes, shading and so much more.

Register online at: www.artlinkclarksville.com/products/drawing-4-kids-class

ArtLink Studio
116 Strawberry alley
Clarksville TN 37040

FUSION THURSDAY NIGHT KARAOKE! 9PM-1AM



THU FEB 2
THU FEB 9
THU FEB 16
THU FEB 23

Thursday Night Karaoke w/ DJ VIC at Fusion!
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DRAWING WORKSHOP FEBRUARY 5, 12, 19, 26 @ 4PM-5PM

Learn to draw and have some fun!

Each drawing class will go over some basic techniques and build upon to create something fun.

This class is on Sundays weekly at 4pm

Each workshop we will take a deep dive and focus on a different technique or style to build your drawing tool box. These are small intimate group settings to maximize learning and master new skills.

We will cover many topics such as shapes, line confidence, character design, and some color theory, shading and so much more.

It would be a fun way to engage and learn about the technicalities and nuances of art

Join us each week!!

Ages: 9+

Below in the drop down box you can choose the class and know what we will be focusing on that day

This will be a one hour intimate class to maximize learning.

the cost is \$20 Register online at: www.artlinkclarksville.com/products/drawing-class

ArtLink Studio
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Clarksville, TN. 37040

IT'S A SCAVENGER HUNT! CLARKSVILLE FEBRUARY 1-4 10AM-8PM

It's a Scavenger Hunt!™ is a traditional scavenger hunt with a modern twist! Buy tickets online at: <https://allevents.in/clarksville/its-a-savenger-hunt-clarksville/10000358029725547?ref=footer-up-eventlist>
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All you need is your own mobile device and a data connection.

Young and old, individuals, families or friends can all participate in a group, as a couple, or individually. Create multiple teams and compete against each other to be the highest ranked in our Hall of Fame.

What is "It's a Scavenger Hunt!?"

This all age activity is a smartphone-guided event where you play along with your group in your own neighborhood on your own schedule by following instructions provided by the in-game host.

Fill your virtual scavenger sack with the items you help choose through riddle-like clues! Explore your surroundings, attempting to quickly locate a variety of items as they are revealed one at a time by your game master.

Get outdoors, get creative and try to get a top spot in the It's a Scavenger Hunt!™ Hall of Fame.

Teams are timed and each item found will be appraised and a combination of these two factors will be used to rank you against other teams.

How many people can play?

Price is per team, not per person. Groups can be any size, but teams of two, three or four work best as your group will need to follow along on a single mobile device.

What time does this start?

Because this game is self-guided by the in-app game master, you can play It's a Scavenger Hunt!™ in any city anywhere in the world and at any time on any day - no reservations required!

We recommend playing during business hours as it will make it easier to locate many of the items you must find.

Most groups complete the scavenger hunt in around 90 minutes.

Some places that we advertise with require us to provide a specific location plus an event date and a start and end time.

However, there are no restrictions on these tickets so you can still play at any time on any day, in any location.

Where do we play?

It's a Scavenger Hunt! is designed to be played in a busy populated area, such as a shopping mall or downtown shopping district.

However, anywhere with a variety of publicly accessible businesses and outdoor spaces is a potential location to play.

If the weather is inclement, an indoor shopping mall is the ideal rainy day location to play.

What's the refund policy?

All sales are final. Tickets are good for one year from date of purchase.

What do I do with my ticket?

Your ticket number should be entered when you register on our web site www.itsascavengerhunt.com.

All registration is done online and you will not have to check in with anyone before you start as the game is self-guided.

You do not need a physical ticket, only a modern mobile device with a data connection.

For Android devices we recommend using the Chrome web browser and for Apple devices you must use the Safari web browser.

If you have any questions please visit the Help page on our web site

www.itsascavengerhunt.com/faq.php

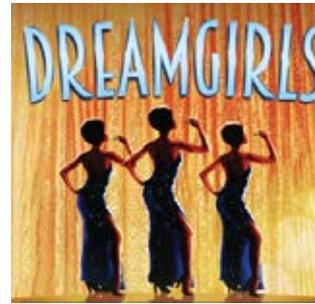
Governor's Square Mall
2801 Wilma Rudolph Blvd,
Clarksville, TN

DREAMGIRLS

7PM FEB. 9,16,23

8PM FEB. 10,11,17,18,24

2PM FEB. 18,25



Inspired by Motown and R&B legends of the 1960s and '70s, DREAMGIRLS follows the rising stardom of the Dreamettes, an all-girl singing trio from Chicago. The three best friends — the phenomenally talented, but demanding Effie White, the beautiful and appealing Deena Jones, and the eager, romantic Lorrell Robinson — team up with driven, demanding manager Curtis Taylor, who is determined to see their — and his — star rise. As their careers begin to take off, changes are made to ensure their mass appeal to the pop market. Egos are bruised, tempers flare, and hearts are broken in pursuit of stardom. Inspired by the stories of groups such as The Supremes and The Shirelles and featuring many iconic classic songs, this hit musical is a love letter to American R&B music and the artists that make such music great.

Tickets \$35 (adults) and \$15 (10 and under) PLUS TICKETING OPERATION FEE

Roxy Regional Theatre
100 Franklin St,
Clarksville, TN

MONTGOMERY COUNTY GYMBOREE OPEN GYM. 9AM

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

What to expect in class:

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

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

Cognitive: Unguided play supports early brain development.

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

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

Gymboree Play & Music
210 Needmore Rd.
Clarksville, TN

CORVETTES OF CLARKVILLE 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.

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HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

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

Clarksville Restore
408 Madison Street
(931) 645-4242

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

Clarksville Montgomery County Beekeeping Association (CMCBA)

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.

With the upcoming spring season it always brings the season of honeybees 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!

Just follow the directions below and come see us at the shop.
"UFO Show and Tell"
meetings. (270) 466-9222

Quilt and Sew
109 South Main Street
Trenton, Kentucky

FRENCH DINNER

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

Reservation Only. Enjoy a French meal with homemade courses. Bring your own wine. Call [931-378-5539](tel:931-378-5539) to reserve.

Madeleine's
100 Strawberry Alley
Downtown Clarksville

FEBRUARY

2 THURSDAY

FIRST THURSDAY CLARKSVILLE ART WALK 5PM-8PM

Join us Downtown Clarksville for our monthly Art walk. most store stay open and display art in several ways. Worth the trip!

DBO's Creative Circle
106 North Second Street
Clarksville, TN

4 SATURDAY

NELLY, ASHANTI, JARULE, FABOLOUS, FAT JOE, MASE & MORE - 7PM

My 2000's Playlist
@ Bridgestone Arena Nashville

Live on Stage:
- NELLY
- ASHANTI

- JARULE
- FAT JOE
- FABOLOUS
- MASE
- LLOYD
- MIKE JONES
- YING YANG TWINS
- AMERIE

Buy Tickets at: bit.ly/3REJgMw

Bridgestone Arena
501 Broadway
Nashville, TN

TRULY, MADLY, DEEPLY TRIO FEATURING ROOTS HOME DESIGN - 5PM



We are a wood based home decor studio. We promote & encourage our guests to use our RYOBI power tools and to explore their style through color & design choices. Our guests go home with a beautiful piece of home decor, wrapped in a memory! Tickets clarksville.naileditdiy.com/product/truly-madly-deeply-trio-featuring-roots-home-design

Nailed It DIY Studio
Clarksville 2670
Madison St Suite A,
Clarksville, TN 37043

5 SUNDAY

SUPER BOWL TILE PAINTING 3PM-5PM

Sunday's Super Bowl is coming next week and what better than heading over to our studio and paint the team you are rooting for

right before that big Sunday party? Sign up soon as we have a limited number of tiles! (this class includes all 4 tiles to paint) Everyone and anyone is welcome to join us! Tickets at www.courtneyscreativepalette.com/classes

www.courtneyscreativepalette.com/classes

Courtney's Creative Palette
94 Franklin Street
Clarksville, TN 37040

NIGHT RANGER 7:30PM

Night Ranger has earned widespread acclaim, multi-platinum and gold album status while leaving their indelible mark on the music charts with a string of best-selling albums fueled by an impressive string of instantly recognizable hit singles and signature album tracks. Producing legendary hits such as "Sister Christian", "Don't Tell Me You Love Me", "When You Close Your Eyes" the anthemic "(You Can Still) Rock In America", along with "Sentimental Street", "Goodbye", "Sing Me Away", "Four in the Morning" and more.

Tickets \$39 - \$500
<https://bit.ly/3wsIB8W>

Ryman Auditorium
116 Rep. John Lewis Way N,
Nashville, Tennessee 37219

6 MONDAY

TOVE LO - 7:30PM



As anyone with ears will tell you, Sweden is quite good when it comes to fostering amazing pop talent. With Stockholm's Tove Lo, however, the typical mould of elegant heartfelt electropop has been beautifully corrupted by the sort of lyrical honesty and rawness that not only ruffles feathers, but makes you want to clutch your hand to your chest and wail along at the top of your lungs. Having self-released two examples of her unique take on pop – the clattering blood-letting of Love Ballad and the raw, but disarmingly melodic Habits (the latter earning respect from everyone from Pitchfork to Popjustice) – Tove Lo is ready to take her pop confessionals to a whole new level.

Tickets \$30 - \$1750
<https://bit.ly/3HakgJT>

Ryman Auditorium
116 Rep. John Lewis Way N,
Nashville, TN 37219

7 TUESDAY

MOM N TOTS CLASS 10:30AM-11:30AM



Our Mom N Tots class 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 10:30am to 11:30am.

And now we have one class a month on a Saturday from 1030-1130 am too!!

You must register online ahead of time as seats are limited.

We have created a fun new art project and story that goes along with it for the littles in your life. BUT WAIT...THERES MORE...throughout the time we incorporate games and sensory play and music.

The projects are fun to do 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.

We want to make this a memory for you and your little one so This is the type of class that the you do with your child. This is a fun hands on experience:)

All supplies will be provided.

The event cost is \$10 per child. Tickets: www.artlinkclarksville.com/products/mom-n-tots-class

Space is limited so be sure to sign up before we sell out. Please be sure to register before the day of class. No registrations will be taken day-of so that we may have time to prepare.

ArtLink Studio
116 Strawberry Alley
Clarksville, TN. 37040

9 THURSDAY

LOVE THE GNOME YOU'RE WITH FEATURING SNAPDRAGON WAGON - 6PM

Nailed It DIY is so Excited to Host the fabulous Jen with the Snapdragon Wagon for a fun Valentines Event! Our guests will get to create a custom flower arrangement inside a personalized flower box! Seating is Limited so Sign up Today! Tickets

clarksville.naileditdiy.com/product/love-the-gnome-youre-with-feat-snapdragon-wagon

Nailed It DIY Studio
2670 Madison St Suite A,
Clarksville, TN 37043

DANCING WITH THE STARS: LIVE! - 8PM



America's favorite dance show is back on tour! See the ballroom brought to life in this brand-new production featuring your favorite Dancing with the Stars pros, PLUS special guest stars! With dazzling routines in every style, jaw-dropping talent, and non-stop entertainment, it's sure to be an unforgettable night full of all the magic of the TV show and more!

Tickets: \$59 - \$575

Grand Ole Opry House
600 Opry Mills Drive
Nashville, TN 37214

10 FRIDAY

FRIDAY NIGHT KIDS CLASS - CANDY HEARTS - 5:30PM



This Friday we are painting candy hearts on canvas! What creative love note will these kids come up with on their candies? Let's find out! Join us for painting, pizza, and love-filled fun as we create and share the best candy heart messages! (For kids who are dropped off, we ask their ages be 6+)

courtneyscreativepalette.com/classes

Courtney's Creative Palette
94 Franklin Street
Clarksville, TN 37040

PARENT'S NIGHT OUT KIDS BUILD IT: VALENTINE EVENT 5PM-8PM



Hey Parents! Drop your kids off for a fun Nailed It DIY workshop. We'll be creating 12"x15" trays that double as tic-tac-toe game boards. The game pieces will be double sided for Valentine's day and a second design from options below. This is a drop-off event, with limited seating. Recommended for ages 7+.

Tickets
clarkville.naileditdiy.com/product/kids-build-it-valentine-event-2023

Nailed It DIY Studio
2670 Madison St Suite A,
Clarksville, TN 37043

11 SATURDAY

DADDY DAUGHTER VALENTINE'S TEA

Come enjoy time your favorite little girl. Enjoy our Afternoon tea with sandwiches, fresh fruits, desserts and tea. Photographer will be onsite. We will have raffles for awesome gifts.

We have 3 VIP tables (24 seats) that include a personalized Birth Month teacup and colored teapot.

The tickets include Daddy/Daughter. Learn more and buy tickets at www.missashleystearoom.com/events

Miss Ashley's Tearoom
610 Washington Street
Clarksville, TN 37040

VALENTINES HORROR SIP&PAINT



Tickets can be purchased individually for \$45. Couples tickets are for couples only, not to be shared with friends for a discount price of \$65. Couples tickets will be 1 Ghostface and 1 Freddy so couples aren't leaving with 2 of the same painting. ADULTS ONLY NO CHILDREN ALLOWED FOR THIS EVENT

We do not serve alcohol so this is a BYOB event. Our Cafe will be open for regular menu items. Please

arrive on time. We will begin the class at the class start time.

Tickets are non refundable, non transferable.

We will have a limited amount of spots for childcare. Children will be in the play area attended by staff. Children must be potty trained and cannot exceed our age limit of 8 years old. Children must be fed prior to drop off. Parents cannot leave the premises they must be attending the Painting class in the next room to utilize the child care. Playtime on our playground, a movie on the TV and coloring will be available in the area. Price is \$25 for the first child, \$10 for additional siblings. ALL REQUIREMENTS MUST BE MET OR YOU WILL BE TURNED AWAY

Mochas & Minis
550 Heritage Pointe Dr,
Clarksville, TN 37042

BE MINE PLATE PAINTING CLASS 4PM-5PM

Valentine's Day is a day we want to take to create memories with or for our loved ones. Adults, kids, friends, partners, and spouses, are all welcome to come in and create a personalized plate to have and keep during the most loved day of the year! Sign up for a plate as we do have a limited supply! Come show us some love! www.courtneyscreativepalette.com/classes

Courtney's Creative Palette
94 Franklin Street
Clarksville, TN 37040

14 TUESDAY

MOM N TOTS CLASS 10:30AM-11:30AM

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ArtLink Studio
116 Strawberry Alley
Clarksville, TN. 37040

**ROMANCING THE MIND
WITH JEFF & KIMBERLY
BORNSTEIN - 7PM**



What happens when a beautiful mind reader marries a former Hollywood stuntman? They create a knockout show of mind-reading stunts that will BLOW your mind!
Tickets \$25

Roxy Regional Theatre
100 Franklin St,
Clarksville, TN

15 WEDNESDAY

**COMPANY CABARET:
I HEART YOU - 7PM**



Join us for a special night of music and entertainment, featuring our company of professional actors who come to us from all over the country. Musical selections will vary from musical theatre to contemporary music, classic standards to holiday tunes. Be sure to check out our Facebook page and website for additional information about each cabaret!

Tickets \$25

Roxy Regional Theatre
100 Franklin St,
Clarksville, TN

17 FRIDAY

**FRIDAY NIGHT KIDS
CLASS - CORGI MUG
PAINTING CLASS
5:30**



We think the Corgi is the best pet for the month of February. Can you guess why? We love the Corgi and we want to paint this fun pet on a mug with the kids so they can learn more skills in painting pottery! Join us for this fun-filled class! Pizza provided! (For kids who are dropped off, we ask their ages be 6+) <https://www.courtneyscreativepalette.com/classes>

Courtney's Creative Palette
94 Franklin Street
Clarksville, TN 37040

18 SATURDAY

**MY FUNNY
VALENTINE DINNER
SHOW - 5PM-8PM**

First is a great dinner prepared by Cupid himself for you and your sweetheart. Then, get ready to laugh with love at The Nashville Improv Factory- creating hilarious scenes based on YOUR suggestions. (If you've seen the hit TV show "Whose Line Is It Anyway", you'll get the idea.). They've trained and performed in Chicago, L.A., and parts of Canada and beyond.) Plus musical comedian

Steve Goodie will entertain with his incredible musical parodies, as heard regularly on the national radio show "Dr. Dimento." (Think Weird Al Yankovich.)

Doors open at 5pm, dinner is served at 5:30 followed by the show at 6pm for 2 hours of fun and laughter.

Make sure to get your tickets now before they sell out!

Professionally Catered Buffet-Style Dinner Included: We are unfortunately not able to accommodate for special dietary needs but still welcome you to enjoy the show!

Age Restrictions: 18+ to attend. Please bring ID for purchase of alcoholic beverages (21+ only of course)

General Seating: Open Seating/General Admission - If you would like to sit with a specific person/group please arrive early and together. While we do not guarantee seating together we will try to accommodate as best as we can.

Reserved tables: Table reservations are available for purchase and guarantees you and up to 9 guests of your choosing will be seated together. This option includes the cost of admission, show, & dinner for all 10 attendees. If purchasing this option, you must submit list of guest names no later than 02/05/2023 to eventsales@visitoakgroveky.com

Timeline: Doors Open at 5 pm

Buffet Line Starts at 5:30 pm
Show Begins at 6 pm
Show Ends at 8 pm

Refunds: All ticket sales are final with the exception of a government mandated cancellation.

Online ticket sales only. Tickets will not be available at the door.

Valor Hall Conf. & Event Ctr.
105 Walter Garrett Lane
Oak Grove, KY 42262

**DOUBLE CANVAS
PAINT NIGHT - UP
4PM**

Double canvas classes are fun! Each ticket gives you both canvases (so only one is needed to purchase) and this is when you can invite a spouse, friend, family member, child, or whoever you would like to join us in having such a fun night! This evening we are painting the lovely couple from the movie Up! We will teach you how we created this with steps and we will have a blast! Join us! <https://www.courtneyscreativepalette.com/classes>

Courtney's Creative Palette
94 Franklin Street
Clarksville, TN 37040

**18 SATURDAY
HOT COCOA MUG
PAINTING CLASS,
2-4PM**



Snow is so much fun for every, especially when you

are out there playing and creating in it! This is our inspiration for our class tonight! Bring the kids in and let's get creative with painting snowmen! Pizza is provided during the class! We are ready to see how creative the kids will get with their snowmen! (this class is for kids age 6 and up) \$35 www.courtneyscreativepalette.com/classes

Courtney's Creative Palette
94 Franklin Street
Clarksville, TN 37040

20 MONDAY **90'S DISNEY MOVIES TRIVIA NIGHT 7PM**

90's Disney Movies Team Trivia is coming to Old Chicago in Clarksville.

Trivia is completely FREE to play, family friendly, and the top three teams receive gift cards!

This trivia event will only feature questions from movies shows in the image for this Facebook event!

Old Chicago
2815 Wilma Rudolph Blvd
Clarksville, Tn 37040

23 THURSDAY **YOUNG ADULT TRIVIA NIGHT 7:00-9:00PM**

Young adults, come hang out with us at Strawberry Alley on Thurs, Feb. 23 from 7 to 9 for TRIVIA NIGHT! We'll grab a table upstairs. Feel free to come a little early to order food. Contact Hannah Cruse for more details.

Tickets: subsplash.com/srhq/lb/ev/+3zqk8mf

Strawberry Alley Aleworks
103 Strawberry Alley
Clarksville, TN 37040

24 FRIDAY **FRIDAY NIGHT KIDS CLASS - LOLLIPOP 5:30-8:00PM**

One of the most famous sweet treats the kids like these days is candy, especially lollipops! The best part of a lollipop is how many different flavors, colors, shapes, and sizes there are! So why not paint your own lollipop with us and get creative with it? Join us for a fun, creative, and exciting lollipop class with us this Friday! Pizza will be provided during this class! (For kids who are dropped off, we ask their ages be 6+) Tickets

www.courtneyscreativepalette.com/classes

Courtney's Creative Palette
94 Franklin Street
Clarksville, TN 37040

25 SATURDAY **ARISTOCATS COUPLES CANVAS CLASS - 4PM**

February is the month of love! We want to celebrate the whole month! Join us for this fun double canvas class as we will be painting Thomas and the Duchess! (if you want to paint two Thomas or two Duchess, let us know! We would love to accommodate!) We

welcome all to our classes and this class does include both canvases per ticket. Tickets

courtneyscreativepalette.com/product/aristocats-couples-canvas-class/249

Courtney's Creative Palette
94 Franklin Street
Clarksville, TN 37040

PAINTING IN THE DARK 12PM-2PM



Creating a new light in the dark.

Get ready to create in a new way. Sometimes we have to close our eyes to truly see.

For this workshop you will learn how to paint without sight. Tracy is an amazing artist with a unique ability to create in the dark herself and will show you how she does it while you can create a one of a kind piece yourself

Tracy Bettencourt is a mother of two, fitness competitor, artist, and Teacher, she began to lose her sight in her early 30s from a degenerative eye disease known as Retinitis Pigmentosa. Although the disease has left her blind, the hardships she

experienced have not prevented her from being an advocate for those with disabilities, motivational speaker, and artist. Through her artwork she conveys her perception of the world around her while bringing new insight to her work

This is an all ages class.

p.s. Don't wear your fave threads this one might get messy; but don't worry we have all the aprons juts in case.

join us at the art studio.
\$38 Tickets

www.artlinkclarksville.com/products/paint-in-the-dark-workshop

ArtLink Studio
116 Strawberry Alley
Clarksville, TN. 37040

26 SUNDAY **LOVE GNOMES DOUBLE CANVAS CLASS 2PM**

Do you love Gnomes? We do! We created a fun double canvas class for anyone wanting to paint these cute gnomes with us! Each sign-up includes both canvases and you are welcome to bring a friend or someone special to have fun with us! Tickets: www.courtneyscreativepalette.com/product/love-gnomes-double-canvas-class/269

Courtney's Creative Palette
94 Franklin Street
Clarksville, TN 37040

Submit your event to events@clarksvillelivingmag.com by the 15th of the month for the next issue.

THE ZERO YOU
FINALLY DESERVE
IS HERE.

NEW

