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Publisher's Message

As usual, the year is flying by and Summer seems to be going even faster. I saw Halloween candy and pumpkin spice bleach at Kroger. Yes, you read that correctly... pumpkin spice *bleach*. Gross. Is nothing sacred?

Well, one end of summer favorite that you can always count on is Riverfest. This year it's back for its 30th year, and as usual, they have something for everyone. It's Thursday, September 7th through Saturday, September 9th. There will be an art show, live music. Recreation Zone, Family Zone (including Toddler Town for the 5 & under set) Canoe & Kakak races and the famous Riverfest Regatta. It's not to be missed!

Be sure to check out Tony Centonze's touching cover story on Pastor Jimmy Terry on page 18. Pastor Terry truly loved everyone, and never met a stranger. I hope you will take the time to read this loving tribute to him.

There are also plenty of great articles about health and wellness, fun upcoming charitable events, and more. See this month's calendar (starting on page 32) for all the fun things to do around town as fall approaches.

I hope that you and the kiddos are getting settled into a back to school routine, and are counting down to fall-break—I know I am!

Here's to a great September and as always, thanks for picking us up!



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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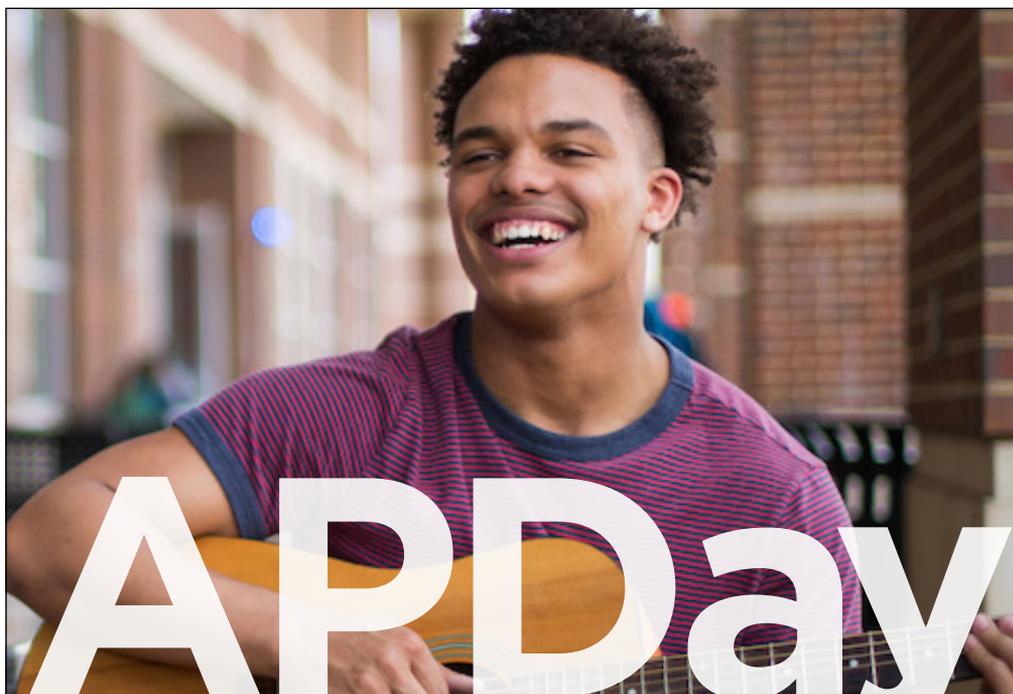
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Healthy Eating for Tweens

Brought to you by Tennova Medical Group

Eating a well-balanced diet is critical during the teenage years.

During adolescence, the human body constantly changes and grows, requiring extra energy in the form of calories. Specifically, the American Academy of Pediatrics notes that, during early adolescence, boys may need roughly 2,800 calories per day, and girls may require an estimated 2,200 calories per day.

But this does not mean that you should give your kids carte blanche to eat whatever they want. Instead, focus on fueling their growth spurts with nutrient-dense foods that are low in sugar and saturated fat but high in the vitamins and minerals their bodies need.

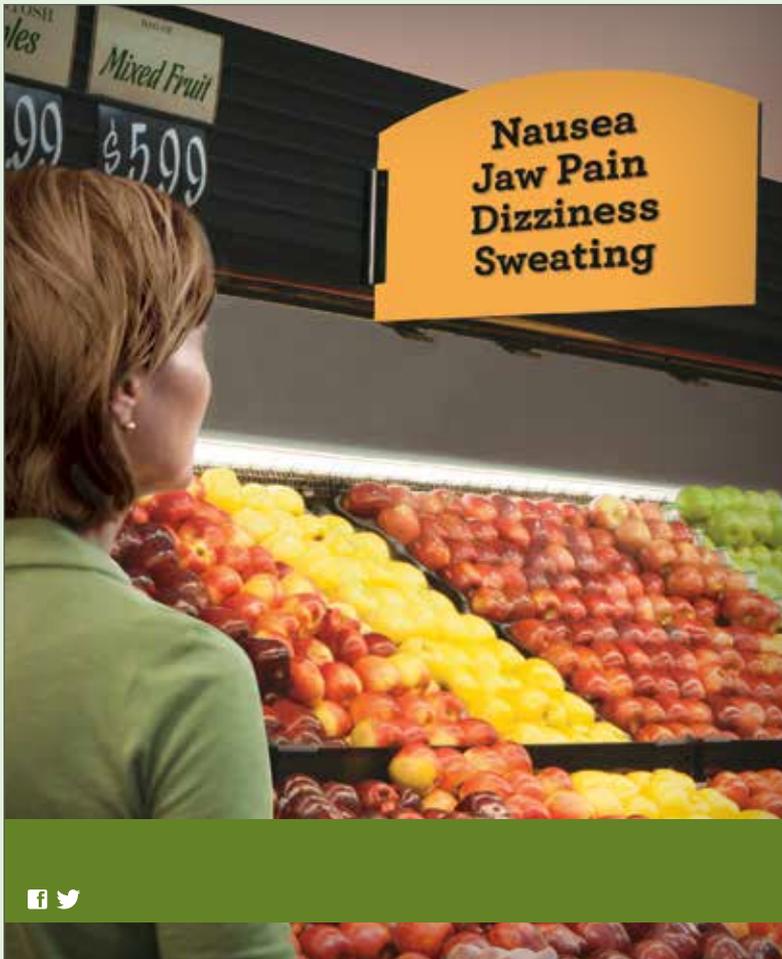
The Low-Down on Carbs

Carbohydrates have gone through ups and downs in terms of popularity over the years. They'll reign for a decade as a fad diet staple, only to become ingredient non grata years later. So what's the scoop on the breads, cereals and pastas that



young bodies crave? Your teenager needs them, especially during early teen years.

In fact, between 50 and 60 percent of your teenager's daily caloric intake should involve carbohydrates. But sugary cakes and cookies are not the best choices. Instead, your adolescent



The signs of a heart attack can be different in women.

In fact, some women can experience a heart attack with no chest pain at all. So know the signs. If you feel them, get to an emergency room - fast. Call 911 and count on the Nationally Accredited Chest Pain Center at Tennova Healthcare - Clarksville for emergency heart care.



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should focus on consuming complex carbohydrates found in foods such as whole grain breads and cereals.

What About Fat?

A healthy amount of fat will help the body absorb key nutrients, such as vitamins A, D, E and K. No more than 30 percent of the daily nutrient intake should come from fat, however, and all fats are not created equal. Make sure that your teenager is consuming healthy, monounsaturated fat from sources such as nuts and canola or olive oil.

The Power of Protein

Protein is an important source of energy throughout life, helping the body build, repair and strengthen muscle. But not all teenagers need the same amount of protein to power muscles. Athletes typically require a little more protein than those who do not train regularly.

According to the Academy of Nutrition and Dietetics, the daily protein intake for teenagers who are active athletes is about 0.5 to 0.8 grams of protein for every pound of body weight. Adolescents who are not athletic should focus on getting between 0.4 and 0.5 grams of protein for every pound of body weight. Beans, cheese, fish, nut butters and tofu are a few examples of good sources of protein.

Best Snacks to Fuel the School Day

Don't let your teen leave the house without a sack full of healthy snacks. Foods filled with fiber, healthy fats and lean protein will help them stay energized throughout the day. Here are a few items to add to your list:

- Peanut butter toast is a great way to start the day. Packed with complex carbohydrates, a slice of whole wheat bread or a bagel slathered with natural peanut butter is a great way to stay focused throughout the morning.

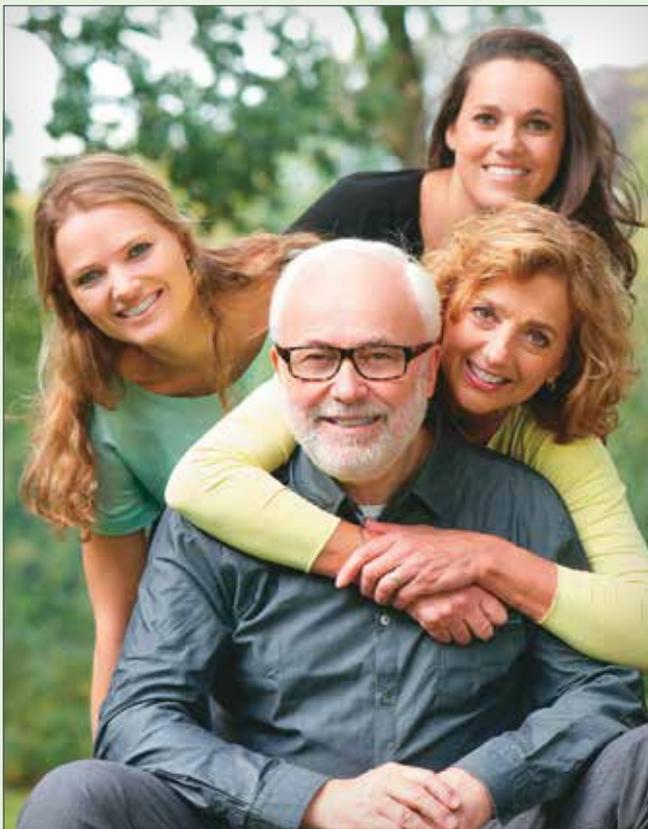
- Cottage cheese topped with fresh berries is the perfect snack, offering a good balance of calcium, protein and antioxidants to support the immune system.

- Apple slices dusted with cinnamon are a delicious post-school day, pre-athletic practice snack, supplying calories and fiber.

Talk to your doctor if you have questions about your child's nutritional needs. Don't have a doctor? Tennova Medical Group is here to help. Our family practice office located on Tiny Town Road welcomes new patients of all ages. Call 931-502-2423 or visit TennovaMedicalGroup.com. Ask about our same- and next-day appointments.

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

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Handbags for HOPE

By Taylor K. Lieberstein

The Clarksville Association of Realtors Young Professionals Network (CAR YPN) recently hosted their fourth annual Handbags for Hope event at the Wilma Rudolph Event Center. The sold-out charity event was a tremendous success raising \$100,000 this year. That number almost doubles what they raised at last year's event. Of that amount, \$85,000 was donated to Urban Ministry's SafeHouse for Women and \$15,000 was put towards the Mike Groves Memorial Scholarship Fund.

Handbags for Hope is a night of fun, friendship, and shopping that gives 100 percent of proceeds back to the Clarksville community. Both organizers and ticket holders look forward to the popular event all year long. Around 300 handbags are donated each year to Handbags for Hope's Silent Auction and over 20 bags for the live auction. Each designer live auction bag is filled with extra surprises in line with each bag's theme. This year the 'Mystery' themed bag brought in \$6,500 alone. Handbags for Hope has raised nearly \$227,000 in four years.

Proceeds from the event benefit two important charities, Urban Ministry's SafeHouse and the Mike Groves Memorial Scholarship Fund.

The CAR YPN Mike Groves Memorial Scholarship Fund was established to honor the legacy of Mike Groves, who was instrumental in starting the YPN at CAR, and who had a passion for bettering students and professionals through technology and education. The money is used to provide \$1,000 scholarships to local students. The scholarships are awarded to graduates of Montgomery or Stewart Counties who exhibited exemplary academic accomplishments, as well as extracurricular involvement in the community. The recipients are selected by a sub-committee of the YPN who votes on who should receive these funds.

"Mike believed that the future of this organization was in educating, encouraging, and investing in young leaders, and embracing new technology," said Melissa Powers, 2017 CAR YPN Committee Chair.

"Mike championed the formation of the CAR YPN and without his support, it wouldn't be what it is today. The CAR YPN is proud to honor Mike with this scholarship for years to come," said Powers.

Groves was a member of the Clarksville Association of Realtors from



1991 until his passing in 2015. In his 24 years with CAR, Mike served in dozens of leadership roles, including being CAR's primary realtor, Code of Ethics instructor. He was named Realtor of the Year in 2001, and was elected to serve as President in 2000 and 2015.

The recipient of most of the money raised through the event is Urban Ministry's SafeHouse for Women.

Due to their complex and often immediate needs combined with their need for confidentiality the SafeHouse relies heavily on support from the community. Beverly Dycus, CEO/Executive Director of Urban Ministries, says this is a major fundraiser for the SafeHouse and they are extremely grateful for the funding they receive through the event.

"When the event was established, we wanted it to benefit a local charity that didn't receive as much representation in our community, and a cause that would impact some of the most vulnerable in our area. SafeHouse has been a wonderful cause," said Powers.

Urban Ministries opened SafeHouse Domestic Violence Shelter in 1987. The facility is located at a confidential location to ensure the safety of its residents. The program currently takes in about 400 women and children a year. The house is fully staffed 24 hours a day, mostly by dedicated volunteers, to

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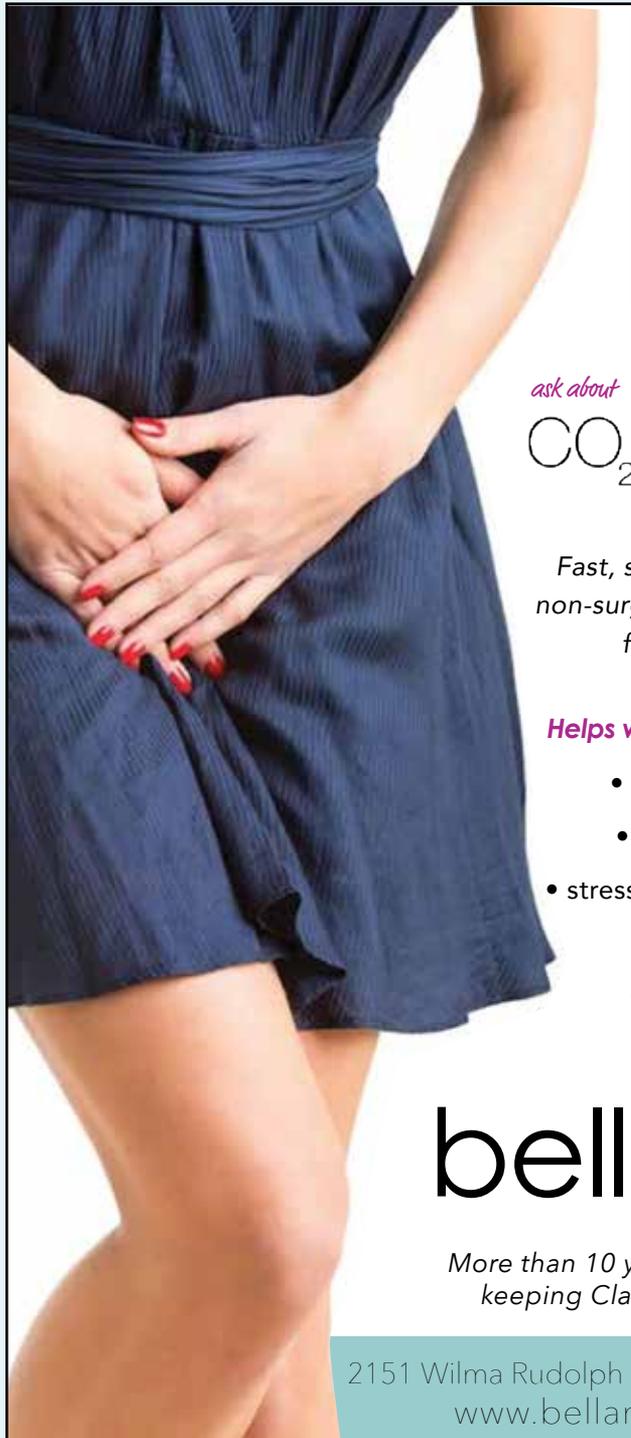
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provide safety, peace, and comfort to local women and children in need. The house is at capacity most days- however they don't turn anyone in need away. They provide hope and healing for women ranging in age from 18 to 95. Dycus added that, while the SafeHouse shelters women and children, its support services are also offered to male victims of domestic abuse.

If anyone in the community needs any aid from the SafeHouse they should not hesitate to contact the team at 1-866-592-6902. All calls are confidential. In addition to offering shelter, the SafeHouse also provides monthly meetings, counseling and planning, support and educational groups and court advocacy.



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Handbags for Hope has become extremely popular in a short four years. The night is always filled with good vibes as Clarksville comes together to socialize and outbid each other on designer bags. Platinum Purse Level Sponsors, Gold Purse Level Sponsors, Live Auction Bag Sponsors, Silver Purse Level Sponsors and ticket holders all helped to make a huge difference in the lives of many throughout the community by being a part of Handbags for Hope. If you would like to be part of the event next year keep up with dates and ticket sales on the Clarksville Association of Realtors Facebook page.

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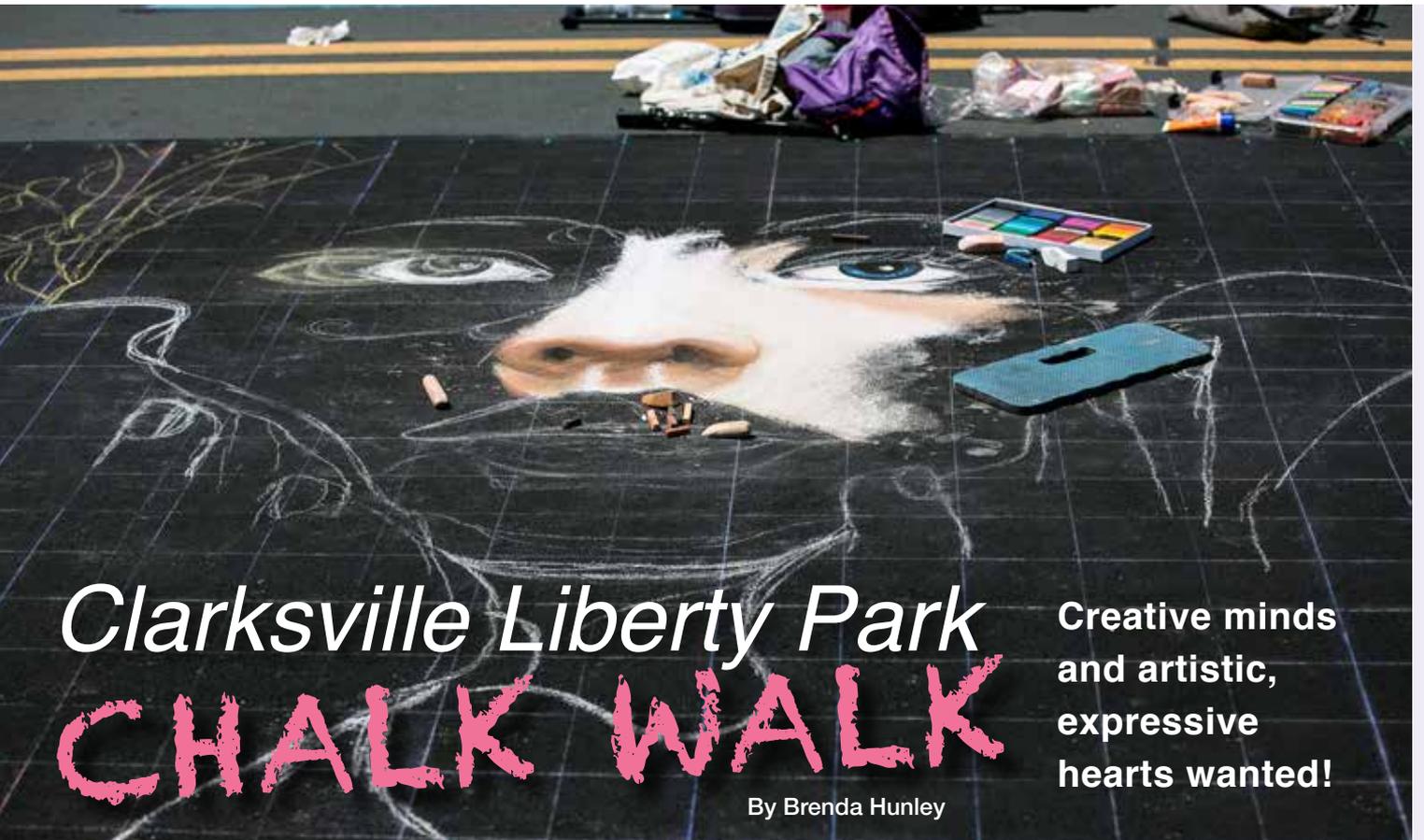
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Clarksville Liberty Park CHALK WALK

Creative minds and artistic, expressive hearts wanted!

By Brenda Hunley



Join us Sunday, September 17th from 1-6 pm at Liberty Park! Look for the pavilion and sign up to participate in the Chalk Walk. This is a family friendly event with activities for everyone. There will be a stage where you can enjoy live music, and several of your favorite food trucks will be on hand should you get hungry.





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\$20.00 is the cost for your own sidewalk square. However, if you register today all the way up until day of the event it is only \$10.00 a square! You can pre-register by emailing Art Link. His email is: artlinkclarksville@gmail.com .

Think outside of the box; get those creative juices flowing as you prepare to showcase your artistic talents using chalk. (Chalk will be provided). With each registration you will be entered to win a prize for your work. There will be three winners from this contest judged by a selection of judges, one of which is Mayor Durrett.

If you would rather experience this by watching, we have that covered as well. Zachary Herdon from Atlanta is a 3D artist who will be on hand showcasing his work. He and his wife Jessi are both professional chalkers and have been working together since 2012. Zachary and Jessi shared a chalk piece at the Gwinnett Arts Fest and won first place, as well as a People's Choice Award. He has traveled to events across the southeast and is becoming a well - known name in the field. They even took their chalking skills across the ocean to art festivals in Italy and Germany.

There will also be an interactive chalk walk scavenger hunt. The interactive squares



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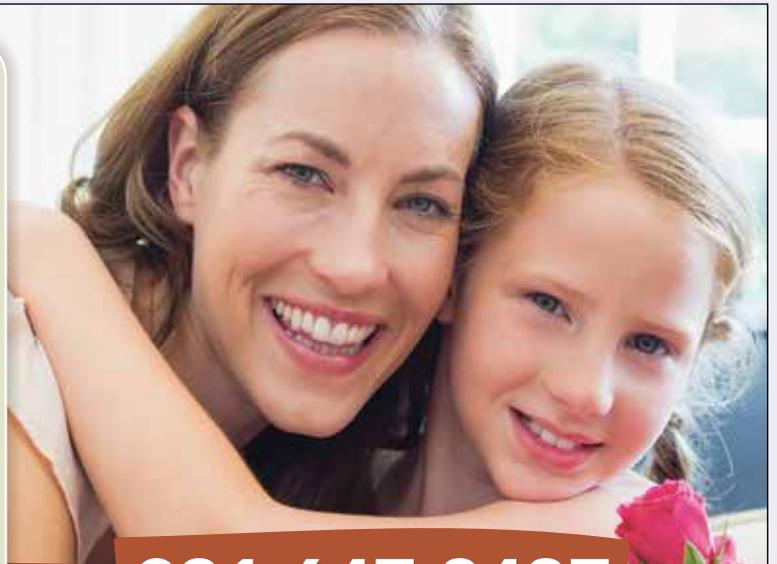
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continued from page 17

mean YOU are the vital part. For example, let's say the first interactive square is a bunch of balloons, when you lay down next to the square it will look like you are holding the balloons. Simply take your picture with each interactive square on the list (a list will be provided) then post them with hash tag pictures on Instagram or Facebook you will win a prize. This event is free!

Do you like to paint? There will be several free standing walls set up where people can come and participate in a free paint. At the tent volunteers will be there to hand out paint and brushes for you to use. There has been a pattern of shapes pre-drawn with painters tape to prevent anyone from painting over your creation. This will make a design within everyone's designs.

Come join in on the fun, we look forward to meeting you!



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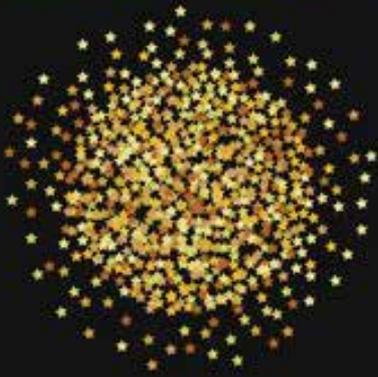





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DANCING TIL DAWN



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Dancing 'til Dawn

The Dawn Stanfill Foundation will be hosting its 9th annual Dancing 'til Dawn event to aid local pediatric cancer patients on September 30th in the Franklin Room at F & M Bank starting at 6pm.

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Tickets are \$50.00 in advance or \$65 at the door and may be purchased online at: www.thedawnstanfillfoundation.com, or by phone at (931) 387-3841, or by mailing a check to 489 Heath Road, Cunningham, Tennessee 37052.

This will be a fun evening with dancing, and a photo booth courtesy of We Bring the Party Events, as well as a silent auction with many prizes such as: a Thompson Center Dimension Rifle, tickets to Walt Disney World, and some autographed pucks from the Nashville Predators to name a few.

The Dawn Stanfill Foundation benefits children in the Middle Tennessee area who are undergoing cancer treatments. The Foundation provides financial support to families during their struggle with this disease, and a portion of the proceeds also goes toward pediatric cancer research.

The Foundation was started in 2009 by Brittney Stanfill in honor of her mother, Dawn Clark Stanfill, who lost her fight with cancer in 2007. Dawn Stanfill had devoted her life to children as a teacher in the Clarksville Montgomery County School System for over 20 years.

Please come, join in the fight against childhood cancer by supporting this exciting event - and have some fun with your friends as you dance the night away.



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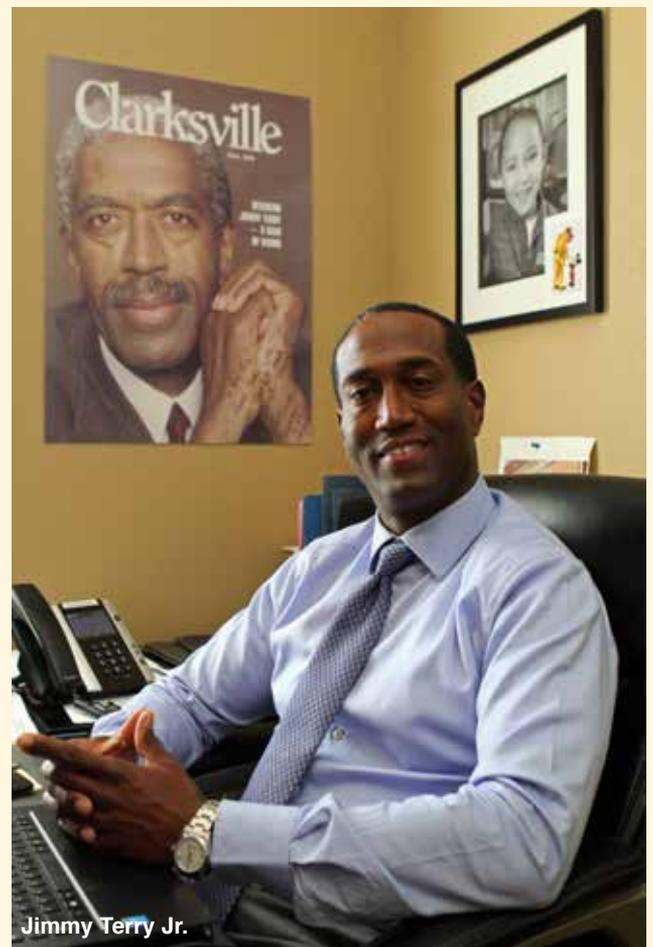
This past June, Clarksville lost a great man, a great leader of men, Pastor Jimmy Terry. A man, who many of us had the privilege and pleasure of knowing. Recently, Pastor Terry's son, Jimmy Terry Jr. sat down to talk about his father, and the impact he had on so many.

"People keep telling me how much they miss my dad, how much they loved him," Terry said. "I don't mean to downplay their feelings when I say, just imagine how you feel, now magnify that by 20."

"I mimicked my dad, so our schedules were similar. That often kept us from seeing each other. I was going from meeting to meeting, and sitting on this board or that. So, when he got sick, that all came to a halt. During his last 2-1/2 months, we hung out every day. It's like a double-edged sword, I cherish that time, but then afterwards, boom."

Terry said, one thing many people might not know is that Servella, Pastor Terry's widow, is not his biological mother.

"Father told me stories about my mom," Terry said. "He told me, 'Son, I can remember when a car pulled up, your mother got out of the passenger seat and said, here, you



can take better care of him than I can. You were about 18 months old and I said to myself, what am I going to do?' I remember him telling me once, 'I wish I had a father to tell me all the things I'm telling you.'"

Pastor Terry was a young man in Dayton, Ohio when that happened, 46 years ago. In some ways it was reminiscent of his own childhood. He was born in 1937, then abandoned on a porch in Tuscaloosa, Alabama. His Aunt Lucy took him in and raised him. She gave him a good childhood in a nice neighborhood. He always remembered her words, 'if you stick with Jesus, you can make it, you can make a life.' Pastor

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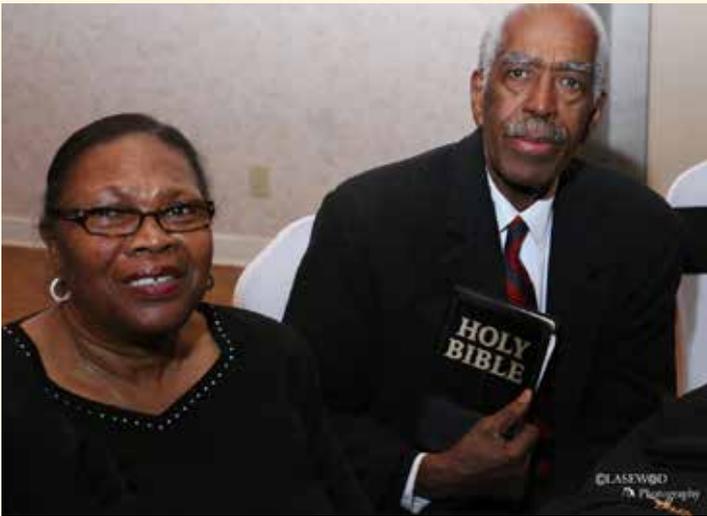
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Terry certainly lived those words.

Pastor Terry spent four years in the Navy, then joined the seminary. He was lured away from Dayton, Ohio by an offer to serve at Clarksville's Mt. Olive Missionary Baptist Church.

"I was six or seven years old when we came to Clarksville," Terry said. "I was learning to play the piano, and he would let me practice inside the church, but he didn't want to burden the parishioners, so I could

only turn on the piano light. It was a little scary, (Terry laughed).

"I guess I was at Richview Middle School when I first realized that my father was someone important in the community," Terry said. "Someone published a list of Clarksville's most influential people, and he was in the top ten. When he delivered the invocation at Governor McWherter's inauguration, I knew that was pretty special."

Terry said his father was the same man at home as he was in public. "His daily mission was to spread the word of God, and to touch other people's lives. He would always say, 'I don't want to be an embarrassment, or

I guess I was at Richview Middle School when I first realized that my father was someone important in the community. Someone published a list of Clarksville's most influential people, and he was in the top ten."

— Jimmy Terry Jr.

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bring shame on you. I will always strive to make you proud."

The loss of his dad is still very fresh, but Terry was eager to share some of the stories he heard from his dad and others during their last days together.

"Leigha Davis told me that her car always used to break down," Terry said. "One time, she had just gotten a new job in Nashville, and her engine blew. She called my father and asked if he knew anybody she might carpool with. Dad asked her, 'what time do you have to be there?' She said 6:30. He said, 'I'll see who I can find.' He called her back and said, 'be outside your house at 5 a.m.'"

"That next morning she was outside at 5 a.m. and saw my dad's white Grand Marquis coming around the corner. 'Here comes Pastor Terry, with his suit, carrying his bible, and listening to bible on cassette on the car's radio,' she said. 'I didn't mean for you to have to come and get me.' Pastor Terry said, 'that's alright, I've got ya.' My dad showed up every day for two more weeks. At the visitation Miss Davis said, 'I've been at that job for 24 years now, thanks to your daddy.'"

"Just before he passed, my father knew of a woman at Golden Corral that was dealing with some hardships," Terry said. "At his sickest, he asked me to take him there. He could hardly walk. He was in a lot of pain, but he wanted to help that woman through her difficult time. He left her

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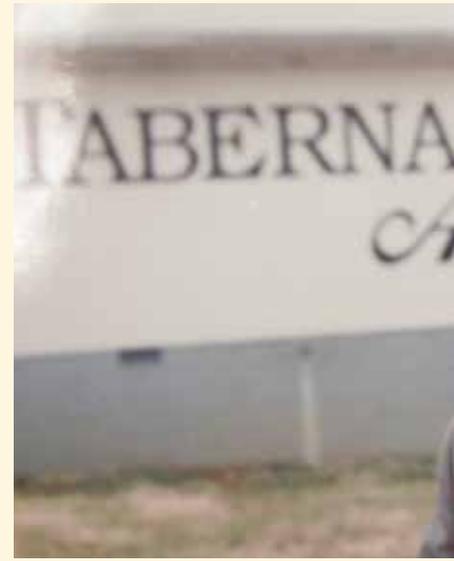
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continued from page 21

an envelope with some money to help her cover her expenses. That's just who he was.

"That woman was one of hundreds who came to my father's service. There were a lot of people and visitation was seven hours long. We held it at First Baptist Church because we were expecting so many.

"My family said that I should take a break. But, I thought of my father in his 60's and 70's going to APSU

graduation ceremonies. He would be there for the entire thing, inside, then outside in the hot sun. I thought, if he can do that, I can stand here from noon to seven and greet these people who have come to pay their respects."

"I was pulling into the neighborhood one Wednesday, a few weeks before he passed," Terry said. There were cars everywhere, so I said to my daughter,

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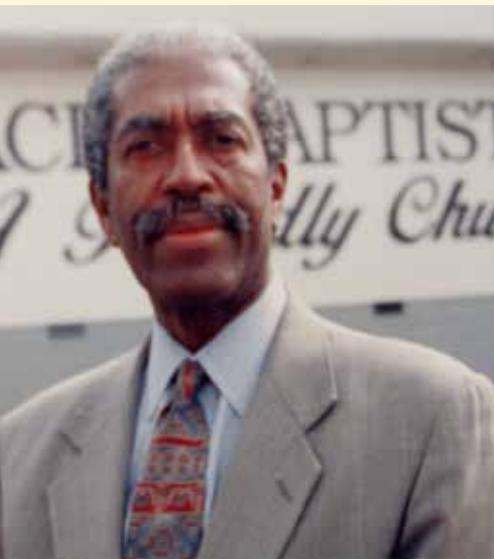
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who is having a party on a Wednesday? I turned the corner and our driveway was full. I went around back and saw 100 -150 people in the backyard singing hymnals to my dad, as he sat on the deck.

“Another great memory is when he spoke at the church for the last time. When we arrived, the church was packed. We went in the side door, and were overwhelmed by the people and the love. I told my friend, now I know what it’s like to be Elvis.”

The last story Terry shared brought tears to his eyes. He pulled out his phone to show the video of the day Sammy Stuard displayed a 40-foot Jesus banner on the F & M Bank building in the heart of downtown Clarksville.

“He wasn’t feeling his best that day,” Terry said. “He was weak, he had recently fallen. I told him he had to trust me, there was something he needed to see. It was a surprise. He didn’t know where we were going. I said, we need to take this ride.

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“Along the route, the guys from Bikers Who Care were on the side of the road holding signs, we would stop, and they would walk over and say, 'Pastor Terry, how are you doing?' Or just, 'love ya brother.' They were set up at about ten stops along the route. It was amazing. Then, we got to the bank, and he couldn't believe his eyes.

“When we got home from F&M Bank that day, he folded up his suit and gave it to me, with the bible and the planner, pens, money, everything. He said, 'here you go, son, and gave it to me. I knew then, it was a wrap.’”

If you were lucky enough to have met Pastor Terry, there are a few things you already know. He would drive his Cadillac through town with the window down and a Jesus sign in his left hand, waving it for all the world to see. He always carried a bible, and told you that he loved you. And, he always wore a 3-piece suit.

“He always wore that suit,” Terry said with a smile. “Even when he was helping me cut the grass, the jacket would come off, but that vest would stay on. And, that love ya thing. He would say, 'love ya, boy. That would make me cringe when I was younger. But, now I

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hear so many stories about how many people were touched by that, and I just smile.

“At dad's service, this big biker guy pulled me aside, he was crying. He said, 'your dad loved me, and I loved him.' Near the end, I was in Cracker Barrel. A lady pulled me aside and said, 'how is your dad?' I said, you probably wont see him again, but I'll give you his number. As I turned, I heard her weeping.

“His funeral was definitely a celebration. He personified love, and that genuine love transcended racial and economic divides. He made an impact on regular people, and the movers and shakers, and not just in Clarksville. His reach extended way beyond this city.”

Terry tells the story that his dad's last words to him were, 'shut up.' The son was trying to convince his father to keep taking his medicine. Dad asked him to come closer, and closer still, then said, 'shut up.' He had made up his mind, it was time.

During those last few weeks, Terry remembers saying, “it's you and me, father,” Pastor Terry said, 'it's always been you and me.'

Pastor Terry looked up on one of his last days and said, 'son, what of mine do you want?' Terry said, “I want that bible you always carry. Then I said to him, my name is Jimmy Terry, Jr., what else do I need? My father smiled, and said, 'son, I love you.’”



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Help the weight FALL off!!

By Dr. Catherine Meeks

Need to shed 10- 20 pounds? Extra pounds take a toll, but weight gain is often such a gradual process that you might not even realize it's happening. We at Sango Pharmacy want to help you reach your weight loss goals through our weight loss challenge and classes! Through our classes you will learn lifestyle changes to help you with weight loss and keep the pounds from sneaking back!

Sadly, more and more people are dying from weight-related health problems. This includes high blood pressure, cardiovascular disease, cancer, and other conditions. In 2015, 40 percent of 4 million deaths linked to weight were in people who weren't even considered obese, just overweight. And for those who gain more, the risks are even greater. For example, 44 extra pounds in mid-life increases your risk of type 2 diabetes by 10 times. There's an emotional toll as well. A recent study found that heavy kids faced three times the risk of depression in adulthood.

Okay, enough of the scary statistics. I'm here to also say that even small changes can make a big difference. For example, did you know that losing just 7 percent of your body weight can cut your risk of diabetes by 60 percent?

So what can you do? As I'm sure you're aware, there's no shortage of weight-loss tips out there. Here are a few backed by recent research:

- Weigh yourself regularly, especially during times of life transition, such as pregnancy or marriage. See the number going up? Nip that trend in the bud before it gets even harder to do.

- Down water instead of other drinks. Following 16,000 adults, researchers found that drinking a glass of water instead of a beer every day reduced the risk of obesity by 20 percent. Substituting water for sugar-sweetened drinks lowered the risk by 15 percent.

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- Be wary of artificially sweetened drinks, though. Among 1,000 subjects in seven clinical trials, aspartame, saccharin, and sucralose showed no major weight-loss benefits. In fact, data from 30 observational studies involving 400,000 people showed a link between artificial sweeteners and obesity. These kinds of studies, however, can't prove a cause-and-effect relationship.

- “Just keep walking, just keep walking,” to paraphrase Dory from Finding Nemo. A global study looked at “activity gaps” and found that waistlines have widened in places where walking rates have declined. The great thing about this activity is that nearly everyone can do it. And it doesn't cost much, just the price of a good pair of shoes. On your walks, you can also try a few quick bursts of fast walking or running to burn extra calories.

- Get enough sleep. This link might be something you don't think much about. But studies have shown a lack of sleep may contribute to obesity.

- Of course, it goes without saying that you need to focus on healthy food choices, too. Eat more vegetables, fruits, lean meats, fish, and nonfat dairy products. And don't tempt fate. Keep sugary, starchy foods out of your house, if you can.

Starting in September, Sango Pharmacy will be hosting a weight loss challenge for anyone who wants to join us! This is a 16-week course that will lead you right up to success for the Holidays. We will have bi-weekly meetings with helpful tips in how to lose a healthy weight and be able to keep it off. Please call (931) 919-2491 for more information on our program and how we can help the weight FALL off!

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. HealthDay: “More Evidence That Midlife Weight Gain Harms Your Health.” Available at: https://medlineplus.gov/news/fullstory_167272.html Accessed 8-2-17.

2. HealthDay: “2 Billion Worldwide Are Obese or Overweight.” Available at: https://medlineplus.gov/news/fullstory_166514.html Accessed 8-2-17



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New Seasons and Fresh Opportunities

By Karen Powers, wife, mom of twins, lover of books, teacher of preteens and women at FBCT, cofounder of "DWell" Bible study group

Fall, football, and change...oh the possibilities!

There is something energizing about the devoted fans of college football. Teams that performed poorly the year before find their fans gearing up with hope for the new season. As fans, we fly team flags on front porches and cars. We carry on about our favorite teams in (mostly) friendly banter on Facebook and suit up in our favorite team gear. We wait for the top ten teams to be announced on ESPN and we joyfully begin taunting those of other teams around us...or quietly hoping our team's performance will prove the statisticians wrong. The possibilities of renewed victory hang in the air with hope and expectation.

While I may not know the latest stats (or even the quarterbacks for each team), I sure do love the energy of college football season. College football fans are loyal beyond compare. We may know our teams have really struggled the last few seasons, but the fight in us simply cannot let go of the hope that we will stomp our rivals this year. We have dusted off our disappointments of the last season and are ready to don our encouraging cheer yet again. We cling to a fresh faith that the off season training and recruiting have built up new energy and talent on our favorite team.

The teams and players also go into the new season with hope for redemption and new chances to demonstrate improvement. They dig into the off season training of discipline. They determine that this year will prove more successful. The players learn from the mistakes of seasons past. They determine to go forward as a stronger team with faith that their hard work will pay off.

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We, too, can look at the entrance of fall as a fresh beginning.

We can breathe in the crisp fall air with hope for a stronger season. We can choose to embrace the lessons of our past experiences. Letting go of regrets allows us to apply the wisdom of what we have learned. Embracing the opportunity offered by each new day enables us to more fully step into this season with fresh faith and hope.

I was reminded of this several weeks ago when I had the opportunity to reunite with a dear friend of over 20 years. As we were joking about the "old" days of college while our husbands and kids played outside, I laughed and mentioned how I longed to forget the regrets of who I was in those days. She sweetly, yet seriously, chastised me for holding onto any regrets. "Those days are past and long ago. We were all different people then," she said.

That statement and the true, unburdened love of my friend resonated with me. You see, my family and I are Christians. We hold fast in gratitude to the sacrifice that Jesus made for us on the cross. With this, my husband and I endeavor to lead our children in learning the truth of the Bible and what the sacrifice of Jesus really means. The Bible tells us that the sacrifice of Christ wipes the slate clean for us. When we give our sins to God and seek His forgiveness, a fresh path of renewal opens up for us through Christ. I know and believe this. Yet, when those words popped out of my mouth, my friend's response made me realize how I tend to not truly live in the freedom of this forgiveness. Where I have been gifted the grace of being forgiven, I have held onto my own regrets.

Just as a football team cannot perform at its best if it continues to focus on the mistakes and failures of the season before, we cannot embrace the gifts of this life we have been given if we refuse to accept the fresh starts offered to us. Are you holding onto a past regret or unforgiveness? Take the chance today to allow your slate to be wiped clean. Begin anew! As our favorite football teams take to the fields letting go of past seasons and tackling fresh hope, we too need to let go and gain a fresh perspective amidst opportunities ahead.

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The Effects of Divorce on Estate Planning

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We have all heard the saying, “the only thing that is constant in life is change.” With some of those changes, the implications can be very far-reaching. Divorce has touched a large percentage of American households, but most people don’t realize the impact that a divorce can have on previously-executed estate planning documents.

No one likes to think about estate planning. Let’s face it, it makes us all a bit uncomfortable to think about who will get our things, who will take care of our minor children, and who will make decisions for us if we are unable to make those decisions for ourselves. As a family law practitioner, I make a point of having this uncomfortable conversation with clients, and informing them of what happens to their last will and testament or power of attorney after a divorce. It is very important for my people to have a clear understanding of what can happen if those documents are not updated.

One of the most common and basic estate planning instruments is the last will and testament. Most people don’t consider what impact a divorce will have on their will. After all, we just stick the will in a drawer or safe and hope it isn’t needed for a long time. In Tennessee, if a will is executed during a marriage by a person who later becomes divorced, Tennessee law does not allow the former spouse to inherit under the will. (Tennessee Code Annotated § 32-1-202). In a similar vein, the divorce also revokes any nomination of the former spouse as executor, conservator, or guardian within the will, serving to revoke any power of appointment. If the testator (the person for whom the will is being drafted) wishes to keep the former spouse as a beneficiary of the will or have that former spouse appointed as executor, conservator, trustee, or guardian, the testator should expressly state such wishes in the body of the new will, stating that the testator does not wish for the Tennessee revocation statute to apply. It is also important to understand that only a divorce or annulment trigger the automatic revocation statute. A legal separation does not trigger the revocation statute, and therefore the legal separation does not revoke the ability of a spouse to recover under a will or under that laws of intestacy. For these reasons, if you have gone through a divorce or had a marriage

annulled, it is very important to update your will to ensure that your assets pass to whom you wish.

Powers of attorney for healthcare or an advance medical directive is another area of estate planning that is impacted by a divorce. As is the case with appointments in a will, an advance medical directive or power of attorney for healthcare will automatically revoke the former spouse’s authority to make decisions as the attorney in fact. It is very important to have at least one alternate in place, as a former spouse loses the ability to make healthcare decisions regarding the former spouse after a divorce or annulment. I advise clients to have new advance directives or power of attorney for healthcare following a divorce as a way to eliminate the potential for confusion.

Although a former spouse’s authority under an advance directive or power of attorney for healthcare is automatically revoked after a divorce or annulment, the same is not true of a financial power of attorney. Therefore, it is extremely important to update any financial power of attorney following a divorce or annulment.

Another area to consider after a divorce is the beneficiary status of insurance policies and retirement plans. A divorce does not automatically revoke a former spouse from recovering if he or she is a designated beneficiary of a life insurance policy or retirement

account. The beneficiary designation on a retirement plan or life insurance policy is considered a contractual agreement between the insured or participant and the insurance company or retirement investment company. As this is considered a contract between the holder and the company, only a written change of beneficiary form will change the beneficiary of those insurance policies or retirement plans. A divorce or annulment does not automatically revoke the beneficiary status of the former spouse. For this reason, I always advise divorce clients to change those beneficiary designations soon after the finalization of the divorce.

One final area that I have occasionally utilized in divorce cases involving children involves the requirement that the divorcing parties enter into a specific antenuptial or prenuptial agreement in the event either remarries in the future. This might seem a little strange and restrictive, but it serves a means of protecting the assets of a former spouse for the children. In Tennessee, a testator can purposely and intentionally disinherit a child, but cannot completely disinherit a spouse, unless such agreement is made in a valid prenuptial agreement. The theory behind this being that a child possesses the gift of youth and is therefore able to work and provide for him or herself. If the requirement of a prenuptial agreement for a subsequent marriage is incorporated into the divorce agreement, one can limit the amount the new spouse would take and contractually ensure that a child is not disinherited.

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SEPT 11 - OCT 18 | MON/WED 6-6:45PM | \$50 PER 6-WEEK SESSION
The H.I.I.T. class provides a total body, heart-pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts.

CROW CENTER

211 Richview Rd | (931) 472-3382
GROWING UP WILD
SEPT 7 - DEC 14 | 10-11AM | \$3 PER CLASS | AGES 3-7
An early childhood educational program that builds on children's sense of wonder about nature and invites them to explore wildlife and the world around them. Select dates include: 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 11/30, and 12/14.

KLEEMAN CENTER

166 Cunningham Ln | (931) 472-3383
NEW! START SMART BASKETBALL
SEPT 16 - OCT 21 | SAT 10-11AM | \$40 PER PARTICIPANT
This program prepares children, ages 3-4, for organized basketball in a fun and safe environment without the threat of competition or fear of getting hurt.

AFTER SCHOOL PROGRAM

BURT-COBB, CROW AND KLEEMAN RECREATION CENTERS
AUG 9 - DEC 15 | MON-FRI 2:30-5:30PM | FREE
Youth, ages 10-18, can enjoy the gymnasium and game rooms as well as a variety of activities to include: Dodgeball | Basketball | Volleyball | Enrichment Classes | Arts & Crafts

#CLARKSVILLEPARKSREC | CITYOFCLARKSVILLE.COM/PARKSREC



For ADA Assistance, please call 931-645-7476.

CHESSE CLARKSVILLE

Fridays, 4:00 PM until.

Books-a-Million

125 South Hampton Drive

Contact:

chess.clarksville@yahoo.com

CLARKSVILLE SCRABBLE CLUB

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

Books-a-Million

125 South Hampton Plaza

(931) 647-3625

CUMBERLAND WINDS

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

of genealogy and family history topics. Contact Brenda Harper at (931) 358-2581.

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

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,

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www.tnconsign.com

Find us on **facebook**

Event will be held at
 121 Union Hall Rd., Clarksville, TN

Contact: Jeannette Smith 931-358-2979
 or email littlelambsandivy@gmail.com

Receiving Dates: September 7-9
(by appointment only)

SALE TIMES

PRE-SALE Tuesday
 September 12th • 5:00 PM - 9:00 PM
 PRESALE FOR CONSIGNORS, GUESTS & NEW MOMS.
 * No children allowed at Tuesday's pre-sale.

PRE-SALE Thursday
 September 14th • 6:00 PM - 8:00 PM
 1/2 OFF PRESALE FOR CONSIGNORS.

OPEN TO THE PUBLIC THE FOLLOWING DAYS:

Wednesday
 September 13th • 7:00 AM - 6:00 PM
 OPEN TO THE PUBLIC

Thursday
 September 14th • 7:00 AM - 8:00 PM
 25% OFF UNLESS MARKED NO DISCOUNT.

Friday
 September 15th • 7:00 AM - 6:00 PM
 1/2 OFF UNLESS MARKED NO DISCOUNT

Saturday
 September 16th • 7:00 AM - NOON
 1/2 OFF UNLESS MARKED NO DISCOUNT



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

Join us for the 30th annual Riverfest celebration September 7-9, 2017. Enjoy art, music, family activities and more all set along the Cumberland River. The Festival is now accepting applications for musicians, artists, food vendors, exhibitors and more!

Liberty Park (sept 7)
McGregor Park I (Sept. 8-9)

FAMILY ZONE AT RIVERFEST

Friday, September 8 from 5:00pm - 9:00pm
Saturday, September 9 from 10:00am - 9:00pm
LOCATION
North Extension of McGregor Park's RiverWalk. (Behind O'Charleys)

Most games and activities are free for the children to

SEPTEMBER

7 THURSDAY RIVERFEST



THE CITY OF CLARKSVILLE
TENNESSEE'S 10th-BIGGEST PARKS + RECREATION

ADAPTIVE RECREATION DAY

OCTOBER 7 | 10AM-2PM
HERITAGE PARK SOFTBALL COMPLEX

Youth and adults with special needs are invited to experience a multitude of free adaptive recreation activities to include: archery, a Slalom course, beep kickball and more! No previous skill or experience is needed.

FOR MORE INFORMATION, VISIT CITYOFCLARKSVILLE.COM/PARKSREC

#CLARKSVILLEPARKSREC

FOR ADA ASSISTANCE, CALL 731.656.3100



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Rachel Phillips
Advertising Sales

(931) 216-5102
rachel@clarksvillelivingmag.com

Advertising deadlines are the 15th of each month.

participate. This includes the booths operated by our partner organizations, and craft area. Children WILL be required to purchase a wristband for the inflatables. The cost is \$10 per person and is valid for unlimited rides on both Friday and Saturday. The same wristband MUST be kept on if you will use it both Friday and Saturday. No replacements will be given.

TODDLER TOWN

A free covered area, where young children, ages 5 and under, can enjoy activities like play-doh, finger paint, smaller inflatables and more- all suited to their size and age. Seating for parents, a private diaper changing area, and stroller parking. Please visit www.clarksvillerverfest.com for more information.

8 FRIDAY WINEDOWN YOGA

6:00PM-7:30PM

Long week? Need to start your weekend as awesomely as possible? Join us for 2 wonderful ways to do that: wine and yoga! Your bring the wine; we'll supply the cups and an awesome instructor. Just \$10; this is part of our FUNdraiser Winedown series (21 and up).

Infinity Dance Fitness Academy
305 N. Riverside Dr. Suite 600, Clarksville, Tn. 37040

9 SATURDAY

CANOE AND KAYAK RACE

This Canoe and Kayak race will be held in heats beginning at 8 a.m. at the Montgomery

County Conservation Club, located at 1182 Seven Mile Ferry Road, and finishing near McGregor Park Boat Ramp. This is approximately 6 miles.

Canoe and kayak drop-off will take place Friday evening, September 8, from 5:00-7:00 p.m. at the Montgomery County Conservation Club. Registered participants must arrive by 6:45 a.m. on race day to be checked-in and transported from Liberty Park to the Conservation Club to begin the race.

REGISTRATION: Now - Tuesday, Sept. 5

Participants must provide their own canoe or kayak. Boats may be rented from Blueway Adventure LLC (931-320-8466) prior to completing registration for the race.

WINEDOWN LATIN DANCE 6:00PM-7:30PM

Long week? Need to destress? Need to move, and learn a new art form? Join us for Latin dancing. 10.00 at the door for this awesome fundraiser. Wine is optional; bring friends! This is a 21 and up event.

Infinity Dance Fitness Academy
305 N. Riverside Dr. Suite 600, Clarksville, Tn. 37040



CLARKSVILLE
ULTIMATE OUTDOOR
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SHARE YOUR PARK ADVENTURES

ON INSTAGRAM AND YOU COULD WIN THE ULTIMATE OUTDOOR GIVEAWAY! A 4-PERSON TENT, FREE FAMILY ADMISSION TO OUR FALL CAMPOUT ON SEPT. 23-24, FLEECE BLANKET & OUTDOOR CHAIRS!

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#EXPERIENCECLARKSVILLEPARKSREC

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495 Dunlop Lane, Suite 106

CLARKSVILLE DOWNTOWN MARKET

8:00am-1:00pm 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

10 SUNDAY

PROJECT LINUS

1:00 PM to 3:00 PM Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. For more

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

Cumberland Presbyterian Church
1410 Golf Club Lane

11 MONDAY

PAMPER ME PRETTY

4:30PM - Participants will be given a view inside the world of health & beauty through manicures and pedicures. Each participant will receive a kit of their own to practice! Limited spots available. Free with center membership

Ages: 9-18
recpro.cityofclarksville.com

1011 Franklin St,
Clarksville, TN 37040

13 WEDNESDAY

LITTLE LAMBS & IVY

Fall/Winter Sale 7am-12pm Little Lambs & Ivy is a semi-annual children's consignment sale located in Clarksville, TN. We will be having our Fall/Winter Sale September 13-16. We sell children's clothing, shoes, toys, infant equipment, maternity clothes, and more. Come join us as a consignor, shopper, or BOTH!

121 Union Hall Rd. (off of Wilma Rudolph Blvd.)
Clarksville, TN

14 THURSDAY

ARTS FOR HEARTS

11:00AM-12:30PM Arts for Hearts Community Workshop Artist volunteers will guide participants, ages 50+ through the creative process as they

develop their own personal artwork. Fee: \$10 per class

Pre-registration is required and available online: <https://recpro.cityofclarksville.com/ViewCourseActivityDetails.aspx?id=C5961> Burt-Cobb Community Center

1011 Franklin St, Clarksville, Tennessee 37040

Locations: Crow, Burt-Cobb, and Kleeman Recreation Centers

15 FRIDAY

WINEDOWN INTRO TO BELLYDANCE

6:00PM-7:30PM Long week? Need to relax and unwind, maybe meet a few new friends? We've got just the event for you! You bring the

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wine; we'll supply the cups and an awesome instructor. Learn some basic belly dance moves with us! Just \$10.00; this is part of our FUNdraiser.

Infinity Dance Fitness
Academy
305 N. Riverside Dr. Suite
600, Clarksville, Tn. 37040

16 SATURDAY **CLARKSVILLE DOWNTOWN** **MARKET**

8:00am-1:00pm 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

FROLIC ON FRANKLIN

8:30AM-3:30PM
Get ready for Historic Downtown Clarksville's twelfth annual celebration of the arts, FROLIC ON FRANKLIN! Free and open to the public, this event will showcase the works of over 30 local and regional artists along the 100 block of Franklin Street.

SEVIER DAYS

Sevier Days Fort Defiance will host its annual event with a focus on the frontier history of Clarksville. Native American and frontier reenactors will demonstrate flint knapping, an authentic blacksmith operation, frontier camp life, and flintlock musket firing. School groups are invited to schedule tours for Friday, September 15th. Also at 1:00 PM (Saturday, 9/16), Mrs. Carolyn Ferrell will retell the story of the

Sevier Station massacre as she impersonates the frontier woman, Naomi Sevier. The event is free and open to the public.

Fort Defiance Civil War Park
and Interpretive Center
120 Duncan Street,
Clarksville, Tennessee 37040

17 SUNDAY **CHALKWALK**

1:00PM-6:00PM
We will feature a live chalk artist <http://www.gachalkartists.org/zacharyherndon/> check him out!!! as well as other live art. We will have food trucks and vendors to shop and a beautifully chalked up sidewalk full of local artists crafty drawings. Mixed in will be some fun photo ops and interecative chalk drawings to have fun with. Liberty Park and Marina

1188 Cumberland Drive Ext,
Clarksville, Tennessee 37040

18 MONDAY **BALE TRAIL ACROSS TODD** **COUNTY**

Wander through the rural countryside to view creative hay bale sculptures across beautiful Todd County, Kentucky! Sponsored by the Todd County Community Alliance. Visit the website beginning September 18 for a map of display locations.

Visit www.exploretoddcounty.com/driving-tours/bale-trail/ for map and display address listing.

19 TUESDAY **FREE CANNING & FALL** **GARDEN WORKSHOPS!**

5:30PM
Learn the basics of gardening, canning & freezing in this fun & FREE workshop!
Sign up now at:
healthiermontgomery.com/resources

Montgomery Co. Health Dept
330 Pageant Ln., 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

20 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

23 SATURDAY **MOVIES IN THE PARK &** **LIBERTY LIVE**

5:00PM
Liberty Park will host film, date night, and concert. Movies in the Park -- the City of Clarksville's free, outdoor movie series -- continues on Saturday, Sept. 23 with the showing of the award-winning "La La Land" at Liberty Park's amphitheater.

Pre-show activities, coordinated by the Clarksville Parks & Recreation Dept. include: Liberty Live outdoor concert featuring a local artist

Liberty Park
1188 Cumberland Drive
Clarksville, TN 37040.

SLEEP UNDER THE STARS **CAMPOUT**

2:00PM
Join us for a bonfire, games, ghost stories and more at our annual family campout. Fee includes an afternoon and evening of activities as well as dinner and breakfast. Campers must provide their own tent and

sleeping materials. Children must be accompanied by an adult at all times. Pre-registration is required.

To register visit: <https://recpro.cityofclarksville.com/ViewCourseActivityDetails.aspx?id=C5589>

Fee: \$15 per person or \$55 per family (up to 6 people)

Billy Dunlop Park
1930 E. Boy Scout Ln.,
Clarksville, Tennessee 37040

FREE CHILD SEAT INSPECTIONS!

11:00AM-1:00PM
Get your child seat inspected and let us show you how to properly install it..

Once Upon a Child,
2728 Wilma Rudolph Blvd,
931-645-9346

RIVERFRONT JERK FESTIVAL

12:00PM-10:00PM
Jerk & Caribbean Food Festival @ Clarksville's Scenic River Walk. FREE ADMISSION ** Family Entertainment, Food and Craft Vendors. Live Reggae, Steel Pan & Salsa Bands.
640 N Riverside Dr
Clarksville, TN 37040

CLARKSVILLE DOWNTOWN MARKET

8:00am-1:00pm 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

30 SATURDAY DANCING TIL DAWN

6:00PM
Benefiting Pediatric Cancer Patients Join The Dawn Stanfill Foundation for an unforgettable night as we host our ninth annual Dancing til Dawn! All proceeds go to local children battling pediatric cancer in the Middle Tennessee area.

Enjoy dinner, drinks, and dancing at the F&M Bank Franklin Room. Don't miss out on incredible silent auction items such as gift cards, tickets to the Nashville Zoo, treatment packages from Bella Medical Spa, authentic prints from Walt Disney World, and even a weekend trip to Gatlinburg, TN!

Tickets are \$50 per person if purchased in advance, \$65 at the door.

F&M Bank
50 Franklin St, Clarksville,
Tennessee 37040

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



October 5, 5pm-8pm
Mall Parking Lot

GOVERNOR'S SQUARE MALL



GovernorsSquare.net • MallGiftCards.net

10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun
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CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

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

OVERDRIVE DIGITAL BOOKMOBILE

September 1
10:00 a.m. – 4:00 p.m.
The OverDrive Bookmobile will feature interactive work stations, where readers can watch video tutorials guiding them through the digital borrowing process as well as a gadget gallery, where readers can learn to access the electronic catalog from a variety of devices. Library staff members and OverDrive technical experts will be available to provide one-on-one training and answer any questions about accessing eBooks and audiobooks.

TEEN PROGRAMMING

Every Thursday
5:00 p.m. – 6:00 p.m.
Teens will meet and participate in different activities weekly. Check the library's Facebook page for more details.

DIY AT THE LIBRARY: KINDNESS ROCKS

September 7
6:00 p.m. – 7:00 p.m.
The library will be participating in the Kindness Rocks project by hosting a rock painting. Supplies are provided by Arts for Hearts Clarksville, and space is limited. Register by calling 931-648-8826.

HOLA STORY TIME WITH ABUELA ELENA

September 13
9:30 a.m. – 10:00 a.m.
This is a special story time for the Spanish speaking members of our community.

FALL FAMILY PROGRAM

September 16
2:00 p.m. – 3:00 p.m.
This program is superhero themed and will feature crafts. Children are encouraged to dress as their favorite superheroes.

SATURDAY STORY TIME

September 2, 9, 23, 30
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!

SENSORY STORY TIME

September 2, 16
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.

LIBRARY BOOK CLUB

September 21
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. The title of the month is The Historian by Elizabeth Kostova. Copies will be available at Circulation Desk. For more information check us out on Facebook or contact Gracie or Jason at (931) 648-8826 and select option 2.

ADULT TABLETOP GAME NIGHT

September 19
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!

RESUME AND JOB HUNTING ASSISTANCE

September 9, 23
Do you need help perfecting your resume or assistance finding a job? Come to the Resume Building and Job Hunt Assistance workshop for help from our reference department. The workshop will be in the second floor computer lab.

FAMILY STORY TIME

Mondays: September 11, 18
10:30 am – 11:00 am
Every Tuesday
9:30 am – 10:00 am
The Family Story Time programs will feature stories centered on a specific theme that will cover a wide range of ages. Families with children of varied ages will find this program the ideal way to enjoy the library together.

BUSY BEES TWOS & THREES

September 11, 18
9:30 am – 10:00 am
This is a program for children ages 2-3.

JUST FOR ME STORY TIME

September 5, 12, 19
10:30 am – 11:00 am
Just for Me is designed for children ages 4 and 5 years old. We incorporate the use of music and movement as well as offering the best in children's books and storytelling. We have a craft or an art activity as part of this program. To help create an independent learning experience, children should attend this program alone, while the parent or caregiver waits in the Children's Library. Parents are welcome to join during the craft or art activity.

BABY AND ME LAPSIT

September 7, 14, 21
9:30 am – 10:00 am
The Baby and Me Lapsit (pre-walkers) program is designed for infants from birth up until they begin walking. This program brings caregivers and infants together in the library and offers them an opportunity to enjoy a special sharing time together promoting and modeling early literacy. Infants sit on their parent's lap and interact with them while enjoying songs, music, bounce rhymes, play rhymes, free play and books designed with babies in mind! We provide age appropriate programming

and ask that no older children accompany the caregiver and baby in this program.

WALK WITH ME

September 7, 14, 21
10:30 am – 11:00 am
The Walk with Me program is designed for toddlers that are walking and under the age of two. This program allows toddlers to explore language and books with their caregivers in a fun and intimate setting. Programs include rhymes, songs, circle games and books as well as time for free play and informal discussion of early childhood development. We provide age appropriate programming and ask that parents bring only the appropriate age child with them to the program.

ARTS FOR HEARTS

September 5, 19
4:00 pm – 5:30 pm
Arts for Hearts will be at the library leading a craft project for children.

LIBRARY CLOSED

September 4
The library will be closed due to Labor Day

BASIC COMPUTER & FACEBOOK SKILLS

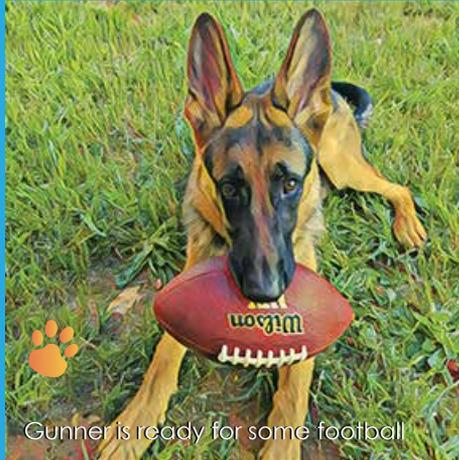
Every Friday
3:30 pm -5:30 pm
Want to begin using a computer? If you need an in-person guide who can show you the basics of using a computer than this is the class for you. You will also learn basic social media skills for communicating with family and friends via Facebook. This class introduces first-time computer users to computer basics and gives practical tips for using social media. The pace of the class will be adjusted to attendees in the class and there will be plenty of time for questions and one on one time.

Pet Pix

The Pride of Clarksville



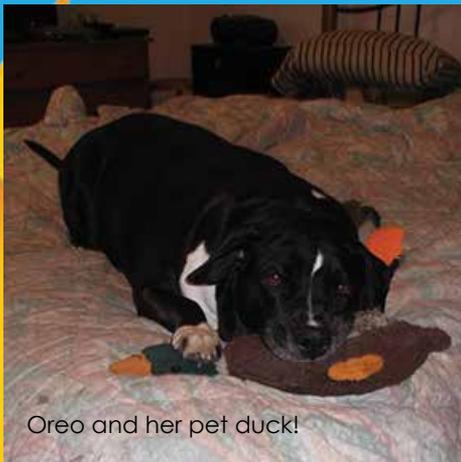
My friends know me as Bernie but at night I'm Super Dog!!!



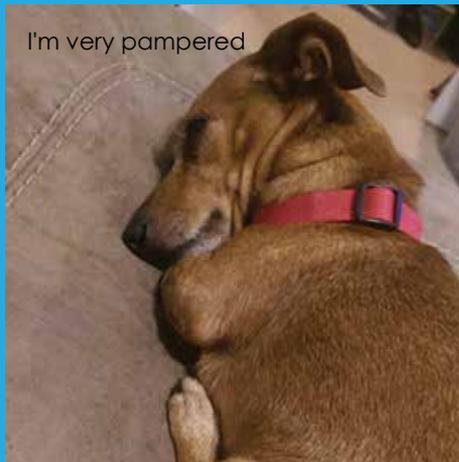
Gunner is ready for some football



Just chilling after a long day at the office



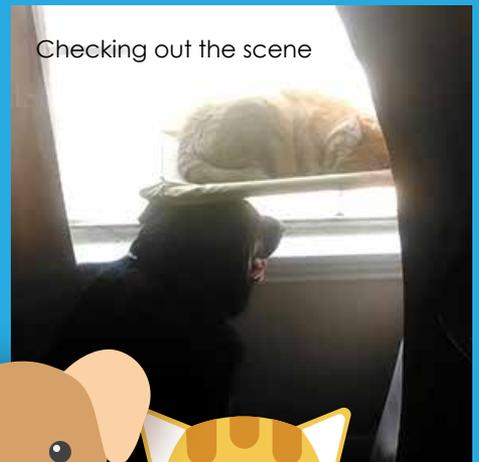
Oreo and her pet duck!



I'm very pampered



Why do you torture me like this



Checking out the scene





Will the real Ralphie please bark!!!



Playtime Please



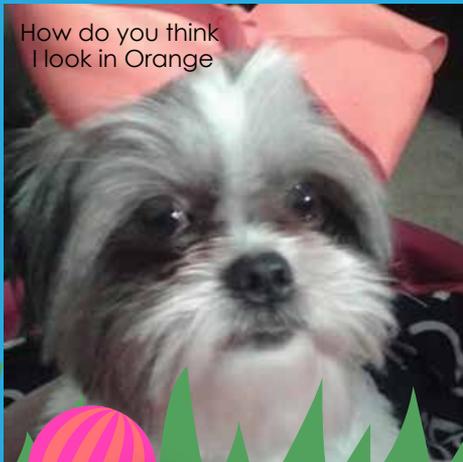
Our very sweet 2yroid American Bulldog/Pitbull



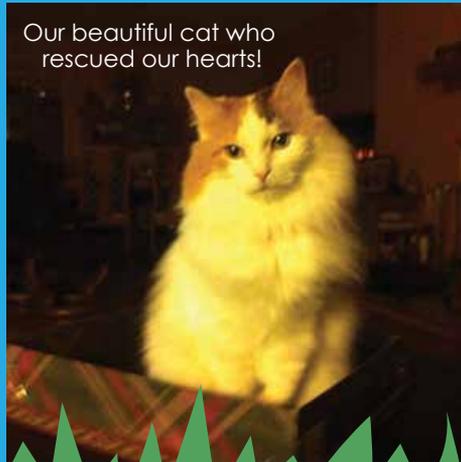
We had a long day.



Jack showing off while taking a hike on the Clarksville greenway trail



How do you think I look in Orange



Our beautiful cat who rescued our hearts!

Sponsored By:

TINY TOWN ANIMAL CLINIC

1815 Tiny Town Road || Clarksville, TN
931.647.2800 • www.tinytownvet.com

AND

FAMILY PET HOSPITAL

530 New South Drive || Clarksville, TN
(931) 358-5855 • www.fphvet.com



Owned by Drs. Jim & Leslie Burchett

TINY TOWN ANIMAL CLINIC

AND

FAMILY PET HOSPITAL

IS HOSTING A

Pet Pix CONTEST

Submit YOUR Pet Pix by August 15th

THE WINNER WILL RECEIVE

\$50

IN PRODUCTS OR SERVICES FROM

TINY TOWN ANIMAL CLINIC & FAMILY PET HOSPITAL!

 This Month's Winner: GUNNER

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

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 Karen Pinkett at 931-217-3813 or email karen.pinkett@pathways.com.

CENTERSTONE FAMILY CENTERED SERVICES

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

CLARKSVILLE FAMILY ADOPTION ASSOCIATION

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

CARING CHOICES OF CATHOLIC CHARITIES

1905 Madison Street, is a Tennessee state licensed child-placing agency providing supportive professional counseling services to those experiencing an unplanned pregnancy. Open Monday, Thursday and Friday from 10:00 a.m. to 2:00 p.m. or by appointment. Deesree Williams: (931) 645-9969 or dwilliams@ccctenn.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, Wii 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, babyroom vacation and spa packages, and birth plan consultations. Micky Jones, BS, CLE, CLD, CHBE, CAPPA Lactation Educator Trainer at (931) 451-3223 or ninemonthsandbeyond.com.

TENNOVA HEALTHCARE - CLARKSVILLE BREASTFEEDING CLASS

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

TENNOVA HEALTHCARE - CLARKSVILLE PRENATAL CLASS

Prenatal Classes help parents-to-be anticipate situations that may arise during pregnancy and labor. The classes consist of five, two-hour sessions and are held on consecutive Wednesday or Thursdays at 7:00 p.m. Classes should be attended between the 26th and 34th week of pregnancy. Classes are taught in the Liberty Rooms on the first floor of the Medical Center (651 Dunlop Lane). Registration is required. To register call (855) TENNOVA (836-6682).

TENNOVA HEALTHCARE - CLARKSVILLE SIBLING CLASS

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

WHOLE WOMAN BIRTH AND LACTATION SERVICES

We serve the whole woman from pregnancy to postpartum care. As certified Sacred Pregnancy Instructors, Sacred Milk Mentors, Sacred Postpartum Mother Roasters, and Internationally Board Certified Lactation Consultants we offer every service a pregnant and new mother needs. We do accept multiple insurances and are passionate in our care of our community. For current class schedules or for breastfeeding help contact us at (931) 206-9659 or wholewomanlactation.com.

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

AL-ANON & ALATEEN

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

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

At 331 Union Street, Suite B. Office at (931) 647-3632 or Toll-free Crisis Hotline at (800) 879-1999.

CHAP PROGRAM OF CATHOLIC CHARITIES

Creating Hope by Assisting Parents program is a completely free voluntary program that provides individualized parenting education, crisis intervention, and some case management for families with children ages birth - 8 years. Families participating can expect weekly in home visits with a skilled professional providing information on Child Development, Family Routines/Structure, Family Systems and any goals the parent desires assistance with (weaning from the bottle, potty training, pre-school readiness, etc.). For more information or to set up an appointment contact Sarah at (931) 645-9969.

DEPARTMENT OF CHILDREN'S SERVICES

At 350 Pageant Lane, Suite 401. (931) 503-3200.

LEGAL AID SOCIETY

At 120 Franklin Street, provides free legal advice and representation to eligible clients. (931) 552-6656 or las.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE DOMESTIC VIOLENCE SHELTER

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

CHILDREN'S GROUPS

4-H YOUTH DEVELOPMENT

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

BOY SCOUTS OF AMERICA

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

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

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

GIRL SCOUTS OF MIDDLE TENNESSEE

331 A-1 Union Street, (931) 648-1060 or gsmidtn.org. Girl Scouts build girls of courage, confidence and character who make the world a better place. Email 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/campbellprograms/acs or facebook.com/FortCampbellACS/.

ASERACARE HOSPICE

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

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify 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 us on Facebook at Facebook.com/DaganFoundation. Our main partner in Togo is Action Bethesda, actionbethesda.org.

FREE CAKES FOR KIDS KY & TN

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

FRIENDS OF THE BLUEWAY

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

TENNOVA HOME HEALTH & HOSPICE

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

GOOD NEWS CLUBS

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

GRACE ASSISTANCE PROGRAM

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

HABITAT FOR HUMANITY AND RESTORE

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

HAILEY'S HOPE WITH PROJECT SWEET PEAS

We are a local division of the national 501(c)3 non-profit organization Project Sweet

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

HUI HAWAII O TENESI HAWAIIAN CIVIC CLUB

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

HOPE CENTER

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

HUMANE SOCIETY OF 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 Country 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.

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

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS

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

APTITUDE HABILITATION SERVICES

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

Centerstone offers a comprehensive array of mental health services throughout Middle Tennessee, addressing issues from stress, depression, ADHD and PTSD to anxiety, grief, anger, addiction, substance abuse and family conflict. We provide psychiatric services; individual, marriage, family and group counseling; crisis and intervention services; school-based and foster care support services; life coaching; integrated primary care. 511 Eighth Street, (931) 920-7200, Centerstone.org.

COLUMBUS ORGANIZATION

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

HEALTH CONNECT AMERICA

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

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

and alcohol and drug treatment and education services. For further information call (931) 431-7580.

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

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

PASTORAL COUNSELING CENTER

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

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/LLLCClarksville. 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 momsclubofclarksvilwest@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-Coordinator, 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 Hurlay at meaghurley@gmail.com. Find us on Facebook at Spring Creek MOPS.

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

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

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

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

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) 368-9003, (931) 249-9339 or hsimms6551@charter.net.

SUPPORT GROUPS

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

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

AUTISM SUPPORT GROUP
Donna Richardson at (931) 503-2315.

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

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

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

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

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

DIABETES SUPPORT GROUP
Need help managing your diabetes? Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. The group meets the third Tuesday of each month at 5:00 p.m. in the Liberty Rooms of Tennova Healthcare - Clarksville. For more information visit Tennova.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

FOCUS AUTISM NOW

Online support for parents with children and youth with Autism. We serve the community from Clarksville since 2009. Contact us for information, resources, support, advocacy and leadership tools. Hablamos Español. focusautismnow.com

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

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF)
Meets the last Saturday of each month. Contact cvoiland-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 Sharree at InfantLossProject@yahoo.com or call the chaplain's office at (270) 798-8777.

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

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

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

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

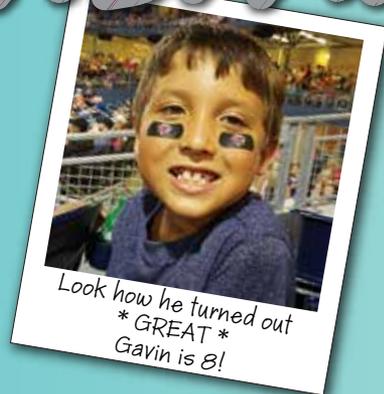
HAPPY BIRTHDAY!



Happy Birthday to our amazingly handsome, fun & loving, first baby boy!



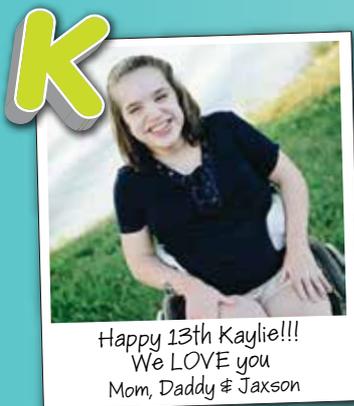
Happy 7th Birthday Ali! Love, Mom, Dad & Nathan



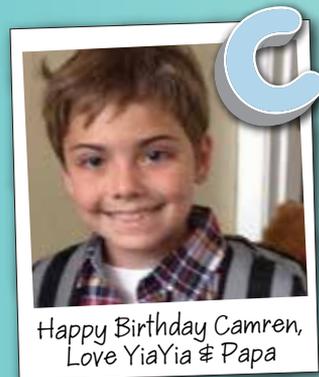
Look how he turned out *GREAT* Gavin is 8!



Happy 8th Bday Zia Lin Freeman, GOD bless you - We all LOVE you



Happy 13th Kaylie!!! We LOVE you Mom, Daddy & Jaxson



Happy Birthday Camren, Love YiaYia & Papa



Happy Birthday Roman, Love YiaYia & Papa.

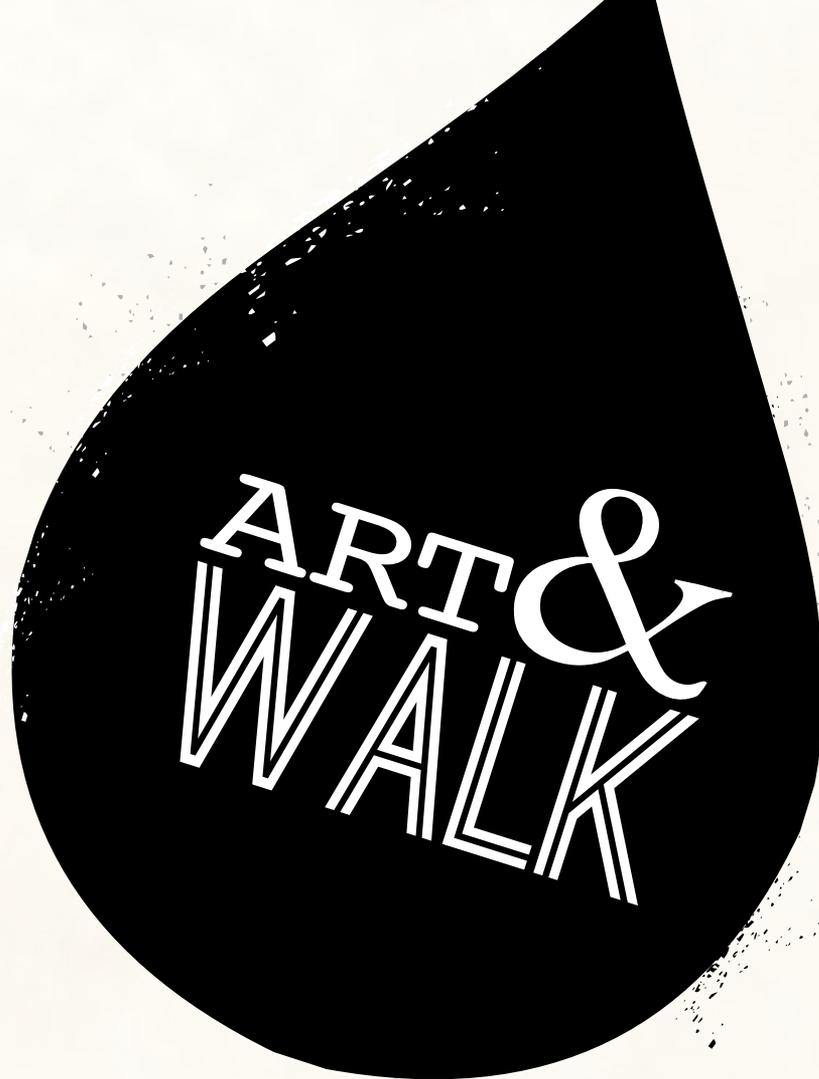


Happy Birthday, KK! Love you Stacey & Thomas



Happy 100th Birthday Mama Dee 9-16-1917 ~ 9-16-2017

Happy 100th Birthday Dora Holmes!



MAJOR EXHIBITS OF ART

BY LOCAL ARTISTS IN CLARKSVILLE, TENN

5:00 PM - 8:00 PM ON STRAWBERRY ALLEY

FIRST THURSDAY

== OF EACH MONTH ==

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