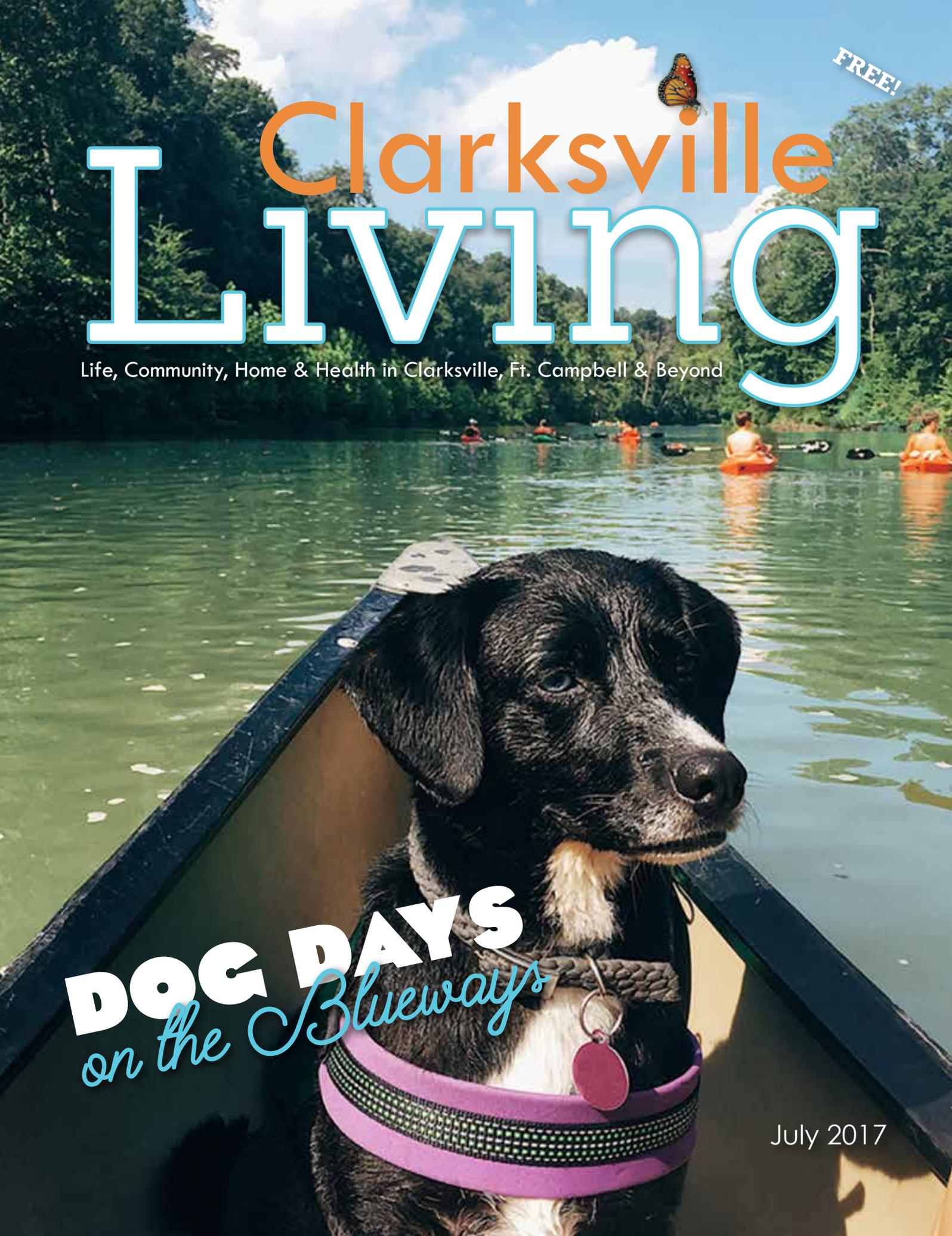


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Publisher's Message

When we came across, Fiona, (our adorable model for this month's cover) I immediately thought of the old saying: Dog Days of Summer. That, in turn, caused the nerd in me to google where the term originated. I always thought it came about from it being just so unbearably hot that even the dogs would be lying around panting with their tongues hanging out. Well, I was wrong. It actually refers to the dog star, Sirius and its position in the night sky. The actual phrase "dog days" was translated from Latin to English over 500 years ago, and has since taken on many new meanings.



Okay, enough history for today. The other thing you may notice about this month's cover is that it's on Clarksville's Blueway. If you're not familiar with the Blueways or want to learn more about them, check out our article about all the access ways on page 32.

You don't need me or the weather channel (or your phone) to tell you that summer is finally here.

But as hot as it is here, I don't think we can even imagine the kind of heat that our soldiers are enduring over in the Middle East. As we celebrate another Independence Day, let's all remember the sacrifices they make for our freedom. Let us also not forget all that their families give up back home to let them serve our country. Being born and growing up here, I have long known that the relationship between Clarksville and Fort Campbell is a close one, and we are proud to have the military be part of our extended Clarksville Family.

We hope you enjoy the issue and thanks for picking us up—stay safe and try to stay cool!

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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YOUR BEST FACE FORWARD

Surgical Options for Facial Rejuvenation



Class reunion, wedding, anniversary, family reunion, birthday, new career, weight loss, the list could go on. The reasons for refreshing your look are limitless and personal. Even with the advances in technology for less invasive techniques, the number of facial surgeries performed in the United States continues to rise. According a 2015 study published by the American Society of Plastic Surgeons (ASPS), 15.6 million cosmetic procedures, including both minimally-invasive and surgical, were performed in the United States in 2014, an increase of 3 percent since 2013.

George S. Lee, MD, DDS

FACE LIFT / NECK LIFT

A Rhytidectomy, most commonly referred to as a “face lift” is one of the most common surgical procedures performed for reducing the signs of aging primarily in the middle and lower 1/3 of the face, and the superior aspect of the neck. Though there is no ideal age for a facelift, younger patients can have a more subtle result, and often only require a short incision lift. This is dependant on the amount of redundant tissue and skin quality of the mid and lower face as well as the upper neck. Earlier correction can be and is often less invasive as compared to a full face and neck lift. The average age of a patient undergoing a facelift is 54. This is not to discourage patients in their 70s from having a facelift; they can have an excellent result as well!



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A face lift repositions the skin of the mid and lower 1/3 of the face, and upper part of the neck. Typically, an incision is hidden in a crease in front of the ear and carried behind the ear and into the hairline. A short incision lift stops at the base of the ear lobe. The deep underlying muscle and fat are repositioned, and sagging redundant skin is then removed. The incision site is closed and the patient is able to return home the same day. If more of the neck muscles and skin need to be corrected, a neck lift can be performed in conjunction with a face lift to give a better defined jaw line, chin, and neck. Liposuction of the neck can also be added to remove excess fatty deposits.

BROWLIFT / FOREHEAD LIFT

A brow lift is a procedure that lifts the eyebrows and smoothes the entire forehead area of deep wrinkles. A variety of techniques can be utilized based on the nature of the problem, gender, degree of correction, age, and even how you wear your hair. Surgical options consist of a coronal lift, direct brow lift, or endoscopic brow lift. Your cosmetic surgeon will help you make the decision on the best approach after a personal consultation.

BLEPHAROPLASTY

Blepharoplasty is a procedure that removes excess skin, muscle, and fatty tissue from the upper and lower eyelids. A small incision is made in the upper and/or lower eyelids to remove the excess tissue. The incision is closed with fine sutures and because the skin of the eyelids heal extremely well the scars are typically not noticeable.

RHINOPLASTY

Rhinoplasty is the surgical enhancement of the nose. A rhinoplasty can be both cosmetic in nature as well as corrects breathing problems due to enlarged or deviated anatomic structures within the nasal vault. By sculpting the nose, a cosmetic surgeon is able to improve the size and shape of the nose, resulting in a more balanced look with the rest of the face.

OTOPLASTY

Otoplasty consists of reshaping the ears so that they are in proportion with the rest of the facial features and have a more natural appearance. Both children and adults with disfigured, protruding, or malpositioned ears can benefit from this procedure. The surgery consist of placing sutures in the cartilage of the ear and tacking the ear back to the strong fibrous lining that overlays the boney area behind the ear to pull the ears closer to the head, or can require removal of excess cartilage to correct the protruding ears. Sometimes, it is necessary to perform both procedures to achieve the desired result. The reason for the protruding ears dictates the type of technique required

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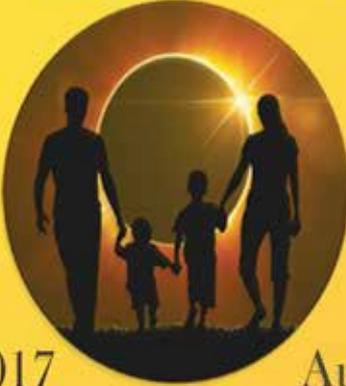
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As with the nose and ears, the bones of the cheeks and chin give balance and proportion to your face. Correction to these features if they are too small can easily be made with the placement of facial implants.

A small chin weakens the facial appearance due to facial profile convexity it creates. Some people were born with a small chin and others develop a balance appearance through the aging process. To place the chin implant, an incision is made either in the mouth or under the chin. The implant is carefully placed over the bone of the chin. Once the surgeon is pleased with the amount of projection, the implant is secured to the bone and the incision site closed. Liposuction of the chin and neck can improve the result of the implant placement. Over time, the implant conforms to the bone and is not noticeable.

If the skeletal framework of the cheeks is not proportional, the person may appear to have a flattened mid-face. Placing cheek implants, also known as malar augmentation, can give the person a more youthful, and healthy appearance. Cheek implants are placed using incisions made in the mouth. After correct accentuation of the cheeks is achieved, the surgeon secures the implants to the bone and closes the incision using absorbable sutures. There are no visible scars from the procedure.

Determining your surgical treatment is a personal decision between you and your cosmetic surgeon. There are many options available to restore or refresh your look and put your best face forward.

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ban the tan

By Dr. Catherine Meeks

Protecting Yourself from the Sun

Did you know that skin cancer rates are on the rise in the U.S., where it is the most common type of cancer?¹ It's no wonder. Just in the past year alone, one-third of the adult population has been sunburned at least once. And that lobster-red look is a clear sign of exposure to ultraviolet (UV) rays—a known cause of skin cancer, which can impact any age, gender, or race.^{1,2}

Risks of tanning.

But you're not off the hook if you stop at tanning. That's your body's response to sun injury.¹ When you tan—either outdoors or indoors—you increase your risk of melanoma—the deadliest form of skin cancer. You also increase your risk of:

- Premature skin aging—wrinkles and age spots
- Damaged skin texture
- Potentially blinding eye diseases¹

Here's the silver lining in this gloomy cloud: Avoiding the sun's UV rays is one of the best ways to prevent skin cancer.¹

General guidelines. You probably know the drill, but it bears repeating:

1. Seek shade and stay out of the sun, if you can, when UV rays are strongest—from 10 am to 4 pm.
2. Be extra careful at higher altitudes where skin burns faster.

3. Limit exposure to water, sand, snow, and concrete—surfaces that reflect light.

4. Use sun protection even on cloudy days, when certain types of UV rays can be stronger.

5. Rely on diet and supplements to get your vitamin D, not the sun.^{2,3}

Sunscreen. Don't use a product that combines sunscreen and insect repellent. Reapplying it will expose you to too much of the repellent's ingredients. Also, avoid spray tans and bronzers—they won't protect your skin from UV rays.⁴

Do choose sunscreens that:

- Block both UVA and UVB rays.
- Are labeled with sun protection factor (SPF) 30 or higher.
- Are water resistant—they're more protective when you sweat.
- Are products you will use consistently. Generally, creams are best for dry skin and the face, gels work well for hairy areas, and sticks are easier to apply near eyes. Mineral-based sunscreens—such as zinc oxide or titanium dioxide—work well if you have sensitive skin.^{2,3}

Wear sunscreen every day, even if you plan to be outside a short time. For best results, apply it generously 15 to 30 minutes before you go outside to all exposed areas—don't forget your feet and ears. (A lip balm works best for your lips.) Always reapply after swimming or sweating and about every

two hours or as often as the package suggests.^{2,3}

Sun-protective clothing. In addition to sunscreen, wear clothing that can better protect you such as:

- A hat with a wide brim. This works better than a baseball cap or visor for shielding your whole face from the sun.
- Sunglasses that block both UVA and UVB rays.
- Long-sleeved shirts and long pants.
- Loose-fitting, unbleached, tightly woven fabrics.
- Special clothing that absorbs UV rays.³

Don't forget to protect those parts of your body that may be in constant sunlight—your nose, forehead, and eyes. Questions about sun-protection products or other ways to protect your family in the sun? Remember, I'm right here—your ready resource.

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

1. CDC: "The Surgeon General's Call to Action to Prevent Skin Cancer." Available at: <https://www.cdc.gov/cancer/skin/pdf/consumer-booklet.pdf> Accessed 6-6-17.

2. American Academy of Dermatology: "Sunscreen FAQs." Available at: <https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs> Accessed 6-6-17.

3. MedlinePlus: "Sun Protection." Available at: <https://medlineplus.gov/ency/patientinstructions/000378.htm> Accessed 6-6-17.

4. FDA: "5 Tips for a Healthy Vacation." Available at: <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm389469.htm> Accessed 6-6-17.

camp rainbow

35th Anniversary

By Taylor K. Lieberstein

A special kind of healing happens at Camp Rainbow each June. The summer camp is held in June for children with special medical situations that prevent them from attending other summer camps is referred to as “the best week of the year” by campers and counselors alike. Campers spend a week creating friendships that will last a lifetime while surrounded by a supportive, caring community of counselors, nurses and volunteers. Every kid deserves an unforgettable camp experience — the chance to run, laugh and play with other children. At Camp Rainbow, through a week-long summer camp at Brandon Springs in Land Between the Lakes, children who are dealing with childhood illnesses can experience those very things — at no charge to their families.

Camp Rainbow recently celebrated its 35th week of camp. As always everyone enjoyed a week full of eating, swimming, crafting and reaching one common goal- bringing big smiles to the little faces of children with life-threatening or life-altering

circumstances. Each year brings a new theme to camp week. This years was Into the Wild, working wild animals and safari themes into each activity and event.

With a one-to-one camper/counselor ratio, each camper gets to choose which activities and events he or she wants to participate in. An overview of Camp Rainbow with forty campers is like having forty mini-camps operating at the same time in the same location.

The campers are always under the watchful eyes of a fully-staffed medical contingent provided by Premier Medical Group of Clarksville, Tennessee. The staff to include doctors, nurses, and the one-on-one counselors are available on a 24-hour basis. The Uphoff family has been coming to camp for several years. The eldest brother, Joshua has been part of CR since 2001. Mallory has been attending since 2003. Joseph has been attending since 2005. And the youngest, Jonah has been attending since 2010. Each camper started at the age of five and the eldest three have transitioned into counselor positions, while the youngest is

currently a camper. Mallory Uphoff, camper turned counselor, described a typical day at Camp Rainbow for anyone who has never had a chance to be a part of it.

“Describing a typical day from a camper’s perspective is an easy task for me, as it is the best week of of the year. As a camper, you are paired one-on-one with your very own counselor who soon becomes your best friend. Every morning you are woken up with a bright smile and the t-shirt of the day. Be it for the group picture, the fishing or softball tournament, the Bikers Who Care t-shirt for when you get to meet the incredible men and women who help make camp possible. Then, onto morning devotion

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you go to start the day off right with words of wisdom from the gospel and a group prayer to ask for God to bless the day, as well as your fellow campers. After breakfast, you have a choice of activities, which at times can be difficult as there are so many options- swimming, fishing, arts and crafts, hiking, or even just relaxing and watching a movie. As mentioned early, everyday there will be an exciting activity planned, ranging from an entire camp pool party to off-roading and getting covered in mud while having the best time with your friends. Excluding the few trips to the clinic for your daily medications, you forget all about your illness. This week there are no limitations, only a week full of excitement and memories to last a life time," said Uphoff about her experience as a camper.

A typical day at Camp Rainbow is busy and fun-filled while relaxing and rejuvenating at the same time. Counselors and campers wake up and go to a devotional. Each day the devotion is different and may be delivered by one of the staff, counselors or a Pastor from a surrounding Church. Following devotional is breakfast and then campers head out for activities. Daily activities include crafting, swimming and fishing, along with the many special events that are planned daily. They host pool parties complete with water slides and inflatables. Hair dressing stations, jeep rides, and karaoke are among the many things campers can get involved in throughout the day. Campers eat lunch, have a rest time and then back





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continued from page 11

at it for the afternoon. Each day a newsletter is passed out with a schedule of activities so each child can participate in as many activities as possible.

While the kids are feeling the love from the camp so is the staff, sometimes more so. Heartwarming is an understatement as far as experiencing Camp Rainbow as a staff member goes. Although the smiles on the happy campers' faces are enough to make the volunteers time worth it, each year the campers give so much more than smiles. Many counselors have called their time at Camp Rainbow a life changing experience.

Sarah Albright a fourth-year staff member said there is nothing she doesn't look forward to as far as Camp Rainbow goes. "There is nothing that doesn't there is no activity or at Camp Rainbow that won't leave you changed for the better," said Albright. Each year she keeps a camp countdown in the months leading up to camp. The first year the she looked most forward to the hot air balloon

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ride because she had never been on one. The second year, the off-roading was her most anticipated activity which turned out to be an awesome experience. Watching the kids get so excited for the big dance, seeing them loosen up and go all out is another thing that she gets excited for.

The highlight of the week is the last day of camp. Bikers Who Care (BWC), a local motorcycle organization that raises money all year long to make Camp Rainbow possible, rides out to the camp. These bikers provide the kids with a parade of Harleys, a carnival, an endless supply of cotton candy, and rides on their bikes. The campers are given white t-shirts and when the parade of bikers arrive they meet each biker and get some autographs. The bikers enjoy this as much as the campers, if not more. Afterwards, an assembly enables this group to see firsthand what all their hard work goes to. Through the years, many of the BWC have also served as counselors and staff. The dedication and care of this group is phenomenal. The kids put on a talent show for the bikers at the end of the day and give gifts to the bikers as a thank you for supporting Camp Rainbow.

Erika Hopkins says her day as a camp counselor is full of laughter, tons of sunscreen and a lot of walking. "I have had the pleasure of serving the amazing campers for four years. Each day is a different, humbling experience. I wake up my camper, get them dressed and ready for the day's activities. Campers can ride a hot air balloon, build a derby car, make a bird house, visit a petting zoo, and eat as much candy and ice cream as possible (as can the counselors). There is no limit to what the campers can do here at Camp Rainbow and that is what makes each day an adventure."



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Experience the magic of what happens when people come together to create emotionally empowering experiences for children battling illnesses. There are many ways to get involved with Camp Rainbow.

Whether you'd like to donate, volunteer your time- your involvement goes a long way. With 100% of the contributions going to the camp, every little bit makes a big difference. Camp Rainbow wouldn't be possible without the dedication of countless volunteers, staff members, and a broad base of community support. The campers must always be under the watchful eyes of camp counselors, and staff, which includes a fully-staffed medical team.

Campers are selected to attend on a case-by-case basis usually ranging in age from five to 15. Camp directors are always searching for children to come and spend a week of their summer at Camp Rainbow. To find out more about Camp Rainbow visit www.clarkvillecamprainbow.org and for more photos of the week's activities visit the Clarksville Camp Rainbow Facebook page.

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You probably already know that drinking water daily is important for you well-being. But how much is enough? Your water needs depend on body size, activity level, sweat rate, current medications, physical condition and even location.

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

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

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

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

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

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

Check the color of your urine before it becomes diluted in the toilet bowl water. A pale yellow color indicates you are well hydrated. A medium yellow color could mean it's time to drink a glass of water, and amber, orange or brown means you may be in serious need of hydration.

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

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

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Cooling at the Cave

By Brenda Hunley

If you've been in Clarksville for any amount of time, you're sure to have heard of Dunbar Cave and Swan Lake. Whether it's for a trail walk or run, feeding the ducks, fishing or just driving by, Dunbar Cave State Park is a Clarksville icon.

The park itself is 110 acres, and hosts Dunbar Cave. Dunbar Cave stretches 8.067 miles inward and has several caverns located inside. The park is open year round and the cave is generally open May – August.

History dates back to prehistoric times where the caves were used as shelter. There have even been some old drawings found deep inside the cave. In 1858 the cave and a nearby spring, later called Idaho Springs became a developed area because a man named J.A. Tate bought it and built some cabins. I've been told he claimed the water held "special effects" and he was able to sell quite a bit of it to folks in the area as well as travelers. Eventually

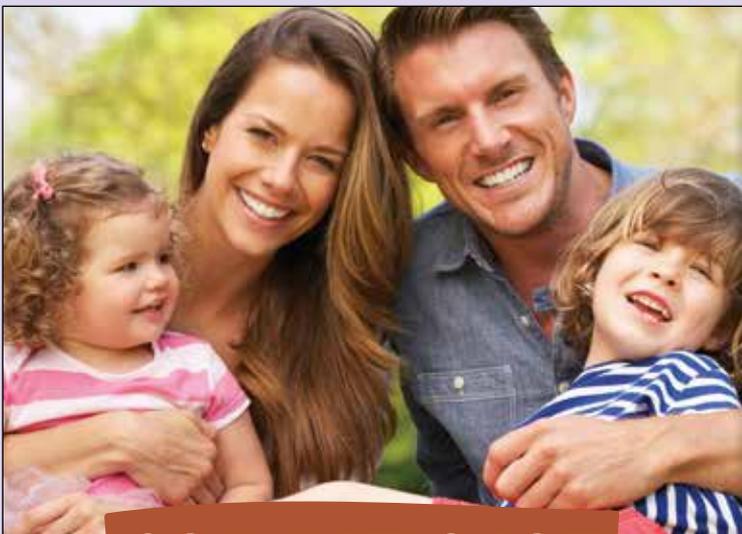
he built a two - story hotel on the property (Martineau, n.d.).

Then in the 1931 timeframe a group of Clarksville businessmen bought the cave and springs and expanded the area for people to camp and enjoy themselves. This also brought in a federal highway and a dam that increased the lake to 20 acres.

The new resort type area had a bathhouse, tennis courts, cabins, and a concrete swimming pool.

This is when the area became a host for big bands including Benny Goodman and Tommy Dorsey. After World War II Roy Acuff bought the property and he added a golf course (West, 2010).

Unfortunately in the following years, the area became less popular and the hotel was gone by 1950 and the pool closed in 1967. In 1973 the State of Tennessee bought the property and transformed it into a State Natural Area (West, 2010).



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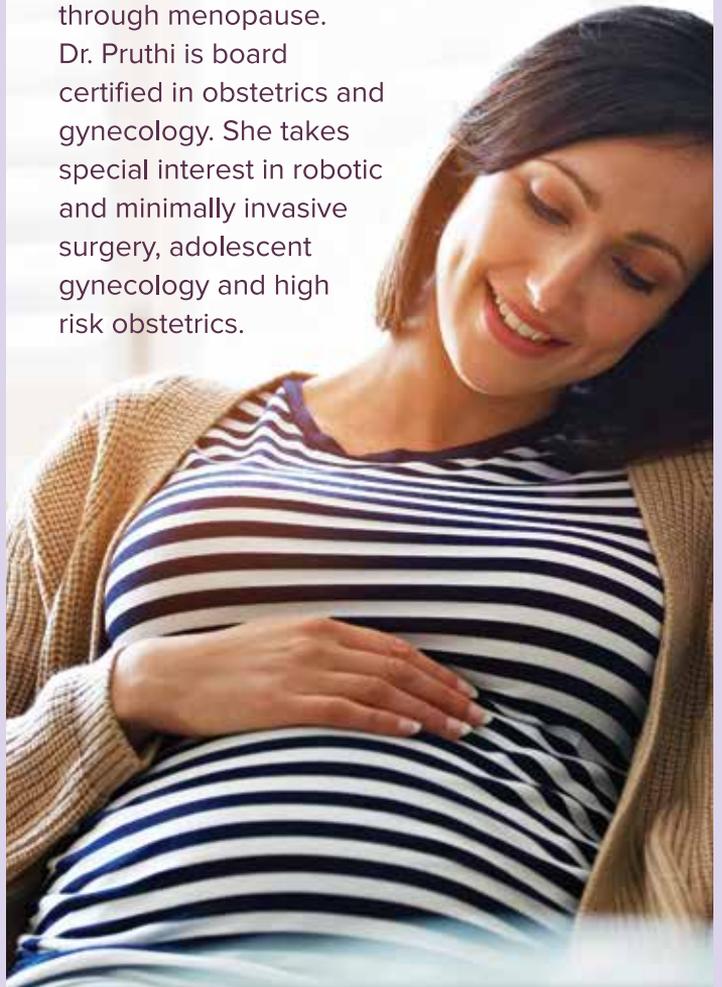
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Come experience a piece of Clarksville history. You are invited to Cooling At the Cave Saturday, July 29th from 3pm-5pm at Dunbar Cave State Park. The event is free, open to the public, and will be held at the front of the cave. There is a soft breeze of 58-degree air coming out of the cave entrance that will keep us cool on this hot afternoon.

Bring your friends and family, some lawn chairs, and or a quilt or two. Then sit down, relax, and listen to The Cumberland Winds perform music from the big band era. The Friends of Dunbar will have snacks and drinks available for a donation. Feel free to bring your dog, just please keep them on a leash (Dunbar Cave State Park, 2017).

Clarksville residents have been meeting at Dunbar Cave for dancing and entertainment for years. As you will see from the structures around the cave entrance there once was an area for



Swimming Pool, Dunbar Cave, Clarksville, Tennessee



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Swan Lake and the arches, before (above) and now.



dining, a snack bar, and a dance floor.

Before or after the event feel free to look around and take in the sounds of nature and beauty of the park. There are two walking trails, and several nature hikes scheduled this month. If you are interested in taking a short tour of the cave, please call (931) 648-5526, as they are taking reservations. It is a fun and educational opportunity the whole family can enjoy.

There are improvements happening here at Swan Lake. You will notice the majority of the lake has been drained. Changes are being made to repair the dam and to ensure the lake is able to drain properly. Once completed the lake itself will be smaller and deeper. Ranger Neblett said, "We all hope the weather cooperates so that all the improvements will be completed by the October 2017 deadline as planned".

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Navigating the Legal Minefield of a Military Divorce

Tracy Provo Knight, J.D., M.B.A.

As a family law practitioner in a city, which boasts a large military base, it is not uncommon for a potential client to enter my office wearing his military uniform and begin our meeting with a statement similar to the following:

“My wife just filed for divorce, and JAG says I have to pay her my BAH during the divorce process, and that she might be entitled to a part of my TSP and could remain beneficiary of my SBP . My CO says that DFAS will pay a portion of my retirement to her directly. Also, I just received orders to PCS to Hawaii in four months.”

Acronyms are commonplace and plentiful in the military world, and spill over into the civilian world as the two meet in a divorce or custody action. Family law practitioners must become familiar with the many acronyms used by the military service members, as well as how those fit and factor into the divorce and custody matters. Good divorce practitioners know to request the LES of the military servicemember, rather than a W-2, as the LES gives a truer indication of income, some of which is not taxable to the servicemember recipient. The LES will illustrate the servicemembers base pay, any extra combat related pay, as well as the Basic Allowance for Housing (BAH), and Basic Allowance for Subsistence (BAS).

There are also several federal laws which come into play become an important part of the practitioner’s body of knowledge. The Servicemembers Civil Relief Act (SCRA) is a staple authority for a military divorce practitioner. One of the most important provisions of SCRA regards the ability of a Court or administrative agency to enter an order to stay court proceedings. This halting of the lawsuit is clarified by U.S. code and outlines how to proceed in a case where the other side seeks a default judgment when the servicemember has not entered an appearance or filed an Answer to the original complaint. There are also provisions in SCRA which call for the vacating or setting aside of default judgments under certain circumstances.

Practitioners of military divorces must also be cognizant of the likelihood of parallel civilian and military proceedings related to the same chain of events. For example, in a military divorce action in which adultery is alleged, often times the servicemember must also go through a military investigation

regarding such allegation. Another example arises if servicemember spouse alleges domestic assault or petitions the civilian court for an ex parte order of protection. Both have the potential to cause challenges for the servicemember in civilian courts as well as in his or her military career. Of note, the servicemember may find him or herself contending with an order of protection placed by civilian courts, and yet another military order of protection. Again, both subject the servicemember to military investigations regarding the allegations or charges.

In the event of a domestic assault charge, certain conditions of release go into effect, which temporarily restrict the behavior of the defendant, enjoining him or her from contact with the

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alleged victim, as well as the prohibition from consuming or possessing alcohol and from using or possessing a firearm. The firearm component of this is problematic for a member of the armed forces, and thus requires an amendment to the Conditions of Release allowing for such as relates to his or her military work. This firearm prohibition is also problematic for a servicemember if an order of protection goes into place, or if a servicemember is convicted of domestic assault. Federal law prohibits a person convicted of a domestic assault from possessing a firearm. As is the case in a civilian divorce in which domestic assault is alleged or an order of protection is issued, the temporary enjoinder of communication between the parties adds a layer of logistical difficulty. The simplest of tasks requires increased attorney communication, planning, organization, and thus drives up the legal cost significantly. Often, this also requires coordination between the attorneys, parties, and the servicemember's chain of command to effectuate even something as small as the retrieval of clothing and personal belongings from the marital home. On a side note, I have found that Courts are extremely skilled at sifting through the facts and determining which allegations hold merit, and which are used simply as an attempt to gain an advantage in a divorce or custody dispute.



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In the absence of a valid court order requiring a servicemember to pay pendente lite or temporary support to a spouse, the military provides regulations which require such of the servicemember. Army Regulation 608-99 attempts to establish some family support for family members during the pendency of the divorce, and such obligation begins on the date upon which the parties cease living together, and decreases upon review after eighteen (18) months of separation. These military regulations, which vary depending upon the branch of service, serve as a valuable tool for the private practitioner. The regulations state that the dependent spouse shall request such support from the servicemember, but most often the written request is made to the servicemember's commanding officer, in which inadequate support is alleged. The servicemember and his commanding officer are well aware of the sanctions which may be imposed upon the servicemember for noncompliance with the support requirement, so when representing the spouse this becomes a hefty tool for the practitioner. When representing a servicemember, I always advise the servicemember to speak with his commanding officer regarding his required support, and proactively initiate the payment of the required support. The support obligation set forth in Army Regulations may differ from that which may be granted by a civilian court. If a civilian court grants a pendente lite support order, the civilian court order supersedes the obligation set forth in Army regulations.

The servicemember's military retirement is also an area which has the potential to cause headaches for the military divorce practitioner. Congress passed the Uniformed Services Former Spouses Protection Act (USFSPA) which permits Federal and State courts to consider military retired pay when considering property rights of the parties in the case of a divorce, annulment or legal separation. In addition, the language of USFSPA allowed for the establishment of a direct payment system to the former servicemember's spouse, in certain situations. Such direct payment is similar to a garnishment, and allows DFAS to pay the former spouse the amount in the order up to 50% of the servicemember's disposable earnings. The Tennessee Court of Appeals held that a court may award the former spouse a percentage of the servicemember's retirement pay in excess of 50%, but the percentage in excess of 50% must be paid from the servicemember to the former spouse.

When determining the appropriate retirement percentage award, practitioners utilize the coverture fraction method. The coverture formula divides the number of months of military service while in the marriage by the number of months in the service and then divides that number by two to give the percentage in which the former spouse may receive. Either a percentage award or a fixed dollar figure is then outlined in the divorce documents.

The Department of Defense has rules regarding the length of the marriage, length of time in the service, and time that the marriage overlapped with service time. The 10/10/10 rule

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governs when the DFAS pays the former spouse their portion of retired pay directly. Such direct payments from DFAS are allowed if the member served at least 10 years, the marriage lasted 10 years, and the 10 years of the marriage coincided with the member's service on active duty. The 20/20/15 rule outlines the scenario when the marriage lasted 20 years, the servicemember has at least 20 years of credible service, and at least 15 of those years of service were during the marriage. A former spouse who falls into the 20/20/15 rule is entitled to one year of transitional medical benefits, but is not entitled to any other benefits such as commissary or military exchange (PX/BX) utilization rights. The 20/20/20 rule allows the former spouse to maintain all military benefits including lifetime medical coverage and military exchange usage benefits. A 20/20/20 spouse is defined as one who was married to the servicemember for at least 20 years, the servicemember has at least 20 years of credible service, and the 20 years of marriage overlapped with the military service. These rules are very important to consider as the date of entry of a final decree can sometimes mean the difference between one year of transitional healthcare coverage for a service member spouse or lifetime health care coverage.

One interesting phenomenon that I have encountered a lot, is the potential of the servicemember to waive a portion of his retirement, instead opting to take such portion in the form of a VA disability payment, payable by the Department of Veteran's Affairs. This waiver is advantageous in that the VA disability benefits are not taxable. .

This scenario presents an issue for the court and divorce lawyers, as VA disability benefits are not divisible as marital property. I often have military service member clients who wish to opt for the VA waiver as an attempt to prevent their spouse from receiving any of those benefits. It is often a challenge to explain to those servicemembers that the court may opt to offset such retirement with an award of alimony, if appropriate. It is also important to explain to military servicemembers that a waiver of retirement subsequent to the entry of a Final Decree, which contemplates the nonservice member spouse receiving portion of the servicemember's retired pay, does not mean that their former spouse suddenly gets nothing. The VA waiver guidelines and regulations are clear that "family support" is an exception to the otherwise untouchable by creditors provision of the VA disability benefits. The Supreme Court of the



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United States specifically addressed this and held that both child support and spousal support are considered family support, for purposes of the exception. The SCOTUS involved a disabled military veteran, who relied upon his VA checks as his sole means of support. The U.S. Supreme Court held that state courts held the jurisdiction to hold a disabled veteran in contempt for failing to pay child support, even if the veteran's sole means for the satisfaction of such obligation was the utilization of his disability benefit received as compensation for his service-related disability.

If there are minor children involved, the creation of a Permanent Parenting Plan can be a challenge if one or both parents are active duty servicemembers. In recent years, I have noticed the trend of courts moving toward 50/50 custodial arrangements. With deployments, temporary duty assignments, and the potential for change of station, such a custodial plan can be challenging and can often lead to future litigation if one parent wishes to relocate at some later date. When dealing with a military divorce or custody action, the terms and some relevant laws differ from those most frequently utilized in civilian cases, so competent attorneys must stay abreast of the changes in relevant case law and Department of Defense rules and regulations that affect this area of practice. I find the subtle nuances of the military protocol, rules, and regulations prove quite advantageous to the client if properly understood and utilized.

Judge Advocate General, Basic Allowance for Housing, Thrift Savings Plan, Survivor Benefit Plan, Commanding Officer, Defense Finance and Accounting Service, Permanent Change of Station, Leave and Earnings Statement, T.C.A. § 40-11-150(b)(1-5), T.C.A. § 39-13-113, AR 608-99, Gonzalez v. Gonzalez, No. M2008-01743, 2011 Tenn. Ct. App. WL221888 at 2. (Tenn. Ct. App. January 24, 2011), citing U.S.C. section 1408©(1), *id.* at 3, *id.* at 5, www.dfas.mil/garnishment/retiredmilitary.html, www.defense.gov, *id.*, 10 U.S.C. § 1072(2)(G)and(H), 10 U.S.C. § 1072(2)(F), *id.*, www.military.com/benefits, Rose v. Rose, 481 U.S. 619, 107 S. Ct. 2029, at 2037 L. Ed. 2d 599 (1987), http://www.americanbar.org/content/dam/aba/administrative/family_law/2011109_film_vapaymentsfacts.

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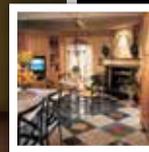
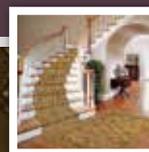
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Hello, Everyone. Happy July 4th!
In the Philippines, we celebrate July 4th as Philippine-American Friendship day. During World War II, my Great, Grandfather and his youngest son were among the soldiers who marched with American soldiers during the famous "DEATH MARCH" of Bataan while my Grandfather and his brother were guerrillas fighting the Japanese. Thus, July 4th is celebrated in my family in a special way.

When I was a child, we used to feast on SPAM, Corned Beef, and Tootsie Rolls as all of us grandchildren listened as my Grandfathers or Uncles would take turns regaling us with their World War II escapades. They always emphasized the kindness of their American comrades.

The story always ended with at least one of them in tears. As children we never could understand that. I have a vivid picture in my mind of my Grandfather chasing Japanese Soldiers with his long 'BOLO' (MACHETE).



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- Medication for symptom management
- Short-term inpatient care for uncontrolled pain symptoms
- Physical, Occupational, and Speech Therapy
- Spiritual Counseling
- Bereavement Counseling
- Hospice Aide
- Medical Social Services
- Dietary Counseling
- Volunteer Services
- Short-Term Respite Care

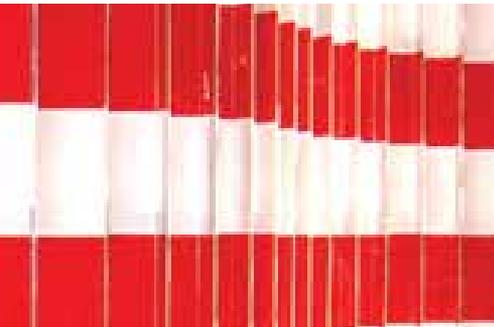
Did you know?

Hospice services are covered under the Hospice Benefit with Medicare, and Medicaid and some private insurances as well.

Tennessee Quality Hospice

931-538-6400 • 900 Professional Park Drive, Clarksville

ClarksvilleLivingMag.com



I thought my Grandfathers were crazy during these talks. Enough already! I just want my Tootsie Roll!

As a child, it was hard to understand the depth of pain and pride they felt from their WWII experience.

As for me, everyday is July 4th since the day I sat foot in this country twenty-three years ago. I celebrate it with heartfelt thanks! Thank you for the freedom! Thank you for the quality of life this adoptive country has afforded me! Thank you for the freedom to live a beautiful life! Thank you that coming here was a vehicle to stop our family's cycle of poverty.

To all readers and clients, I hold each one of you dear. I'm away from my family as I live the American Dream. So, each of you are my family now. I adopted you. And I say to you - trust me when I say the USA is the greatest country in the whole, wide world.

Believe me when I say the 'American Dream' is not just a dream-- it's real.

Let's work together to keep it ALIVE!

Enjoy this special week as we celebrate the 241st Birthday of our great country!

Listen to the Investors Coaching Show

Saturdays 3-6pm on Supertalk 99.7 WTN.



Summer Is Here!

By Pastor Larry Riley
First Baptist Church

Chalky hands. You reach up for the next hand-hold as you hug the imposing rock wall in front of you. As your fingers slide into the just-too-small grooves your arms are already shaking. You tell yourself not to look down, but you do it anyway. Your head swims and so does your stomach. Is the ground really that far away? You try and pull yourself up, but you can't hold on any longer. You

fall from the rock face and feel the sense of weightlessness. Some distant part of yourself realizes you are screaming. You feel yourself jerked by the rope as you dangle thirty feet in the air. Your friend who is spotting you below holds the rope that just saved your life. He is yelling up to you to keep going...

If you've ever been rock climbing before many of these feelings probably seem familiar. Life is at times a lot like rock climbing. It's fine, probably even fun at the bottom of a climb. You look down and know that if you jumped off without a rope you'd still land without injury. Your arms feel loose and limber, and everything is good, but eventually you hit that spot where the next step seems incredibly hard to take. The end seems farther than ever.

Don't worry. You aren't alone.

The cliché thing to say right here is "You can do it", and guess what? I believe that is absolutely true. You can do it, but there's a caveat: You can do it, but you can't do it alone.

Think back to when you were reading through that rock climbing experience. It was pretty scary when you just thought you were climbing alone. Some people actually free-climb

rock walls, meaning no ropes or harnesses. It's just them and the wall. If anything goes wrong... Well, let's just say it's not good. I agree with you. It sounds pretty crazy. Rock climbing with a rope is already scary enough!

While many of those climbers are amazing and finish the climbs time and time again, it's a risk, that for most of us, we wouldn't want to choose. For us normal humans that fall time and time again, it's incredibly helpful to have that friend waiting to catch us, to encourage us to keep moving, and that will be there to celebrate with us when we finally reach our goal.

Having a friend or family member to confide in and to support you through your journey is not only important because of the support and encouragement they bring, but also because of the perspectives they bring to the table.

When we have been working for a long time on anything we tend to lose perspective. We often go to two different extremes. We either



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Burials starting at \$1,945.00*

Cremations starting at \$995.00*

We own and operate our own crematory so that your loved one never leaves our care.

Financing is available, and current pre-need policies are accepted. Need a pre-need policy? We can help.

Basic Cremations starting at \$995 reduced fee for funeral director and staff-\$275 Removal-\$295 • Crematory fee-\$300 Cardboard alternative container-\$75 Temporary urn-\$25 Cremation permit-\$25. • Burial starting at \$1945 • Immediate burial-\$1295 Cloth covered oval top fiberboard casket-\$650.



**335 Franklin Street
Clarksville, TN 37040**

931-919-2600
www.GatewayFH.com



overwhelm ourselves by looking at how far we are from the end, and become hopeless that we'll reach the end. At the other end we can become so laser focused on the tiniest details in front of us that we fail to move forward.

When we share our struggles with those we love they often can see the next steps more clearly. They can help us break our large obstacles into small chunks.

When you do this you take something that seems overwhelming and you break it up into very doable chunks. Each one of those chunks then becomes a small victory that pushes you on to the next doable chunk. Sometimes on that rock wall you literally cannot see where to go next, but with the help of a friend guiding you to that next move you can reach out and grab a handhold you couldn't even see and lift yourself up. It can be scary to put trust in others, but in doing so we can together reach new heights, get through the hard spots, and ultimately come closer together.

The writer of Ecclesiastes wrote this reminder of how in living in community we become stronger: "A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken."

So, I encourage you to reach out to those around you. Maybe that's a family member you have talked to some, but that you haven't truly confided in. Maybe it's a friend that you just haven't seen in awhile because of just how busy you've been. Whoever it is, send that text; make that call; ask them to meet for coffee or lunch. The time you spend investing in these relationships can truly make even the hardest parts of the journey a little easier. So, please. Don't forget your harness, your rope, and above all... don't climb alone!



YOU BELONG HERE.

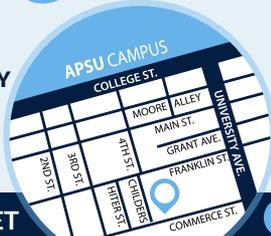
FIRST BAPTIST CLARKSVILLE



SUNDAY WORSHIP

FBCT.ORG

- 8:30AM CLASSIC
- 11:00AM CONTEMPORARY
- 11:00AM HISPANIC
- 11:00AM KIDS
- 11:00AM KOREAN



499 COMMERCE STREET

 /FIRSTCLARKSVILLE
  @FBCT_VOICE
  @FIRSTCLARKSVILLE
  /FBCT

WE STAND READY TO PARTNER WITH YOU IN YOUR SPIRITUAL JOURNEY.

You may be far away from home, family, and friends but the people who make up First Baptist Clarksville are committed to helping you and your family while you make your home here. We love and appreciate our military men and women and want the chance to serve you as you serve our nation.



MILITARY MINISTRY

FIRST BAPTIST CLARKSVILLE

JOIN US FOR OUR PATRIOTIC SERVICE ON SUNDAY MORNING, JULY 2!



Clarksville's Blueway

A Blueway is essentially a water route, and Clarksville has some of the finest!



JUST FOR KIDS

EARLY LEARNING CENTER

Childcare for children 6 weeks through 12 years.

NOW ENROLLING!



FOR THE 2017-2018 SCHOOL YEAR



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: 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.

NAEYC accredited and Three Star Rating

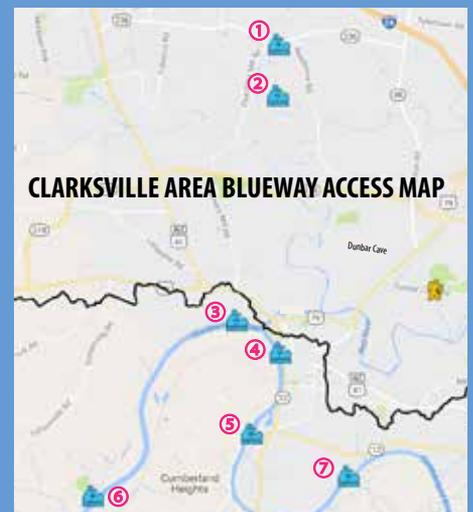
Also known as a “water trail”, it is a boat or paddling route along a waterway that combines recreation and environmental awareness while linking communities and land-based attractions such as historic sites and parks.

It is developed with launch points, camping locations and points of interest for canoeists, paddle boarders and kayakers.

Blueways are typically developed by state, county or local municipalities to encourage recreation, ecological education and preservation of wildlife resources.

Blueways are usually developed in quiet, mostly still linear bodies of water that are absent of motor power boats, whereas water trails tend to be larger bodies of water for all types of boats.

Map and information provided by Cumberland River Compact.



CLARKSVILLE AREA BLUEWAY ACCESS MAP

**Upcoming events on the water:
Rally on the Cumberland
Canoe + Kayak Race**

Saturday, September 9,
9:00AM

Location: Montgomery County
Conservation Club to McGregor
Park

Fee: \$10 ages 13-17,
\$20 ages 18+

Paddle your way to fun and
prizes at our annual canoe
and kayak race as part of
this year's Riverfest! Course
is approximately 6 miles.
Pre-registration is required
and available online at
cityofclarksville.com/parksrec.

Canoe and Kayak Float

Saturday, September 17,
7:30AM (boat drop off at Robert
Clark Park)

Location: Robert Clark Park to
Billy Dunlop Park

Fee: Free

Canoe and kayak enthusiasts
are invited to float the river with
us! Participants must provide
their own equipment. Re-
registration is required and open
to all ages. Transportation to float
site will leave Billy Dunlop Park
by 7:50AM.

1. Robert Clark Park Access
1449 Tiny Town Road
2. Billy Dunlop Park Access
1930 E Boy Scout Road
3. Trice's Landing
4. McGregor Park Riverwalk &
Access
1.0 Miles to Trice's Landing
5. Montgomery County
Fairgrounds Access
1.8 miles to Riverwalk
6. Smith's Branch Access
10.6 miles to Lock C
7. Conservation Club Access
4.8 Miles to Fairgrounds

www.cumberlandrivercompact.org



healthier montgomery

STREETS & NEIGHBORHOODS

**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.



FREE GARDEN WORKSHOPS!

SIGN UP NOW

healthiermontgomery.com/resources

Dates: July 18th & August 15th

Time: 5:30pm

Location: Montgomery County Health Department
330 Pageant Lane, Clarksville



/healthier montgomery

CALENDAR

ONGOING

ELKTON BIKE NIGHT

6:00PM-9:00PM Concerts, food, bike viewing, music and more. Local business and restaurants offer "bike night" specials.

Public Square, Elkton, Ky
Phone 270.265.7070
www.toddcountyca.com

ART LINK

5:30PM-7:30PM
Every Monday ArtLink hosts Music Monday at the Salvation Army. This FREE event, 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 each week. 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

DRIVER SAFETY PROGRAM

The Clarksville Senior Activity Center will offer the AARP Driver Safety Program each month through October 2017.

To register, please call:
(931) 802-2484 for details.

PARKINSONS SUPPORT GROUP

5:00 PM The second Thursday of each month. Join us in learning about and coping with Parkinson's disease as we address relevant topics. Meetings are for patients and caregivers. Contact Vennie Evans (931) 358-9668 or Shirley Cook (931) 368-1361 for more information.

Church of Christ, Trenton Crossing
2650 Trenton Rd.
Clarksville, TN.

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

MAYOR'S SUMMER NIGHT LIGHTS

The Mayor's Summer Night Lights program features a multitude of activities including a DJ, dance team competitions, local music artist performances, arts & crafts, motivational speakers, athletic competitions, and free food!
5:30 PM-9:00 PM

Monday, July 10
Edith Pettus Park, 345 Farris Dr.

Wednesday, July 12
Lettie Kendall Park, 300 A St.

MONDAY, JULY 17
Kleeman Ctr, 166
Cunningham Ln.

WEDNESDAY, JULY 19
Lincoln Homes, 20J Howard St.

MONDAY, JULY 24
Summit Hts., 20 Summit Hts.

WEDNESDAY, JULY 26
Bel-Aire Park, 124 Marie Dr.

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CUMBERLAND WINDS

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

MAKE PHARMACY personal AGAIN.

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931.996.0837 | 495 Dunlop Lane, Suite 106
CWPcares.com | (corner of Ted Crozier Blvd. and Dunlop Lane)

The Girly Girlz Pampered Palace Presents:

Pink Poodle in Paris

Saturday: July 15th and 22nd
11am 'til 4 pm

Come get a manicure AND pedicure EVEN stuff YOUR very own poodle!

\$30 per person
• Snacks provided •

Coming October 21st: Perfect Princess Tea Party!

1109 Franklin Street Clarksville TN 37040
(931) 216-1366 or 572-1141
• thepamperedpalace.com •

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

L&N FARMERS MARKET

7:00 AM to 1:00 PM every Tuesday, Thursday and Saturday through the growing season. Vendors offer fresh produce, plants, cakes, pies and other prepared food items, as well as arts and crafts. Montgomery County Farmers Market,

L & N Train Station, 10th Street at Commerce. To sign up as a vendor or for more information, call 931-553-2486.

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 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

JULY

2 SUNDAY FORREST GUMP [THE MOVIE]

Tickets \$5 (Cash or Check ONLY) **Tickets Available Sunday, June 25** Tom Hanks stars in this story of a simple man who is unwittingly swept up in some of the key moments of the 20th

century, from landmark events like the Vietnam War and the Watergate scandal, to key figures of pop culture including Elvis Presley, John Lennon and several presidents. 2pm

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

3 MONDAY INDEPENDENCE DAY CELEBRATION

9:30 PM Celebrate our nation's independence with great food, live music as part of our Liberty Live concert series, and family friendly activities followed by Clarksville's largest fireworks display.

Liberty Park Ampitheater
1188 Cumberland Dr
Clarksville, TN 37040

4 TUESDAY FORT CAMPBELL INDEPENDENCE DAY CELEBRATION CONCERT & FIREWORKS

1:00 PM-12:00 AM MWR invites you to join us at the carnival starting at 1 p.m. Enjoy the rides, games and yummy carnival food then relax on the grass to enjoy our free Salute to the Nation. Those with a valid military ID card can enter through the gates as they normally would. Those without a military ID card will need to enter through Gates 4, or 7 and obtain a visitor's pass. You will need your valid driver's license, vehicle registration and proof of vehicle insurance. Each passenger in the car age 16 and over must have a photo ID. All vehicles entering post are subject to be searched. All youth age 17 and under must be accompanied by an adult. Fireworks begin at 9:30pm

EXPLORE
TODD COUNTY, KY

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.

INDEPENDENCE DAY CELEBRATION
July 3rd Featuring Corey Farlow Band & Fireworks Extravaganza: at Todd Central High School, Elkton, KY

TRENTON FARMER'S MARKET
Every Saturday from 8 am to 1 pm, Main St., Trenton, KY

ELKTON BIKE NIGHT
Every Thursday Night, Public Square, Elkton, KY

JEFFERSON DAVIS STATE HISTORIC SITE
4TH OF JULY CELEBRATION
July 4th, Fairview, KY

ExploreToddCounty.com

EXPLORE
TODD COUNTY, KY

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

6 TUESDAY

D.I.Y. @ THE LIBRARY

Bring a photo and learn how to turn it into a coaster using a ceramic tile. All materials, except for the photograph, will be provided by the library.

Clarksville-Montgomery County Public Library
350 Pageant Lane

7 FRIDAY

D.I.Y. @ THE LIBRARY

Learn to make a simple, natural cleaning solution. All materials will be provided by the library.

Clarksville-Montgomery County Public Library
350 Pageant Lane

8 SATURDAY

**MOVIES IN THE PARK:
LEGO BATMAN MOVIE**

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.

FREE YOGA CLASS

Join us for a free yoga class sponsored by the Yoga Mat Studio.

Clarksville-Montgomery County Public Library
350 Pageant Lane

9 SUNDAY

**101 DALMATIONS
[THEMOVIE]**

Tickets \$5 (Cash or Check ONLY) **Tickets Available Sunday, July 2** When a litter of Dalmatian puppies are abducted by the minions of Cruella de Vil, parents Pongo and Perdita must find them before she uses them for a diabolical fashion statement. 2pm

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

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 information please contact: Jean Marr at (931) 358-0101 or Carol Ballard at (931) 648-0918.

Cumberland Presbyterian Church
1410 Golf Club Lane

**12 WEDNESDAY
HEDWIG AND THE ANGRY
INCH**

Ryan Bowie is back as "internationally ignored song stylist" Hedwig Schmidt, a fourth-wall smashing East German rock 'n' roll diva! This groundbreaking award-winning musical is rocking, funny, touching and ultimately inspiring to anyone who has felt life gave them an inch when they deserved a mile. RECOMMENDED FOR MATURE AUDIENCES ONLY 8pm



AVEDA
THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

we're turning 20!

IT'S OUR 20TH BIRTHDAY!

HELP US CELEBRATE THE ENTIRE MONTH OF JULY BY WATCHING OUR FACEBOOK PAGE FOR DAILY SPECIALS AND GIVE-A-WAYS. WE LOOK FORWARD TO SEEING YOU ALL DAILY IN JULY!

Eden Day Spa & Salon
150 Hillcrest Dr. Clarksville, TN
www.edendayspas.com • 931-552-2313




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HEALING SINCE 1996**



Aquino Pediatrics

881 Professional Park Dr.
off Dunlop Lane by Gateway Medical Ctr.
931-645-4685 • www.aquinopediatrics.com



Wed., July 12, 7:00 pm - 10:00 pm
Thur., July 13, 7:00 pm - 10:00 pm
Fri., July 14, 7:00 pm - 10:00 pm
Sat., July 15, 7:00 pm - 10:00 pm

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

14 WEDNESDAY

D.I.Y. @ THE LIBRARY

Learn how to make natural bath fizzies with a few simple ingredients. All materials needed will be supplied by the library.

Clarksville-Montgomery
County Public Library
350 Pageant Lane

15 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: FINDING DORY

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.

16 SUNDAY HOOK [THE MOVIE]

Tickets \$5 (Cash or Check ONLY) **Tickets Available Sunday, July 9** Robin Williams stars as a workaholic yuppie lawyer who remembers he was once Peter Pan after Captain Hook (Dustin Hoffman) kidnaps his children. While returning to Neverland to rescue them, the miserable man is forced to rediscover his inner child and become a better father in the process. 2pm

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

18 TUESDAY FREE 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.

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

19 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
651 Dunlop Lane,
Clarksville

22 SATURDAY MOVIES IN THE PARK

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

23 SUNDAY

JUMANJI [THE MOVIE]

Tickets \$5 (Cash or Check ONLY) **Tickets Available Sunday, July 16** When two kids (Kirsten Dunst and Bradley Pierce) find and play a magical board game, they release a man trapped in it for decades (Robin Williams), along with a host of dangers which can only be stopped by finishing the game. 2pm July 23

Roxy Regional Theatre
100 Franklin Street
Clarksville, TN

29 SATURDAY THE SECRET LIFE OF PETS

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

Submit your event to
[events@
clarksvillelivingmag.com](mailto: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

SATURDAY STORY TIME

July 1
July 8
July 15
July 22
July 29
2:00 p.m.-2:30 p.m.
Saturday Story Time is for the whole family. There will be stories and songs and a craft afterwards. Come join the fun!

SUMMER READING PROGRAM

Through 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.

SENSORY STORY TIME

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
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

July 20
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

July 25
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

July 15
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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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

*Through 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

TALES & RAILS TUESDAYS

•through 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

•through 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.

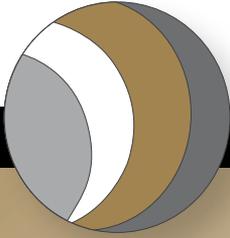
MODEL TRAINS



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

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Fellow, American Academy of Dermatology



Kay Nehrass, RN
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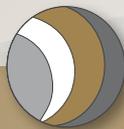


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ADOPTION & FOSTER CARE

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. Deasree Williams: (931) 645-9969 or dwilliams@cctenn.org.

OAK PLAINS ACADEMY

1751 Oak Plains Road, Ashland City. We serve children of all ages with therapeutic services, and have several foster homes in Clarksville. Karen Henderlight, (931) 362-4723, karen.henderlight@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, will 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.com, or visit our website at madisonstreetumc.org and find us on Facebook (Madison Street Music & Arts Academy)!

MONTGOMERY COUNTY WATERGARDEN SOCIETY

A not for profit water garden and koi pond club that hosts an annual Water Garden Tour. Visit www.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 fun family sport where a relay team of four dogs races another team, jumping a series of four hurdles, trigger a spring loaded box to release a tennis ball, and race back to the handler. The Road Runners Club teaches the sport using a positive approach, emphasizing the human/canine bond. Family members of all ages welcome. The sport is open to any breed. Call (931) 220-4907, email icflyball@hotmail.com, 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 JVolleyball.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.

CHILDBIRTH & PARENTING EDUCATION

ROOTS CHILDBIRTH PREPARATION

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

BREASTFEEDING EDUCATION AND SUPPORT (WIC)

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

CLARKSVILLE BIRTH COMMUNITY

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

HEALTHY START

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

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

La Leche League offers mother-to-mother breastfeeding information and support in

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

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon vacation and spa packages, and birth plan consultations. Mica 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 mtcbsa.org.

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

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove lineage, 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 bkelly@gsmidtn.org for more information.

LEAP ORGANIZATION

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

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

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 studythescrptures.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, Cheatam, 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 Croatians and encourage educational opportunities for Croatian youth here and abroad. Our annual event at Liberty Park will showcase our amazing culture, food and dance. Our club will help Croatians who want to move to Clarksville and make sure their transition is smooth. Visit 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 as on Facebook at Facebook.com/DaganFoundation. Our main partner in Togo is Action Bethesda, actionbethesda.org.

FREE CAKES FOR KIDS KY & TN

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

HOPE CENTER

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

HUMANE SOCIETY OF 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. Sittton, 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 Uffelmann 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.

PARKINSONS SUPPORT GROUP

5:00 PM The second Thursday of each month. Join us in learning about and coping with Parkinson's disease as we address relevant topics. Meetings are for patients and caregivers. Contact Vennie Evans (931) 358-9668 or Shirley Cook (931) 368-1361 for more information. Meetings held at: Church of Christ, Trenton Crossing 2650 Trenton Rd. Clarksville, TN.

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. Julee Poole for more information at JuleeSPOolePHD@aol.com or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP)

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

WESTERN KENTUCKY MEDICAL OPIOID TREATMENT

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

YMCA'S RESTORE MINISTRIES COUNSELING CENTER

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

INTERNATIONAL ORGANIZATIONS

MISS TENN KY 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/misstennky/. 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.cpccclarksville.com.

CLARKSVILLE MOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! ClarksvilleMommies.com is part of TheMommiesNetwork, a 501-C(3). Register to be part of ClarksvilleMommies.com.

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/tn/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/LLLClarkville. 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 momsclubofclarksvillwest@gmail.com. Look for both groups on Facebook. A typical month of activities may include story time at the library, lunch at a local eatery, and a crafting play date, to name a few. Clarksville is a growing town with many family friendly activities. Contact us to explore these opportunities together.

MOPS AT FIRST BAPTIST CLARKSVILLE

Meets on select Fridays every month throughout the school year from 9:15 a.m. to 12:00 p.m. at First Baptist Church downtown, 435 Madison Street. Childcare is provided for members. For more information on visiting a meeting or joining please contact Alison Weakley, child care coordinator, at (931) 409-2466, or send an email to clarksvillemops@gmail.com. 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-Coordinators, 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 (SECLAR 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@ymcamltdn.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@trnvoices.org, Jennifer Allen at (615) 854-2165 or Jallen@trnvoices.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 cvhland-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@ymcamltdn.org.

TUESDAY OVERTHERS ANONYMOUS MEETING

Tuesdays, 11:00 am to Noon Parish Library in 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@clarksvillelivingmag.com.

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

HAPPY BIRTHDAY!



Happy first birthday Madison.
We love you.
Love mama and daddy.



Happy Birthday Dominique Jr.
grandma loves you!



Happy 3rd Birthday
Adrian Zion,
we love you baby boy!



Happy Birthday Threanger
Mommy Loves You!



Happy 3rd birthday Brian.
We love you. Love mama & daddy.



Happy 4th Birthday Colton Bear!
Love Mama, Daddy, and Aveleen



Happy 4th Birthday KK!
Love you always,
Popa and NaeNae



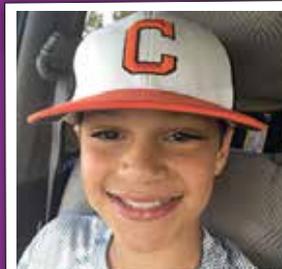
happy birthday
Charles love mommy



Happy 5th Birthday Emersyn!
We love you!
Mommy, Daddy, and Zach



Happy 8th Birthday Andre Nesta,
we are the sunshine in our lives!!



Happy 11th Birthday Clay!
Love-Mom Dad, Bennett, Reese & Jack



Happy 12th Birthday, Katie!
We love you !



Happy Birthday Sissy Jo!!
Love you Always
Mom, Dad and Tommy



Happy 17th Alaina.
Love your seester



Happy birthday Jake
from riley xo



Happy birthday ,Riley
Love, Jakena

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

Pet Pix

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She loves being with her big brother!!



Ready to help in the garden!



Scout & Riddick are the best of friends!



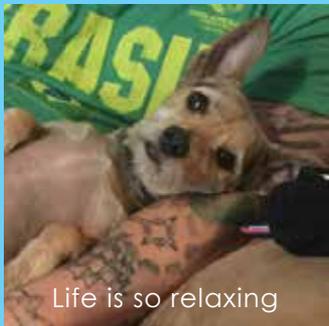
Sammie is out boating already this summer!



RoeRoe



Ralphie is so doggone proud to be an American!



Life is so relaxing



Sisterly Love!



Parker partner in crime ...



(oh, do I have to?)



Tippy canoe and Milo too!



Watching my every move...



Owned by Drs. Jim & Leslie Burchett

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AND

FAMILY PET HOSPITAL

IS HOSTING A

Pet Pix CONTEST

Submit **YOUR** Pet Pix by July 15th

THE WINNER WILL RECEIVE

\$50

IN PRODUCTS OR SERVICES FROM

TINY TOWN ANIMAL CLINIC & FAMILY PET HOSPITAL!

This Month's Winner:

 **Riddick**



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

"We've been with Altra for almost 20 years. As a busy family of four, we're always on the run, so we needed a financial that could keep up with us. Altra does just that."

Tara Shilts

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