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July 2016

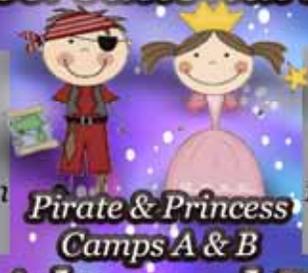


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## Publisher's Message

Well, I never thought I would see the day we'd have a bag of groceries on the cover of the magazine, but here we are! It seems a little silly to be excited about such a small law being passed, but the larger point is, why was it illegal for so long? Why shouldn't you be able to pick up a bottle of wine at the grocery store, when they also sell beer and wine coolers? Read more about it in Taylor Lieberstein's in depth article on page 12.

And don't miss out on all the FREE live music going on around town. Jammin' in the Alley continues on July 8th with Joel Brown performing. The Liberty Live! Concert Series kicks off on July 23 with Nick Riggins and the Hard Dogs—read more about Nick in Pamela Magrans' article on page 6. The much anticipated annual Riverfest celebration returns in September. So there's something to keep you entertained all summer long!

Speaking of summer, this seems to be one of our hottest ones in recent memory. I am one of the most cold natured people I know and even I can't manage to stay out in it for very long. You may want to check out some helpful tips and some of the warning signs of heat exhaustion from Dr. Catherine Meeks on page 28 to make sure you aren't overdoing it. Tennova offers some great tips on hydration in their article this month on page 32. It can happen before you know it!

Please stay safe, have a happy 4th, and as always, thank you for picking us up!

Sincerely,  
Carla Lavergne



# Clarksville Living

Clarksville Living Magazine has 10,000 issues published and distributed monthly at over 160 locations across Clarksville and the surrounding area.

For advertising inquiries contact Rachel Phillips at (931) 216-5102 or [rachel@clarksvillelivingmag.com](mailto:rachel@clarksvillelivingmag.com)

For all other information:

Phone: (931) 320-9869

E-mail: [info@clarksvillelivingmag.com](mailto:info@clarksvillelivingmag.com)

Fax: (931) 919-1234

Mail: PO Box 31867  
Clarksville, TN 37040

Web: [clarksvillelivingmag.com](http://clarksvillelivingmag.com)

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#### Owner/Publisher

Carla Lavergne

#### Editor

Cliff Lavergne

#### Graphic Design

Kim Balevre

Colleen Devigne

Carla Lavergne

#### Advertising Sales

Rachel Phillips

(931)-216-5102

[rachel@clarksvillelivingmag.com](mailto:rachel@clarksvillelivingmag.com)

#### Staff Writers

Brenda Hunley

Taylor K Lieberstein

Pamela Roddy Magrans

#### Contributing Writers

Dr. George S. Lee

Dr. Catherine Meeks

Delora Peters

CMSgt Stephen Wyatt

#### Special Thanks

Paul and Paula

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LIBERTY LIVE! CONCERT SERIES: NICK RIGGINS

Pamela Roddy Magrans

More than a century after his ancestors defended their land at Riggins Hill, musician Nick Riggins will headline the Liberty Live! Concert series. This event begins at 4:00 p.m. on July 23rd and is sponsored by the City of Clarksville Parks and Recreation Department.

Don't let his cowboy hat, tobacco farming roots, country heritage, and dirt road boy look fool you. Nick Riggins has traveled long and wide carving a name for himself. A modern day Renaissance man from the rural south, Nick Riggins' story is as timeless as the history he represents.

**The Battle of Riggins Hill**

The Battle of Riggins Hill was part of the Union strategy to recapture Clarksville to gain control of the Cumberland River during the Civil War. A fort



was constructed on the property of Clarksville Pioneer Valentine Sevier and later renamed Fort Defiance. Fort Defiance was a stronghold in the battle for the Cumberland River and the Clarksville area.

A year after the start of the Civil War, in the heat of August 1862, the Confederate cavalry took the city of Clarksville and disrupted the Union transportation on the Cumberland River. Doing so interrupted the Union army's ability to transport supplies down the river and gather new recruits for the Union. In the ongoing local skirmishes characteristic of the

Civil War, locals fought against invading armies who took land, farm stock, and resources for the purposes of war.

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In an attempt for the Union to regain Clarksville, in September 1862 Union Col. William W. Lowe led over 1,000 troops from Ohio, Illinois, and Wisconsin to the Cumberland River to retake Clarksville. As Lowe and his men advanced from Dover, west of Clarksville, shots were fired from the Confederacy. The Confederacy, led by Col. Thomas Woodward's Kentucky Cavalry, numbered only about 700 men, consisting largely of armed townsmen.

The Confederate troops were outnumbered, and with open fire, the Union forces drove the locals to what was then called the town of New Providence. The rebel troops came to a small ridge on the property of Mr. A.J. Riggins. The two sides clashed at Riggins Hill, the present day ridgeline between Route 79 and Dotonsonville Road. By then, many townspeople joined in to fight. The local troops used barns, houses, trees, and stone fences as cover. The battle occurred on September 6 and 7, 1862 and became known as The Battle of Riggins Hill.



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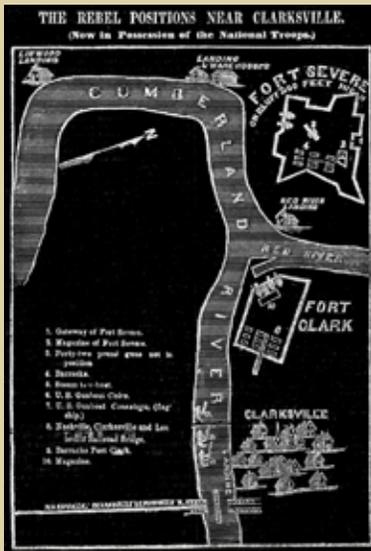
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The band of local rebels were outnumbered, and ultimately the rebel forces were defeated with 17 killed, 40 wounded, and about 50 captured. With the Confederate and rebel forces defeated, the Union forces advanced to Clarksville, took the city, and control of the Cumberland River. The local stronghold Fort Defiance (originally named in honor of local rebels) was renamed Fort Bruce, in honor of Union Col. Sanders D. Bruce of Kentucky.

The Union occupied Clarksville and reopened the Cumberland River as a supply line. Clashes for control of the Cumberland River continued for the next two years, until the Union officially took Clarksville in 1864.



The Battle of Riggins Hill is considered a major Civil War battle because it opened up the Cumberland River to the Union and led to the fall of the Confederacy in Nashville.

If the name Riggins rings a bell from the title of this article, it is no coincidence. It was Nick Riggins' early ancestors who owned and defended their land at Riggins Hill those months in 1862.

### Farmed and Dangerous

The Riggins clan made a name for themselves in those fateful days on Riggins Hill in September 1862.

One of their descendants, Nick Riggins, is making a name for himself through music, country lore, and an ingrained appreciation for agriculture and sustainability of the land.



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Nick Riggins grew up on farmland that has been in his family for generations dating back to the Civil War. His ancestors took up arms to protect the hill on the Riggins property that day in 1864. That time is passed and history tells its own story. That hill rests in present day Dover, and is no longer owned by the Riggins family. However, generational farmland in Logan County, Kentucky is still managed by the Riggins family, and Nick Riggins still carries with him an impassioned southern culture and appreciation for the land that would make his ancestors proud.



### Nick Riggins—Singer-Songwriter

Nick Riggins made his mark as a farmer, singer-songwriter, and recent star of the CMT series *Tobacco Wars*. The CMT series featured Nick as a dirt road, hard working dark-tobacco farmer (the kind specifically grown for cigars). His musical talents are echoes of his life experience, which is rooted in the Kentucky/

Tennessee border. His recent song “Farmed and Dangerous” resonates his respect and love for farming, lore, and the spirit of the hard-working American farmer.

“I was born on the banks of the little Red. Country born and country bred. I was born into a



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family of storytellers. I guess this is why I became a songwriter. These stories are the soundtrack of my life. Folk stories and exaggerations mixed with reality,” said Nick.

Legends heard in Nick’s childhood echo in the refrains of his lyrics.

“The Bell Witch was larger than life. Jesse James was hiding in Cooks-Savage Cave. The

battle of Riggins-Hill was always called the ‘Famous Battle of Riggings-Hill.’ Southern farmers turned warriors fought off the onslaught of Union forces. The fantasy of storytelling is music to me—great and heroic,” said Nick.

The strings of his guitar resonate the current of a story that outlives the storyteller.

In addition to songwriting and performing,

Nick also possesses a strong respect for the land and the art of farming that is deeply rooted in his family’s past. Nick’s lifetime of farming has given him an appreciation for the land and agriculture. Nick has traveled to Sierra Leone, Africa twice in recent years to share contemporary agricultural practices with underdeveloped nations. While in Africa, Nick brought more refined and modern practices to locals to help them create sustained crops with commercial value. Sharing farming principles with impoverished countries is one way that Nick shares his rich agricultural history with others.

**To Hear Nick and the Hard Dogs**

More than a century after the Battle of Riggins’ Hill near the Cumberland River, Singer-Songwriter Nick Riggins and his band the Hard Dogs will perform on July 23rd at Liberty Park. This summer concert event begins at 4:00 p.m. with live music leading into a feature movie starting at sundown. The Liberty Live! Concert Series is free to the public and sponsored by the City of Clarksville Parks and Recreation Department.

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Taylor K Lieberstein

Buying a bottle of wine with our groceries is a convenience consumers in the Volunteer state have been requesting for years. As of the first of this month that is something that we are now able to do. In 2014 registered voters across Tennessee were finally given the chance to vote to pass the law allowing grocery stores to sell wine. The wine in retail food stores referendum passed everywhere it appeared on the ballot reflecting the

strong desire for the convenience of buying wine at grocery stores versus liquor stores. More than 80 municipalities voted in favor of the measure, the city of Clarksville being one of those.

After a seven-year debate, the wine-in-grocery stores bill was a big win for grocery stores and chain retailers. However, in order to be eligible to obtain a permit to sell wine the grocery or retail food store must be an establishment that is open to the public and derives at least 20 percent of its sales from the retail sale of food and food ingredients for human consumption and has a retail space of at least 1,200 square feet. Stores such as Publix, Kroger and Walmart are all carrying a variety of red wine, white wine and blends as of July 1. Stores that were granted permits are also now eligible to carry wine and beer related items that were not permitted previously.

The grocery stores must abide by the same state law that liquor stores operate under. The stores are not allowed to sell wine on Sundays. The law also prohibits a retail food store from selling wine after 11 p.m. and before 8 a.m. on all other days. Additionally, wine is not allowed to be sold on Christmas Day, Thanksgiving Day, Labor Day, New Year's Day, and July 4th. Stores are allowed to operate a wine bar inside the store so long as it is inside the grocery store, if they choose to do so. Unfortunately, grocery stores outside the city limits are not eligible to take advantage of any part of the new law.

Due to the new law changes have occurred in some liquor

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stores. Previously in Tennessee, liquor stores were limited to selling wine, spirits, lottery tickets and cashing checks. Starting July 1, 2014, liquor stores became authorized to sell beer, ice, mixers, party supplies, food products and cigarettes among a variety of other items in hopes of creating a level playing field. The change in the rule was part of the wine in grocery stores law which was delayed until this month in order to give liquor stores time to adjust their business model. Adding retail items to liquor stores inventory will hopefully help to offset any lost income they may have due to grocery stores carrying wine.

As far as competition between the two types of stores go—liquor stores and grocery stores that sell wine and even spirits in some cases co-exist in many other markets and both survive. Several argue that this change will force liquor stores to close their doors and some argue that liquor stores will still be very much needed. This will only allow the consumer a choice on where to shop for



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wine and beer. While it will certainly increase convenience, seasoned wine drinkers will probably not find the label they are looking for in a grocery store every time. In those cases, there is likely a liquor store in range that will benefit as the consumer's next choice. There is certainly a large amount of liquor stores who purposely positioned themselves close to where people buy food before the wine in grocery store law passed.

Wine on grocery store shelves likely means consumers picking up more bottles of wine than they would have before. Valerie Evans knows the importance of convenience and accessibility.

"I think a lot of people use wine for cooking. I know I use it myself as an ingredient in several recipes. Having wine in grocery stores would be a lot more convenient as it could be a one stop shop instead of having to go to another store to pick it up," said Evans. "Everything is about convenience these days and having wine in

grocery stores would make my purchases easier and I would definitely buy more just because of the convenience."

Kroger stores were fast and furious with getting wine in their stores, all of Kroger's locations were set up to roll out wine the first day of this month. They are carrying a large selection of wine including plenty of local and regional labels. Popular brands such as Kendall Jackson, Robert Mondavi, Woodbridge and Yellow Tail can now be purchased inside Kroger stores as well as finer wines such as Stags Leap and Caymus. Additionally, there are over 100 exclusive brands only available at Kroger.

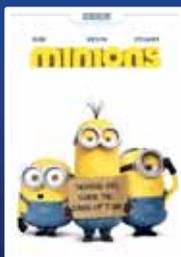
"Wine has been one of the most requested items in our stores for years," said Melissa Eads, Spokesperson for Kroger. "Customers have told us that they want the convenience of being able to purchase wine where they shop for groceries and competition benefits the consumer."



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Eads said they worked hard the past six months to make sure they added plenty of room for the wine without affecting the selection of groceries in other departments which was a concern for many shoppers.

Although the applications became available to grocers and retailers in January, the specifics of the new law are complicated. Some retailers have found the application process and the mountain of paperwork a major hurdle, one that kept them from being ready on time. The state application forms involve about 18 documents, many of them multi page, that must be filled out for each store that is going to sell wine. To be able to sell wine grocers must complete training courses, designate managers to place alcohol orders, and provide sales tax information among a variety of other steps. Several stores who didn't complete the lengthy application process with the Tennessee Alcoholic Beverage Commission in time to start selling wine by July 1 are still planning to offer wine when they get approval and licensing from the state.

Tennesseans have long awaited the day they could buy a bottle of wine with their groceries, the time has come.

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Delora Peters

As parents we get to experience an array of emotions from joy, to sadness, to frustration and challenging times. The joy of cuddling our newborn babies, watching them walk for the first time and waving goodbye as they prepare for their first day of kindergarten is unexplainable. The frustration of dealing with tantrums, 2 a.m. E.R. visits and sleepless nights, do not amount to the feelings experienced when a parent receives the news of an Autism or ADHD diagnosis. I was that

parent about six months ago. Hearing that my son was diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) led to me questioning not only my ability to parent but my tenacity to endure during the stormy periods of his life.

A 2010 US government survey states that 1 in 10 children now have ADHD, and in 2014 the Centers for Disease Control and Prevention (CDC) released new data that identified 1 in 68 children are on the Autism Spectrum Disorder (ASD). These statistics prove that most individuals reading this article can personally identify with Autism and ADHD. I contacted Dr. Qusayy M. Godbolt, PhD, BCBA-D, a Board Certified Behavior Analyst of Omega Behavioral Services, and asked him to answer some Frequently Asked Questions by parents of ADHD and Autistic children.

#### **How can a parent differentiate between ADHD and Autism?**

ADHD and Autism are two completely different disabilities. ADHD is a disorder that focuses on hyperactivity, impulsivity and difficulty paying attention. A student with ADHD is often treated with medication while a student with Autism may or may not take medication. A student with Autism could also be diagnosed as having ADHD. Since my specialty is focused around children with Autism I feel that it is most appropriate for me to speak to Autism specifically. Often parents of children diagnosed with Autism are the first to realize that something is not as expected with their child. Many parents with children diagnosed on the spectrum have reported noticing a regression in the child skills at about age three.

Parents have reported to notice a loss in previously acquired skills. Specifically, a regression is often noticed in a loss of speech, babbling or social skills such as eye contact and social interaction. The child may not smile as much as expected in social situations, may not respond appropriately to being

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picked up, they may show an overall lack of interest in the interactions of others. Parents have also reported noticing some self stimulatory ritualistic behaviors such as rocking, twirling or spinning objects, hand flapping and may find transitions or changes in routine very challenging.

**How to navigate the “no”? (What should a parent do when they are not receiving the information needed from their primary doctor for referral services?)**

A parent should continue to push. As I previously stated, often the parents are the ones to notice that something is not right with their child. The parent often notices the regression way before they receive the diagnosis. As a result, I hear of parents finding relief once a diagnosis has been determined because they now have clarity. If you feel that your child is not getting what they need continue to push!

**What should a parent ask of a teacher to make school a rewarding experience for a child with ADHD or Autism?**

A parent should keep open communication with the teacher and ensure that the teacher is well informed



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about what works best for the child. The parent and the teacher must develop a partnership so that the student can receive the best service. Thus, the parent and the teacher must support each other. The parent should also get well informed of their federal rights so that they can better understand the IEP process and be sure to get the most out of that process to benefit the child.

**When should a parent ask to be referred to Occupational Therapy (OT)?**

Occupational Therapy (OT) could be an option if you are noticing that the student is exhibiting some self stimulating behaviors such as lip licking, hand licking, biting inanimate objects, hand flapping, various vocal and behavioral rituals. Bad pencil grips are also good signs that the student could benefit from an Occupational Therapy.

**What free assistance is available to parents for kids with ADHD or Autism?**

I would encourage the parents to get educated on the federal rights for their child regarding a free and appropriate public education. Knowing your rights better educates you on the best options available for the student. A good free local resource is Buddy Ball. Buddy Ball has sporting events and activities that allow for typical development.

**How can the community make a difference in caring for kids with ADHD or Autism?**

One big way the community can make a difference in the life of a child with special needs often starts within their own family. Be sure to provide support to family members with children with ADHD and Autism. Provide respite for them so that they can go to the movies or go to dinner. Families often get so immersed in taking care of their child that they forget about each other. You be surprised the good you could do in your own family. I would also suggest researching Buddy Ball for volunteer opportunities.

**Thoughts on My Personal Journey**

My son's diagnosis was a blessing in disguise because it has transformed the way I view others and exposed my flaws. It also taught me that moms are the most judgmental. Whispering and staring at a mother trying to patiently deal with a demanding child should not

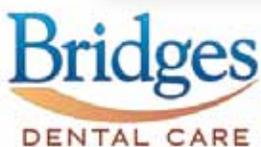
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be the norm in our community but from my experience it has been. I have learned three things in six months and they include: focusing on success, taking time for myself, and enjoying the moments.

### 1. Set Him Up for Success

I had a tendency to feel embarrassed when my son was the only child at the library reading series who could not sit for more than five minutes. Now that I know more about ADHD, I find ways to highlight his strengths and help improve his weaknesses. Instead of expecting him to sit through a book reading at the library, we find books in the library that are appealing to him and find a quiet corner to read those books. During the book reading we may have to take one or two breaks but that flexibility works best for him.

### 2. Take Time for Yourself

Raising a child in need of excessive attention can not only be depleting but also depressing. My son usually wakes up around 4:30 a.m. to 5:00 a.m. and stays active all day. Finding ways to keep him engaged and active can be a challenge. Taking time away from my son allows me to rejuvenate and reflect. My time away consists of spa dates, quiet walks and time with friends.

### 3. Enjoy the moments

Society pushes parents to always be busy with careers and house chores and we miss out on the best moments in life, which is time with our kids. Going on vacation is a great way to enjoy moments. What about daily moments? Despite all the other things I must accomplish on a daily basis, I



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take time each night to enjoy my son by reading a book with him or playing with Legos. This gives us time to do a daily reflection. At family dinners everyone around the table must tell something good about the day and something bad about the day. The answers to these questions have provided our family with some of the most memorable moments.

In conclusion, children are born to fulfil a purpose on this earth and it is our job as parents to equip them with the skills needed to change the world. The road to a diagnosis is not easy and juggling doctor's appointments, occupational therapy, 504 plans, IEPs and judgmental stares make this road much harder to travel. With the help of family members and our faith in something greater than ourselves, our children will have a fighting chance.

Dr. Qusayy M. Godbolt PhD, BCBA-D is a Board Certified Behavior Analyst and the Chief Operating Officer for Autism Therapy (COO) at Omega Behavior Services. Omega Behavior Services provides quality Applied Behavior Analysis (ABA) services to children diagnosed with Autism around local military installations. They are available Monday through Friday

from 8:00 a.m. to 8:00 p.m. In-home and center based Applied Behavior Analysis (ABA) therapy is provided for children diagnosed with autism. Omega Services can also collaborate with school systems and meet where the child needs assistance. To find out more about their services please visit [omegabehaviorservices.org](http://omegabehaviorservices.org).

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# BUTTERFLYING FOR YOUR BACKYARD

Pamela Roddy Magrans

The painted lady swoops up and down in erratic flight. Perching on a few different blooms before she finds one of her choosing, she finally puts her upright wings in view of my camera lens. I'm standing next to the butterfly bush, masquerading as a limb, hoping the butterfly won't be startled by my presence. I begin snapping photos. The grayish brown dappled wings boast a splashing of red. The fuzzy underbelly and head rest securely on four scrawny legs. With her light weighted wings evenly distributed among the robust evolved caterpillar body, this aerial beauty awards me only a fleeting glimpse. In a second, the Painted Lady raises her front legs and is gone again from my view.



There is a Swallowtail among the blooms of another bush. The majestic yellow vibrancy contrasts with the black stripes. Her wings unfold in a wide display and the characteristic "tail" is clearly visible at the base of the wings. I watch the antennae touch the blooms, looking for nectar, until she too is startled and makes a flighty advance into the air.

The ancient Greeks believed the butterfly represented the human soul. The Egyptians believed butterflies were one reward that awaited those who made it to the afterlife. The Aztecs believed the happy dead would visit loved ones in the bodies of butterflies. In Christianity, the butterfly's metamorphosis symbolizes the life, birth, and resurrection of Christ. Old German myths contained stories about witches who disguised themselves as flying insects and stole butter from households, which may explain the curious English word "butterfly." Many cultures and religions have associated the butterfly with spiritual life, supernatural elements, and immortality.

The brevity of the butterfly's life is a reminder of the temporal nature of both breath and beauty.

Watching a butterfly brings stillness and reflection to our day. Catching a glimpse is possible, with the proper plants, a little bit



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of human made nectar, and some free time spent in awe of one of nature's most miraculous yet short lived wonders.

A butterfly's lifespan consists of two weeks. It is a short life, but perhaps the most radiant of all insects. As of 2015, there are 20 species of butterflies listed on the U.S. Fish and Wildlife Service's endangered list. Due to habitat loss and the use of pesticides, butterfly numbers are in decline. The butterfly is worth protecting and enjoying.

**The Fleeting Butterfly**

The Painted Lady and the Swallowtail, like most butterflies, only live for a few weeks. They migrate one way, shifting numerous generations along the migration pattern. Butterflies stay on the move. They fly into areas that evade our vision. They appear more often in photography books, immortalized on canvases by artists, or scientifically pinned into a display case at a museum.

However, the most memorable way to see a butterfly is to see it in your own habitat. There are many ways to help the fleeting butterfly linger near your home, while helping the global butterfly numbers flourish.

One butterfly that is endangered is the Monarch butterfly (also called the Milkweed Butterfly). With its bright orange, black, and white markings it is the most recognizable North American butterfly. It is also the most threatened.

According to the Center for Biological Diversity, monarch numbers have declined by 86% in the past twenty years. The widespread decline is plummeting the monarch butterfly towards extinction. Due to herbicides, decreased milkweed, and loss of habitat, many species of butterflies are diminishing. Tennessee is home to 125 species of butterflies, including the only butterfly to migrate round trip, the iconic Monarch. A concerted effort to save the Monarchs are being led by conservation and environmental groups along the 3,000 mile

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migration routes between Canada, the U.S. and Mexico in an attempt to encourage individuals to plant Monarch friendly plants and limit pesticide use. However, the act of creating butterfly friendly habitats does more than help the Monarch. It can help other species of butterflies, balance the fragile ecosystem, and offer a relaxing and aesthetic pastime for both individuals and families.

**Feeding Butterflies**

A way we can help fight against butterfly extinction is by both providing a food source and shelter for butterflies.

Perennial plants that offer food, shelter, and a host for larvae are best. The following are some butterfly friendly plants: Sunflowers, Hollyhock, Joe-Pye Weed, Coreopsis, Aster, Russian Sage, Willow, and Sycamore. Others are plants in the mustard and cabbage family. Some butterflies are also attracted to dill, parsley, celery, and carrot plants. Letting the plant bloom will be key to attracting the butterfly.

Planting perennials ensures that your effort to create a butterfly habitat will reap rewards year after year. The perennial will come up every year and expand as the plant matures. This ensures a repeated habitat for your future



butterfly population. Milkweed is the super plant for the illusive Monarch. Milkweed is a host plant for the butterfly larvae, offering shelter and food.

The use of pesticides by farmers, landscapers, and gardeners is destroying the naturally occurring milkweed. The loss of milkweed, considered a nuisance by many gardeners, is a harbinger of Monarch extinction. The Monarchs depend on milkweed.

Agricultural expansion, road construction, and new neighborhoods are taking up the space that Monarch's once occupied in their milkweed homes.

We can do our part by letting milkweed grow in undeveloped land, alongside roads, and in our yards, where space allows. Avoiding the use of pesticides

and herbicides is the best way to create a butterfly friendly environment.

We can also do our part by providing a food source for all species of butterflies. Butterflies drink nectar. Below are several ways to create nectar to attract butterflies.

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Butterflies are particularly fond of sliced, rotting oranges, bananas, grapefruits, strawberries, apples, nectarines, and peaches. Place rotting fruit on plates and put outside. The mixture can be kept moist by adding water or fruit juice.

*The Butterfly Garden*, by Matthew Tekulsky, suggests this recipe that makes use of old bananas and flat beer. Mix the following: 1-pound sugar, 1 or 2 cans stale beer, 3 mashed overripe bananas, 1 cup of molasses or syrup, 1 cup of fruit juice, 1 shot of rum. Mix all sweet ingredients well and paint on trees, fence posts, rocks, or stumps—or simply soak a sponge in the mixture and hang from a tree-limb.

Master Gardener Bobbie Truell recommends the following receipt for homemade butterfly nectar. Mix 4 parts water and 1 part granulated sugar. Boil the solution for several minutes until sugar is dissolved, and then let mixture cool. Serve the solution in a shallow container with an absorbent material such as paper towels saturated with the sugar solution. Bright yellow and orange kitchen scouring pads may be placed in the solution to attract butterflies and give them a landing place while they drink. Find a location for the feeder near flowers that is higher than the tallest blooms. Extra solution can be stored in your refrigerator for up to a week.

Butterfly feeders can be purchased locally or online. Countless craft websites and videos on YouTube show how to make homemade butterfly feeders and nectar.

### Places to See Butterflies

Instead of making the butterflies come to you, go to the butterflies!

There are several places closely located to Clarksville where butterflies can be viewed. The locations below are an easy afternoon drive and offer locations and ecosystems where butterflies flourish. Visit one of these locations for a relaxing afternoon looking for butterflies:

- Land Between the Lakes
- Cheekwood Botanical Gardens
- Cheatham Wildlife Management Area
- Montgomery Bell State Park

To learn more about butterflies, visit [naba.org](http://naba.org) (the North American Butterfly Association). The website offers information about butterfly feeding, butterfly gardens, conservation efforts, and a list of North American butterflies to watch for.



Pamela Roddy Magrans is a mother of two sons, avid nature watcher, and staff writer for *Clarksville Living Magazine*.

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**DOGS—THEY KEEP US BALANCED**

**CMSgt Stephen Wyatt, USAF (Ret.)**

Nearly 12 years ago, my wife and I made a pact. We would adopt a dog only when one of us retired from the military and when we were able to provide ample time, devotion, and the tender loving care needed to be responsible pet owners. The day finally came in 2004 when my wife decided to retire from the U.S. Air Force. Thus began our quest and search for a breed we felt would best suit our daily activities and busy lifestyles.

After much research, we found ourselves in the parking lot of a Burger King in Daphne, Alabama to “make the deal.” A gentleman from Lucedale, Mississippi had a litter of Labrador Retriever pups he was looking to give away and after showing us what he had, we instantly became parents on a crisp “Gotcha Day” morning in December 2004.

The arrival of our new “fur baby” was difficult at first. My wife and I have no children, so trying to get used to the seemingly unending whimpering, kennel training, and house breaking was challenging. Added to this was

the chewing of everything in sight (including us) while teething, the appetite of a growing pup, veterinary visits, and daily walks required. Through it all I learned a very important lesson: dogs keep us balanced.



We begin to see our schedules align and somewhat regimented as dogs have an inner clock and instinct to keep us humans on track. Interestingly, while unable to utter a single word, they are experts at communication. They can give you a look, expression or slight tilt of the head forcing you to react to their need or desire. The message relayed could be for a fresh drink of water, a belly rub, or a “I don’t feel well right now.”

Regardless of the need, they cause us to react as we begin to interpret the messages they send. This drives us to respond and treat them just like any other family member. Dogs also possess the unique ability to get you back in sync if a change in schedule causes a shift in the normal day-to-day routine.

The dictionary defines the word balanced as “being in harmonious or proper arrangement.” Dogs help us maintain that equilibrium as we go about our daily lives. They can also assist us in a therapeutic sense, calming our nerves when faced with stress, loneliness, or the loss of a loved one. Whether we realized it or not, they can also affect our attitudes and disposition. Dogs can turn a rotten day into a great one and never demand anything in return for their friendship. I realize after 12 years of parenting, our time together is limited. While the clock ticks and our remaining days together wane, in my heart, this I believe—our dogs—they keep us balanced.

Time to go. Murphy wants a cookie.

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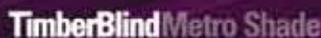
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## Dr. Catherine Meeks

Did you know that the number of hot days—and warm nights—is increasing? In the U.S., record high temperatures now outnumber record lows at least two to one.<sup>1</sup> What can you do to protect yourself in a heat wave—or simply in the hot summer sun?

**Know signs of trouble.** Heat cramps are an early sign that your body is suffering from the heat—they're more likely with heavy exercise or work. Along with muscle cramps, you may sweat heavily and feel very thirsty or fatigued.<sup>2</sup>

Heat exhaustion can happen when you lose lots of fluids from heavy sweating.<sup>3</sup> These are a few other signs and symptoms of heat exhaustion:

- Headache
- Dizziness or feeling weak or confused
- Nausea or vomiting
- Fast heartbeat
- Cool, moist skin
- Dark-colored urine, a sign of dehydration<sup>2,4</sup>

If not treated, heat exhaustion can develop into heatstroke, which can be deadly because the body loses the ability to cool itself. Call 9-1-1 if someone shows signs of shock, becomes very confused, has a seizure, has a fever over 102 °F, breathes rapidly or has a rapid pulse, or loses consciousness.<sup>2,3</sup>

**Nip problems in the bud.** If you have symptoms of heat exhaustion, get out of the heat as quickly as you can. Rest in a cool, shady place with your feet raised. Drink plenty of fluids, but avoid alcohol or caffeine. Apply cool compresses or take a cool shower or bath. Contact a doctor if you don't feel better within 30 minutes.<sup>4</sup>

**Beat the heat.** In a heat wave, take these steps:

- Avoid taxing activities if you can.
- Stay indoors during the hottest hours of the day. The sun's ultraviolet (UV) rays are strongest between 10:00 am and 4:00 pm.<sup>5</sup>
- If you don't have air conditioning, go to a library, mall, or other public place to cool down for a few hours.
- Wear lightweight, loose-fitting clothing. Avoid dark colors, which trap the heat.
- Use a hat or umbrella outdoors.
- Allow your car to cool off before you get in.
- Drink water and eat small meals often. Drink less alcohol and fewer caffeinated drinks.
- Don't take salt tablets unless your doctor tells you to.<sup>2,3,4</sup>

**Protect those at increased risk.** Help protect those who are most vulnerable in the heat. That includes children, older adults, and people who are obese, ill, exercising vigorously, or not used to the heat or high humidity.<sup>2</sup> For example, make



  
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sure young ones drink plenty of water. And you might check in on your elderly neighbor once in a while.

It's important to know that certain medicines can also increase your risk of heatstroke. This includes allergy, blood pressure, and seizure drugs as well as medicines used for mental health conditions. Let's talk this over to make sure you stay safe and know the signs of problems. And if you have a chronic condition it's a great idea to ask your physician or pharmacist about other ways to lower your risk of heatstroke.<sup>4</sup>

*Nothing herein constitutes medical advice, diagnosis or treatment, or is a substitute for professional advice. You should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.*

Sources:

1. Climate Communication: Heat Waves. Available at: <https://www.climatecommunication.org/new/features/extreme-weather/heat-waves/> Accessed 5-23-16.
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4. Familydoctor.org: Heat exhaustion and Heatstroke. Available at: <http://familydoctor.org/familydoctor/en/prevention-wellness/staying-healthy/first-aid/heat-exhaustion-an-heatstroke.printerview.all.html> Accessed 5-23-16.
5. FDA: Sun Protection. Available at: <http://www.fda.gov/Radiation-EmittingProducts/RadiationEmittingProductsandProcedures/Tanning/ucm116445.htm> Accessed 5-23-16.

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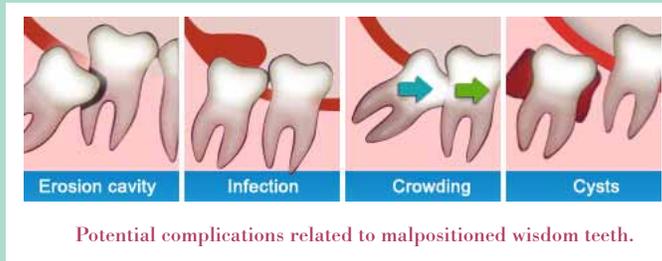
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George S. Lee, MD, DDS

There are lots of questions surrounding wisdom teeth, also known as third molars. While most people have wisdom teeth, they typically don't feel them. Why is that? If you don't feel them, why have them surgically removed? And, why are they called wisdom teeth in the first place?

### 1. What are wisdom teeth?

As the third and final set of teeth, wisdom teeth make up the last set of molars in the human mouth. For most people, these teeth start appearing in their late teens or early twenties. If the teeth are healthy and aligned properly, then they should pose no threat to the rest of the mouth. However, when the wisdom teeth are misaligned, they can become problematic. For instance, if they position themselves horizontally or are angled inward, outward, toward, or away from the second molars, they could crowd or damage adjacent teeth, the jawbone, or nerves. This is why many people choose to remove them before they become an issue.



Potential complications related to malpositioned wisdom teeth.

### 2. If you don't feel them, does that mean you don't have them?

Pain free does not mean problem free. It is important to be evaluated by your general dentist or oral surgeon as a young adult to assess the presence of third molars, disease status, and provide

treatment or management options from removal of the teeth to regular monitoring of the wisdom teeth. It's common to not feel these teeth come in, which is why your doctor will take x-rays periodically. Once they do show up on the x-ray, your dentist can evaluate the positioning and alignment and then send you to an oral surgeon for further evaluation. If you choose to do the surgery while you are young and in good health, you may avoid a more complicated extraction later on. In younger people, the roots of wisdom teeth are not yet fully developed and the bone is less dense, making removal easier. If the surgery is delayed until the patient is older, then recovery and healing time could be longer.

Some wisdom teeth erupt and are functional, painless, and cavity free. As long as the gum tissue remains healthy and the teeth do not develop cavities or pathology it is perfectly acceptable to keep your third molars. It is important to have regular check ups, cleanings, and panoramic x-rays to monitor for changes.

### 3. What's an impacted tooth and is it dangerous?

Impacted wisdom teeth have not fully "cut" or erupted into the mouth because other teeth are blocking them. When there isn't a direct opening to the mouth, painful inflammation and infection can develop. In some cases a cyst or tumor may form at or around the roots of a wisdom tooth. As the cyst or tumor grows it can damage surrounding teeth and nerves as well as erode the jawbone, leading to a more serious problem. The American Association of Oral and Maxillofacial Surgeons reported that in 2014, about 90% of people had at least one impacted wisdom tooth. When there's not enough space for the tooth to break through the gums, the chance for damage to other teeth can occur increases. Wisdom teeth should be removed in the following instances:

- Damage to neighboring teeth
- Infections and/or periodontal disease
- Cavities that cannot be restored
- Development of pathologies—cysts and tumors
- If caught early, tooth extraction can decrease or eliminate the threat of damage from the impacted tooth.

### 4. How are wisdom teeth removed?

If your dentist or healthcare provider recommends that your wisdom teeth be removed you will most likely be referred to an oral and maxillofacial surgeon. The surgical technique used to extract the teeth is dependent on

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how the tooth is positioned and development of the root. Teeth can be fully erupted, impacted in the gums, partially impacted in the jawbone, or fully impacted in the jawbone. Usually they can be extracted at the oral and maxillofacial surgeon's office based surgical facility.

Your surgeon will create a personal surgical plan to keep you comfortable using anesthetic options such as IV general anesthesia, oral sedation, nitrous oxide (laughing gas), or nerve blocks. The choice of anesthesia depends on the surgical plan and your current health status and past medical history.

### 5. Can you have extra wisdom teeth?

Yes! About one to two percent of people have extra wisdom teeth, referred to as supernumerary teeth. You can also have extra teeth elsewhere in the mouth, such as the canines, incisors, and other molars. Supernumerary teeth can develop the same problems as wisdom teeth if not extracted such as cyst or tumor formation, prevention of normal eruption of adjacent teeth, and damage to surrounding teeth and structures. If you have extra wisdom



This panoramic radiograph illustrates impacted wisdom teeth in both the upper and lower jaw necessitating extraction.

teeth, they are typically removed at the same time your primary wisdom teeth are removed.

### 6. Why are wisdom teeth called wisdom teeth?

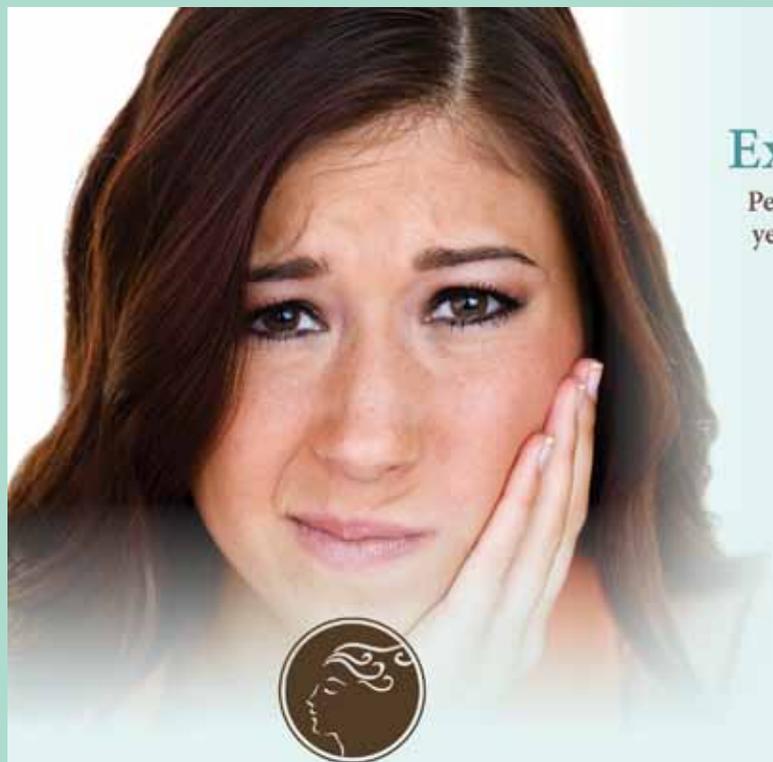
Third molars are called wisdom teeth because of the age at which they grow in. They begin forming around 10 years of age. Typically, third molars do not grow until the dental arch becomes larger, around the age of 17 to 25, referred to as

the "Age of Wisdom."

Dr. George Lee is a Board Certified Oral and Maxillofacial Surgeon at Cumberland Surgical Arts in Clarksville. He practices oral, facial, and cosmetic surgery. To learn more about Dr. Lee or Cumberland Surgical Arts, visit [cumberlandsurgicalarts.com](http://cumberlandsurgicalarts.com) or call him at (931) 552- 3292.

Potential complications related to malpositioned wisdom teeth.

This panoramic radiograph illustrates impacted wisdom teeth in both the upper and lower jaw necessitating extraction.



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Check out this video!  
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Your water needs depend on body size, activity level, sweat rate, current medications, physical condition and even location.

**Why Hydrate?**

Water plays an important role in almost everything your body does. If you don't get enough, it can impact cell health, digestion, kidney function, body temperature, energy levels, muscle function, skin health, blood pressure and cognition—and eventually lead to death.



That's why our bodies are so good at telling us they need water. Even a slight change in the body's water balance triggers a portion of the brain called the hypothalamus to tell you that you're thirsty. Knowing how much you need to drink can help keep thirst and other signs of dehydration at bay.

**What You Need**

The Institute of Medicine's Food and Nutrition Board recommends women age 19 and older drink 91 ounces of water each day and men age 19 and older drink 125 ounces of water a day. These numbers are good starting points, but you may need to consume more or less fluids depending on your individual needs.

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For instance, your body uses more water to cool itself when it is warm, and if you sweat, you need to replace the water you lose. According to the Institute of Medicine, very active individuals may need to drink as much as 202 ounces of water a day.

Body weight also plays a role in how much you need to drink—smaller people need less water to survive. A general rule of thumb is to calculate two-thirds of your weight and drink that many ounces of water a day.

### Are You Drinking Enough Water?

The color of your urine can tell you a lot about how hydrated you are. The lighter your urine color, the more water there is in your system. Urine that is almost clear may indicate you are drinking too much water, whereas dark yellowish brown urine may be a sign of dehydration or other serious health concerns.

Check the color of your urine before it becomes diluted in the toilet bowl water. A pale yellow color

indicates you are well hydrated. A medium yellow color could mean it's time to drink a glass of water, and amber, orange or brown means you may be in serious need of hydration.

**Only your doctor can diagnose medical conditions by analyzing your urine. Make an appointment if you are concerned about the color you see. If you don't have a physician, Tenna Medical Group is here to help. Our convenient family practice locations welcome new patients of all ages. Call (931) 502-3800 or visit [TennaMedicalGroup.com](http://TennaMedicalGroup.com). Ask about our same- and next-day appointments.**

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



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# Pet Pix

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Yard work is hard work!



Just my style



This is "bob"stacheo  
XOXOXOX



Trigg and Ellie South.  
Sittin' pretty for a treat



Just relaxing



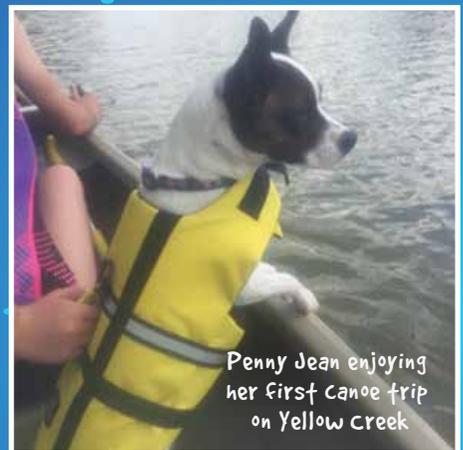
Pup looking at me like HELLLP MEEE



This is shovel mustard!  
Lazy bum



Lucky the other blue ninja



Penny Jean enjoying  
her first canoe trip  
on Yellow creek



Want to share your pet? Email a photo and brief caption to [petpix@clarksvillelivingmag.com](mailto:petpix@clarksvillelivingmag.com) by June 15th.

# Candid Clarksville



Beckett having fun at the ball field



At vbs first baptist church



Hank enjoying the CMCSS Summer Reading Program at The Learning Center



Beauty Queens, cousins Devonna & Aaliyah



Oakgrove fest



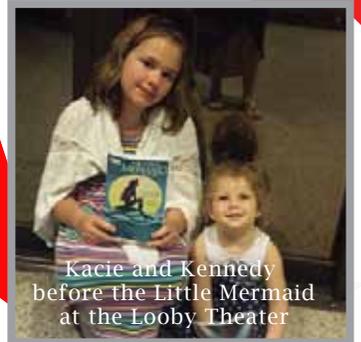
A surprise Mother/daughter day to see Beauty and the Beast at TPAC



Khloe Layne Kiepke



Kacie on the first canoe trip of the year



Kacie and Kennedy before the Little Mermaid at the Looby Theater



Getting some strawberries



Chilling with the little dude before the big game, I don't think he is nervous at alllll.



Corbin and X throwing back to the 90s hammock time :)



# CALENDAR

## Ongoing

### CELEBRATE RECOVERY

Friday nights with dinner at 6:15 p.m. and the meeting at 7:00 p.m. A Christ centered 12-step ministry. Child care is provided.

Grace Church of the Nazarene  
3135 Trenton Road  
(931) 216-6644

Friday nights with dinner at 6:15 p.m. and the meeting at 7:00 p.m. A Christ centered 12-step ministry.

First Church of the Nazarene  
Community of Hope  
150 Richview Road  
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### CHESS CLARKSVILLE

Fridays, 4:00 p.m. until.

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Contact:  
[chess.clarksville@yahoo.com](mailto:chess.clarksville@yahoo.com)

### CLARKSVILLE DOWNTOWN MARKET

8:00 a.m. to 1:00 p.m. through October 8. Features over 75

vendors of locally grown produce, baked goods, homemade items, live entertainment, food trucks, and much more! Check out [clarksvilledowntownmarket.com](http://clarksvilledowntownmarket.com) and follow us on Facebook for themed dates and special events.

City Hall Open Air Parking Lot  
1 Public Square

### CLARKSVILLE SCRABBLE CLUB

3:30 p.m. to 6:30 p.m. the first and third Tuesdays of each month. Beginners welcome.

Books-a-Million  
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(931) 647-3625

### CUMBERLAND WINDS

Cumberland Winds, a local community concert band, welcomes adult wind and percussion players to rehearse and perform. Rehearsals are held weekly on Thursday evenings and performances are held at various times and locations throughout the year. Contact Mike Ritter, Musical Director, at (931) 436-3465 or at [thetpwillsound@charter.net](mailto:thetpwillsound@charter.net) for information or to schedule an

audition. Find us on Facebook at Cumberland Winds, or at [www.cumberlandwinds.org](http://www.cumberlandwinds.org).

### FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30 a.m. to 9:00 p.m. (except Wednesday, 5:30 a.m. to 5:00 p.m.), Saturday, 7:00 a.m. to 4:00 p.m. 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 Church Family  
Life Center  
250 Old Farmers Road  
[www.hilldale.org](http://www.hilldale.org)

### FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

Children and teens from ages 5-18 can unleash their creativity and curiosity with free coding workshops at the Clarksville-Montgomery County Public Library.

The Clarksville Game Design Club has two separate groups that meet at the Library—the Game Design Club for ages 10-18 and the Junior Coder's Club for ages 5-9. Each group meets every other Saturday at the Library in the upstairs computer lab.

Registration is not required, but encouraged. Register online and learn more about the program at [clarksvillegamedesign.net/about/](http://clarksvillegamedesign.net/about/). The event will be first come, first served and limited to the size of the computer lab.

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For more information, contact the office of CMC Adult Literacy Council at (931) 542-5046, [adultliteracycouncil@gmail.com](mailto:adultliteracycouncil@gmail.com) or visit [adultliteracycouncil.org](http://adultliteracycouncil.org).

CMC Adult Literacy Council  
430 Greenwood Avenue Room 218

## GENEALOGY DISCUSSION GROUP

The third Tuesday of each month. Informal small group discussion of genealogy and family history topics. Contacts Brenda Harper.

Genealogy Room on 2nd Floor  
Clarksville-Montgomery County  
Public Library  
350 Pageant Lane  
[genealogydiscussion@yahoo.com](mailto:genealogydiscussion@yahoo.com)

## HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

Tuesday through Saturday, 9:00 a.m. to 5:00 p.m. Recycling Coordinator: Denny Mihalinec, [RecyclingHabitatMCTN@gmail.com](mailto:RecyclingHabitatMCTN@gmail.com). Recycling bin is located at:

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## HOPE RIDERS BIKER CHURCH

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[hoperiders.org](http://hoperiders.org)

## MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00 a.m. the first Saturday of each month (except January and July). For information contact Jason Groppel, (931) 561-5530.

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## NON-VIOLENT COMMUNICATION PRACTICE GROUPS

6:30 p.m. to 8:30 p.m. 1st and 3rd Thursday of the month. Learn and practice techniques for communicating effectively that will bring peace and connection into your life. Email [misti.eve@gmail.com](mailto:misti.eve@gmail.com) for more information.

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Through July 15. Free programs for all ages. Visit [mcgtn.org/library](http://mcgtn.org/library) for more information and to register.

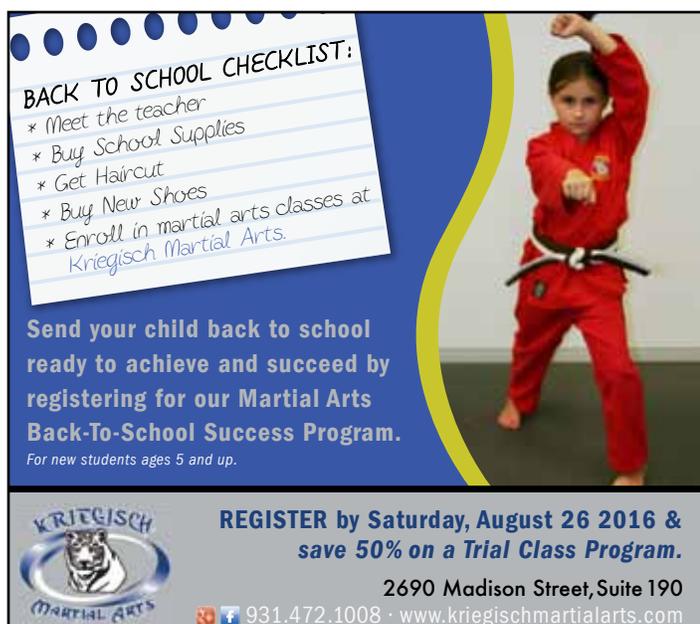
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## UFO CLUB

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# July

## 3 SUNDAY

### INDEPENDENCE DAY CELEBRATION

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Celebrate our nation's independence with great food, live music, and kid activities followed by Clarksville's largest fireworks display at 9:30 p.m. For details and parking information visit [www.cityofclarksville.com/events](http://www.cityofclarksville.com/events).

Liberty Park Great Lawn  
1190 Cumberland Drive

## 4 MONDAY

### INDEPENDENCE DAY

## 7 THURSDAY

### ART & WALK

5:00 p.m. to 8:00 p.m. First Thursday of each month. Free parking downtown after 5:00 p.m. Monday through Friday and all day on weekends.

Strawberry Alley  
Downtown Clarksville  
(931) 614-0255  
[artwalkclarksville.com](http://artwalkclarksville.com)

## 8 FRIDAY

### JAMMIN' IN THE ALLEY

7:00 p.m. to 10:00 p.m. Free and open to the public. Visit [facebook.com/jammininthealley](https://facebook.com/jammininthealley) for more information.

Strawberry Alley  
Downtown Clarksville

## 9 SATURDAY

### ART LINK CLASS

10:00 a.m. to 12:00 p.m. Open to all ages. Lego construction clinic. Visit [ArtLinkClarksville.com](http://ArtLinkClarksville.com) for more information.

Customs House Museum  
200 South Second Street

### MOVIES IN THE PARK:

#### MINIONS

Enjoy free outdoor movies on the big screen in our parks this summer. Bring a blanket, lawn chair and picnic dinner. Concessions will be available. Enjoy pre-show activities one hour before movie showing. Movie begins at sunset.

McGregor Park  
640 North Riverside Drive

## 10 SUNDAY

### PROJECT LINUS MEETING

1:00 p.m. to 3:00 p.m.  
Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. For more information please contact: Jean Marr at (931) 358-0101 or EmmaLee Brake at (931) 648-0918.

Cumberland Presbyterian Church  
1410 Golf Club Lane

## 11 MONDAY

### COUNTRY QUILTER OF CLARKSVILLE

6:00 p.m. to 8:00 p.m. We meet the first Monday of each month. We have a sit and sew the 3th Saturday of each month.

We provides homemade/handmade blankets and quilts for Project Linus, Quilt of Valor for soldiers, Red Cross, Camp

Rainbow etc. We are looking for new members to help with the making of quilts.

Cumberland Presbyterian Church  
1410 Golf Club Lane

### ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

6:30 p.m. the second Monday of every month. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

### VBS SURF SHACK

5:30 p.m. to 8:00 p.m. through Thursday, July 14. PK-5th grade.

Sango United Methodist Church  
3301 Sango Road

### COUNTRY QUILTER OF CLARKSVILLE

6:00 p.m. to 8:00 p.m. We meet the first Monday of each month. We have a sit and sew the 3th Saturday of each month.

We provides homemade/handmade blankets and quilts for Project Linus, Quilt of Valor for soldiers, Red Cross, Camp



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Rainbow etc. We are looking for new members to help with the making of quilts.

Cumberland Presbyterian Church  
1410 Golf Club Lane

## 16 SATURDAY

### RALLY ON THE CUMBERLAND

8:00 a.m. \$10 (ages 13-17) and \$20 (ages 18+). Join us for a day of fun and competition on the water! All race participants must provide their own boat. Medals will be awarded to top winners. Limited canoes/kayaks can be rented by contacting: Run-A-Muck (551-6606) or Blueway

Adventures (320-8466). Pre-registration is required.

Liberty Park (Freedom Point)  
1190 Cumberland Drive

### NVC AND YOUR FAMILY: LISTENING TO YOUR CHILDREN

11:00 a.m. to 12:30 p.m. Using Nonviolent Communication skills with your children enriches your family life and virtually ends power struggles. Join us to learn some techniques to bring peace and connection to your family. Email [misti.eve@gmail.com](mailto:misti.eve@gmail.com) for more information.

LEAP Plaza Classroom A  
1860 Wilma Rudolph Boulevard

## 19 TUESDAY

### DIABETES SUPPORT GROUP

5:00 p.m. the third Tuesday of each month. Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. For more information

visit [Tennova.com](http://Tennova.com) or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

Liberty Rooms  
Tennova Healthcare -  
Clarksville  
651 Dunlop Lane

## 20 WEDNESDAY

### ALZHEIMER'S CAREGIVERS SUPPORT GROUP MEETING

11:00 a.m. the third Wednesday of each month. For information, call Patsy Shell, (931) 648-1884.

Clarksville-Montgomery County  
Public Library  
350 Pageant Lane

## 23 SATURDAY

### ART LINK CLASS

Open to all ages. Visit [ArtLinkClarksville.com](http://ArtLinkClarksville.com) for more information.

Horsefeathers  
94 Franklin Street

### STEWART COUNTY BAZAAR

9:00 a.m. to 2:30 p.m. There will be approximately 30 vendors showcasing a wide variety of handcrafted jewelry, sewn, knit and crochet creations, woodwork, aprons, quilts, embroider as well as jams and jellies. Please come out and join us for a fun and enjoyable event. Admission is FREE! (931) 232-7706

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[www.cityofclarksville.com/artonthepark](http://www.cityofclarksville.com/artonthepark)

Open to all musicians,  
bands, and solo artists.  
No fee to enter!  
Submit a sample to:  
Clarksville Parks + Recreation

DEADLINE: SEPT 18  
For contest rules and to enter visit:

PORTER PAINTS SACRED SAVIVE Living

**LIBERTY LIVE! CONCERT SERIES: NICK RIGGINS AND THE HARD DOGS**

4:00 p.m. Enjoy this free live concert leading into the Movies in the Park feature starting at sundown. Sponsored by the City of Clarksville Parks and Recreation Department. See article on page 6.

Liberty Park  
1190 Cumberland Drive

**MOVIES IN THE PARK: PITCH PERFECT 2**

Enjoy free outdoor movies on the big screen in our parks this summer. Bring a blanket, lawn chair and picnic dinner. Concessions will be available.

Enjoy pre-show activities one hour before movie showing. Movie begins at sunset.

Liberty Park  
1190 Cumberland Drive

**30 SATURDAY**

**2ND ANNUAL #BEMORELIKEWADE 5K SCHOLARSHIP RUN/WALK/CRAWL**

Registration at 8:00 a.m. 5K begins at 8:30 a.m. Tickets can be purchased at [bemorelikewade.ticketleap.com](http://bemorelikewade.ticketleap.com). Proceeds placed

into a scholarship fund. Email [bemorelikewade@gmail.com](mailto:bemorelikewade@gmail.com) for more information.

Montgomery Central Schools  
3955 TN-13  
Cunningham, Tennessee

timed. Spots fill up quickly, pre-registration is required. See ad on page 13.

New Providence Pool & School  
166 Cunningham Lane

**August**

**6 SATURDAY**

**WONDER KIDS TRIATHALON**

9:00 a.m. \$25 per participant, includes shirt and medal. A swim, bike, and run event for youth ages 3-12, designed to promote physical activity and encourage friendly competition without the pressure of being

Submit your event to [events@clarksvillelivingmag.com](mailto:events@clarksvillelivingmag.com) by the 15th of the month for the next issue.

**THE ROXY REGIONAL THEATRE**

100 Franklin Street • (931) 645-7699 • [www.RoxyRegionalTheatre.org](http://www.RoxyRegionalTheatre.org)

**The Awesome '80s Prom**  
You're invited to a brand new blast-from-the-past party at Wanaget High's Senior Prom...in 1989! All your favorite '80s characters are here, from the captain of the football team to the foreign exchange student, from the geek to the hottie head cheerleader, all competing for Prom King and Queen...and just like

on "American Idol," the audience decides who wins! Go back in time with this high-octane musical where you can dance to hits of the '80s along with the cast.

8pm July 1, 2, 8 & 9\*  
7pm July 6 & 7

**Smokey Joe's Cafe**  
Rock 'n' roll to all your favorite hits of the '50s! Broadway's longest-running

musical revue, this Tony Award-nominated and Grammy Award-winning salute to legendary songwriters Jerry Leiber and Mike Stoller features over three dozen of the greatest songs ever recorded during the golden age of American culture, including "Hound Dog," "Stand by Me," "Yakety Yak," "Jailhouse Rock," "Spanish Harlem,"

"On Broadway," "Kansas City," "Love Potion #9," "Fools Fall in Love" and many more!

8pm July 22, 23, 29 & 30 and August 5, 6, 12, 13, 19 & 20  
7pm July 28 and August 3, 4, 10, 11, 17 & 18  
2pm July 30 and August 13

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# CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

## EXHIBITS:

### Working the Spirit Close to Home: The Portraits of William Stamms Shackelford

Through July 31st  
This gathering of 19th century paintings by William Stamms Schackelford showcases his unique depictions of various people, including portraits of the Clarksville Shackelford family. Sponsored in part by Tennessee State Museum and Austin Peay Department of Art & Design.

### Carol LeBaron: Life Source

Through July 31st  
Tennessee artist Carol LeBaron's fine art textiles transform remembered light to imagery, collecting fragments from both the landscape of her remembered experience and observation of natural forms.

### Cumberland River – An American Legacy

Through July 31st  
This series of plein air paintings by Larry Richardson explore the Cumberland River. Sponsored in part by Legends Bank.

### Taking a Look at Cave Johnson

Through July 31st  
Take a closer look at the life of Clarksvillian Cave Johnson. Johnson was elected to the U.S. House of Representatives in 1828, and later served as president of the Bank of

Tennessee from 1854 to 1860. He was also a close friend and advisor to James K. Polk during his successful presidential campaign.

### Amy Chase: Rediscovered Relationships

July 1st – July 31st  
Kentucky artist Amy Chase's ceramic work focuses on representing personal relationships, memories or situations of her experiences. The surfaces consist of intricate patterns that are applied using precise silkscreened slip and glazing techniques.

### Leisure Time

Through August 7th  
This exhibit explores the theme of hunting, fishing, and other outdoor leisure activities in the area with objects from the Customs House Museum & Cultural Center's permanent collection.

## ACTIVITIES:

### Children's Summer Camp: Explorers' Camp

July 12th – 15th.  
Explorers' Camp is a half-day summer camp filled with exciting and educational activities for children ages 7-10. Each day our education staff will provide several exciting activities on a variety of themes combined with tours of the museum. All camp activities are a fun blend of science,

engineering, art and history, allowing kids to explore, learn, create, and play!

Children must be registered in advance to attend Explorers' Camp. Reserve your child's spot now before they're all gone! Cost is \$40.00 for Museum Members and \$50.00 for non-members, due at time of registration. For more information, contact Chrysalis Cantrell at 931-648-5780 or [chrysalis@customshousemuseum.org](mailto:chrysalis@customshousemuseum.org)

### The Art Lab: Art for All Ages

Wednesdays, 10:15 a.m. to 11:15 a.m. & 2:00 p.m. to 3:30 p.m.  
July 6: Pinwheels  
Explore our permanent exhibit halls to see how Clarksville's history fits into American history. Then stop by the art studio to make a patriotic pin wheel (pinwheel craft will not use pins).

July 20: Picasso Portraits  
Take a look at William Shackelford's unique portrait style and visit the art studio to create your own unique portraits inspired by another unique artist: Picasso!

July 27: Bubble Science  
Test your knowledge of bubbles outside in the courtyard, then head inside to explore our bubble cave!

\*In the event of poor weather, a different activity will be offered indoors.

### Family Free Day: A Tree is Nice

Saturday, July 9th  
Discover the wonder of the tree as seen through the eyes of the artist. Please join us in the Children's Art Room for a day of tree-making. Admission is free at the museum all day from 10:00 a.m. – 5:00 p.m. as part of our Second Saturday Free Day.

The Children's Art Room is Open Daily!

July's art activities are inspired by illustrators and their picture books. Ms. Sue will frequently visit the Children's Art Room to show children more of her large collection of picture books and some of the unusual objects she collects.

All activities are free with your museum membership. Non-members pay regular admission fees. For more information contact Ms. Sue at [sue@customshousemuseum.org](mailto:sue@customshousemuseum.org) or 931.648.5780.

Closings:

The Customs House Museum & Cultural Center will be closed Monday, July 4 for Independence Day.

*Let's move in the right direction together!*



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## ADOPTION & FOSTER CARE

### CAMELOT CARE

Located at 2232 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 Molly Kent at (931) 516-9011 or email [Molly.Kent@pathwayshealth.com](mailto:Molly.Kent@pathwayshealth.com).

### CENTERSTONE FAMILY CENTERED SERVICES

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

### CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

### CARING CHOICES OF CATHOLIC CHARITIES

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

### OAK PLAINS ACADEMY

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

### OMNI VISIONS INCORPORATED

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

### YOUTH VILLAGES

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

## ARTS, CRAFTS & HOBBIES

### CLARKSVILLE 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

Provides lessons and classes in music and the visual arts for the general community. From Kindermusik classes for infants and toddlers, through lessons and performing ensembles for school-age students, and continuing with adult classes in photography, ceramics, and piano, the CSA strives to serve community members of all ages and ability levels with high quality year-round instruction in the arts. For information contact (931) 221-7508, [csa@apsu.edu](mailto:csa@apsu.edu), or visit [csa.apsu.edu](http://csa.apsu.edu).

### MADISON STREET MUSIC & ARTS ACADEMY

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

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit [www.mcwogs.org](http://www.mcwogs.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.

## ATHLETICS

### BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

### CANINE FLYBALL CLUB

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

### CLARKSVILLE BADMINTON CLUB

The Clarksville Badminton Club offers indoor recreational badminton to anyone Ages 15+, novice or experienced players are welcome. We provide both rackets and shuttles...no fees! Our times and locations of play are as follows: Tuesday mornings: 8:00 a.m. to 10:30 a.m. at Sango United Methodist Church Life Center, 3301 Sango Rd. Thursday evenings: 5:00 p.m. to 8:00 p.m. at APSU's Foy Center on Marion St. Contact Janet at (931) 648-4952 if you need more info.

### CLARKSVILLE IMPACT SOCCER CLUB

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

### CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and he can be reached at [PrHowle@aol.com](mailto:PrHowle@aol.com) for all who are interested. Visit [www.clarksvilletennis.usta.com](http://www.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 [www.JVolleyball.com](http://www.JVolleyball.com), email Director Jen Garinger at [jeng917@hotmail.com](mailto:jeng917@hotmail.com) or call Jen at (602) 741-8045.

### EMMANUEL FAMILY LIFE CENTER

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

### SWIMMING EAGLES

We are a Fort Campbell based competitive swim team open to non-military families. For more information please visit [www.swimmingeagles.com](http://www.swimmingeagles.com) call (352) 262-0627 or e-mail [swimeagleky@yahoo.com](mailto:swimeagleky@yahoo.com). All participants must pass a swim test.

### TEAM CLARKSVILLE YOUTH WRESTLING

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

### WARRIORS SPECIAL NEEDS CHEERLEADING

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

## CHILDBIRTH & PARENTING EDUCATION

### ROOTS CHILDBIRTH PREPARATION

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

### BREASTFEEDING EDUCATION AND SUPPORT (WIC)

Montgomery Co. W.I.C is excited to extend a Breastfeeding Basic invitation to ANY expecting mom in our local community! Learn how to successfully

breastfeed your baby at a FREE session at the Montgomery County W.I.C office! Breastfeeding classes will always be on the FIRST TUESDAY of the month at 11:00 a.m. and the THIRD THURSDAY of the month at 1:00 p.m.! Hope to see you there!

### CLARKSVILLE BIRTH COMMUNITY

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

### HEALTHY START

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

### LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

### NINE MONTHS & BEYOND

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

### TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

Taught by a Lactation Consultant, Breastfeeding Class covers initial steps to successful breastfeeding, uses for breast pumps and other supplies. Moms also receive a book, *Nursing Mothers Companion*. Classes are taught in the Legacy Rooms on the first floor of the Medical Center (651 Dunlop Lane) on the first Tuesday of every month from 7:00 p.m. to 9:00 p.m. Registration is required. To register call (855) TENNOVA (836-6682).

### 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

Offers an introduction to sibling interactions, a tour of the Nursery, and time to mingle with other children from expectant families. Classes are typically held the last Saturday of the month in the 3rd floor classroom of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

### 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 [www.wholewomanlactation.com](http://www.wholewomanlactation.com).

### CHILD CARE

#### CHILD CARE AWARE

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

### MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

### PARENT INFORMATION NETWORK

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

## PROGRESSIVE DIRECTIONS

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

## TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

## CHILD PROTECTION & DOMESTIC CRISIS SERVICES

### AL-ANON & ALATEEN

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

### MONTGOMERY COUNTY CHILD SUPPORT SERVICE

At 93 Beaumont Street. (931) 572-1663.

### SAFEHOUSE DOMESTIC VIOLENCE SHELTER

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

## CHILDREN'S GROUPS

### 4-H YOUTH DEVELOPMENT

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

### BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or [www.mtcbsa.org](http://www.mtcbsa.org).

### CHILDREN OF THE AMERICAN REVOLUTION (C.A.R.)

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineal, bloodline descent from an ancestor who aided in achieving American independence. Email us at [sevierstation@yahoo.com](mailto:sevierstation@yahoo.com).

### GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or [www.gsmidtn.org](http://www.gsmidtn.org). Girl Scouts build girls of courage, confidence and character who make the world a better place. Email [kbilly@gsmidtn.org](mailto:kbilly@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](http://info@leaporg.net), [www.leaporg.net](http://www.leaporg.net).

## COMMUNITY OUTREACH

### 101ST AIRBORNE DIVISION ASSOCIATION

#### ONCE AN EAGLE... ALWAYS AN EAGLE

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

### ALL NATIONS BIBLICAL STUDY CENTER

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

### APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended

and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, [jonesma@apsu.edu](mailto:jonesma@apsu.edu) or [www.ed2go.com/apsu](http://www.ed2go.com/apsu).

#### ARMY COMMUNITY SERVICE

At 6733 Air Assault Street, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, [relocation@fortcampbellmwr.com](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/FamilyReadiness.htm](http://www.fortcampbellmwr.com/ACS/FamilyReadiness.htm).

#### ASERACARE HOSPICE

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

#### BAYANHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

#### CRISIS CALL LINE

Offers crisis intervention, suicide prevention and referral. (931) 648-1000.

#### CROATIANS IN TENNESSEE

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

#### DAGAN FOUNDATION

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

#### FREE CAKES FOR KIDS KY & TN

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

#### FRIENDS OF THE BLUEWAY

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

#### FRIENDS OF ROTARY PARK

A volunteer group that is diligently working to improve the trail network and playground areas at the park. Those interested in joining Friends of Rotary Park can do so

by emailing [forp.president@gmail.com](mailto:forp.president@gmail.com). Or visit [www.facebook.com/FriendsOfRotaryPark](http://www.facebook.com/FriendsOfRotaryPark) to keep in touch with other members and events at the park.

#### TENNOVA HOME HEALTH & HOSPICE

141 Hatcher Lane. Serving the Clarksville area for 25 years. Offering nursing care, wound care, ostomy care, infusion therapy, home health aides, physical therapy, occupational therapy, speech therapy, hospice care, chaplain, social work, bereavement services and volunteer services. Servicing Montgomery, Cheatam, Roberson, Stewart, Dickson, Houston and Davidson counties. Call (931) 552-9551.

#### GOOD NEWS CLUBS

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

#### GRACE ASSISTANCE PROGRAM

Provides emergency services such as assistance with utilities, shelter, prescription medications, transportation, food, personal hygiene items and other basic needs. Additionally, we publish the Community Services Director for Clarksville-Montgomery County and surrounding area. (931) 648-9090.

#### HABITAT FOR HUMANITY AND RESTORE

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

#### HAILEY'S HOPE WITH PROJECT SWEET PEAS

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

#### HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

#### HOPE CENTER

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

#### HUMANE SOCIETY OF CLARKVILLE-MONTGOMERY COUNTY

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

#### LATINA ASSOCIATION

A nonprofit organization with the mission of unifying the Hispanic community within, and then unifying them in the community where they live, by being the center point of resources and education to strengthen family values. English as a Second Language classes are offered, in partnership with Adult Basic Education as well as How to Start Your Own Business seminars, offered in Spanish or English, in partnership with Your Spanish Link and Concept Training. Donations of any kind are welcomed. (800) 431-8364 or [www.asociacionlatina.info](http://www.asociacionlatina.info).

#### LOAVES AND FISHES

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

#### MANNA CAFÉ MINISTRIES

Serving the Montgomery County area with hot meals and food pantry. FOOD PANTRY – Mondays, Wednesdays and Fridays between the hours of 10:00 a.m. and 4:00 p.m. at our warehouse on Franklin Street. HOT MEALS – We serve hot meals three days a week. Tuesdays at 5:30 p.m. located at Vacation Hotel on Providence near Peachers Mill Road. Thursdays at 5:30 p.m. located at the Clarksville Montgomery County School Systems Office located in the large parking lot on Crossland and Gracey Avenues. Saturdays at 8:30 a.m. for breakfast served at BOTH locations. We are committed to uplifting those in need through kindness, love, respect and a full stomach. 1319 Franklin Street, (931) 933-0970.

#### 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.

#### REFORMERS UNANIMOUS

Christ-centered recovery program that offers guidebooks and weekly meetings with supportive caring people. Designed to assist people with addictive behaviors and any struggles of life. Meets at Bible Baptist Church, 3102 Prospect Circle, Fridays from 7:00 p.m. to 9:00 p.m. Visit [www.reformu.com](http://www.reformu.com) or call (931) 233-0519.

#### 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 CLARKVILLE

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

#### TWO RIVERS ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN (TRAEYC)

The Two Rivers Association for the Education of Young Children, TRAEYC, (pronounced tray-see), is one of the fastest growing affiliates in the history of the statewide associations. TRAEYC members have a passion for young children and are committed to their education. The Tennessee Counties represented by TRAEYC are Benton, Dickson, Henry, Houston, Humphreys, Montgomery and Stewart. We invite you to join us in exciting upcoming professional growth opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or visit [www.traecy.org](http://www.traecy.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 Makeba Webb at (931) 221-7601 or at [webbm@apsu.edu](mailto:webbm@apsu.edu). You can also visit our website at [www.apsu.edu/VUB/](http://www.apsu.edu/VUB/).

#### COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

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

#### APTITUDE HABILITATION SERVICES

At 2237 Lowes Drive, Suite G, Aptitude Habilitation Services is a comprehensive educational and

rehabilitation services firm dedicated to providing the highest quality applied behavioral therapy to children and adults on the autism spectrum. (800) 991-6070 or [aptitudeservices.com](http://aptitudeservices.com).

#### ASPERGER/AUTISM CENTER

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

#### BRADFORD HEALTH SERVICES

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

#### CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

7:00 p.m. to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene, 150 Richview Road. A Christ-centered 12 step recovery program for people with hurts, habits, and hang ups. This ministry provides a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point in your life! Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men's and women's share groups. Childcare is available for ages 10 and younger. For more info contact Pastor Brett at (931) 648-0110 or visit [www.clarksvillefirst.com](http://www.clarksvillefirst.com).

#### CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

A 12 step recovery program for individuals that are seeking healing and recovery from hurts, habits and hang-ups is offered every Friday evening at Grace Church of the Nazarene, 3135 Trenton Road. The 12 steps are based on the 8 principles of recovery taken from the Beatitudes in Matthew 5 of the Bible. Celebrate Recovery is a safe place where anonymity and confidentiality are critical elements for recovery. The evening begins at 6:15 p.m. with dinner served and the meeting starts at 7:00 p.m. Child care is provided and we also offer Celebration Station, which is an organized teaching outreach to the children (ages 5 through 12) of Recovery attendees. Come check us out. If you have any questions you may call the church office at (931) 647-7768 or call Jo Ann Waikel at (931) 216-6644.

#### 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, [www.Centerstone.org](http://www.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 [www.healthconnectamerica.com](http://www.healthconnectamerica.com).

#### THE FAMILY GUIDANCE TRAINING INSTITUTE

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

#### LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

#### MENTAL HEALTH COOPERATIVE

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

#### OAK HILL RESIDENTIAL

118 Union Street, (931) 647-8257.

#### 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 acidic, we can help. Professional support is available with fees based on your ability to pay. (931) 648-9009 or [www.pastoralcounselingctr.org](http://www.pastoralcounselingctr.org).

## THE PATH LIFE COACHING

Through The Path Life Coaching ([www.ThePathLifeCoaching.com](http://www.ThePathLifeCoaching.com)), you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. Julee Poole for more information at [JuleePoolePHD@aol.com](mailto:JuleePoolePHD@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 @ 10am to 12pm Katrina Watts, RIP Coordinator @ (931) 494-4863, [Katrina.Watts@centerstone.org](mailto:Katrina.Watts@centerstone.org).

## VIVIAN HOUSE

125 Vivian Street, (931) 920-7235.

## WEEMS ACADEMY

812 Greenvenue Avenue, (931) 920-7370.

## WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

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

## YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

## INTERNATIONAL ORGANIZATIONS

### MISS TENNEY AREA AFS VOLUNTEER LEADERSHIP TEAM

New AFSer's applications are available for viewing for the 2016-17 school year. Host parents may go to [afsausa.org/host](http://afsausa.org/host) to view them and fill out a hosting application. Keep in mind that CMCS will only allow four exchange students per year for each high school. To ensure getting the student of your choice in your area high school, it is recommended that you apply early. Go to [afsausa.org/study-abroad](http://afsausa.org/study-abroad) for more information and/or contact Becky Heywood (sending coordinator) at [AFSbecky@comcast.net](mailto:AFSbecky@comcast.net) ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and [albsarbs58@gmail.com](mailto:albsarbs58@gmail.com) or Sandy Rich at [srich@afsausa.org](mailto:srich@afsausa.org) or (865) 617-0665. The local Miss Tenney Area AFS Volunteer Leadership Team web site is [afsausa.org/mistenny/](http://afsausa.org/mistenny/). Follow AFS on Facebook: AFSUSA, Twitter: afsausa, YouTube: AFS TV and Flickr: afsausa.

### YOUTH FOR UNDERSTANDING USA (YFU)

Would you consider hosting or serving as a welcome family for one of our carefully selected foreign exchange students this fall? The benefits of hosting a YFU student are as numerous and varied as the families who embrace this life-altering experience. Meet some of our incoming students at [yfuusa.org/meetstudents](http://yfuusa.org/meetstudents). Apply at [yfuusa.org/host](http://yfuusa.org/host) or call (800) 872-0200 to speak directly with your local Field Director.

## PARENT CROPS

### CHRIST PRESBYTERIAN CHURCH MOPS

Mothers of Preschoolers (MOPs) is an international organization aimed at empowering mothers from pregnancy to the day they wave goodbye to their child on the first day of school. We meet from 9:30 a.m. to 11:30 a.m. most 1st and 3rd Thursdays of the month from September to May. Meetings are held at 1230 Rossview Road. Childcare is available. For more information please contact Sabrina Reiswig or Anne Coleman at [mops.cpoclarkville.com](mailto:mops.cpoclarkville.com).

### CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all

FREE! Everything—online support, playgroups, and MNOs are all FREE! [ClarksvilleMommies.Com](http://ClarksvilleMommies.Com) is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies!

## CHARA (CHRIST-CENTERED HOMESCHOOLERS APPLYING RIGHTEOUSNESS ACADEMICALLY)

CHARA is a support group for families who have chosen to educate their children at home. Monthly meetings for parents and children are held at Hilldale Baptist Church, 2001 Madison Street. Additional activities are held throughout the year. For more information visit [www.orgsites.com/tv/chara](http://www.orgsites.com/tv/chara) or e-mail [clarksvillechara@gmail.com](mailto:clarksvillechara@gmail.com).

## CLARKSVILLE HOMESCHOOL NETWORK

CHN is a member-led, inclusive homeschool network with the goal of connecting independent home educators and members of existing groups through a common virtual meeting place in order to encourage discussions, dialogue, and face-to-face meetings where members can share resources, learn together and build a sense of community. For more information, please visit [www.chn.proboards.com](http://www.chn.proboards.com). There is not a fee to register with the group. You must post an introduction to the group within one week of joining.

## CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

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

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

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

## LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

## MOMS CLUB OF CLARKSVILLE

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

## MOPS AT FIRST BAPTIST CLARKSVILLE

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

## HILLDALE BAPTIST CHURCH MOPS

MOPS, Mothers of Preschoolers is for moms with children between the age of pregnancy through Kindergarten. We meet most 1st and 3rd Fridays from 9:30 a.m. to 11:30 a.m. starting in September going through May. Meetings are at 2001 Madison Street, Student B Building, Main Campus. Childcare is provided. For more information please contact Arin Johnston or Jenny Kent, Co-Coordiators, at [mops@hilldale.org](mailto:mops@hilldale.org). Visit [hilldale.org/mops](http://hilldale.org/mops) or find us on Facebook under Hilldale Baptist Church MOPS.

## SPRING CREEK MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Thursday of the month September through May. Meetings are from 9:30 a.m. to 11:30 a.m. with childcare provided. For more information contact Michele Freiberg at [mfreiberg@yahoo.com](mailto:mfreiberg@yahoo.com). Find us on Facebook at Spring Creek MOPS.

## PARENTS OF MULTIPLES

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

## PARENTS REACHING OUT

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

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

SHARE is a non-religious home school group for Clarksville and the surrounding areas. All homeschoolers are welcome to join this group, regardless of religious beliefs, race, homeschooling methods, or family lifestyles. An online support and information network is available as well as bi-monthly meetings. This group is a community in which we all play an important role in deciding and implementing the activities we want for our children. For membership information please visit: [www.facebook.com/#!/groups/tnSharehomeschool/](http://www.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 [www.tennessee.gov/education/teis](http://www.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. We need your support so that we can continue to influence the needs of seniors by our voice in local, state, and federal government. For additional information, please contact Charmist Fields, President, (931) 358-3875, [charmistfields@charter.net](mailto:charmistfields@charter.net).

### NARFE CHAPTER 870, (NATIONAL ACTIVE & RETIRED FEDERAL EMPLOYEES)

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. If you are now receiving, or expect to receive, a federal retirement annuity then you should join us as a member and help us actively preserve our federal benefits. We need your support and membership to increase our overall membership numbers. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. With over 200,000 members nationwide and over 3,000 here in Tennessee, we are a strong voice in Washington, DC. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning 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 (931) 368-9903, (931) 249-9339 or [hsimms6551@charter.net](mailto:hsimms6551@charter.net).

## SUPPORT GROUPS

### ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

Meetings are the second Monday of each month at 6:30 p.m. at Clarksville Montgomery County Public Library, and the third Wednesday of each month at 11:00 a.m. at the Senior Citizen's Center at 953 Clark Street. Patsy Shell at (931) 648-1884.

### ARMY COMMUNITY SERVICE

At 6733 Air Assault Street, Fort Campbell, "Family Readiness" is the state soldiers, spouses and family members proactively prepare for, and in which they are able to cope with mobilization, deployments and prolonged separations. To prepare, soldiers (both active and reserve components) and their families attend classes and receive written instructional materials on subjects such as how to prepare a will, how to establish and manage a household budget, how to communicate with children of various ages, and how to maintain communication with the rear detachment of the deployed unit. (270) 798-0609, [relocation@fortcampbellmwr.com](mailto:relocation@fortcampbellmwr.com) or [www.fortcampbellmwr.com/ACS/FamilyReadiness.htm](http://www.fortcampbellmwr.com/ACS/FamilyReadiness.htm).

### ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

### AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

### CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

### CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

For patients, family members and caregivers in the day to day management of M.S. Activities include guest

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

### CLARKSVILLE OSTOMY SUPPORT GROUP

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

### CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

### DIABETES SUPPORT GROUP

Need help managing your diabetes? Our 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 at 5:00 p.m. in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information visit [Tennova.com](http://Tennova.com) or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

### FOCUS AUTISM NOW

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

### GRIEF SUPPORT GROUP AT ASERACARE

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

### JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)

Meets the last Saturday of each month. Contact [cvoiland-free@jdrf.org](mailto:cvoiland-free@jdrf.org).

### NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Meets the second Tuesday of each month from 6:30 p.m. to 8:00 p.m. at the Clarksville-Montgomery County Public Library, 305 Pageant Lane. For more information email [namiarkville@namin.org](mailto:namiarkville@namin.org) or call (931) 221-2696 or Bertha at (931) 216-3590. Someone you love has a mental illness, recovery is possible. Help. Hope. Healing.

### PARENTS HELPING PARENTS

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

### TENDERPAWS PET THERAPY

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

### YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

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



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## KIDSAREA EVENTS for the whole family

Enjoy interactive games and exhibits, hands-on learning activities, and huge inflatables. Game and activities are free, but wristbands are required for inflatables. Parents, save time and headache! Pre-order your wristband today and pick it up at Will Call Festival weekend!



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Saturday 10  
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Grab your friends and race down the Cumberland in a one-of-a-kind boat designed by YOU!

Register By  
September 2

• RIVERFEST •  
Art Experience

Thursday 8  
September

Aspiring artists & filmmakers can take part in the Juried Art and Film Festival now at Liberty Park!

Register By  
August 17 (Film Festival)  
August 31 (Juried Art Show)

Human Foosball  
• TOURNAMENT •

Saturday 10  
September

Your favorite table top game turns lifesize as you and your team compete against others to win big!

Register By  
September 2

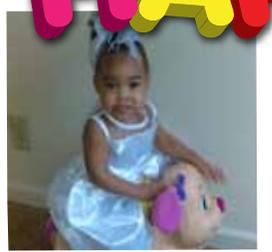


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**Wanna be on the Fridge?:** Email photo to: [fridge@clarksvillefamily.com](mailto:fridge@clarksvillefamily.com) by July 15th.  
 \*Please include the name of who is in the photo, their age & a preferred short caption\* (optional).

# HAPPY BIRTHDAY!



Happy Birthday Khalia!!!!  
We love you!!!!



Happy 1st Birthday Anyla!  
Love Mommy and Sister



Happy 2nd Birthday to my baby boy Adrian Zion! Love, mommy, daddy & your bros!!



Happy second birthday Brian!  
Momma & Daddy love you!



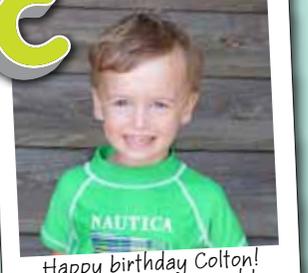
Happy 3rd Birthday Donovan Earl!!  
Love, Mommy, Daddy, and Donnay!!



Happy 3rd birthday Kallie girl!  
We all love you!



Happy birthday Charles  
Love, Daddy, Mommy & Michael



Happy birthday Colton!  
We love you so much!  
Mama, Daddy, and Avelen



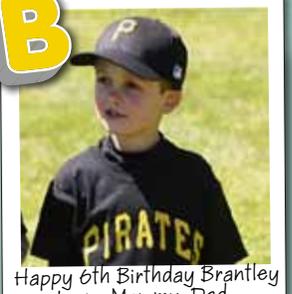
Happy 4th birthday Katharine.  
Love, Mom, Dad & sisters!



Happy 5th Birthday Erion!!  
We love you! from family xoxo



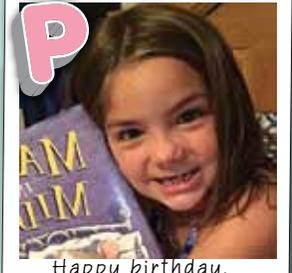
Happy 6th birthday, Abbie!  
We love you!



Happy 6th Birthday Brantley  
Love, Mommy, Dad, Campbell and Beckett



Happy 6th birthday Payton!  
Love, Mom, Dad, & sisters



Happy, birthday, Sweet Promise!  
We love you!



Happy 7 the Birthday Andre Nesta!!  
You are our Sunshine!  
Love mom, dad & your bros!



Happy 7th Birthday Nayliz Marlim Figueroa  
Love Mom, Siblings, Tita and Tito



Happy 8th birthday, Logan!  
Love, Mom, Dad, Megan, & Madison



Happy 9th Birthday Jesse James!  
Love Mom & Dad



Happy 10th Birthday Clay!!  
Love, Mom, Dad, Bennett, Reese & Jack



We love you! Happy 12th!  
Mom, Dad, & sisters

**\*Please limit entire photo caption to 50 characters or less including spaces.**

# HAPPY BIRTHDAY!



Happy birthday!  
Riley (13) and Jake (8) Lifsey.  
We love you



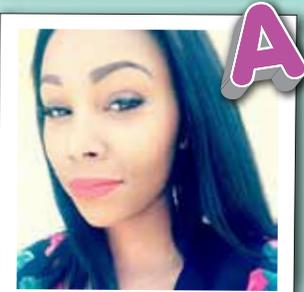
Happy 18th Birthday  
to my little cousin Briana  
Love u and enjoy your birthday



Happy Birthday to you Amanda  
Love u and hope you enjoy your birthday



Happy birthday Cody  
love u aunt rhonda



Happy 25th Birthday  
XOXO



Happy Birthday to my best bro ever  
We love u can't wait for u to be home  
From all of your fam



Happy 32nd Birthday Daddy!  
We love you, Brian & Misty



Happy birthday



Happy birthday Britt!!!



Happy birthday to this fella!!!



Happy birthday to  
my best friend



Happy Birthday to the best Daddy  
& husband in the whole world!!!



Happy birthday to  
my best friend



Happy 52nd Birthday to the best mom  
you can be to us We love so much

*“With Altra’s mobile app,  
atm network and co-op shared  
branching, I can take Altra  
with me wherever I go.”*

**Zach Eklove**

Altra Member

FIND MORE ONLINE &  
MOBILE SERVICES

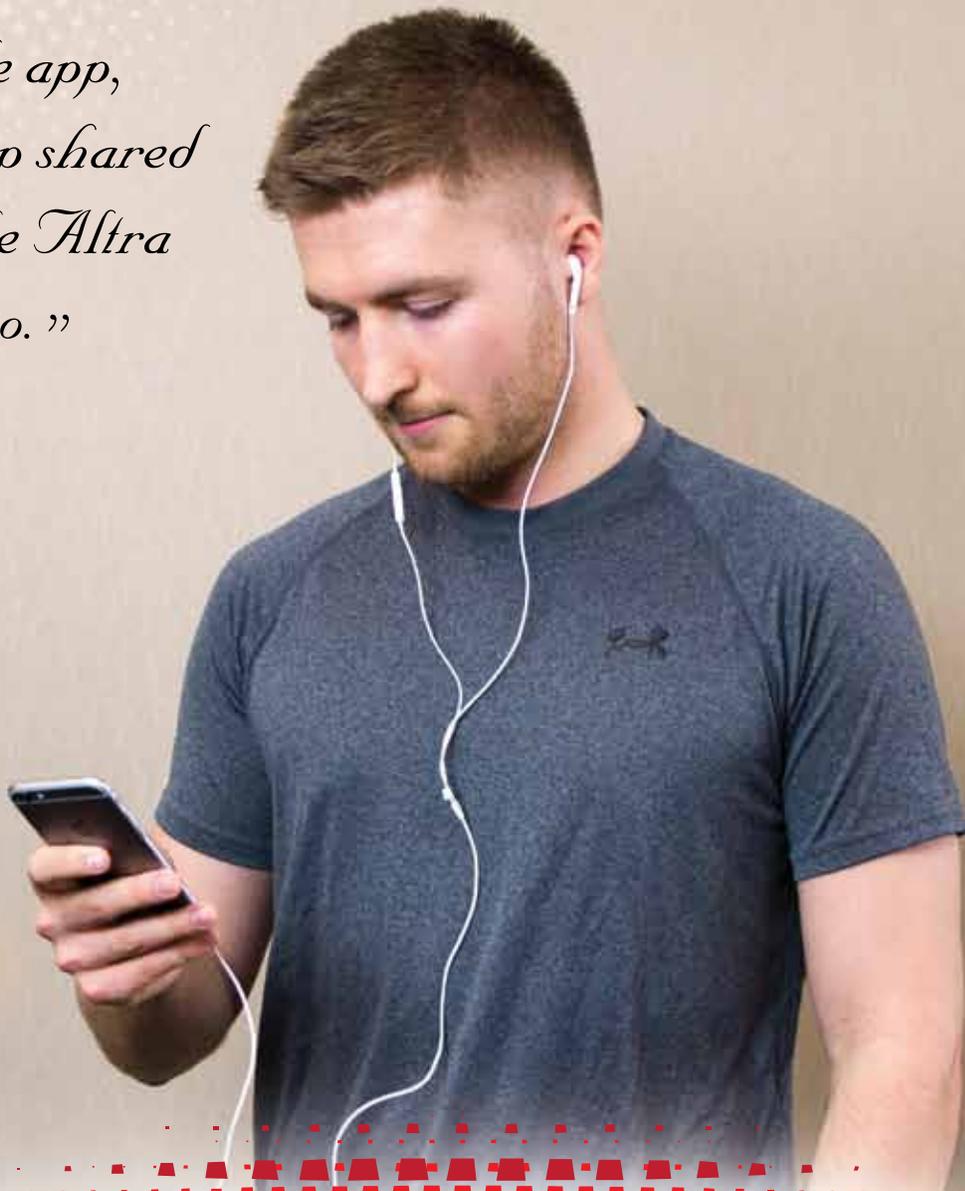
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