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

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Publisher's Message

My son just turned 13 a couple weeks ago. He's now taller than me, buys clothes in the men's department, and almost sounds like a grown man when he speaks. I'm just not ready for all this yet. It seems that he went from: baby, to little guy, to this big ol' tall thing before I've barely had time to blink! Of course, I am extremely proud and excited for him, but a little shocked at how fast 13 years has zipped by. I'm sure you all can relate to this with your little ones.



With school finally out and the onset of summer, be sure to check out the calendar (starting on pg. 34) to see all of the camps, fairs, festivals and more that are going on around town. There is definitely plenty to keep you and the kiddos busy! Just remember to check them out now, in case you need to register or sign up early.

Of course, the kick off to summer wouldn't be complete without everyone's local favorite, our Downtown Market. It happens every Saturday from now through October 8th, downtown in the Public Square (8:00 a.m. to 1:00 p.m.) with fresh, local fruits and vegetables, baked goods, local honey, musicians, food trucks, onsite chefs and more. Come early and often. It's not to be missed. Be sure to check out the article on page 10, for the Downtown Market's full schedule and the latest scoop with what's new this year. (Including the new Farm to Market Dinner!)

Happy Father's Day to all the Dads out there!

Here's to another great summer in Clarksville, and as always, thank you for picking us up!

Sincerely,
Carla Lavergne

DISCLAIMER

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

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BITE SIZED WISDOM

Facts About Wisdom Teeth

George S. Lee, MD, DDS

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

What are wisdom teeth?

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

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

Pain free does not mean problem free. It is important to be evaluated by your general dentist or oral surgeon as a young adult to assess the presence of third molars, disease status, and provide treatment or management options from removal of the teeth to regular monitoring of the wisdom teeth. It's common to not feel these teeth come in, which is why your doctor will take x-rays periodically. Once they do show up on the x-ray, your dentist can evaluate the positioning and alignment and then send you to an oral surgeon for further evaluation. If you choose to do the surgery while you are young and in good health, you may avoid a more complicated extraction later on. In younger people,



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- Pain or Difficulty Opening Mouth
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the roots of wisdom teeth are not yet fully developed and the bone is less dense, making removal easier. If the surgery is delayed until the patient is older, then recovery and healing time could be longer.

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

What's an impacted tooth and is it dangerous?

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

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

How are wisdom teeth removed?

If your dentist or healthcare provider recommends that your wisdom teeth be removed you will most likely be referred to an oral and maxillofacial surgeon. The surgical technique used to extract the teeth is dependent on how the tooth is positioned and development of the root. Teeth can be fully erupted, impacted

in the gums, partially impacted in the jaw bone, or fully impacted in the jaw bone. Usually they can be extracted at the oral and maxillofacial surgeon's office based surgical facility.

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

Can you have extra wisdom teeth?

Yes! About one to two percent of people have extra wisdom teeth, referred to as supernumerary teeth. You can also have extra teeth elsewhere in the mouth, such as

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the canines, incisors, and other molars. Supernumerary teeth can develop the same problems as wisdom teeth if not extracted, such as cyst or tumor formation, prevention of normal eruption of adjacent teeth, and damage to surrounding teeth and structures. If you have extra wisdom teeth, they are typically removed at the same time your primary wisdom teeth are removed.

Why are wisdom teeth called wisdom teeth?

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

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



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

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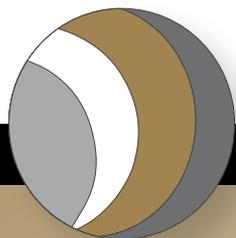
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THE CLARKSVILLE DOWNTOWN MARKET

City of Clarksville

The Clarksville Downtown Market, sponsored by Season’s Market and Bump & Rump, is a weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products. The Market strives to provide an opportunity for local customers to connect with local businesses, while enhancing quality of life in our community. Enjoy live music, meet our Market mascot, “Corny the Cob,” and experience special events on select market days.

Dates: Saturdays, May 20 through October 14, 2017
(No market July 1 and Sept 9)

Location: Open-air market in City Hall Parking Lot
One Public Square | Clarksville, TN

Hours: Normal hours: Open 8:00 am – 1:00pm
*Market hours subject to change due to weather.

“We are thrilled to promote health and local eating by sponsoring the Clarksville Downtown Market for the second year,” said Shani Simms,

owner of Season’s Market and Bump & Rump. “Please stop by our booth for free samples, we can’t wait to meet you!”

Our Mission

- Provide access to local food choices and serve as a community-gathering place with a positive atmosphere
- Offer area farmers, producers, and artisans sustainable business opportunities
- Foster a sense of local pride while furthering the economic development of Clarksville and surrounding communities

Our Story

The Clarksville Downtown Market has been connecting local producers and artisans with local shoppers every Saturday from May through October since it was established in 2009. Fresh produce and handcrafted items are available from a variety of regional farmers, small businesses, and non-profits at the outdoor market on Public Square in Historic Downtown Clarksville, TN.

The market offers seasonal fruits, vegetables, fresh meats, cheeses, sauces, eggs, baked goods, canned items, potted flowers and herbs,

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family members at home.*

THM

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fresh cut flowers, soaps, décor, candles, jewelry, clothing, live music, and so much more. Ready-to-consume items vary from weekend to weekend but may include lemonade, popsicles, hot dogs, kettle corn, breakfast items, and Mexican cuisine.

The market continues to grow and flourish because of the support of the City of Clarksville, our hard-working vendors, and the loyal market customers who purchase items each week. Since the Market's introduction, it has grown from 16 vendors to over 80. In 2016, the Clarksville Downtown Market has been voted the Number 1 farmers market in Tennessee through www.farmland.org for a 7th straight season.

The Clarksville Downtown Market is managed by the staff and personnel of Clarksville Parks + Recreation. Pets are welcome at the market every Saturday, but please keep dogs on a leash and be aware that on sunny days the pavement at Public Square can become very hot.

Event Schedule

A community-favorite and shopping destination, the Clarksville Downtown Market on Public Square offers a variety of events. Festivities are free of charge



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and diverse, offering something for visitors of all ages looking to have a great time at one of Clarksville's most treasured gathering places.

Live Entertainment

We are thrilled to be able to feature local musicians and artists Saturdays at the Market. Follow "Clarksville Downtown Market" on Facebook to find out about who is performing each week.



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GREEN THUMB DAY | JUNE 10

POP-UP MARKET AT SEASON'S
MARKET | JUNE 14

EAT YOUR VEGGIES DAY | JUNE
24

SUMMER GRILLING | JULY 15

POP-UP MARKET AT SUMMITT
HEIGHTS | JULY 24

CHRISTMAS IN JULY | JULY 29

FARM TO MARKET DINNER |
AUGUST 12

MARKET SCAVENGER HUNT |
AUGUST 26

COLLEGE FOOTBALL DAY |
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CLARKSVILLE | SEPTEMBER 13

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Are you interested in sharing your talents with our Market patrons? Live music continues to be a part of our Market atmosphere. If you or your group are interested in performing during one of our market days, apply online at clarksvilledowntownmarket.com.

New This Year

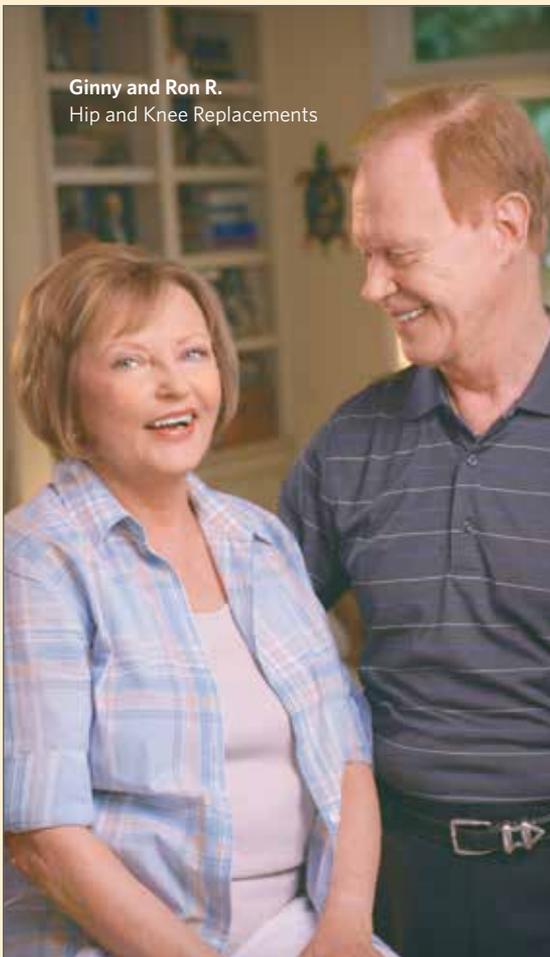
New this year, the Clarksville Downtown Market will be accepting EBT. In addition, the Market will offer a double-up program called Fresh Savings, which helps shoppers who receive Supplemental Nutrition Assistance Program benefits stretch their SNAP dollars on fresh produce. When shoppers spend up to \$20 buying any SNAP eligible food with their EBT card, they receive the equivalent amount in Fresh Savings tokens to spend on fresh fruits and vegetables the same day or at future visits. Fresh Savings is a healthy-food incentive



program supported by AARP Foundation, United States Department of Agriculture and co-sponsored by United Healthcare.

"The Clarksville Downtown Market is proud to make locally-grown, healthy foods accessible to everyone," Market Manager, Channel Lemon said.

Several ways are available to stay informed on what's "fresh" each Saturday at the Clarksville Downtown Market. You can "like"



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the Clarksville Downtown Market on Facebook or sign up for the Downtown Market e-newsletter by visiting www.clarksvilledowntownmarket.com.

Become a Vendor

All items must be handmade, homegrown or gathered by the seller or family members. Interested vendors and food trucks can apply online at www.ClarksvilleDowntownMarket.com. Applications go live mid-January of each year.

Full-time vendor, 20 market days | \$200

Part-time vendors, 10 market days | \$150

Fill-in vendors | \$20 per market day

Food trucks, 20 market days | \$700

Fill-in food trucks | \$45



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SEPT 23
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FORCE AWAKENS
& ROGUE ONE
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For full details including food truck lineup visit Facebook.com/ClarksvilleParksandRecreation

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FARM TO MARKET DINNER

AUGUST 12 • 6:30 PM on Strawberry Alley

Show your support for the Clarksville Downtown Market and our vendors by joining us on Strawberry Alley to experience the pleasures of eating locally. For one night only, the Clarksville Downtown Market vendors are showcased.

The vegetables, herbs, meats, fruits, and desserts served are grown, produced, and made right here in the surrounding Clarksville area. When you arrive at 6:30 pm, you will be greeted with appetizers. Choose a seat at our long dining table and enjoy conversation and live music with fellow guests.

Dinner begins promptly at 7:00 pm and includes a salad, choice of two entrees, three sides and a dessert. Dinner will be prepared by Austin Peay State University's Culinary Arts School.

All proceeds will benefit the Clarksville Downtown Market and our vendors. Seats are limited.

Tickets: www.eventbrite.com
Search for 'Farm to Market dinner'
Cost: \$35 each



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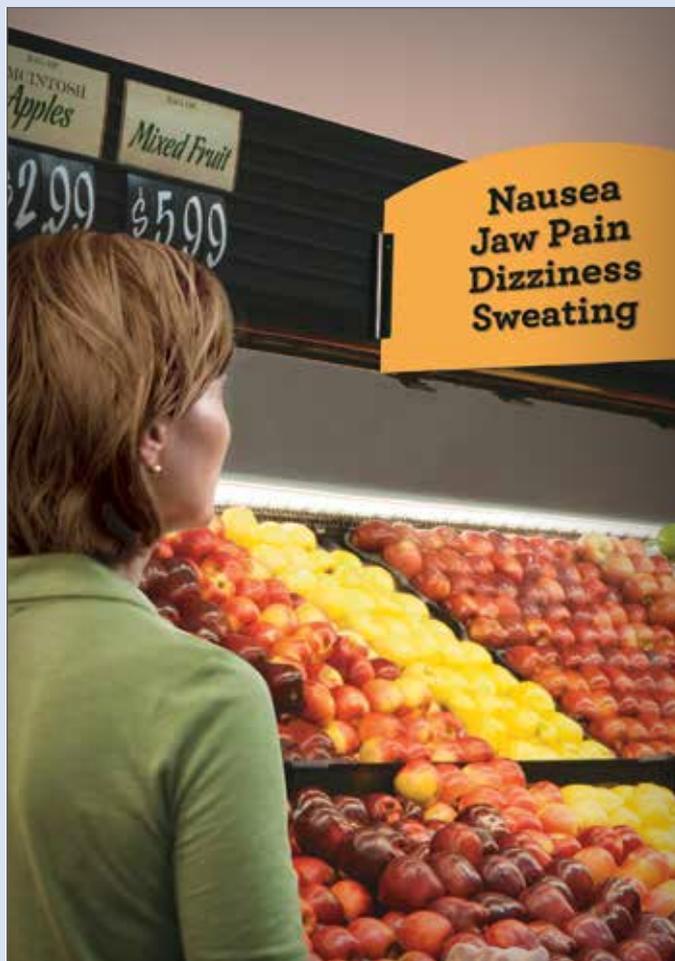
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 Before you head out for fun in the sun, set aside a day to throw out any expired bottles of sunscreen from summers past and buy a new bottle.

While you're at it, you may want to pick up a few bottles, as studies show most Americans don't apply enough sunscreen. The Skin Cancer Foundation recommends applying a shot glass worth of sunscreen lotion — about 2 tablespoons — to exposed skin every two hours. That means a 10-ounce bottle should last you approximately 10 applications, or 20 hours of beach or pool time.

Now's also a good time to schedule an annual skin check with your primary care doctor. Need a doctor? Tennova Medical Group is here to help. Our family practice office located on Tiny Town Road welcomes new patients of all ages. Call 931-502-2423 or visit TennovaMedicalGroup.com. Ask about our same- and next-day appointments.

For more health and wellness articles like this one, visit our blog at TennovaWellness.com

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The fair will host opening night Tuesday, June 13th and run through Saturday, June 17th. Each night will feature a different special event. Fair hours are:

Tuesday, June 13th- 6 p.m. to 11 p.m.- \$15 arm bands (good for admission to all midway rides).

Wednesday, June 14th- 6 p.m. to 11 p.m.- \$25 arm bands (good for admission to all midway rides). Wednesday is also Screaming Eagle Ready Mix Night. The first 100 guests get free entry into the fair.

Thursday, June 15th- 6 p.m. to 11 p.m.- \$25 arm bands (good for admission to all midway rides) and is Kubota Coleman Tractor Night.

Friday, June 16th- 6 p.m. to 11:30 p.m.- \$25 arm bands (good for admission to all midway rides).

Saturday, June 17th- all day and night, 1 pm to 11:30 p.m.- \$20 arm bands between 1 p.m. and 6 p.m. and \$25 arm bands after 6 p.m.

General admission into the midway is five dollars for adults, three dollars for ages six to 10 and free for children five and under. As always parking is free.



2017 SPECIAL EVENTS INCLUDE:

Molly Arc Petting Zoo- open every night. Find a variety of animals including farm and exotics.

Swiftly Swine Pig Races- If you have never seen a pig race before, do not miss this event. Swiftly and his friends don't race for money, they are after an Oreo cookie, waiting on a silver platter at the finish line. Shows are Tuesday-Friday 6p.m., 7:30p.m., 9p.m. and 10p.m. Saturday 2p.m., 4p.m., 6p.m., 8p.m. and 10p.m.

Ducks Inc. Live Duck Races- We promise you can't watch the ducks race without smiling. Interesting facts about Mallard ducks are revealed throughout the show. Children and adults are chosen during each show to release the ducks in the race track. Prizes are given to the winners of each race. There are five races during each show. Shows are Tuesday-Friday 6:45p.m., 8:00p.m., 9:45p.m. and 10:30p.m. and Saturday at 1p.m., 3p.m., 5p.m., 7p.m. and 9p.m.

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July 10-13
& July 17-20

Afternoon/Evening

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(931) 494-5312

EXIT 11

1808-C Ashland City Rd. 41A bypass

(931) 503-8050

email: lanasdancecentre5678@gmail.com



continued from page 19

Side by Side Racing by M&S

Power Sports- One night only, Thursday, June 15th. This is a new, must see event. Gates open at 6:30p.m., racing begins at 7p.m. \$25 to race, \$20 to ride, \$10 for adults to watch, \$8 active military, \$5 for kids six to 10 years old and free for kids five and under. The fastest time winners will receive 150 dollars for first place, 75 dollars for second place and 25 for third place.

Monster Truck Races-

Featuring six total trucks; USA 1, QuadZilla, Hot Rod Harry, Full Boar, Pouncer and Predator and two mini trucks and one ride truck. They will be performing both Friday, June 16th (gates open 6:30p.m.- pit party 7p.m.- 8p.m., show starts at 8p.m.) and Saturday, June 17th (gates open at 6:30p.m.- pit party at 7p.m.- 8p.m., show starts at 8p.m.). Ticket prices are \$20 for adults, \$18 for active military and \$15 am for kids six to 15 years old (five and under are free). Some may consider eating fair food an event worth showing up for. All the fair favorites including funnel cakes, cotton candy, candy apples, chicken on a stick and Philly cheese steaks will be available nightly.

Summertime county fairs are hard to beat. Five days of family fun, carnival rides and entertainment await when the Montgomery County Fair opens this year. Be sure to come enjoy one of the highlights of summer this month.

13-17

JUNE

FREE PARKING

Midway Admission
\$5 Adults 11 & up
\$3 Kids 6 - 10
Kids 5 and under
FREE

TUESDAY - THURSDAY 6PM - 11PM

FRIDAY 6PM - 11:30PM

SATURDAY 1PM - 11:30PM

Montgomery County

FAIR



TUESDAY NIGHT 6/13

Arms Bands \$15

Molly Ark Petting Zoo 6 - 9pm

Swiftly Swine Racing Pigs 6pm,
7:30pm, 9pm and 10pm

Ducks Inc. Live Duck Races 6:45pm,
8pm, 9:45pm and 10:30pm

WEDNESDAY NIGHT 6/14

Arms Bands \$25

Screaming Eagle Ready Mix Night
FIRST 100 PEOPLE GET IN FREE!

Molly Ark Petting Zoo 6 - 9pm

Swiftly Swine Racing Pigs 6pm,
7:30pm, 9pm and 10pm

Ducks Inc. Live Duck Races 6:45pm,
8pm, 9:45pm and 10:30pm

THURSDAY NIGHT 6/15

Arms Bands \$25

Kubota Coleman Tractor Night

Molly Ark Petting Zoo 6 - 9pm

Swiftly Swine Racing Pigs 6pm,
7:30pm, 9pm and 10pm

Ducks Inc. Live Duck Races 6:45pm,
8pm, 9:45pm and 10:30pm

FRIDAY NIGHT 6/16

Arms Bands \$25

Molly Ark Petting Zoo 6 - 10pm

Swiftly Swine Racing Pigs 6pm, 7:30pm, 9pm and 10pm

Ducks Inc. Live Duck Races 6:45pm,
8pm, 9:45pm and 10:30pm

SATURDAY NIGHT 6/17

Arms Bands \$20 from 1pm - 6pm \$25 After 6pm
OR \$25 FOR ALL DAY

Molly Ark Petting Zoo 4 - 9pm

Swiftly Swine Racing Pigs 2pm, 4pm, 6pm, 8pm and 10pm

Ducks Inc. Live Duck Races 1pm,
3pm, 5pm, 7pm, 9pm

|| ARM BANDS GOOD FOR ALL MIDWAY RIDES ||

ARENA EVENTS: (arena events require additional admission)
Fair Midway Included in all Arena Event Ticket price

THURSDAY NIGHT: SIDE BY SIDE RACING (Timed Course)

Sponsored by M&S Power Sports

Gate open at 6:30pm Racing At 7pm

Pits \$25 To Race — Riders is \$20 — \$10 For Adults

Active Military \$8 — Kids 6-10 \$5 — 5 and under **FREE**

Winner Fastest time \$150, 2nd \$75, 3rd \$25

FRIDAY AND SATURDAY NIGHT: MONSTER TRUCK SHOW

6 Total Trucks , 2 Mini Trucks, 1 Ride Truck.

Tickets \$20 For Adults — Active Military \$18

Kids 6-15 \$15 — 5 and under **FREE**

Gates open 6:30
PIT PARTY 7pm- 8pm
Show starts at 8pm



Welcome Summer time!

by Brenda Hunley

The warm weather, sunshine, picnics, family vacations, holidays, and our American flag are a big part of summer. Starting with Memorial Day at the end of May, then onto Flag Day in the beginning of June, and then the big one: Independence Day in July we see Old Glory everywhere.

Growing up in a military family, I learned at a young age how to respect our flag. I watched the precision of soldiers early in the morning raising the flag and the ceremonial attention to detail as it was folded and put up in the evenings. If for some reason it was left out at night there was always a light shining on it. I've watched as flags were moved to half-mast when we lost an American hero. Then yet again at a funeral of a military veteran, police officer, or firefighter as the flag draped casket passed by. Respect and pride wash over me watching the military salute and then graveside as the flag is folded very carefully before it is presented to the family just so.

As an adult now, I am very aware of proper flag placement and am surprised at how many people are not familiar with the

honorable way to hang our countries flag. Basically when you display the flag on a wall or in a window, the BLUE section of the flag shall always be in the upper left corner regardless whether the stripes run vertical or horizontal.

No matter which political party you associate with, as Americans we are all united by our flag. The American flag represents different things to different people. However, I believe we all agree that it deserves our respect, so when we go to put our flag out please remember that there is a proper way to display our national treasure. **Did you know we have a code for our flag? We do.**

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According to usflag.org, the Flag Code formalizes and unifies the traditional ways in which we give respect to the flag, and also contains specific instructions on how the flag is not to be used.

- **First**, it is to never be dipped to any person or thing. If a flag is flown upside down that means the premises is in danger.
- **Second**, the flag should never be used as curtains, napkins, handkerchief, or a tablecloth. (Holiday bunting is fine with the blue stripe on top).
- **Third**, our flag should not be used as a costume, or athletic uniform. (A flag patch may be used on the uniform of military personnel, firemen, policemen, and members of patriotic organizations.)
- **Fourth**, our flag should never have any mark, insignia, letter, word, number, figure, or drawing of any kind.
- **Fifth**, The flag should never be used as a receptacle for receiving, holding, carrying, or delivering anything.

When the flag is lowered, no part of it should touch the ground or any other object, it should be received by waiting hands and arms. To put the flag away it is important that it be folded neatly and ceremoniously. We must keep the flag clean and mended. When a flag is no longer fit to serve as a symbol of our country, it should be turned into an American Legion member to be properly destroyed. (2005)

Every color and every shape on the flag has a specific meaning behind it. I know, we all learned this in school as kids, but it doesn't hurt for us to have a small refresher course.

The WHITE stands for purity and innocence. The RED stripes stand for hardiness and valor, and BLUE for vigilance, persistence, and justice. The 50 stars represent the 50 states of the United States of America while the 13 stripes represent the thirteen original colonies that declared independence from the Kingdom of Great Britain.

Streufert, D. (2005). Flag Etiquette. Retrieved from <http://www.usflag.org/flag.etiquette.html>

LITTLE ATHLETES BIG CONFIDENCE

NEW PROVIDENCE SCHOOL & POOL
AUGUST 5, 2017 | 9:00AM
Ages: 3-12

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City of Clarksville

Clarksville's Independence Day Celebration

The City of Clarksville will celebrate our nation's independence this year with the tenth annual Independence Day Celebration on Monday, July 3, 2017 at Liberty Park. This event is free and open to the public.

Activities and music will begin at 6:30 p.m. Seating is available throughout the park and the concerts will take place on the Great Lawn of the Wilma Rudolph Event Center from 6:15 p.m. to 9:00 p.m.

The headliner, **Full Circle**, will delight audiences of all ages as they perform classic rock hits from the 60's & 70's!

Activities will include sack races, Patriotic Balloon Pop, Bike Parade and the Most Patriotic Person contest. Prizes will be awarded.

Concessions will be for sale throughout the park and includes the following vendors: D&B Concessions, Rolling Ridge Mart, Big City Dogs, Kona Ice Music City, and Doxie's Pizza.

The evening will conclude with the City's largest firework show beginning at 9:30 p.m.

PARKING AT LIBERTY PARK

Parking is available inside the park for vehicles with handicap license plates and placards. Marina users must have approved vehicle tags or a temporary pass.

Boats with trailers will be allowed to access the boat ramp parking area until 4:00 p.m. or until the parking area has been filled. For safety reasons, no boats will be allowed to exit the area beginning at 8:00 p.m. and until the park is

empty. Additionally, Zinc Plant Road and the Zinc Plant Bridge will be closed to all traffic from 9:15 p.m. to 10:00 p.m. for the fireworks show. Guests should expect long delays on Riverside Drive and Highway 48-13 prior to and after the event.

LIBERTY PARK GRILL CUSTOMERS

Liberty Park Grill will be operating under normal hours of 11:00 a.m. until 10:30 p.m. on July 3, 2016. Beginning at 4:00 p.m., guests can pay a fee of \$20 to park at the restaurant. Each paying vehicle will be given a \$20 voucher redeemable for food and drink at Liberty Park Grill. Offer is valid on Monday, July 3, 2017 only.

SATELLITE PARKING

There are two satellite parking locations available for visitors beginning at 4:00 p.m. In order to assist with parking, Clarksville Transit System (CTS) will be offering free rides to and from the event from several locations close to the park. First, for those people who want to park downtown, buses will begin departing the downtown parking garage at 4:00 p.m. Parking in Historic Downtown Clarksville is free after 5:00pm.



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Additionally, the parking lot at 1312 Highway 48/13, the School System Facilities Building, will be open. This is the old Jostens Facility off of Highway 48/13, just past Liberty Park. All shuttles will continue their loop until 9:15 p.m. There will be a slight pause in service during the fireworks.

The shuttles will each be marked with their destination. Please make sure you remember which lot you parked in, and return to that corresponding bus.

At the conclusion of the fireworks show, CTS buses will begin returning guests to these parking areas with the last bus departing from Liberty Park promptly at 11:00 p.m.

The Clarksville Police Department will be stationed at all major intersections in the area around Liberty Park and Riverside Drive beginning at 6:00 p.m. and continuing after the event. For safety reasons, pedestrians walking to the park are encouraged to cross at these intersections.



To receive up-to-date information regarding the Independence Day Celebration, please follow "Clarksville Parks and Recreation" on Facebook.

As a general reminder, in order to prepare for the event, Liberty Park will be closed at sunrise on Monday, July 3 for all activities except the Independence Day Celebration and will reopen to the general public at sunrise on Tuesday, July 4, 2017.

SAFETY IN LIBERTY PARK

With the large turnout expected for this event, please remember the following safety precautions and Rules of Liberty Park:

1. No roaming solicitation.
2. No pets allowed during event. Clearly marked service animals are permitted.
3. No drugs or alcoholic beverages allowed.
4. No fighting or foul language allowed.
5. No personal fireworks.
6. No personal grills.
7. No weapons.

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Mayor Kim McMillan is excited to invite young people in the Clarksville community to a summer program filled with free food and fun activities designed to help young people fight the summertime blues and boredom.

The fifth season of the Mayor's Summer Night Lights program will kick off June 5 with 5-on-5 basketball tournaments and continue at various locations throughout the summer with DJs, athletic competitions, arts and crafts, local music performances and even a step show featuring fraternities and sororities from Austin Peay State University.

"We created the Mayor's Summer Night Lights program, which was inspired by a successful program in Los Angeles, to provide teens with a positive way to spend their time during the summer months," Clarksville Mayor Kim McMillan said. "This is a free program offered by the City of Clarksville that includes 15 evenings of activities and food. I encourage young people to get involved and add some fun to their summer."

The fun begins Monday, June 5 at the Kleeman Recreation Center with 5-on-5 Basketball Tournaments for players age 14 and older. Participants must sign up at the center no later than 5:45 p.m.

Summer Night Lights, coordinated by the Clarksville Parks & Recreation Department, continues at six locations on Mondays and Wednesdays from 5:30 to 9 p.m. through July 26. The program is designed for teens, but all ages are welcome. A meal is provided free of charge by Manna Café each night of the program.

Here is the complete Summer Night Lights schedule:

Bel-Aire Park, 124 Marie Drive

Wednesday, June 14
Wednesday, July 5
Wednesday, July 26

Lettie Kendall Park, 300 A Street

Wednesday, June 21
Wednesday, July 12

Lincoln Homes, 20J Howard Street

Wednesday, June 7
Wednesday, June 28
Wednesday, July 19

Kleeman Center, 166 Cunningham Lane

Monday, June 5
Monday, June 26
Monday, July 17

Summit Heights, 20 Summit Heights

Monday, June 12
Monday, July 24

Edith Pettus Park, 345 Farris Drive

Monday, June 19
Monday, July 10

Want to be a part of this awesome program? Booth space for approved vendors is free and includes a tent, table and chairs. Each booth must provide an activity for youth and teens. Visit www.cityofclarksville.com/parksrec to sign up!

If you would like more information on Summer Night Lights or would like to volunteer, please contact Clarksville Parks & Recreation at (931) 645-7476 or visit www.cityofclarksville.com/parksrec.

For up-to-the-minute updates, be sure to "like" Clarksville Parks & Recreation on Facebook, Twitter, and Instagram. You may even see your photo on the page! Mark your calendars and tell your friends, because it is sure to be a great time!



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July 30 will be our mall signup day at

Governor's Square Mall:

Sunday July, 30th from 1pm-5pm

(This will be the last day to register)

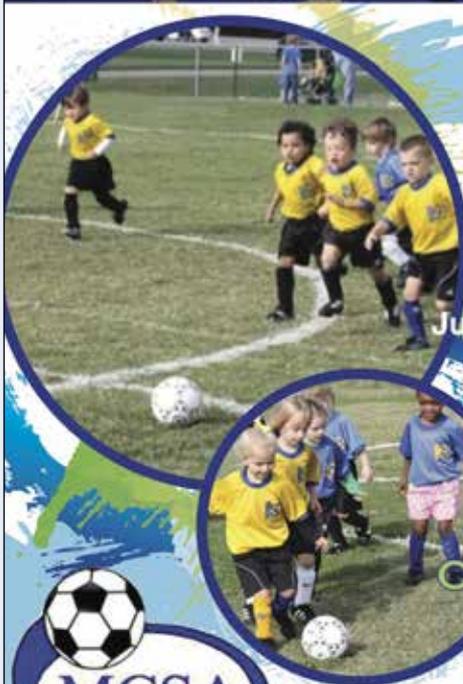
Players must show birth certificate.

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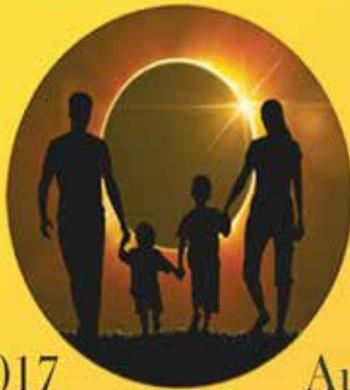


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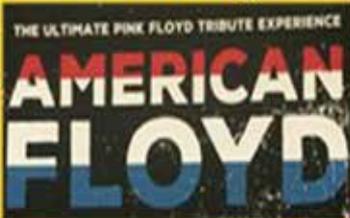
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Arlene Brown, ChFC, CDFA
Paul Winkler Inc.

It's astonishing to find that many small businesses start shopping for a 401(k) plan before they know their options. In fact retirement options for a small business are not limited to 401(k). There are also IRA based alternatives.

Today, let's talk about SIMPLE (Savings Incentive Match Plan for Employees) plan, simply because its an easy way to boost your own retirement savings and an inexpensive way to help your employees save for their retirement.

A SIMPLE IRA plan is available to any small business with 100 or fewer employees. Unlike the 401(k), Simple plans offer low administrative costs and employers are not required to file annual financial reports with the government. It's simplified!

As an employer you are required to make either matching contributions equal to employee contributions (a dollar-for-dollar match up to 3% of employees's salary) or non-elective contributions, a flat 2% contribution rate for each eligible employee. Percentages of the matching

contribution can be changed from one year to the next, but you cannot go below 1% and changes can be made for no more than 2 out of 5 years.

Like any qualified retirement plans, the contributions you make to your employee's SIMPLE plan are tax deductible. Employers may be eligible for a tax credit of up to \$500 per year for each of the first three years of offering a SIMPLE IRA plan.

Eligible employees (those who earned at least \$5,000 in the previous year) can make pre-tax contributions of a maximum of 100% of their salaries, or up to \$12,500 in 2017. Those who are 50 or older during the year can elect to make a \$3,000 catch-up contribution.

Vesting is automatic.

One thing to note is that Simple can't be terminated in the middle of a year. Once you start the plan in January you are stuck with the plan until December. All matching contributions need to be made for the entire year.

Employees always own 100% of the money in their SIMPLE plan. Employees can generally direct their own investments. Therefore employees have more sense of control in a SIMPLE plan. This is a good way to encourage them to get more involved in their own retirement plan.

Non profit organizations and government entities such as trade associations, advocacy groups, charities, country clubs, business leagues and chambers of commerce also may establish a SIMPLE IRA.

All retirement plan types have advantages and disadvantages. To help you determine whether an IRA-based plan or a 401(k) fits your organization, seek professional help from a fiduciary advisor.

Listen to the Investors Coaching Show Saturdays 3-6pm on Supertalk 99.7 WTN

**Advisory services offered through Paul Winkler, Inc. ("PWI"), a Registered Investment Advisor. PWI does not provide tax or legal advice; please consult your tax or legal advisor regarding your particular situation. This information is provided for informational purposes only and should not be construed to be a solicitation for the purchase or sale of any securities.*

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- Maria Montessori

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Flip Your Closet (for cash!)

by Brenda Hunley

What does recycling mean to you? Cans, plastics and newspapers; or maybe hand-me-downs? What do you think when you hear recycling clothing? Does your mind take you to a recycling drive where you donate your good, clean, clothing to a charity or shelter?

Or perhaps to a recycling center where even your ripped, no buttons, or broken zipper clothing can go to be recycled into insulation, rubberized playgrounds, cleaning rags, or carpet?

There is even a donation center that will take donated clothing and shoes, clean them up and send them overseas to countries where there has been a natural disaster; or perhaps uses the material to make products that they turn around and sell to make money for their families or perhaps their village.

Did you know that you could actually make money by selling your previously enjoyed clothing and accessories? Of course you know of the obvious one – the yard or garage sale. That's where you sort everything and label them with prices, then take out an ad in

the paper and put up signs and spend your whole weekend waiting on folks to show up. Watching as something that cost you \$100.00 hard earned dollars be sold for \$2.00.

Today there are many more opportunities to recycle, and yes make money online and through social media sites! Have ya'll seen that yet? Uh-huh! I couldn't believe when that 'marketplace' popped up in my feed. Apparently you can 'yard sale' online now. For a fee, you can upload pictures of all your stuff and price it, communicate a little, and meet up with some stranger to drop of your item. Still not too sure about that one.

If you don't have the time required for a yard or garage sale, or the patience to create curtains out of your child's old t-shirts from camp, then consider one of



CLOTHES MENTOR

Now Buying
Summer
Fashions

clothing • jewelry • handbags
shoes • accessories

Monday - Saturday 9:30am - 8pm
Sunday 12pm - 6pm
** We stop buying 1 hour before closing **

2714 Wilma Rudolph Blvd. 931-802-8665

Just a few requests for clothing items you wish to sell...
We pay cash on the spot!
Clothing must be in current style and like-new condition.
Clothing must be clean & free of wear, tear and stains.
Clothing must be freshly laundered and folded in a bag or basket.
Items do not have to be pressed or brought in on hangers. *We look forward to seeing you!*

Clarksville's most popular and easy ways to make more on your used items by taking in your previously enjoyed - clean clothing and accessories to Clothes Mentor.

They are located next to Office Depot on Wilma Rudolph – exit four. It is owned by a retired Lieutenant Colonel so you can feel good about supporting a local business and helping our military. They have a wide variety - everything is sorted and sized for a quick stop, or stay awhile and check out the clearance racks!

Make some money by recycling! You can earn cash on the spot, or if you choose to use it as a store credit then you get 15% more! Or shop and trade and then there is no sales tax. There is even a military discount when you shop on Mondays.

When donating last week I also found out that it doesn't matter the season of clothes you bring in! They will take all seasons of clothing. Clean out your closets and totes and earn some money.

Are you a college student that has an interview and need something to wear? Come look and save some money while you are at it. Need a new bag, but don't want to pay full price? Check out the purse section – there is a whole wall!

So, this summer as you prepare for vacations and school being out – remember school starts back in a couple of months so let's be prepared this fall! Purging those clothes, shoes and accessories can feel good and even better yet – can leave you with some money in your pocket!

The Clothes Mentor is located at 2714 Wilma Rudolph Blvd Clarksville, TN (by Office Depot) 931-802-8665

Personalize your family's wishes to honor and celebrate a life well lived.

*Cremations, Pre-Arranged Funerals,
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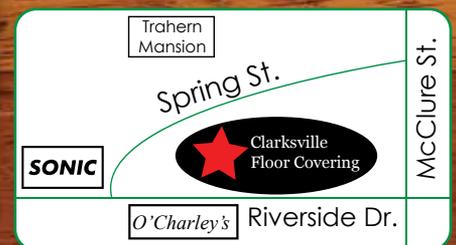
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Sales ★ Service ★ Installation

Carpet ★ Vinyl
Laminates ★ Ceramic Tile
Hardwood ★ Area Rugs



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HOURS:
Monday – Friday 8 a.m. – 5 p.m.
Saturday 8:30 a.m. – Noon

606 Spring St. Clarksville, TN
931.552.1818

neighborly neighborhoods live the longest

JUST FOR KIDS

EARLY LEARNING CENTER

Childcare for children 6 weeks through 12 years.

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SUMMER PROGRAM!



www.justforkids.cc

Open Monday through Friday
5:30a.m. until 6:00pm

SANGO LOCATION

Serves: Barksdale, Moore Magnet, East Montgomery, and Sango Elementary Schools.

NEEDMORE ROAD LOCATION

Serves: Pisgah, Glenellen, Northeast, St. Bethlehem, Rossvie, and Burt Elementary Schools.

Two Locations!

Call Now to Enroll!

931-905-2525 (St. B location)

931-245-1460 (Sango location)

Proud supporter of our troops and partnering with NACCRRRA to offer subsidized care for all military families.

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by Joey Smith

The 2017 County Health Rankings were recently released and comparing the mortality rates of counties across the nation, Montgomery County has twice the Premature Death Rate of several of these counties. In spite of living longer, many of these counties have a higher percentage of uninsured citizens, less access to care, and a lower average household income. So how are these places living longer? Most of us know that the three behaviors of smoking, daily physical activity, and have a healthy weight are the biggest contributors to us living shorter and often sicker lives. But many may not know how social connections and the design of our community influences behavior.

After World War II, our country experienced a growth in population so large that it became the name of an entire generation. Years following the Baby Boom, we had to start building homes and neighborhoods at a faster rate and often didn't have the time to consider sidewalks and other design features. Not having the ability for people to easily connect with their neighbors also made it harder for these homes to sell. So to help sell these homes, builders added the feature of a back deck or patio. This was backed with an effective advertising campaign that painted the picture of back yard barbecues and families playing Badminton.

A seven to ten decade longitudinal study of neighborhoods has shown that when the front porch and sidewalks were removed, it impacted health in an unexpected way. People that lived in these neighborhoods over time became more private; they stopped looking out for one another, and collectively became a less caring community. In 25 years, the incident of Stroke and Heart Attack was higher in these neighborhoods than those that allowed people to easily connect. Having healthy social connections with neighbors have been



healthier montgomery

STREETS & NEIGHBORHOODS



proven to buffer stress that can often cause Stroke and Heart Attack

When Imagineers would come to Walt Disney with an idea, he would often say, "How can we Plus It". Now that you have this information, how can we make this better? Along with streets and neighborhoods having this information, what if that information was turned into action?

The people in your neighborhood deserve to live a long life. Most of us may not be able to quickly change the design of where we live. But having access to information is a great place to start to make the place where you live, live longer. By studying places where people are living the longest, we've been able to take these best practices and pack them into Healthier Montgomery. Every neighborhood has a story and the story is sometimes happy and sometimes sad. Go to Healthiermontgomery.com, create an account for your neighborhood, follow the five steps in the Healthier Streets & Neighborhoods and it's within your power to edit the script your neighborhood's story.

We've reached a point where a zip code is a **BIGGER predictor of life expectancy than a genetic code.**

Here in Clarksville and Montgomery County, the gap in life expectancy between some neighborhoods is 20 years higher than others. So, how can we fix this?

Be on the lookout for more information on the **Healthier Montgomery Streets & Neighborhoods** movement.

Log on to www.healthiermontgomery.com

Streets & Neighborhoods is where we live. It's where we work, worship, play, and go to school.

Healthier Montgomery strives to improve health by taking the best ideas and providing a roadmap that turns those ideas into actions at the street and neighborhood level.



SIGN UP NOW!

FREE Garden Workshops

Dates: June 20th & July 18th

Time: 5:30pm

Location: Montgomery County Health Department
330 Pageant Lane, Clarksville



CALENDAR

ONGOING

ART LINK

5:30PM-7:30PM

Every Monday ArtLink hosts Music Monday at the Salvation Army. Free for all ages! This gives children of all ages and skill levels an opportunity to learn music theory as well as actual guitar playing. We need several volunteers each Monday from 5:00 to 8:00 to help set up, sign each child in, encourage and support the children as they learn new skills each week, and tear down. If you or anyone you know would like to be a part of Artlink, Please visit us at www.artlinkclarksville.com or artlinkclarksville@gmail.com

Salvation Army
210 Kraft St,
Clarksville, TN 37040

MONTGOMERY COUNTY HISTORICAL SOCIETY Program meeting the 3rd Monday of each month of 2017 except for June and December. Meetings provide an interesting and informative program on a topic of local history. Visitors are always welcome. Refreshments provided.

Civic Hall
Veterans' Plaza
350 Pageant Lane
Clarksville, TN

CELEBRATE RECOVERY

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

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

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

First Church of the Nazarene
Community of Hope
150 Richview Road
(931) 648-0110

CHESS CLARKSVILLE

Fridays, 4:00 PM until.

Books-a-Million
125 South Hampton Drive
Contact:
chess.clarksville@yahoo.com

CLARKSVILLE SCRABBLE CLUB

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

Books-a-Million
125 South Hampton Plaza
(931) 647-3625

CUMBERLAND WINDS

Cumberland Winds, a local community concert band, welcomes adult wind and percussion players to rehearse and perform. Rehearsals are held

weekly on Thursday evenings and performances are held at various times and locations throughout the year. Contact Mike Ritter, Musical Director, at (931) 436-3465 or at thetpwillsound@charter.net for information or to schedule an audition. Find us on Facebook at Cumberland Winds, or at cumberlandwinds.org.

FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30AM to 9:00 PM (except Wednesday, 5:30AM to 5:00 PM), Saturday, 7:00AM to 4:00 PM This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include

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Small town charm, historic treasures, tasty eateries.

Visit ExploreToddCounty.com for sample day trip itineraries, driving tours, specialty shops for Amish baked goods and bulk stores, farm markets, unique dining and upcoming events.

ELKTON BIKE NIGHT • Thursday Nights, now - Oct 5
ELKTON YARD SALE DAYS & 400 MILE SALE • June 1-4
GUTHRIE HERITAGE DAYS • June 16-17
HIGHWAY 41 YARD SALE • June 23-24
CRUISE IN ON ELKTON SQUARE:
 Every 4th Saturday now - September

ExploreToddCounty.com

EXPLORE
TODD COUNTY, KY

Contact Todd County Welcome Center at 270-265-7070.

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1740 Gateway Lane
Clarksville, TN (behind Publix)
931.919.3482
myshampoolounge.com

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
hilldale.org

FREE COMPUTER CODING CLASSES FOR CHILDREN AND TEENS

Children and teens from ages 5-18 can unleash their creativity and curiosity with free coding workshops at the Clarksville-Montgomery County Public Library. The Clarksville Game Design Club has two separate groups that meet at the Library—the Game Design Club for ages 10-18 and the Junior Coder's Club for ages 5-9. Each group meets every other Saturday at the Library in the upstairs computer lab.

Registration is not required, but encouraged. Register online and

learn more about the program at clarkvillegamedesign.net/about/. The event will be first come, first served and limited to the size of the computer lab.

Clarksville-Montgomery County Public Library
350 Pageant Lane

FREE COMPUTER LAB FOR ADULTS WANTING TO IMPROVE THEIR COMPUTER SKILLS

REGISTRATION IS REQUIRED @ the office of CMC Adult Literacy Council

430 Greenwood Avenue
Room 218 Clarksville, TN

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

GENEALOGY DISCUSSION GROUP

6:00 PM to 7:30 PM the

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

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

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

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

Clarksville Restore
408 Madison Street
(931) 645-4242

HOPE RIDERS BIKER CHURCH

Church every Sunday morning at 9:30AM Bible Study every

Wednesday at 6:30 PM Ride each Sunday at 11:00AM 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

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00AM 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

SOCIETY FOR CREATIVE ANACHRONISM

The SCA is an organization dedicated to recreating the

"This journey started as a way to escape, but I found another pillar of support at Daymar."



**Finding a way forward:
Mary King's Journey to a College Degree**

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daymarcollege.edu
2691 Trenton Road
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OPENING JUNE 5TH @ 10AM



The Girly Girlz Pampered Palace is the only place where young girls and their friends can have a glamour makeover party with glitter, feather boas, music and much more!

Stop by to book your party today or visit our website to see the themes we have available.

- thepamperedpalace.com •

June is Father/Daughter Spa month!

Dad receives Pedicure, Manicure.
Daughter receives Pedicure, Manicure & Glam Makeup or Facial.
\$95.00

GRAND OPENING CELEBRATION!! June 24th @ 10am
1109 Franklin Street Clarksville TN 37040
(931) 216-1366 or 572-1141

Middle Ages as they should have been. We have feasts, medieval combat, tournaments, arts and sciences. If you have an interest in Medieval or Renaissance come join us. We have fighter practice Sundays at 3:00 PM at Liberty Park. We meet past the fishing pond, back by the dog runs. Visit crimsonriversca.org or call Steven at (931) 542-2277.

UFO CLUB

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

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

JUNE

SUMMER CAMPS!

Looking for something fun & exciting for your kids to do during the summer break? Enroll them in one or more weekly summer day camps at Kids-N-Play. Camp schedule begins June 5th, and we offer several themes to pick from thru July 28th. Check out more details on our website.

Kids-N-Play
525-B Alfred Thun Rd.
Clarksville, TN 37040
931.896.1328
kidsnplay.com

1 THURSDAY SPECIAL NEEDS NIGHT

Kids-N-Play offers "Special Needs Night" on the FIRST Thursday of every month from 5:00pm-8:00pm. Kids-N-Play close to the public at 4:00pm and re-open at 5:00pm and remain open till 8:00pm exclusively for families with a special needs child and their siblings for a private night of fun.

Kids-N-Play
525-B Alfred Thun Rd.
Clarksville, TN 37040
931.896.1328
kidsnplay.com

FR.O.G. SCIENCE CAMP

June 1 - 30, M-F, 8:30am – 2:00pm. Students will love to learn about this world that God created! STEM, science experiments, science field trips, along with lots of fun are what students will experience this summer at PGPA! There are 25 slots available so you will want to sign up right away! Quality summer fun while learning and growing is a winning combination for our young students.

Power & Grace Academy
219 B Dunbar Cave Road,
Clarksville, TN 37043
(931) 320-9862

3 SATURDAY CLARKSVILLE DOWNTOWN MARKET

8:00am-1:00pm The Clarksville Downtown Market is a weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products.

102 Public Square
Downtown Clarksville

13TH ANNUAL CLARKSVILLE WRITERS CONFERENCE

June 2 & 3 Join us for this talent-laden conference to discuss how to craft a compelling story, edit your work until it sparkles, and get it published. The conference features two days of writing workshops and presentations, a New York Times bestselling author keynote speaker, manuscript consultations with literary agents and more. For more information visit www.artsandheritage.us/writers or contact Katie Kennedy, at artsandheritage@cdeightband.net or (931) 551-8870

Sundquist Building
Austin Peay State University

AR STONEWORKS & OUTDOOR LIVING GRAND OPENING!

Door Prizes and Gift Card Giveaways! Bounce House for the Kids, Fresh Brick Oven Pizza, Local Brews Provided by Blackhorse Pub & Brewery, Live Radio Remote from Q108. 20% off All Fire Pits, Stone Grills, Pizza Ovens, and Fireplaces!

431 Alfred Thun Rd.
Clarksville, TN
931-218-2828

10 SATURDAY CLARKSVILLE DOWNTOWN MARKET

8:00am-1:00pm The Clarksville Downtown Market is a weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products.

102 Public Square
Downtown Clarksville

MOVIES IN THE PARK: MOANA

7:00PM-10:00PM
Enjoy free movies on the big screen outside in our parks! (movie begins promptly at 8:00PM) Bring a blanket and/or lawn chairs and come hungry as we will have food available for purchase from at least two food vendors on site to provide the perfect meal to accompany the movie. Please leave pets and alcohol at home

Heritage Park
1241 Peachers Mill Road,
Clarksville, TN 37042.

HISTORICAL SOCIETY FISH FRY

Montgomery County Historical Society fundraiser to benefit the all-volunteer restoration of the historic building. Meal includes choice of sides, drink & dessert. Program provides information about the historic school and how

area residents have pooled their efforts to continue its life as a vital hub for community activities. Tickets available at the L & N Train Station Tuesday & Saturday 9:00 am – 1:00 pm. Cost is a donation.

3549 Tarsus Road
Palmyra, TN

11 SUNDAY PROJECT LINUS

1:00 PM to 3:00 PM 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 info. please contact: Jean Marr at (931) 358-0101 or Carol Ballard at (931) 648-0918.

Cumberland Presbyterian Church
1410 Golf Club Lane

13 TUESDAY MONTGOMERY COUNTY FAIR at Clarksville Speedway & Fairgrounds. Arms Bands \$15 Midway Open 6pm-11pm. Molly Ark Petting Zoo (Hours for Petting Zoo) 6-9pm. Ducks Inc. Live Duck Races Showtimes: 6:45pm, 8pm, 9:45pm and 10:30pm. Swifty Swine Racing Pigs Showtimes: 6pm, 7:30pm, 9pm and 10pm.

Clarksville Speedway & Fairgrounds, 1600 Needmore Rd, Clarksville. Free Parking.

14 WEDNESDAY MONTGOMERY COUNTY FAIR at Clarksville Speedway & Fairgrounds. (Screaming Eagle Ready Mix Night: First 100 people get in FREE). Arm Bands \$25 gets you on all Midway rides. Midway Open 6pm-11pm. Molly Ark Petting Zoo (Hours for Petting Zoo) 6-9pm. Ducks Inc. Live Duck Races Showtimes:

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TENNESSEE'S HOT SPOT
PARKS • RECREATION

Clarksville Living

CLARKSVILLE'S LARGEST FIREWORKS SHOW!

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JULY 3
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CELEBRATION

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CityofClarksville.com/ParkRec

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Aquino Pediatrics

SCHOOL'S OUT FOR SUMMER!

Call us to schedule your child's annual well visit during summer break.

881 Professional Park Dr. | 931-645-4685
off Dunlop Lane by Gateway Medical Ctr.

www.aquinopediatrics.com

6:45pm, 8pm, 9:45pm and 10:30pm. Swifty Swine Racing Pigs Showtimes: 6pm, 7:30pm, 9pm and 10pm.

Clarksville Speedway & Fairgrounds, 1600 Needmore Rd, Clarksville. Free Parking.

15 THURSDAY MONTGOMERY COUNTY FAIR

at Clarksville Speedway & Fairgrounds. Arm Bands \$25 gets you on all Midway rides. (Kubota Coleman Tractor Night) Midway Open 6pm-11pm. Molly Ark Petting Zoo (Hours for Petting Zoo) 6-9pm. Ducks Inc. Live Duck Races Showtimes: 6:45pm, 8pm, 9:45pm and 10:30pm. Swifty Swine Racing Pigs Showtimes: 6pm, 7:30pm, 9pm and 10pm. Thursday Arena Event (arena events require additional admission): Side By Side Racing Sponsored by M&S Power Sports (Fair Midway Included in Ticket price) Gate open at 6:30pm Racing At 7pm — Pits \$25 To Race — Riders is \$20 — \$10 For Adults — Active Military \$8 — Kids 6-10 \$5 — 5 and under Free. Winner Fastest time \$150, 2nd \$75, 3rd \$25 (This is a timed course).

Clarksville Speedway & Fairgrounds, 1600 Needmore Rd, Clarksville. Free Parking.

16 FRIDAY MONTGOMERY COUNTY FAIR

at Clarksville Speedway & Fairgrounds. Arm Bands \$25 gets you on all Midway rides Midway Open 6pm-11:30pm. Molly Ark Petting Zoo (Hours for Petting Zoo) 6-10pm. Ducks Inc. Live Duck Races Showtimes: 6:45pm, 8pm, 9:45pm and 10:30pm. Swifty Swine Racing Pigs Showtimes: 6pm, 7:30pm, 9pm and 10pm. Friday Arena Event (arena events require additional admission): Monster Truck Show (Fair Midway Included in Ticket price) Gates open 6:30- PIT PARTY 7pm-

8pm show starts at 8pm. Tickets \$20 For Adults — Active Military \$18— Kids 6-15 \$15 — 5 and under Free.

Clarksville Speedway & Fairgrounds, 1600 Needmore Rd, Clarksville. Free Parking.

GUTHRIE HERITAGE DAYS

Annual two day festival held in downtown Guthrie featuring live music, vendors, children's activities and the famous Guthrie Mail Robbery Re-Enactment. Held annually on the third weekend in June.

Main St.
Guthrie, KY

17 SATURDAY CLARKSVILLE DOWNTOWN MARKET

8:00am-1:00pm The Clarksville Downtown Market is a weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products.

102 Public Square
Downtown Clarksville

MONTGOMERY COUNTY FAIR

at Clarksville Speedway & Fairgrounds. Arm Bands \$20 from 1pm-6pm, After 6pm \$25 for all rides or \$25 for all day. Midway Open 1pm-11:30pm. Molly Ark Petting Zoo (Hours for Petting Zoo) 4pm-9pm. Ducks Inc. Live Duck Races Showtimes: 1pm, 3pm, 5pm, 7pm and 9pm. Swifty Swine Racing Pigs Showtimes: 2pm, 4pm, 6pm, 8pm and 10pm. Saturday Arena Event (arena events require additional admission): Monster Truck Show (Fair Midway Included in Ticket price) Gates open 6:30- PIT PARTY 7pm- 8pm show starts at 8pm. Tickets \$20 For Adults — Active Military \$18— Kids 6-15 \$15 — 5 and under Free

Clarksville Speedway & Fairgrounds, 1600 Needmore Rd, Clarksville. Free Parking.

20 TUESDAY GARDEN WORKSHOPS

5:30PM Information on preparing a small garden bed as well as container gardening will be available. Hands-on demonstrations will show how to build a raised garden bed, how to get the soil ready, and how to choose and plant tasty vegetables. FREE!

Montgomery County Health Department
330 Pageant Lane, Clarksville

DIABETES SUPPORT GROUP

5:00 PM 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 or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.
Liberty Rooms

Tennova Healthcare
651 Dunlop Lane
Clarksville, TN

21 WEDNESDAY COMPASSIONATE FRIENDS MEETING

6:00 PM to 7:00 PM the third Wednesday of every month. When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or daughter, a brother or sister, or a grandchild, and helps others better assist the grieving family.

Clarksville-Montgomery County Public Library
350 Pageant Lane

SMOKING CESSATION CLASS

5:00 PM to 6:00 PM the third Wednesday of the month. It's hard to quit smoking. That is why Tennova Healthcare - Clarksville offers free informational seminars. Registration required. To register call (855) 836-6682 or visit tennova.com.

Liberty Rooms
Tennova Healthcare - Clarksville
651 Dunlop Lane

23 FRIDAY HWY 41 YARDSALE

Treasures abound for two full days along highway 41! Make plans now to travel from north or south along highway 41 to visit hundreds of booths selling anything that you can imagine! Highway 41 from Indiana State line to Tennessee State line. Todd County Carrie Brookshire 270-466-5589 joyj57@yahoo.com for more information

1241 Peachers Mill Road,
Clarksville, TN 37042.

24 SATURDAY CLARKSVILLE DOWNTOWN MARKET

8:00am-1:00pm The Clarksville Downtown Market is a weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products.

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

CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

350 Pageant Lane, Suite 501, Clarksville, TN • (931) 648-8826 • mcgtn.org/library

SUMMER READING PROGRAM

June 12- July 16

Learn how to build a better world at the Clarksville-Montgomery County Public Library's 2017 Summer Reading Program! The library has programs and activities for all ages! Find more information about Summer Reading and how to sign up by going to our website www.mcgtn.org/library.

SCHOLASTIC BOOK FAIR

June 19-23

9:00 a.m.- 5:00 p.m.

SENSORY STORY TIME

June 3

June 17

July 1

July 15

10:30 a.m.-11:30 a.m.

Sensory story times are geared for children who have a hard time in large groups, are on the autism spectrum, or are sensitive to sensory overload.

We will use preschool-level books, songs and movement during these story times.

SENSORY FRIENDLY MOVIE SHOWING

June 25, 2017

1:30 p.m.

Join us for a free sensory-friendly movie screening. This event is designed for children on the Autism spectrum and their families. Gentle lighting and sound provide a less-intense movie experience.

Check out our Facebook for titles.

LIBRARY BOOK CLUB

June 15, 2017

July 20, 2017

6:00 p.m.-7:30 p.m.

The Library has started a book club! The book club will meet every 3rd Thursday at 6:00 pm in the Boaz Board Room on the second floor. Copies will be available at Circulation Desk. For more information about the title of the month, check us out on Facebook or contact Gracie or Jason at (931) 648-8826 and selection option 2.

ADULT TABLETOP GAMES

June 27, 2017

July 25, 2017

6:00 p.m.-7:30 p.m.

Come to the library to play table top games! Play one that the library has, or bring your own. The more the merrier, so bring your friends!

GENEALOGY CLUB

June 17, 2017

July 15, 2017

3:00 p.m.-5:00 p.m.

Genealogy Club meets every third Saturday evening from 3:00 to 5:00 pm in the Brown Harvey, Sr. Genealogy Room. We welcome beginners and more seasoned researchers trying to overcome those hurdles we all face when looking for those that went before us.



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events

Father's Day & 501st Legion MidSouth Garrison

June 17, 11am-2pm, Center Court.
For more information, please visit GovernorsSquare.net.

10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun.
2801 Wilma Rudolph Blvd. • Clarksville, TN • 931.552.0289

All events are subject to change or cancellation without notice due to characters' schedule. Meeting time with the characters is not guaranteed, and the line to meet characters may close prior to the anticipated appearance time so characters may depart promptly at 2pm, if necessary. See the Customer Service Center for complete details or call 931-552-0289.

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CUSTOMS HOUSE MUSEUM & CULTURAL CENTER

200 South Second Street • (931) 648-5780 • www.CustomsHouseMuseum.org

EXHIBITS

THE HARMON AND HARRIET KELLEY COLLECTION OF AFRICAN AMERICAN ART: WORKS ON PAPER



This exhibition is one of the most comprehensive traveling exhibitions ever organized featuring works on paper by African-American artists from the 19th, 20th, and 21st centuries.

This highly acclaimed exhibition has been featured in major museums stretching across America, and Clarksville is its only scheduled stop in a contiguous twelve-state region. It was organized by Landau Exhibitions, Los Angeles, CA. *In Orgain, Bruner & Crouch Galleries through August, 1.*

FORWARD MARCH



This exhibit showcases maps, documents, dioramas, flags, and photos from several wars, featuring objects from the collection of Dr. John Olson. *In the Kimbrough Gallery through July 30.*

ERIC BUECHEL: THE FAMILIAR



Eric Buechel grew up in a rural New Jersey, just west of Manhattan and attended the DuCret School of Art in Plainfield, New Jersey. He then transferred to Broward College in South Florida and earned a degree in fine art. Since moving to Tennessee in 2002, he has focused exploring art the camera. His three year battle with cancer gave him the desire to create with a new found perspective. *Through – July 30, Planters Bank Peg Harvill Gallery*

ART OF THE STAFF

*June 1 – July 24
The Leaf Chronicle Lobby*

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

READING APPALACHIA: VOICES FROM CHILDREN'S LITERATURE



This groundbreaking exhibition of Appalachian children's literature examines seminal titles published since the 1800s. Come explore our region's literary heritage and see how children's literature tells the story of Appalachia. This is a traveling exhibit from East Tennessee Historical Society and Knox County Public Library. *In Memory Lane through August 20.*

ACTIVITIES FOR ALL AGES

JOIN US IN JUNE FOR FAMILY ART FRIDAYS!

- Every Friday in June in the Family Art Studio from 10:30 a.m. -12:30 p.m. and 1:30 - 4:30 p.m.
- June 2, Mask Making: Design a mask based on a character, an animal, or just using fun patterns!
- June 9, Bubble Painting: Make some art that really pops with this colorful bubbly painting technique!
- June 16, Silly Sculptures: Using miscellaneous materials, create an interesting and one of a kind sculpture!
- June 23, Book Making: Stop by and put together a mini paper book to write and illustrate your own exciting story in! *Times will be adjusted on June 23 due to other activities
- June 30, Museum in a Box: Turn a small box into a miniature art gallery filled with works of art designed by you!

TALES & RAILS TUESDAYS

- June 13 – July 25Ms. Sue will read Appalachian stories in the auditorium. 10:15 – 10:45 a.m. and 2:15 – 2:45 p.m.

The model trains will run: 10:45 – 11:15 a.m. and 2:45 – 3:00 p.m.

APPALACHIAN WEDNESDAYS

- June 14 – July 26, 10:00 – 11:15 a.m. and 2:00 – 3:15 p.m.

Visit Ms. Sue at the Powers' family log house to get better acquainted with our East Tennessee heritage. Make a button whizzer toy, listen to some bluegrass pickin', make a woven fish, build a craft stick log house – and more! Visit our website for weekly updates of activities.

THE BUBBLE CAVE & THE EXPLORERS' GALLERY

Open for exploration! Not only can you have some great bubbly fun, but you can also learn about the science of bubbles and caves.



Both are packed with fun, learning and fantasy where children can learn through play! Appropriate for children ages 2 to 102! The Explorers' Gallery and Bubble Cave close at 4:30 p.m. daily.

MODEL TRAINS



Boasting one of the largest model railroad layouts in the region in our Heimansohn Gallery. We invite you to come interact and help animate our trains, helicopters and more. And visit our Thomas the Tank Engine at the Island of Sodor, as well as the Hogwarts Express exhibits. Trains run from 1:00 pm – 4:00 pm every Sunday.

All activities are free with your museum membership. Non-members pay regular admission fees. For more information contact Ms. Sue at sue@customshousemuseum.org or 931-648-5780.

Closings: The Customs House Museum & Cultural Center will be closed Sun. June 18 for Father's Day



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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.

CENTERSTONE FAMILY CENTERED SERVICES

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

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

CARING CHOICES OF CATHOLIC CHARITIES

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

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

CLARKSVILLE AJAX TURNER SENIOR CENTER
953 CLARK ST. CLARKSVILLE, TN 37040
(931)-648-1345

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

CLARKSVILLE MODEL RAILROAD CLUB

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

COMMUNITY SCHOOL OF THE ARTS AT APSU

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, or visit 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@madisonstreetumc.org, or visit our website at madisonstreetumc.org and find us on Facebook (Madison Street Music & Arts Academy)!

MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit www.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.

LET'S PLAY CHESS

We meet on Fridays at 4:00 p.m. in the coffee shop at Books-A-Million, 125 South Hampton Place, for casual games of chess. All ages and levels of chess players are welcome and encouraged to come. For more information, contact Joe at chess.clarksville@yahoo.com.

ATHLETICS

BUDDY BALL SPECIAL NEEDS ATHLETIC LEAGUE

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

CANINE FLYBALL CLUB

The Queen City Road Runners meet most Sunday afternoons at their indoor training facility (call in advance for times). Private lessons also available. Flyball is a 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, or visit 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 or clarksvilleimpact.us.

CLARKSVILLE TENNIS ASSOCIATION

Open to all who love tennis. A great group of people who bend over backwards to provide fun tennis tournaments and matches for people who are competitive or just play for fun. We encourage all levels and age groups. The President is Preston Howle and

he can be reached at PrHowle@aol.com for all who are interested. Visit clarksvilletennis.usta.com.

CLARKSVILLE VOLLEYBALL CLUB

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

EMMANUEL FAMILY LIFE CENTER

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

TEAM CLARKSVILLE YOUTH WRESTLING

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

THUNDERBOLT AQUATICS SWIM CLUB

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

WARRIORS SPECIAL NEEDS CHEERLEADING

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

HEALTHY START

Healthy Start is a community outreach program fostering healthy childhood growth

and development by providing free support services to first time parents and their babies. (931) 645-3976.

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

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

TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

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 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. childcareaware.org.

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE DOMESTIC VIOLENCE SHELTER

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

(931) 647-8811, (800) 899-7268 or mtcbsoa.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.

GIRL SCOUTS OF MIDDLE TENNESSEE

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

LEAP ORGANIZATION

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

COMMUNITY OUTREACH 101ST AIRBORNE DIVISION ASSOCIATION ONCE AN EAGLE...ALWAYS AN EAGLE

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.

ALL NATIONS BIBLICAL STUDY CENTER

Offers free Bible courses to the community in the major fields of biblical research. A complete Online Biblical Studies Program is also available. Online Courses are offered year-round. Visit studythescriptures.net 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 or ed2go.com/apsu.

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

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

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify Croats 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 Croats who want to move to Clarksville and make sure their transition is smooth. Visit facebook.com/groups/CroatiainsinTennessee/

DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in

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

FREE CAKES FOR KIDS KY & TN

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

FRIENDS OF THE BLUEWAY

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

TENNOVA HOME HEALTH & HOSPICE

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

GOOD NEWS CLUBS

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

GRACE ASSISTANCE PROGRAM

Helps the community with utility bills, prescriptions, clothing, food boxes, some emergency shelter, transportation, and housing when funds allow. During specific times of the year we have collections like now we are collecting new and gently used coats that we will be giving away at our office located at 217 South Third Street.

HABITAT FOR HUMANITY AND RESTORE

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

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 or email division coordinator Kristin Vanderlip at Kristin@projectsweetpeas.com.

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

HUMANESOCIETY OF CLARKSVILLE-MONTGOMERY COUNTY

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

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

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

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

UNITED WAY

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

VETERANS UPWARD BOUND

Provides free educational services to veterans who are planning to enroll in college or technical school, or to take the GED Exam. The program is funded by a grant from the U. S. Department of Education as a TRIO project. VUB provides veterans with free academic and counseling services to assure they are ready to succeed in their educational pursuits. Outprocessing military and discharged veterans may be eligible to receive services. For further information, please contact Makeba Webb at (931) 221-7601 or at webbm@apsu.edu. You can also visit our website at apsu.edu/VUB/.

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS
Do you or a member of your family, or perhaps a friend, have a problem with alcohol? We can help. Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem with alcohol. The only requirement for AA membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self supporting

through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses or opposes any causes. Our primary purpose is to stay sober and to help other alcoholics achieve sobriety. AA 24 Hour Hotline: (615) 647-831-1050. Clark Street AA Hotline: (931)-647-0255 (11:30 a.m. to 12:15 p.m.; 5:30 p.m. to 9:15 p.m.). Alanon/Alateen Family Hotline: (888) 425-2666

APTITUDE HABILITATION SERVICES

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

COLUMBUS ORGANIZATION

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

HEALTH CONNECT AMERICA

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

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

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

REGIONAL INTERVENTION PROGRAM (RIP)

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

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

Methadone Maintenance Treatment combined with counseling and professional help for medical, psychiatric, and socioeconomic issues has the highest probability of being effective for opiate and heroin additions. Methadone is one of the longest-established, most thoroughly evaluated forms of drug treatment. Once

accepted into the program, individuals will receive doses of methadone and individual counseling to address the patients specific treatment needs. Please give us a call at (270) 887-8333.

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

INTERNATIONAL ORGANIZATIONS

MISS TENNY AREA AFS VOLUNTEER LEADERSHIP TEAM

Host parents may go to afsusa.org/host to view 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 for more information and/or contact Becky Heywood (sending coordinator) at AFSbecky@comcast.net ongoing on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsusa.org or (865) 617-0665. The local Miss Tenny Area AFS Volunteer Leadership Team web site is afsusa.org/misstenny/. Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV and Flickr: afsusa.

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. Apply at yfuusa.org/host or call (800) 872-0200 to speak directly with your local Field Director.

PARENT GROUPS

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 Rossvie Road. Childcare is available. For more information please contact Sabrina Reiswig or Anne Coleman at mops.pcpcclarksville.com.

CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenly 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 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 orgsites.com/tr/chara or e-mail 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 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/

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/

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillemops@gmail.com. Check us out online at 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-ordinators, at mops@hilldale.org. Visit 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. Find us on Facebook at Spring Creek MOPS.

SUPER MOM'S GROUP

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

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957

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

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. Local NARFE Chapter 870 meets on the 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.

SUPPORT GROUPS

ALZHEIMER'S CAREGIVERS' SUPPORT GROUP

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

BREAST CANCER SUPPORT GROUP

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

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CLARKSVILLE OSTOMY SUPPORT GROUP

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

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

COMPASSIONATE FRIENDS

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

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 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. 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 cvoahand-free@jdrf.org.

MEN HELPING MEN

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

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

PARENTS HELPING PARENTS

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

TENDERPAWS PET THERAPY

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

YMCA'S RESTORE MINISTRIES SMALL GROUPS

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

TUESDAY OVEREATERS ANONYMOUS MEETING

Tuesdays, 11:00 am to Noon Parish Library in the the Saint Joseph Center Room # 9 (downstairs: parking behind building) 709 Franklin Street Clarksville, TN 37040 Email contact: tuesday11meeting@gmail.com

For corrections or to include your group's information e-mail info@clarksvillevivingmag.com.

Wanna be on the Fridge?: Email photo to: fridge@clarksvillefamily.com by June 15th.
Include the name of the photographed, their age & a short caption (1-18 years only, please).

HAPPY BIRTHDAY!



Happy 1st Birthday Levi!!!
Love mommy, daddy, mana & bita



Happy 2nd Birthday-
Leeston Ramsey Young!
<3 Mom & Dad



Happy 3rd Birthday Chloe.
We love you. Love, Mommy,
Daddy and Caleb



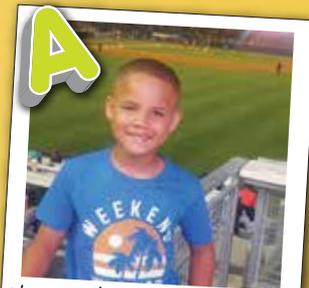
Happy 3rd birthday Isaac!!
Love mommy, daddy,
bita and mana



Watch Lainey thrive our
little one who's now five!



Happy 7th Birthday Landen!
We Love You
Love, All Your Family



Happy 8th Birthday Alexander
#loveyou #grandmamary



I am very proud of you, I'm truly blessed
to have you call me mom!! Love Mom,
Dominic and Anayha



Happy 12th Birthday, Bryleigh
Love, Jeff and Mom



Happy 15th birthday Malik!!!! We love
you and hope you have a great day!!
Love mom, dad, & siblings!!



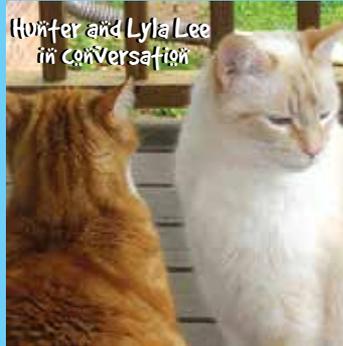
*Please limit entire photo caption to 50 characters or less including spaces.

Pet Pix

The Pride of Clarksville



I love the dog park, belly rubs, treats, and to look cool.



Hunter and Lyla Lee in conversation



Washing my face by myself is a big job!



Michael Phelps has nothing on our doggie paddles!!!



When are my people coming home?



Buenos días



Ready for summer!

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IS HOSTING A

Pet Pix CONTEST

Submit YOUR Pet Pix by June 15th

THE WINNER WILL RECEIVE

\$50

IN PRODUCTS OR SERVICES FROM

TINY TOWN ANIMAL CLINIC & FAMILY PET HOSPITAL!

This Month's Winner:



Izzy



Want to share your pet? Email a photo and brief caption to petpix@clarksvillelivingmag.com by June 15th.



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