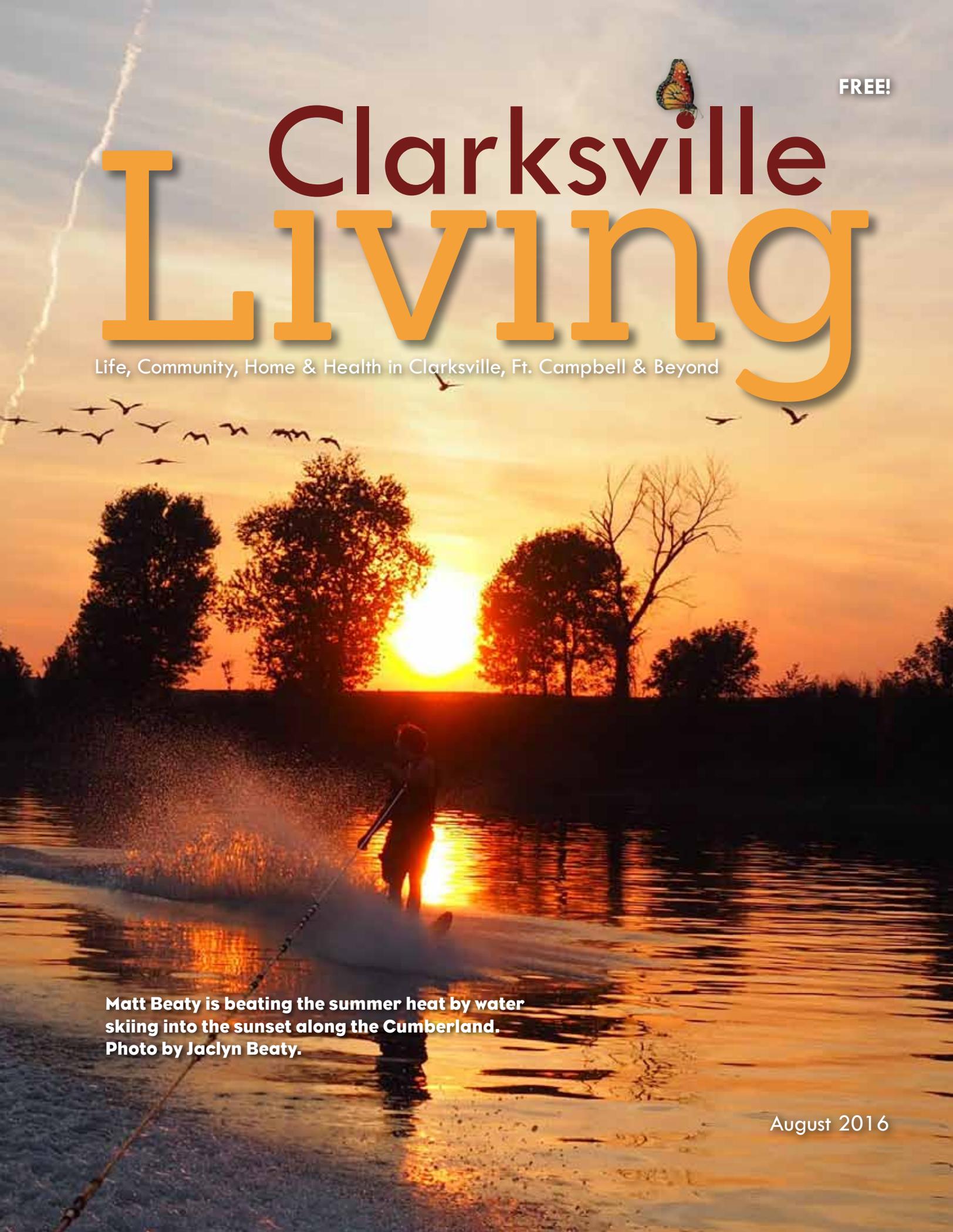


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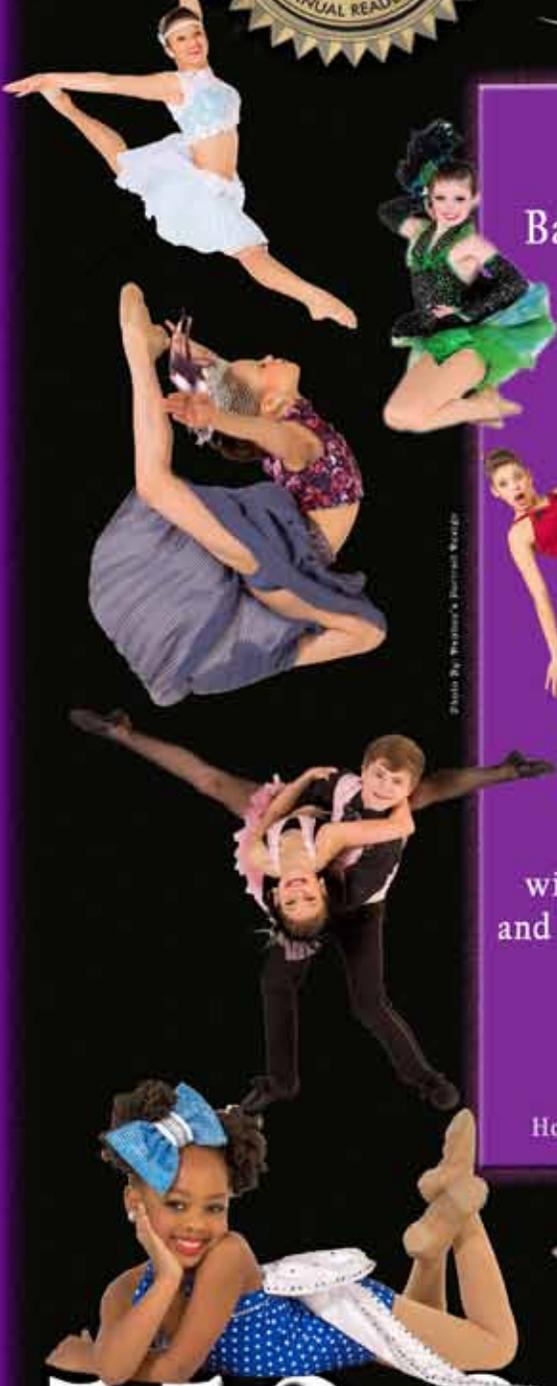


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## Publisher's Message

Here we are again! Another summer has flown by and what a scorcher. It sure took its time getting here but now that it's here it has dug its feet firmly in and isn't showing any mercy.

Not to wish the year away, but I am so over the summer heat and am already wistfully looking at fall clothes online. My son on the other hand, of course wants it to go as slow as possible because of school starting.

As I'm sure you noticed, this month's cover is an absolutely breathtaking photo of our beloved Cumberland River. This was a reader submitted photo. We typically don't use reader submitted photos, but this one was a game changer.

If you think you have the eye for it and happen to capture something beautiful and picturesque (besides Pokémon! ;) that describes what living in Clarksville is all about, send it in and we'll consider it for a future cover. Please make sure it's a high quality, high-resolution image, and also not just an image of your adorable kiddos. (That's what "the Fridge" and "Candid Clarksville" are for.) Please submit any cover photos for consideration to [cover@clarksvillelivingmag.com](mailto:cover@clarksvillelivingmag.com).

I hope you are able to enjoy the rest of your summer and stay as cool as possible. Leaves will be turning soon and pumpkin spice everything will be here before you know it.

For those of you that are getting ready for back to school, I hope it's a smooth and stress free transition!

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

Larry Riley

#### Special Thanks

Paul and Paula

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Pamela Roddy Magrans

This month a new group of students will embark on college. Some of them will be fresh out of high school, utilizing the HOPE scholarship or the Tennessee Promise. Many more of them will be students who have been out of school for a decade or more.

Many of the new students in colleges across Tennessee will consist of adult learners who are returning to college after taking time off due to responsibilities of parenthood or employment. The challenges faced by adult learners are real, but definitely not unsurmountable, especially with recent government initiatives to help nontraditional students reach their educational goals.

It has never been easier to go to college.

Recent initiatives in Tennessee offer adult learners opportunities to transfer credit, get credit for work experience or military service, and to obtain financial aid. Online

programs across the state make attending college more realistic for Tennesseans balancing family and jobs. Recent legislation, grant programs, and initiatives like the Drive to 55, led by Gov. Haslam, is creating dialog in higher education about how to serve the needs of an adult population. A growing climate in higher education to assist adult learners in achieving their goals is providing an atmosphere where getting a degree has never been more practical.

**What is the Drive to 55?**

The Drive to 55 is Gov. Haslam's initiative to help 55% of the Tennessee adult population obtain a

college degree or certificate by the year 2025. The Drive to 55 works towards the ultimate goal to create a stable workforce in Tennessee to improve the economy and quality of life in the Volunteer State. Several programs fall under the umbrella of the Drive to 55. Those programs focus on getting



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Tennesseans to enroll (or re-enroll) in the college or trade school of their choosing. Partnerships with the state's colleges make the Drive to 55 a unified vision in our state.

According to the Drive to 55 Higher Educational Snapshot for Montgomery County, 25% of the residents of our county currently hold an associate or bachelor's degree. Montgomery County's high school graduation rate is higher than the state average at 93.4%, compared to the State of Tennessee rate of 87.2%. However, our college attendance rate is below the average for Tennessee.

In 2015-16, 54.4% of Tennessee high school graduates enrolled in college, while only 49.2% of high school graduates in Montgomery County were enrolling in college. With so many financial aid programs, like the Hope Scholarship and the Tennessee Promise, many high school graduates can now attend college with little or no cost.

In 2015-16, it is estimated that 29% of the residents of Montgomery County had some college credit or vocational training. The goal of the Drive to 55 is to increase that 29% to 55% by the year 2025.

With so many options and financial aid opportunities, it has never been easier to attend college, yet many adult learners are unaware of these opportunities. Visit [driveto55.org](http://driveto55.org) to learn more about this statewide initiative to better prepare Tennesseans for career paths.

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**What is the Tennessee Reconnect?**

Going to college is intimidating for many adults who have been out of school for many years. For many Tennesseans, a poor economy has led them to secure multiple jobs to make ends meet. Many Tennesseans and residents of Montgomery County have placed college on the back burner while working and raising a family. However, for many of those adults, there is an urge to finish college. For many of those working adults who put college on hold, it is a personal dream to finally finish that degree. For others, promotions depend on it.

Tennessee Reconnect is one of the Drive to 55 initiatives to help more adults achieve that lifelong goal. Tennessee Reconnect focuses on the non-traditional, or adult, learner in an attempt to help them get a college degree or certificate, ultimately leading them to future employment.

According to [driveto55.org](http://driveto55.org), Tennessee has between 900,000 and 1 million adults with some college, but no



degree. As part of Tennessee Reconnect, all Tennessee adults can now attend and earn an associate diploma or certificate at any of the 27 Tennessee Colleges of Applied Technology (TCATs) completely free of tuition and fees.

It has never been easier to finish that college degree, no matter how old you are! Visit [tnreconnect.gov](http://tnreconnect.gov) to learn how to utilize the Tennessee Reconnect

program to attend one of the Tennessee Colleges of Applied Technology.

**What is the Tennessee Reverse Transfer Initiative?**

Many adults have credit at different state universities that could lead to an associate degree without having to attend any more classes! The Reverse Transfer is a process that allows a student who completed a minimum of 15 hours at a participating Tennessee two-year institution and later transferred to a participating Tennessee four-year institution to apply that college credit from different institutions towards an



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associate degree. Oftentimes, adult students have transferred and moved locations, causing them to accumulate courses from different colleges. Streamlining and combining that credit can award an associate degree.

Through the Reverse Transfer, students who meet associate degree requirements, or who are close to meeting those requirements, will be given the opportunity to have their completed credits evaluated for an associate degree. The goal of the Tennessee Reverse Transfer program is to give credit where credit is due. Visit [tntransferpathway.org](http://tntransferpathway.org) to learn more about how to consolidate past college credit into an associate degree.

**Tips for adult learners heading back to school**

Martha Harper, Coordinator of the Adult & Nontraditional Student Center at APSU, understands the challenges faced by adults who are returning to college (non-traditional students). She understands from a professional standpoint because her career at APSU puts her in constant contact with adult learners working hard to obtain a college degree. She also understands from a personal perspective.

"I once was in the same place as many Tennessee students. I lived in Virginia and struggled for years with guilt and shame that I had not finished my degree. I did return eventually but only after years of fence sitting about it and for all the same reasons: I am too busy, too old, too poor, etc. I hope that the



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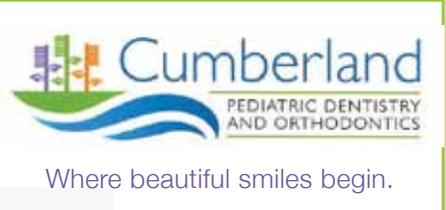
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citizens of Tennessee, who are having similar discussion with themselves, hear about Tennessee Reconnect, and know that the state of Tennessee genuinely wants to help them get back into school," said Martha Harper.

The rising cost of higher education is daunting for many. "Statistically the biggest challenge is finance. Austin Peay's Financial Aid office is very adept at assessing scholarship and loan opportunities for nontraditional and military students. If students carry a past debt that prevents them from re-registering, they are urged to call a Financial Aid Counselor

and discuss it. Tennessee and Austin Peay are most interested in getting them back to school, so if there is a path though the problem, we can probably find it," said Martha Harper.

Another challenge faced by adult college students is the strain it places on families. Many of the adult college students are parents who are also working. No one gets more hours in their day when they become a college student. Time management is key. "It is important for students to take the long view and know that the sacrifice the family is making now leads to many advantages in the future," said Martha Harper.

Despite the short term challenges of time management, ironing out the financial obligations, and completing the necessary paperwork, pursuing a college degree is always worth it in the long run. "It is really important to connect to other students like yourself. This will tremendously increase your chances of completion. Now is the time, here at APSU we are waiting and anxious to receive you," said Martha Harper.

To utilize the Drive to 55 Initiatives, such as the Tennessee Reconnect program, residents of Montgomery County have two local on-campus options: Austin Peay State University (APSU) and Nashville State Community College (NSCC). In addition, a variety of online colleges and programs are available for students who cannot attend traditional on-ground campuses.

It has never been easier to return to college. With Gov. Haslam's Drive to 55 initiatives, adults who want to return to college have real pathways and a support network to earn the credit they are due.



Pamela Roddy Magrans is a local mother, English instructor at APSU, and staff writer for *Clarksville Living Magazine*.

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Taylor K Lieberstein

**Course Objective:** To effectively re-establish rules or to put new one in place. Also to start and maintain a more routine schedule resulting in a less stressful school year for students and parents.

There are many tasks that go into getting kids ready for a successful back-to-school start. Wide-ruled paper and pre-sharpened pencils are the easy part. There are many things that parents can do to better prepare themselves and their kids and to ensure for a smoother

transition out of summer break and back into another school year. Clarksville-Montgomery County Schools will open their doors to begin the 2016-17 school year on August 8th. Read below to discover a few ways to get your house off to a smooth start.

**Set a Time for Everything** Set up and practice a bedtime and wake-up time prior to the night before the first day of class. By the time the first school bell rings, kids will already be on the right sleeping schedule making one less obstacle for your family. They'll feel more rested and ready to learn if they've had adequate sleep. Schedule an exact time they need to be ready and headed to the bus stop or in the car each morning.

**Make an Outline for Success** Have a meeting with each child to be clear about expectations for the school year. Follow up each expectation with a corresponding punishment for each unmet expectation—and stick to it! Bring up issues from the former school year and discuss productive ways to handle problems should they arise. Decide what activities the child can take on in addition to school and limit the rest.

**Designate a School Items Area** Find a central spot to store everything related to school, including backpacks, upcoming outfits, and a dry erase calendar with family schedules. Try to keep this area free of clutter and other non-school items so that you can find what you need, when you need it—and quickly. Have the kids help you stock it with school-related items and keep it clean and functional.

**Organize Your Tasks** Get shopping lists together and knock it out in one very productive day. Make one list for clothes, one for supplies, one for school sports and one for grocery items such as sack lunch or after school snack foods. Set up folders for each child with information you may need to access regularly—immunization records,

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**Notice Nutrition Habits**

Adequate nutrition fuels the brain and keeps your energy level high during the day. Summertime habits of skipping breakfast, snacking on junk all day and eating dinner in front of the TV won't cut it during a busy school year. Get everyone up in time for a good breakfast. A nutritious breakfast will improve academic performance and behavior in school. Pack a nutritious lunch or make sure your child has enough money to purchase lunch at school. Don't forget about proper hydration. Energy levels and brain activity are severely diminished if a body is dehydrated. Sodas and even fruit juice are full of sugar and empty calories. Get them in the water habit now, and they'll thank you later.

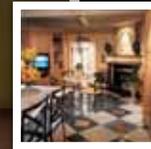
**Have a Backup Plan** Who will you call when your child has an unanticipated sick day during the school year? Touch base with a relative or friend that could possibly step in if need be or consider which parent could better work from home in case of an emergency. Is there a neighbor that could pick up the kids on occasion? Get a plan in place before you need one.

**Talk About Bullying**

Research shows that one in three kids experience bullying at some point in their school career—and in the increasingly digital world, the consequences can be dangerous. Make sure your kids understand the right way to treat their peers, and when to speak up if they see

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someone else being bullied. Also make sure they know to come to you before acting if they feel they fall victim to bullying.

**Ask Your Kids About Their Concerns** The start of school is exciting, but can also bring some anxiety—especially when it comes to the unknown. Take a few minutes to ask your kids what they are most looking forward to during the school year, and what things may be worrying them. By giving them a forum to express

their concerns, you can help them work through any worries in advance of school starting and clear up any issues that could lead to a rough start.

**Get an A in Wellness** Take care of medical and dental checkups as soon as possible to avoid having to pull your child out of school during school hours. Try and tackle the sports physical and any required school immunizations before the hectic school year begins. Correct any current medical problems as they are detected because students with unresolved medical problems will find it harder to focus during school hours.

**Schedule an Eye Exam** 80 percent of learning is visual—including reading, computer and classroom work. A child who has difficulty seeing things up close will have trouble efficiently completing assigned schoolwork. Vision problems are common among school-age children although many do not recognize that their vision is abnormal. If it is decided that your child needs help seeing more clearly there are many affordable and hassle free options available. Websites such as Warby Parker and Eye Buy Direct offer easy online ordering, great customer service and in many cases more competitive pricing.

**Meet and Greet the Teacher(s)** In the week before school starts—after that, things will be madness—make contact either in person or via e-mail and introduce yourself. You can let her know if your child has any particular sensitivities or if they need special accommodations. Plus, it'll start off your relationship on a positive note.

Early mornings, new extracurricular activities and loads of homework—back to school is a big transition for both parents and students. These tips may each seem like trivial tasks apart but when combined they can prove to be extremely effective throughout the course of a busy school year.

# Ann Layne

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**Brenda Hunley**

“Wake up Chester! We are landing,” Ranger Bill tapped his shirt pocket to wake the sleepy chipmunk.

Chester yawned and stretched. “I’m awake.” Peeking through the buttonhole in the pocket Chester looked at all the different humans as they gathered their items and got off the plane.

Feeling sudden movement he realized that Ranger Bill was getting up as well. Ranger Bill got his backpack out of the overhead compartment and slung it over

his shoulder. Walking off the plane and down to the luggage pickup Chester did not move. He simply had too many things to look at, and too many smells



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to sniff. It was fascinating this world called the airport. Everyone was in a hurry heading this way and that.

Ranger Bill stopped in front of the luggage conveyor belt. A buzzer sounded and an orange light started flashing. One by one different pieces of luggage strolled by as Ranger Bill looked for his black bag. There were lots of colorful bags, some were hard and some soft, some had wheels some did not.

“Pardon me, Sir,” a soft voice said.

Ranger Bill looked to his left to see a small brown haired woman. “Excuse me, Sir. Are you a Ranger?”

“Yes, I am,” Ranger Bill said sticking out his hand. “My name is Bill.”

“Ranger Bill, my son has a question for you.”

Up until this point Chester had not even seen the small child tightly holding onto his mom’s hand. He had been too fascinated looking at this woman’s hair. She had it piled on top of her head with two shiny combs holding it in place on the sides. What she did not know is that Chester was in the ranger’s pocket and that he could see that she had a small spider crawling around on top of her hair.

Ranger Bill bent down toward the boy. "Hi. What's your question?"

The boy studied Ranger Bill. Taking a deep breath he started talking so fast Chester was wondering how this boy was breathing.

"Do you take care of bears? How about snakes? Have you ever seen a mountain lion in the woods? How about possums or a monkey?"

"No bears in my woods. But I have seen one when I was camping with friends in Alaska. Snakes, yes all the time. I have not seen a mountain lion in the woods, but I've heard they are around. Possum? Oh yes they are everywhere. Monkeys? No. We do not have monkeys in our woods in Tennessee. Just at the zoo," Ranger Bill answered.

"Are you here to help with the forest fires?" the boy asked.

"No. Well maybe. I'm here for a couple of weeks," Ranger Bill answered.

"There has been a lot of damage to acres and acres of forest land, and unfortunately, to some cabins as well," the woman said.

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Chester quit looking at the boy and stared at the woman's hair again, looking for the spider. Not seeing it, he looked back at the boy. The boy was pointing at Ranger Bill's pocket.

"Is something in your pocket Ranger?" the boy asked.

Ranger Bill grinned and nodded, "Yes."

"Oh! What is it? What is it?" asked the boy.

The woman pulled on the boy's hand. "Okay, Tommy that is enough. No more questions. Thank you, Ranger Bill. Come on, Tommy we need to go. I see my bag." And with that the lady and the boy quickly disappeared in the crowd.

"Chester. Are you doing okay in there?" Ranger Bill whispered.

Chester looked up, "Yes. That lady had a spider in her hair."

Ranger Bill laughed. One of the men standing close by looked at Ranger Bill.

"What's so funny?"

Ranger Bill could feel his face turning red. "Nothing sir, nothing. I was just remembering a joke, that's all."

Ranger Bill walked to the other side of the luggage belt and spotted his luggage coming out of the hole by the flashing light. As the bag came by on the belt Ranger Bill pulled it off and popped the handle up in one swift motion. Pulling the luggage behind him, he and Chester headed for the door.

"Now to the bus that will take us to our rental car," Ranger Bill said as they joined a group of people standing next to a bus depot.

When the bus came Ranger Bill stepped aside to let others in first. Since he was one of the last ones on, he had to stand up and hold onto the bar that looked like a pole in the middle of the aisle on the bus. Chester thought this was fun as he watched this new group of humans interact. Several times the bus stopped and people got off and new ones got on.

"This next stop is ours Chester," Ranger Bill whispered.

The rental car place was quick, and very soon Chester and Ranger Bill were finally alone in a small blue car. "What a day, huh?" asked Ranger Bill.

"Yes! It seems like forever ago we were leaving the ranger station to drive to the airport," Chester said

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climbing out of Ranger Bill's pocket. Ranger Bill held out his hand and Chester hopped in. Lowering Chester onto the front seat, Ranger Bill turned the car on and typed an address into the GPS. "This says we have almost an hour drive. Then we can relax for the evening."

That sounded good to Chester, as today had been quite overwhelming so far. The pair listened to music and sometimes even sang along as they drove to the Forest of Redwoods.

As the roads went from straight and busy with automobiles to curvy and quiet Chester grew excited as he looked forward to meeting other animals that lived in a different part of the country than he. Ranger Bill turned the car onto a gravel drive and turned his lights on, as it was getting dark quickly.

Finally the car slowed to a stop. "We are here," Ranger Bill said placing his hand next to Chester so he could climb in. "Do ya want to ride in my pocket or on my shoulder?"

Chester shrugged his shoulders then decided he would rather just hang out in the safety of Ranger Bills pocket until he felt comfortable meeting other humans.

"Okay into my pocket it is. The Rangers know you are coming with me and they look forward to meeting you, but you do not have to meet them tonight if you don't want too."

Suddenly Chester felt very shy. "I will wait until tomorrow," he said rubbing his eyes.

Ranger Bill got the backpack and luggage out of the car and walked up to a cabin and flipped on the light. Chester looked around the room. There were two twin beds with a lamp and



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a telephone on a stand in between them. To the right of the door was a window that was closed and had the curtains drawn.

Setting the luggage on the dresser on the other side of the room the Ranger took off his hat and emptied his pockets onto the dresser as well. Sitting on one of the beds he put his hand next to his pocket and Chester once again climbed into it then timidly hopped onto the bed next to the Ranger.

"Oh this is soft!" he said.

"Yes, it looks comfortable. Which bed do you want?" Ranger Bill asked.

"I get my own bed? WOW! This bed is as HUGE!"

Ranger Bill laughed.

"May I just have this one?" asked Chester.

"You sure may," Ranger Bill said getting up. Walking over to the lamp and switching it on, he noticed a note on a piece of paper.

Reading it aloud he said, "*Bill, I hope this cabin is to your liking. I have put some food and drinks in your fridge and some fresh towels in the bathroom. Help*

*yourself to whatever you need. I will see you at the station for lunch. Rest up. The number to the station is listed below if you need anything else.*"

"Okay, Chester. You heard the man. Are ya hungry or thirsty?"

Chester got excited and rubbed his paws together. "Yes! What do we have to snack on?"

The pair found some fresh fruit and nuts and juice. After a refreshing meal, they both sighed deeply.

"Tomorrow is a busy day, Chester. I'm going to wash up. Would you like me to turn on the TV for you to watch?"

Chester nodded then watched TV for a little bit and snuggled deep into the pillow. By the time the Ranger came back into the room he saw Chester was fast asleep.

Ranger Bill turned off the light, the lamp, and the TV. He was tired. Pulling the quilt back on his bed, climbing in and fluffing his pillow he said, "Good night, Chester," then rolled over and went to sleep.

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Our nation, and our world, has seen terrible tragedies in the recent days and months: The law enforcement deaths in Dallas and Baton Rouge; Pulse Nightclub in Orlando; and past events such as Sandy Hook Elementary and Columbine High School in Denver, Colorado. These all show us a need for community.

Community is there to lean on in times of pain and suffering. Community is also there to encourage others. What would the difference have been if the lone man who drove the truck through Nice, France had been in a community of friends where he received encouragement and help?

The dictionary defines community as “a unified body of individuals.” We are all part of a community. Whether we are unified as residents in Clarksville, or unified in an office building, or unified in our love for a pick-up soccer game on Saturday morning in the park.

Community is something that we need. We are designed to be a part of a community. We are designed to be united and unified.

Community is something that helps us to grow. Community helps us achieve things we couldn't achieve by ourselves. We hear this over and over in quotes and sayings like “there's always strength in numbers” and “two are better than one.”

Aristotle said, “The whole is greater than the some of its parts,” meaning we are stronger together. Even if you don't look at the Bible as a book of authority and truth, the wisdom it contains agrees with this principle. In the book of Ecclesiastes it says, “Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble... Three are even better, for a triple-braided cord is not easily broken.”

I want to encourage you to dive in to your communities. Foster the friendships you have. Cultivate relationships around you to grow deep and meaningful. Maybe it's something as simple as having neighbors over for a summer cook out. Maybe you can connect with others whose spouses are deployed and have a group play-date. Send out an office-wide email about a potluck lunch at the office this week. Or take a cooler of Popsicles to enjoy after a game in the park.

Peter, a man in the Bible who you could say was Jesus's best friend, said in a letter he wrote later in his life that, “Most important of all, continue to show deep love for each other, for love



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So as you go through this week and this month, watch for opportunities to encourage those around you. Look for chances to have an honest conversation that takes a relationship deeper. Be unified. Stand united in cause. Live in community with others.



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City of Clarksville

Back for the 29th year, Riverfest is Clarksville's oldest outdoor music festival. Set on the banks of the Cumberland River, this FREE celebration showcases the music, art, family recreation, and culture that make Clarksville great.

Join us for three days full of fun, from everyone's favorite—the Riverfest Regatta—to the brand new Human Foosball Tournament. With Thursday highlights like the Riverfest Art Experience we're sure there's something for everyone. Then Friday and Saturday the Festival is in full swing at McGregor Park with three stages of entertainment, a Kids Area, and brand-new scuba diving experience!

**LIVE ENTERTAINMENT**

This year Riverfest will host three large stages of live entertainment. Some of Clarksville's most talented musicians as well as Saturday night's headliner, Brandy Clark! Music will range from country, R&B, Christian, to local dance groups, and more. Along with the Miller Lite and Riverbend stages, Festival visitors will experience a brand-new stage this year, too.

On Friday, First Baptist Church will host the Christian stage. This will include local church groups and gospel artists as well as a national entertainer. To be the first to know who the performer will be, sign up to receive our newsletter!

The full festival schedule is available online at [clarksvillerverfest.com](http://clarksvillerverfest.com). While you're there look at all of the great team events happening this year.

Whether you are looking for a competition, a team event, or just some fun and games Riverfest will have you covered all weekend long! Sign up online at [clarksvillerverfest.com](http://clarksvillerverfest.com).

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Cardboard Boat Regatta  
Saturday, September 10, beginning at 10:00 a.m.

This fan favorite is back for the tenth year. Boats are constructed from recycled materials and raced down the Cumberland River in a 100-yard dash. Come cheer on your favorite team! Teams must be registered by September 2 to compete.

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To stay up to date on the latest Festival happenings visit the Festival website, [clarksvillerverfest.com](http://clarksvillerverfest.com), and sign up for the Festival newsletter or call (931) 645-7476. The Festival is brought to you by the City of Clarksville Parks + Recreation Department.

Liberty Park  
Riverfest Art Experience: Thursday, September 8 at 5:00 p.m.

McGregor Park  
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Saturday, September 10 from 10:00 am to 11:00 p.m.

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Saturday, September 10 from 10:00 a.m. to 8:00 p.m.

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Brenda Hunley

In case you don't know the Pokémon Go game is the most downloaded app for Android and iOS devices since it debuted July 6th. Everywhere you look there are people wandering around in groups staring intently at their phones. So, what's the big deal?

The game uses your phone's camera and GPS to aid in your search of Pokémon in the real world. For example, when you search for Pokémon you are on a real map. The map shows the streets and landmarks around you, it lets you know how far away you are from a Pokémon. As you look through your phone you can see the Pokémon standing by a nearby tree, or on a bench for instance. These creatures are everywhere! It's like there is this invisible world going on around us that you cannot see unless you play the game.

Once successfully downloaded we meet Professor Willow who lets you in on how the game works, how to capture, train and then battle your Pokémon. You get to create your own avatar, and the adventure begins.

The Pokémon Go game has a warning to its users, "be alert at all times, and stay aware of your surroundings." The player presses the OK button and moves forward in the game. According to several websites there have been numerous Pokémon-related injuries. There are

reported stories of players walking off cliffs, into traffic, and falling into crevices and streams. When I heard that someone stopped in the middle of an interstate causing a huge accident to capture a Pikachu, I just couldn't believe someone was playing that intensely. People—please do NOT play Pokémon Go and drive!

Unfortunately it doesn't end there. Gamers have been trespassing and are overstepping basic courtesy. Weddings have been rudely interrupted, gardens have been trampled, and security alarms tripped by folks not paying attention to their surroundings. The videos of gamers running into doors and falling off curbs are funny, but not when it comes to personal injury or injury to others.

As a parent I was eager to learn all about it as I remembered the fun I had years ago helping my boys collect Pokémon cards. The idea behind the game, a "real world" scavenger hunt of sorts, is exciting. I do like that this game has kids up and moving. I am guilty of getting caught up in the excitement and walking/driving all over the place to help them move up another level. But like any parent, I do have the responsibility to bring them down a peg or two and remind them that this is yet another distraction that, while fun, they must please do safely and in moderation.

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According to the game creators at Niantic and the Pokémon Company they are already working on the next phase that will involve trading Pokémon again. How this will work is yet to be seen, but there are a lot of excited people that are eager to find out.

On a positive note this game has brought people together. The virtual world meeting the real world means the screen names and avatars are finally matching up to real faces with genuine friendships forming. Pokémon Go has also spawned outdoor activity that many gamers are sorely missing since most of digital entertainment is consumed from the climate controlled comfort of a living room.

Yes, the negative will always get more press, but what isn't being reported is the fun that responsible people of all sizes, colors, and nationalities are having getting together to search as a team. Have a great rest of your summer Clarksville!



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## Dr. Catherine Meeks

It's just about that time again: Time to switch from swimsuits to school clothes and from beach bags to backpacks. That's the easy part. What about preparing your child to have the healthiest and safest school year possible? Here's a handy checklist to help.

**1. Schedule medical, eye, and dental checkups.** Before school starts, check with the pediatrician to see if your child needs any immunizations. Vision and hearing tests are also a good idea, although schools perform hearing tests during certain grades.<sup>1</sup> If your child is playing sports, ask

the pediatrician whether a special checkup is needed. With certain sports, concussions can be a serious problem. Talk to the doctor about ways to protect your child.<sup>2</sup>

**2. Organize your child's medical history records.**

Provide copies to your child's school or daycare providers. I can help you pull some of this together, but the list should include your child's:

- Prescription medications
- Medical problems such as asthma or allergies
  - Previous surgeries
  - Emergency contacts<sup>2</sup>

**3. Communicate about transportation.**

Some kids get dropped up and picked up by parents. Others carpool. Still others walk, bike, or take the bus. And, of course, teens may have their own wheels. Regardless, it's important that your kids be—and feel—safe getting to and from school.

- If you or another adult picks up your child, agree on a time and place for pickups. Explain what to do if the driver is running late.
- If your child walks or bikes, do a dry run and explain any potential traffic hazards.
- If your child or teen takes the bus, find a safe route and agree on a visible pick-up and drop-off spot. Ideally, this is a place where other kids are around and adults can clearly see them.
- If your teen drives to school, be crystal clear about safe driving—including ditching that teen temptation: texting while driving.
- Create an emergency plan in case anything goes awry. In fact, make sure your child knows what to do in an emergency—whether at home or at school or anywhere in between.<sup>2</sup>

**4. Remember that there's more to school than hitting the books.** For example, good nutrition and exercise are essential for brain health. Here are a few other reminders:

- Be consistent about bedtime and wake-up times. Growing kids need at least eight hours of sleep—and teens need even more.<sup>1</sup>
- Make homework a habit by having clear routines. But don't overlook free time and friend time.
- Explain ways to prevent infection such as by regularly washing hands

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and by not sharing hats or other clothing. That's one way lice get around!

- Keep lines of communication open. Listen for signs of bullying or other concerns. Many parents find that car rides are a great time to have nonthreatening conversations with their kids. Contact the school if a problem like bullying does arise.<sup>3,4</sup>

Now about those immune boosting school supplies... Come by the store to stock up. Be prepared with probiotics, elderberry, echinacea, and other immune boosting products. And while you're here, we can talk over your health and safety plans for the school year.

*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**

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George S. Lee, MD, DDS

Losing a tooth—or several teeth—can be emotionally as well as physically painful. Missing teeth can make almost every aspect of life harder: eating, talking, and even smiling become difficult and embarrassing.

If missing teeth are making you miserable, you are not alone. Millions of Americans struggle with the practical and social problems that come with missing teeth. More than two thirds of adults between the ages of 35 and 44 are missing one or more teeth, and nearly a quarter of 74-year-olds have lost all their teeth, according to the American Association of Oral and Maxillofacial Surgeons (AAOMS).

Dental implants are an option for anyone who has missing teeth—whether you are missing a single tooth or all of them. It doesn't matter whether your teeth were lost in an accident many years ago or had to be removed due to decay; you can have your missing teeth replaced by permanent dental implants. They are also suitable for the vast majority of people, with one exception: children and teenagers under 16 years old will have to wait until their jaws have finished growing before they can have implants fitted, except in rare cases.

A few decades ago, if you lost a tooth—and particularly if you lost all your teeth—your options were limited. Now when you are faced with the issue of missing teeth, you can choose between three possible ways of dealing with the problem.

A single tooth can be replaced by a dental bridge, which attaches to the healthy teeth on either side and disguises the gap using a false tooth. In order to attach the bridge, the healthy teeth often have to be ground down—which means you would be doing further damage to your teeth just to hide the problem.

Dentures can be used to replace all the upper or lower teeth (or both). Alternatively, partial dentures can replace several adjacent teeth. Dentures have a number of



Implants can also be used to replace multiple teeth

disadvantages: you have to take them out to clean them, and they can become loose when you talk or eat, leading to embarrassment. Dentures also do not solve the underlying problem of missing teeth, which is that the bone that was once supporting the missing teeth gradually becomes weaker, leading to further teeth being lost.

If you have just lost a tooth, or you have been told that several of your teeth need to be removed because of decay, you might be confused about which option you should

choose. Take all the time you need to consider this decision.

Ask yourself the following questions:

- Are you prepared to adjust your lifestyle to fit in around cleaning and caring for your replacement teeth?
- Are you prepared to give up foods like corn on the cob and steak?
- Are you prepared to cope with occasional embarrassment from your false teeth?
- Are you prepared to deal with your dental health problems getting worse in future?

If your answer to the above questions is “no,” then dental implants will be a worthwhile investment in your future. For most people, dental implants are the most convenient long-term option for replacing missing teeth.

What makes dental implants so much better than dental bridges or dentures? The answer is that dental implants have a number of unique advantages.

#### **Dental implants protect the health of your jawbone.**

Like most parts of the body, the jawbone is strengthened through everyday use. Chewing is effectively a workout for your jawbone, just like jogging is exercise for your body. When you lose teeth, your jawbone no longer has to stand up to the forces created during

chewing, so it gradually gets weaker and weaker. The bone even shrinks in size because the body thinks it is no longer needed, which can lead to your face changing shape to make you look older than your years.

Eventually, more teeth fall out because they are no longer well supported by the weakened bone. Unlike dentures, dental implants can stop this weakening of the jawbone, and can even reverse it.

#### **Dental implants bring security.**

If you currently live with dentures, you know how much mental energy you devote to worrying about whether they are securely fastened in your mouth. For many people, the thought of their false teeth slipping out of place when they talk or eat is mortifying. With dental implants, there is no need to worry, as the artificial teeth are firmly rooted in place and cannot move or fall out. They are a part of you, just as much as your own natural teeth are.

#### **Dental implants are easy to care for.**

Do you remember the days when cleaning your teeth was a simple task? With dental implants, you can return to the brushing



Implants can replace a single tooth.

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and flossing routine that you used to follow to care for your natural teeth. It is time to throw out your denture cleaning products and say goodbye to overnight soaking routines. Your dental implants can be cleaned and cared for without having to remove them.

**Dental implants can restore confidence.**

As they look just like natural teeth, dental implants could give you the confidence you need to smile again—without fearing that your teeth could slip out of place at any moment. Get ready to see how much more positive a place the world is when you are able to flash that winning smile.

After you receive a dental implant, your speech will improve. Dentures can cause facial muscles to tense up as you attempt to hold them in place. Tense facial muscles can cause you to mumble or slur your speech. Shifting dentures can also cause clicking noises when speaking. With dental implants, your speech will return to normal.

**Dental implants are a long-term solution.** Unlike dentures, which usually need to be refitted and replaced every few years, dental implants can last 20-30 years or longer if properly taken care of. Even if the crown is damaged in an accident, this part can usually be replaced without disturbing the implant root. As long



**Dental implants closely mimic the structure of a natural tooth – as well as a natural-looking crown, there is also an artificial root that extends deep inside the gum, just like the natural root of the tooth once did.**

as you remember to keep up your good dental hygiene routine and visit your dentist regularly, your dental implants should serve you well for a long time.

According to the Institute for Dental Implant Awareness, implants are generally 95 to 98% successful for periods of up to 50 years. With such an excellent success rate, dental implants are the long-term solution to both health and cosmetic problems and even solve the emotional problems caused by missing teeth.

As the American Association of Oral and Maxillofacial Surgeons says, “They will look, feel, and act like natural teeth.”

There is a big difference between looking like and functioning like natural teeth. Aesthetic results may be achieved with alternative replacement options, but no other method will allow you to eat, feel, and look like you did before the replacement procedure.

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.

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# 5 SIMPLE CHANGES FOR WEIGHT LOSS

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You don't have to overhaul your life to make healthier choices.

You hear the best weight-loss advice all the time—exercise more and eat less. Making major changes to your daily routine can be more difficult than you imagine, so start small:

- Carry a reusable water bottle. The average can of soda has about 150 calories, and many Americans drink at least one soda per day. When you're trying to trim extra pounds, having a water bottle handy can quench your thirst and curb your cravings for soda. A reusable bottle cuts back on waste caused by prepackaged water. If you're concerned about taste, try a bottle with a built-in filter.
- Write down everything. Before you make any changes to your diet or exercise routine, log how much you eat and when (as well as how much you exercise). Being mindful of the food you eat is a great first step toward making changes because it helps identify why you're eating—it may not be because you're hungry.

- Start sleeping more. Did you know lack of sleep has been linked to weight gain? When you don't get enough rest, the hunger hormones in your body are thrown out of whack and go into overdrive, encouraging overeating. One study found that those who slept less while on a diet lost more muscle than fat. Aim for seven to 10 hours of sleep each night.
- Eat before you shop. Going grocery shopping hungry can result in impulse purchases you don't need. Make sure your stomach is full and your mind is clear before hitting the aisles.
- Set realistic goals. Don't expect drastic results in 30 days or less. If you set your goals too high, you may get discouraged quickly and give up. Talk with your physician about reasonable milestones for your weight loss.

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However, once the shine of the new craze wears off, many people slide back into their old, unhealthy habits.

Whenever you change your diet or physical activity levels, you should talk to your physician—but he or she can also be a huge help to you for achieving lasting weight loss. Talk with your physician about concerns you have, roadblocks to success and what amount of weight loss would be best for your health. **If you don't have a physician, Tennova Medical Group is here to help. Our convenient family practice locations welcome new patients of all ages. Call (931) 502-3800 or visit [TennovaMedicalGroup.com](http://TennovaMedicalGroup.com). Ask about our same- and next-day appointments. Patients of all ages welcome!**

*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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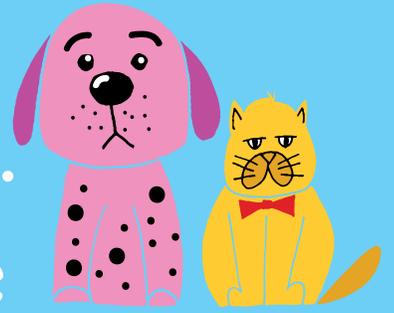
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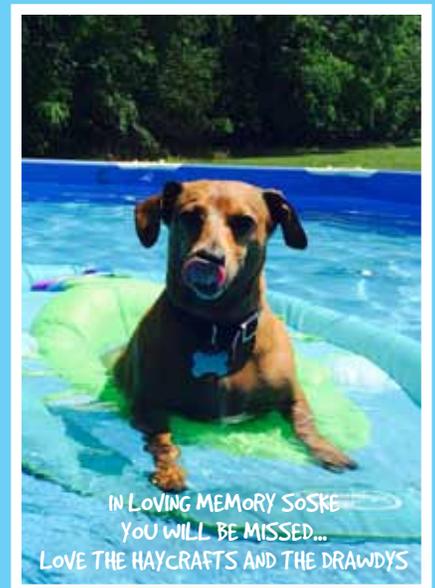
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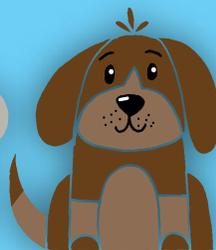


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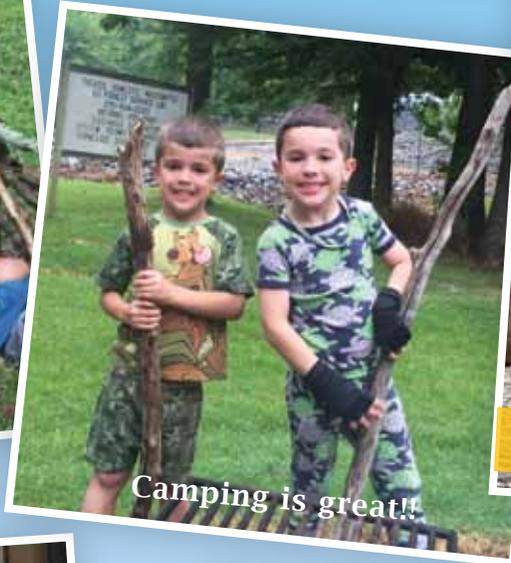
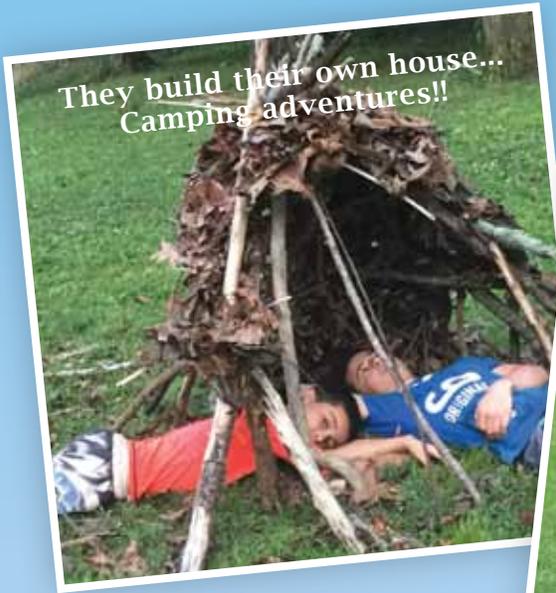


IS THAT THE SCHOOL BUS?!



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

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# CALENDAR

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### 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  
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### 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).

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### GENEALOGY DISCUSSION GROUP

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Church every Sunday morning at 9:30 a.m.  
Bible Study every Wednesday at 6:30 p.m.  
Ride each Sunday at 11:00 a.m. Hope Riders is a full-fledged Biker Ministry and all bikers are welcome.

Salem Place  
1765 Highway 48  
Contact: Pastor Ron  
(931) 801-0379  
[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.

Clarksville-Montgomery County Public Library  
350 Pageant Lane

## 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.

LEAP Plaza  
1860 Wilma Rudolph Boulevard

## UFO CLUB

Shoot down your UFOs. For the quilters or sewers who have Unfinished Fabric Objects lying around. A great way to make new friends and be inspired to conquer some of your UFOs. Join us on the first Saturday of each month at 9:00 a.m. in the classroom at Quilt and Sew. Call the Mother Ship (Quilt Shop) for further details or directions. Free and fun.

Quilt and Sew  
109 South Main Street  
Trenton, Kentucky  
(270) 466-9222

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[www.aprilb-clarksville.com](http://www.aprilb-clarksville.com)

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*(by appointment only)*  
Call or go on-line to schedule your drop-off time!

**SALE DATES:**

**PRE-SALES:**  
(Sorry, NO CHILDREN ALLOWED at Tuesday's pre-sales)

**Tuesday**  
September 13th  
PRESALE FOR CONSIGNORS

**Thursday**  
September 15th  
1/2 OFF PRESALE FOR CONSIGNORS

**OPEN TO THE PUBLIC:**

**Wednesday**  
September 14th - 7:00 AM - 6:00 PM  
OPEN TO THE PUBLIC

**Thursday**  
September 15th 7:00 AM - 6:00 PM  
25% OFF UNLESS MARKED NO DISCOUNT

**Friday**  
September 16th 7:00 AM - 6:00 PM  
(1/2 OFF TO THE PUBLIC)

**Saturday**  
September 17th 7:00 AM - NOON  
(1/2 OFF TO THE PUBLIC)

[find us on Facebook!](#)

Sale Location: 121 Union Hall Road  
Clarksville, TN

CONTACT: Jeannette Smith, Phone 931-358-2979,  
Please no calls after 9pm or email  
[littlelambsandivy@gmail.com](mailto:littlelambsandivy@gmail.com)

For complete details & instructions go to: [www.tnconsign.com](http://www.tnconsign.com)

# August

## 1 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

## 4 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)

## 6 SATURDAY

### TRAIL CLEANUP

8:00 a.m. to 10:00 a.m. Our trails need constant maintenance, but to make it more fun, we schedule volunteer maintenance days throughout the year to help keep them in shape. Groups are encouraged to participate. Please bring work gloves.

Robert Clark Park  
1449 Tiny Town Road

### WONDER KIDS

#### TRIATHLON

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 timed. Spots fill up quickly, pre-registration is required.

New Providence Pool & School  
166 Cunningham Lane

## 8 MONDAY

### 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

## 12 FRIDAY

### JAMMIN' IN THE ALLEY

6:00 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

## 13 SATURDAY

### ART LINK CLASS

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

Customs House Museum  
200 South Second Street

### TREE OF LIFE OPEN HOUSE AND ART EXHIBIT

12:00 p.m. to 6:00 p.m. The community is welcome to come by and visit with local produce, dairy, egg and meat vendors and take home a variety of samples that we carry in the Market. In addition, representatives from the Clarksville Montgomery County School System will be on hand to provide information on the many educational programs available through their outreach program.

Along with the Open House, The Tree of Life Center will host an art exhibition of 3-D art work from area artists made available through chunkArts Studio. Proceeds from art sales will benefit the Tree of Life Foundation.

"Play is the work of the child."  
- Maria Montessori

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For further information, please call JB Gallegos at (931) 919-2836 or email your questions to [jb.tolcenter@gmail.com](mailto:jb.tolcenter@gmail.com).

The Tree of Life Center  
30 Crossland Avenue

## FRIENDS OF THE NRA BANQUET

5:30 p.m. There will be games, dinner/dessert, donation contests and lots of fun! Bring the whole family! We raise money for the area shooting sports as well as 4H groups, and wildlife conservation. Tickets are \$30 pre event and \$35 at the door for adults 18 and older. \$15 for 17 years and younger. Email: [felicitync2002@yahoo.com](mailto:felicitync2002@yahoo.com) for more information.

Wilma Rudolph Event Center  
1190 Cumberland Drive

## FARM TO MARKET DINNER

6:30 p.m. A showcase of foods and other items from our Downtown Market Vendors. Meal prepared by APSU Culinary Arts Class. Proceeds will be given back to Market Vendors and Culinary Arts Class. Tickets are \$25/each available at [clarksvilledowntownmarket.com](http://clarksvilledowntownmarket.com). See ad on page 25.

Strawberry Alley  
Downtown Clarksville

## 14 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

## 16 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



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• Fundraisers / Reunions  
• Company Picnics / Grand Opening

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931-645-4685 • [www.aquinopediatrics.com](http://www.aquinopediatrics.com)



# 17 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

with a wide variety of the community's athletic and outdoor clubs, businesses, and organizations. See ad on page 27.

Wilma Rudolph Event Center  
1190 Cumberland Drive

## LIBERTY LIVE! CONCERT SERIES

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.

Liberty Park  
1190 Cumberland Drive

## MOVIES IN THE PARK: A LEAGUE OF THEIR OWN

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

# 27 SATURDAY

## ART LINK CLASS

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

Horsefeathers  
94 Franklin Street

## VIVID FREE EVENT AT AWAKEN CHURCH

5:00 p.m. to 8:30 p.m., pre-party at 4:00 p.m., parent and youth leader event at 4:15 p.m. to 4:45 p.m. Free event with inflatables, games, food trucks and more. Visit [vividis.life](http://vividis.life) for more information. See ad on page 11.

Awaken Church  
581 South Riverside Drive

# 28 SUNDAY

## MUSIC IN THE HOLLOW

6:00 p.m. to 8:00 p.m. Live music, iced coffee and kettle corn. Featuring singer/songwriter Lydia Walker and country artist Will Stoltz. \$15 general admission, \$25 VIP. Tickets can be purchased at [bit.ly/musicinthehollow](http://bit.ly/musicinthehollow) via EventBrite.

The Belle Hollow  
Miss Lucille's Marketplace  
2231 Madison Street

# September

# 5 MONDAY

## LABOR DAY

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)

### 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 August 5, 6, 12, 13, 19 & 20

7pm August 3, 4, 10, 11, 17 & 18

2pm August 13

### Million Dollar Quartet

On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Take a glimpse inside the recording studio on that legendary night with an unforgettable evening of red-hot rock 'n' roll hits including "Blue Suede

Shoes," "Fever," "Walk the Line," "Sixteen Tons," "Who Do You Love?," "Great Balls of Fire," "Folsom Prison Blues," "Whole Lotta Shakin' Goin' On," "Hound Dog," and more.

8pm September 16, 17, 23 & 30 and October 1, 7, 8, 14 & 15

7pm September 21, 22, 28 & 29 and October 5, 6, 12 & 13

2pm October 1

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



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## CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

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

### EXHIBITS:

#### **Perspective: The Vision of Jessica Holly August 2 – August 31**

Artist Jessica Holly from Berea, Kentucky merges the disciplines of photography and drawing to create alluring digital designs that juxtapose personal icons with images of natural and urban environments. This combination creates an altered reality with an added psychological dimension.

#### **Annual Staff Art Exhibition August 2 – October 2**

See art in a variety of mediums created by the staff of the Customs House Museum and Cultural Center.

#### **Women Painting Women August 5 – October 23**

Women Painting Women promotes the work of contemporary female artists working in the figurative tradition who focus on women as their subject matter. This exhibition features nine artists from Tennessee, Pennsylvania, Texas and Wisconsin.

#### **Tammy O'Connor: Hand Shadows August 8 – October 23**

This body of work by Tammy O'Connor is comprised of whimsical characters created with glass and shadows. The project is reminiscent of the many storytelling moments the artist experienced as a child with her family.

#### **Olen Bryant: Tennessee Treasure August 11 – October 16**

Sponsored in part by Planters Bank. Art by well-known local artist Olen Bryant will be on display. The exhibit features sculptures from the CHM&CC Permanent Collection as well as additional work on loan from other sources. Working in clay, wood and stone, Bryant creates masterful figures that are stylized, bold, timeless, totemic, authoritative, introspective and, at the same time, consoling.

#### **Eric Hansen: Dollhouses from the Collection August 16 – October 23**

The series of dollhouse photographs on aluminum by the award-winning photographer Eric Hansen are on exhibit.

#### **Fantastic Fans from the Collection Now through August 31**

Hand fans from the CHM&CC collection are on display in Memory Lane.

### ACTIVITIES:

#### **Art & Lunch: Karla Tucker Thursday, August 18th, 12:15pm**

Join artist Karla Tucker as she demonstrates her encaustic photography work in the exhibit Women Painting Women. Admission is free.

#### **In the Art Room: "Let's Go to the Circus!" Open daily.**

Take the circus scavenger hunt challenge. Make a toilet-paper tube circus animal and a circus train craft. Design a circus poster. Play with some circus animals. Exercise your brain with the clown match game. Read some circus books.

#### **All Aboard! August 2, 3, 4 & 13 10 – 11 a.m. and 2 – 3 p.m.**

The Model Trains will be running additional days in August.

#### **Family Day: A is for Armadillo August 13**

Join us in the Art Room for assorted armadillo activities. You don't want

to miss this opportunity to see Ms. Sue's armadillo purse! And just in case you are wondering, it isn't made from a dead armadillo!

#### **Olympic Friday\* August 5, 10:15 - 11:15 & 2:00 - 3:30**

All ages welcome. Celebrate the start of the 2016 Summer Olympics with some fun summer games in our courtyard and a medal worthy craft in the art room. Don't forget to stop by our Challenges and Champions Gallery to learn about Wilma Rudolph, a Clarksville native who not only set 2 world records, but also won a bronze and 3 gold medals in the 1956 and 1960 Olympic Games!

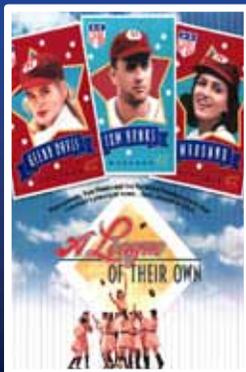
\*In the event of poor weather, activities will be offered inside the museum in lieu of the courtyard.

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.



You bring the blanket

We bring the stars

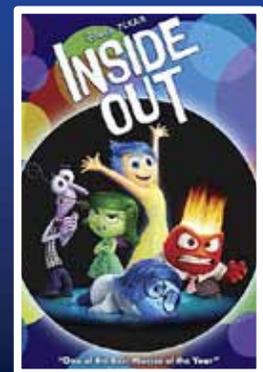


## FREE OUTDOOR MOVIES

Liberty Park  
(1188 Cumberland Drive)

AUGUST 20\* A League of Their Own  
SEPTEMBER 24\* Inside Out  
OCTOBER 8 Jurassic World

\*Denotes a Liberty Live Concert before movie



For the complete schedule and pre-show activities visit: [www.facebook.com/clarksvillemovies](http://www.facebook.com/clarksvillemovies)

## ADOPTION & FOSTER CARE

### CAMELOT CARE

Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care provider servicing children, adolescents, and their families in the state of Tennessee. For more information on how to become a foster parent please call 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.org](http://madisonstreetmusic.org) and find us on Facebook (Madison Street Music & Arts Academy)

### MONTGOMERY COUNTY WATERGARDEN SOCIETY

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

## 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.

### TEAM CLARKSVILLE YOUTH WRESTLING

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

### THUNDERBOLT AQUATICS SWIM CLUB

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

### WARRIORS SPECIAL NEEDS CHEERLEADING

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

## CHILD BIRTH & PARENTING EDUCATION

### ROOTS CHILD BIRTH 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

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.

### NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, baby moon 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 CHILD CARE 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 [kelly@gsmidtn.org](mailto:kelly@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](https://www.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 a drift, 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 TENNENY AREA AFS VOLUNTEER LEADERSHIP TEAM

New AFSer's applications are available for viewing for the 2016-17 school year. Host parents may go to [afsusa.org/host](http://afsusa.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 [afsusa.org/study-abroad](http://afsusa.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@afsusa.org](mailto:srich@afsusa.org) or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is [afsusamiss.tennky.org](http://afsusamiss.tennky.org). Follow AFS on Facebook: AFSUSA, Twitter: afsusas, YouTube: AFS TV and Flickr: afsusas.

### 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 Reisinger 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 Wednesdays 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 Meagan Hurley at [meaghurley@gmail.com](mailto:meaghurley@gmail.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/#1/groups/tnsharehomeschool/](http://www.facebook.com/#1/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@namintn.org](mailto:namiarkville@namintn.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 [Infant\\_LossProject@yahoo.com](mailto:Infant_LossProject@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@clarksvillivingmag.com](mailto:info@clarksvillivingmag.com).



# September 8-10, 2016

ART • MUSIC • FOOD • CULTURE • FAMILY • REGATTA

## 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!



### JOIN US

### 3 Stages of Entertainment

## Inflatables • Vendors • Games

Cardboard Boat  
• REGATTA •

Saturday **10**  
September

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**



## CLARKSVILLERIVERFEST.COM

FREE ADMISSION • 931-645-7476 • #clarksvillerverfest

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

# HAPPY BIRTHDAY!



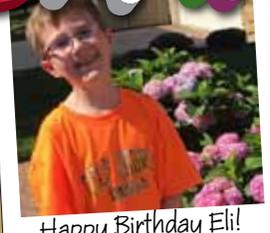
Happy Birthday JAXSON  
We Love You Whole Bunches  
Gi Diddy, Gigi and RyRy



Happy birthday Miracle  
We love you!



Happy 5th birthday Livi!  
Love Knox, Piper, Blaise and Finn



Happy Birthday Eli!  
We love you! Mommy & Daddy



HAPPY 8TH BIRTHDAY CONNER  
YOU ARE OUR FUNNY MAN  
LOVE MOM, SIBLINGS, AN FAMILY



HAPPY 8th BIRTHDAY MASON!!  
We think you are awesome!!  
We love you!! Mom, Dad & Emerson



Happy 9th birthday, Austin!  
Love, Mom



Happy 10th Birthday Taylor!  
We Love You So Much!



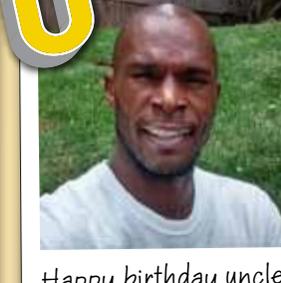
Happy 11th birthday  
Aubrey and Hannah!



Happy 18th Birthday Dear Allison!  
We love you so much!  
Dad, Mom & Snoopy



Happy birthday son  
love u



Happy birthday uncle



Happy birthday cuz



Happy birthday cuz



Happy 52th birthday mom  
we love u



Happy birthday babe  
love u



Happy Birthday Dwayne



Happy Blessed 106th Birthday  
Mrs. Ella B. Couch  
Love your St. Peter A.M.E. church family

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



# COMIC RUN

CHARACTER 5K-1K RUN/WALK  
& COSTUME CONTEST AFTER!

Benefiting: FUEL of Clarksville [fuel4kids.org](http://fuel4kids.org)



2016

## WHO WILL YOU BE?

SATURDAY, SEPT., 24TH, 11AM  
BEACHHAVEN WINERY

REGISTER NOW AT [RUNCLARKSVILLE.COM](http://RUNCLARKSVILLE.COM)

# RAPID REFI

*10-year fixed rate mortgage*

RATES AS LOW AS

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\*Limited time offer. Rate is based on personal credit history. Loans available to qualified borrowers refinancing a first mortgage on a primary residence; maximum 80% LTV (Loan-to-Value) includes optional cash out. Available in all states except Texas on owner-occupied and vacation homes; available only on homestead property in Texas. \*\*Member must have checking, direct deposit and eStatements to qualify for Closing Cost Credit of \$150. This is a fixed-rate mortgage; Annual Percentage Rate (APR) and monthly payments remain fixed for 10 years. 3.19% rate includes .25% discount for checking, direct deposit and e-statements. At 3.19%, repayment requires 120 monthly payments of \$9.74 per \$1000 borrowed. Amortizations over 10 years require 10 year balloon. Amortizations up to 15 years available for an additional .25%; up to 20 years available for an additional .50%. Extended amortization and balloons not available in Texas. Weekly, bi-weekly, semi-monthly or monthly payments available EXCEPT in Texas (monthly only).

