

FREE!

Clarksville Living

Life, Community, Home & Health in Clarksville, Ft. Campbell & Beyond

*Meet me at the
Fair*

June 2018



What We Offer:

Ballet, Pointe, Tap, Jazz, Contemporary,
Hip Hop, Musical Theatre, Modern,
Acro, Lyrical, Mommy & Me,
Homeschool & More!



10,000 sq. ft. , 5 State-Of-The Art Studios
with Marley Sprung Floors,
limited class size, mirrors and ballet barres in all
studios, Parent Viewing Monitors, 3 Lobbies,
Food & Shopping Nearby. We Provide a Positive
Environment with Professionally trained teachers.



931-552-2223

1955 B Madison Street
Clarksville, TN 37043
www.danceforceclarkville.com



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.



Nationally Accredited Chest Pain Center



Tennova.com

Clarksville Living Magazine has 10,000 issues published and distributed monthly at over 180 locations across Clarksville and the surrounding area.

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

For all other information:

Phone: (931) 320-9869

E-mail: info@clarksvillelivingmag.com

Fax: (931) 919-1234

Mail: PO Box 31867
Clarksville, TN 37040

Web: clarksvillelivingmag.com

Look for us on Facebook



Owner/Publisher

Carla Lavergne

Graphic Design

Carla Lavergne
Colleen Devigne

Advertising Sales

Rachel Phillips
(931)-216-5102
rachel@clarksvillelivingmag.com

Staff Writers

Taylor K Lieberstein
Tony Centonze
Karen Parr Moody
Christina Chittenden

Publisher's Message

With school finally out and the onset of summer, be sure to check out the calendar (starting on pg. 34) to see all of the camps, festivals, concerts and more that are going on around town. It seems like there are more than ever this year to keep you and the kiddos busy. We could barely fit it all in! Just remember to check them out quickly, in case you need to register or sign up early. And if you somehow missed this month's cover, the Montgomery County Fair is back and it's bigger and better than ever! Read more about it on page 8, and in the calendar as well.



Of course, the kick off to summer wouldn't be complete without everyone's local favorite, our Downtown Market. It happens every Saturday from now through October 13th downtown in the Public Square (8:00 a.m. to 1:00 p.m.) with fresh, local fruits and vegetables, baked goods, local honey, musicians, food trucks, onsite chefs and more. Come early and often. It's not to be missed.

Speaking of fun (and free!) things to do, I hope you'll take a moment to read Christina Chittenden's informative article on geocaching (digital scavenger hunting) on page 12. We've also packed this issue with other great articles health, advice, entertainment, and more!

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

Here's to another great Clarksville summer, and as always, thank you 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.

Table of Contents

Simple Tips for a Better
Barbecue

6

Fun at the FAIR!

8

Hunt. Hide. Find. Find.
Repeat: Geocaching

12

Beating the Heat in the
Downtown Streets

14

Father's Day Fun

18

To Play is to Win!

20

Keep Your Cool at the Pool

22

Living Canvases

26

Terra Bella

30

Calendar • 34

Pet Pix • 40

Fridge • 42

Network • 44

WHY DO WE DO WHAT WE DO?
BECAUSE PEOPLE MATTER!

THE TABERNACLE CHURCH

SUNDAYS // 9AM • 11AM • 1PM
DISCOVER OUR COMMUNITY @ WWW.THETABERNACLE.US

Lead Innovation

"My hands-on internship experience was more than just shadowing someone; the real work I did solidified my desire to be a nurse."

JESSICA SHEERS
Nursing

lead

Find out more about who you'll become at Austin Peay State University.

apsu.edu

Austin Peay State University



Simple Tips for a Better Barbecue

Brought to you by *Tennova Healthcare - Clarksville*

Summer is here, and it's time to fire up the grill. Here's how to make every barbecue healthier — and a little tastier.

There aren't many people who don't enjoy the occasional meal cooked over an open flame. Plus, getting creative with how you cook your food offers new opportunities to expand your menu. Have you ever tried grilled romaine?

Still, grilling has a downside — it exposes you to compounds called heterocyclic amines (HCAs), which form when meat and fish are exposed to high temperatures, and polycyclic aromatic hydrocarbons (PAHs), which exist in smoke and can deposit on food. HCAs and PAHs have been found, in animal studies, to increase the risk of certain cancers, including lung, breast and colon cancers. Even though their influence on cancer risk in humans isn't as clear, HCAs and PAHs can be avoided with a few sensible adjustments to your grilling routine:

- **Choose leaner cuts.** When fat drips onto hot charcoal or gas flames and leads to fiery flare-ups, the likelihood of PAHs depositing on your food increases, according to the National Cancer Institute (NCI).

- **Cut meat into smaller pieces** — and keep it moving. The longer meat is exposed to high heat, the higher the levels of HCAs, according to the NCI. Smaller pieces of meat need less time on the grill, which may limit your exposure, as does continuously flipping your meat, the NCI notes. You can also follow the mantra "low and slow" and cook food over indirect heat.

- **Precook your meat.** Partially cooking meat in the microwave is another way to limit HCA formation, the NCI adds, but always take partially cooked meat directly from the microwave to the grill. Partial cooking can increase the risk of bacterial growth, according to FoodSafety.gov.

- **Get creative.** Research from Kansas State University's Food Science Institute has identified certain antioxidant-rich herbs and spices, namely rosemary, thyme and black pepper, that can significantly reduce HCA formation, particularly on beef. Find a spice blend you like or use a marinade that contains them. One study from the Journal of Agriculture and Food Chemistry found that marinating pork in dark lager reduced PAH formation, as well.

Finally, keep it safe — separate raw and cooked meats, and cook all your meats to the proper internal temperature. The chart available at FoodSafety.gov is a good resource.

Eating more lean meats and veggies is also good for your heart. If you're looking for more ways to boost heart health, consult a cardiologist. Tennova Medical Group has assembled a team of cardiac specialists dedicated to caring for you and your heart. Learn more at TennovaMedicalGroup.com or call 931-502-3750.

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

This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care.

FIND YOUR
curves
with water-assisted liposuction.

Call today to schedule your complimentary consultation.

Why choose water assisted liposuction?

It's simple, this cutting-edge, water based fat removal method is less invasive, less painful & will put you back on your feet the very next day.

Dr. David Boles, D.O. has successfully performed over 3,000 procedures.



Water-Assisted Liposuction has been featured on:



2151 Wilma Rudolph BLVD.

931.245.0500 • www.bellamedspa.com

WANT SPECIAL PRICING? JUST MENTION THIS AD!



Montgomery County Fair Brings Five Days of Fun!

by Taylor Lieberstein

It's almost time for one of the most anticipated summer events in Clarksville, The Montgomery County Fair at Clarksville Speedway and Fairgrounds. The locally owned and operated carnival returns with a Belle City Amusements midway which features a vast selection of rides for all ages. Other events such as The Great American Duck Races, Molly's Ark Petting Zoo and the Swifty Swine Racing Pigs will also be held throughout the five-day event. Come out for one night or come for all five and experience an essential part of a Clarksville summer. This year the fair is featuring an International Pro Rodeo for the first time ever. The rodeo will be held on both Friday and Saturday nights. Each night will feature a different special event. General admission into the midway is \$5 for adults (ages 12 and up), \$3 for kids (ages six to 11) and free for children five and under. As always parking is free. The fair will host opening night on Tuesday, June 19th and run through Saturday, June 23rd.

Fair hours are as follows:

Tuesday, June 19th- 6 p.m. to 11 p.m.- \$20 arm bands (good for admission to all midway rides).

Wednesday, June 20th- 6 p.m. to 11 p.m.- \$25 arm bands (good for admission to all midway rides). Wednesday is also Screaming Eagle Ready Mix Night. The first 100 guests get free entry into the fair NOT AN ARMBAND.

Thursday, June 21st- 6 p.m. to 11 p.m.- \$25 arm bands (good for admission to all midway rides) and is Kubota Coleman Tractor Night.

Friday, June 22nd- 6 p.m. to 11:30 p.m.- \$25 arm bands (good for admission to all midway rides).

Saturday, June 23rd- all day and night, 1 pm to 11:30 p.m.- \$20 arm bands between 1 p.m. and 6 p.m. and \$25 arm bands after 6 p.m.

2018 Attractions:

Molly Ark Petting Zoo- open every night. See and interact with a variety of animals including farm and exotics.

Swifty Swine Pig Races- If you have never seen a pig race before, do not miss this event. Swifty and his friends don't race for money, they are after an Oreo cookie that

Tue-Thu 6pm-11pm • Fri 6pm-11:30pm • Sat 1pm-11:30pm

MIDWAY ADMISSION:

\$5 Adults (ages 12 & up)

\$3 Kids (ages 4-11)

Kids 3 and under Free

Armband Specials: Tue \$15, Wed-Sat \$25

DAILY ATTRACTIONS:

- Molly's Ark Petting Zoo
- Swifty Swine Racing Pigs
- Live Duck Races!

ARENA EVENTS

- Midway Admission included in Arena Events.

GoKart Racing Tues 6:30pm

\$10 Adults (12 & up), \$3 Kids (4-11), Kids 3 and under Free

International Pro
RODEO

FRIDAY & SATURDAY:

Gates open at 5pm **Rodeo Kick Off** at 7pm

\$20 Adults (12 & up), \$10 (Kids 4-11),

Kids 3 and under Free

For More Details, Click on County Fair at www.clarksvillespeedway.com

is waiting on a silver platter at the finish line. Shows are Tuesday-Friday 6p.m., 7:30p.m., 9p.m. and 10p.m. Saturday 2p.m., 4p.m., 6p.m., 8p.m. and 10p.m.

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

Go-Kart Races- Tuesday Night, June 19th 6:30 pm. Classes racing are "Run What you Bring", Champ Karts, Big Block Stocks Appearing, Box Stock Claimer, Stock Appearing Small Block. Racers are required to pay \$10 to run in the race. Trophies will be awarded. For more information on this event contact Charlie at 615-506-2966.

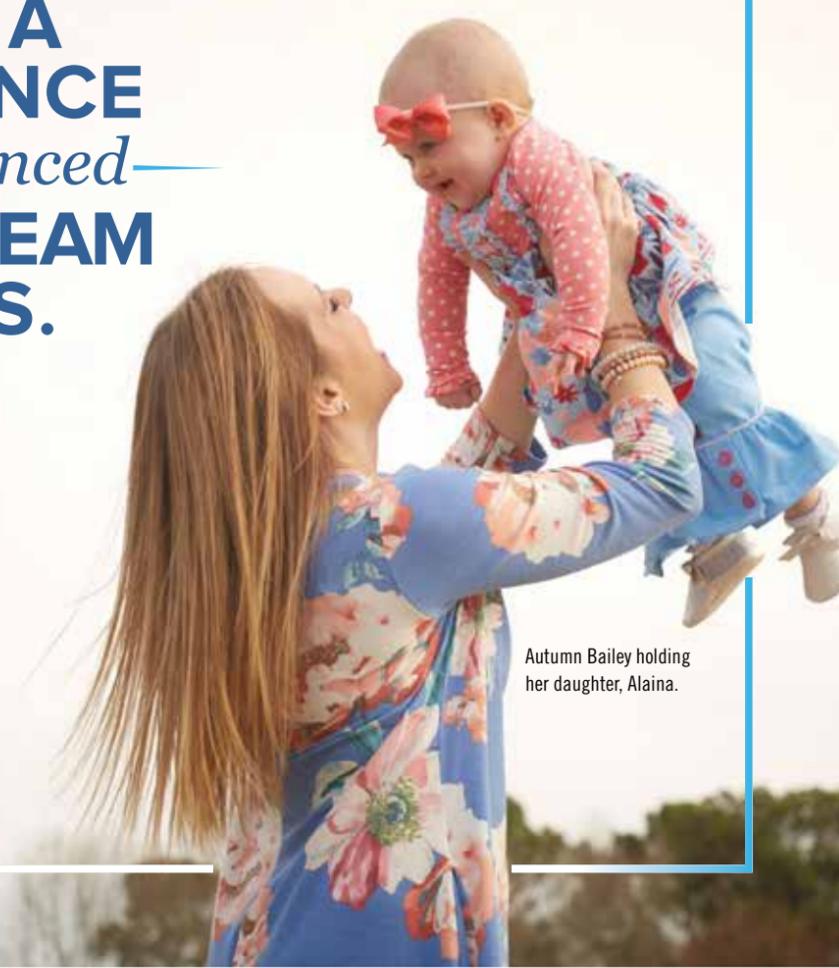
International Pro Rodeo-

The International Professional Rodeo Association has been providing rodeo excitement for more than

50 years. From big cities to small towns, from major league stadiums to portable arenas, the IPRA is the sport's second largest professional rodeo association sanctioning nearly 300 rodeos. The IPRA is keeping the spirit of the west alive from coast to coast throughout the United States. Adults \$20.00, (12 and Up), Kids 4-11 \$10.00, 3 and under are free. Midway Admission is included. Friday, June 22nd gates open at 5 p.m. Rodeo begins at 7 p.m. Saturday, June 23rd gates open at 5 p.m. Rodeo begins at 7 p.m. For more info on rodeo entry contact Joe at 817-202-5251.

Some people consider eating fair food an event worth showing up for. All the fair favorites including funnel cakes, cotton candy, candy apples, chicken on a stick and Philly cheese steaks will be available nightly. Summertime county fairs are hard to beat. Five days of family fun, carnival rides and entertainment await when the Montgomery County Fair comes to town this month. Be sure to come enjoy one of the best parts of summer.

WHAT A DIFFERENCE —an experienced— OB/GYN TEAM MAKES.



Autumn Bailey holding her daughter, Alaina.

IN MID-2017, WHEN AUTUMN BAILEY ARRIVED AT JENNIE STUART HEALTH to deliver her baby, she felt right at home, for two reasons. First, she's an employee of the hospital, so the surroundings were more familiar to her than to the average new mother. Second, she knew she was in a place where generations of her family members had first greeted the world.

By the time Autumn held her newborn in her arms for the first time, she had gained a whole new respect and appreciation for her doctors and the labor and delivery staff. During delivery, she experienced unusually hard, labored contractions, and for a moment her baby's heartbeat could not be detected. Doctor and staff quickly went into action, and Autumn credits their rapid response with saving her baby's life.

Whether you're expecting or facing an unexpected challenge, the dedicated and experienced women's health professionals at Jennie Stuart Health are here to provide the comprehensive care you need and the personal attention you deserve.

To schedule an appointment, please call 270-887-9058.



JennieStuart
Health

1717 High St., Ste. 4B | JennieStuartHealth.org/womenshealth

EXPERIENCE MAKES *the* DIFFERENCE.

YOU BELONG HERE.

FIRST BAPTIST CLARKSVILLE

THIS SUMMER FOR KIDS

SUNDAY WORSHIP

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

VACATION BIBLE SCHOOL

JUNE 11-15

9AM-NOON

VBS: Entering K - Completed 5th
FOCUS: Completed 6th - Completed 8th

FBCT.ORG

FBCT.ORG/VBS

For more information or to sign up, visit

499 COMMERCE STREET

Facebook: /FIRSTCLARKSVILLE

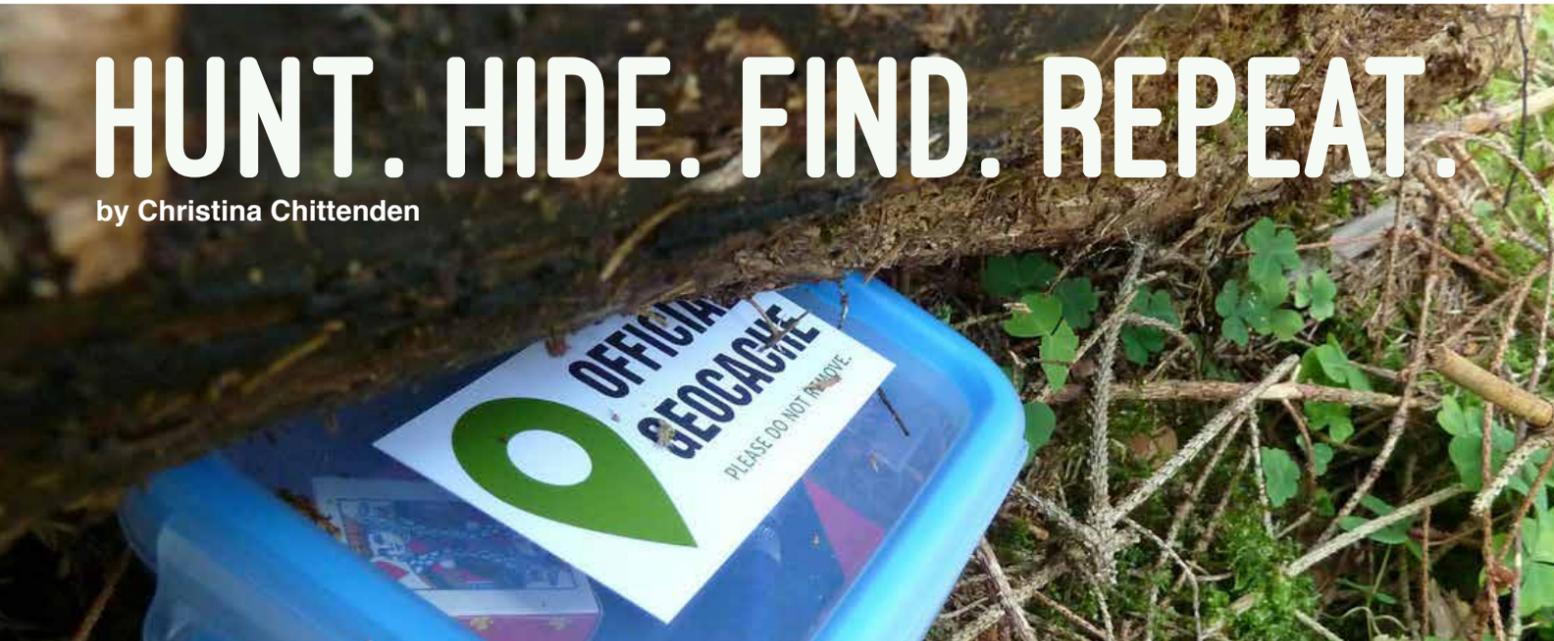
Twitter: @FBCT_VOICE

Instagram: @FIRSTCLARKSVILLE

Vimeo: /FBCT

HUNT. HIDE. FIND. REPEAT.

by Christina Chittenden



Geocaching is on this summer's "must-do" list!

Summer is officially upon us and many folks are looking for something that is not only fun to do, but also won't cost an arm and a leg! An exciting and somewhat newer hobby, geocaching allows you to combine your love of technology with your passion for nature and exploration!

An anytime, any day adventure, geocaching has been called a "world-wide scavenger hunt that utilizes the technology of a GPS." It is a hobby that can be enjoyed by all ages – including young children – and those with disabilities. There are hidden treasures all over the world within cities and forests and everything in between!

The first geocache was placed on May 3, 2000 by Dave Ulmer, following the opening of satellite access to the United States that was previously only available to the military. Back then, they were called a "geo stash." The first person to stumble upon the "stash" was a man named Mike Teague – establishing the birth of "geocaching."

Astonishingly, there are over a million

active caches and more than four million geocachers worldwide! Some of these caches can be as small as a battery, while others can be the size of a dumpster. Hunts can range from several steps, which is considered a "multi-cache", some could be virtual, consisting of taking a picture of the cache and posting it on the site and others might even include a puzzle. Though the cache can be very well hidden, it cannot be buried, so you will never need a shovel to retrieve them. There will also need to be enough space inside for a "log", or place for the finder to sign or initial that they have found the cache. However, no writing utensil is required and you can fit tiny scrolls of paper into literally almost anything.

Interested in geocaching yourself? Not sure where to start? It's easy!

1. First, you will need a GPS system. Most smart phones offer this feature so you can just use your iPhone or Android or, if an actual GPS is more your style, the Garmin Nuvi or Garmin eTrex H are excellent choices.

2. After you have secured your

equipment, you'll want to make a free account at geocaching.com. While they do offer a paid premium version, you can get quite a bit of mileage just from the free one – unless, of course, you're a hardcore cacher.

Getting started with Geocaching.com:

This website has been designed fully dummy-proof and easy to use! On the left, you will notice a navigation bar (a great starting point, by the way) to help you locate geocaches and learn more about the hobby of geocaching. Each Geocache description includes coordinates, that sometimes include those for the cache itself, a starting point or for parking and can be in detail or a short hint. There is also a legend to help you identify facts such as amount of time it takes to find it, safety ratings and even a map to give you a clue on where it is located.

Another essential aspect of the description is the rating system. Because the hobby is designed to be suitable for all ages and abilities, geocaches are rated on two qualities: difficulty to find and terrain. Those that are easy to find and are

good for small children are registered as a "1". That being said, a terrain of "1" means that the geocache is available to those in wheelchairs. On the other hand, those with a category of "5" represent the need for another form of transportation, like a canoe, for example, to reach it.

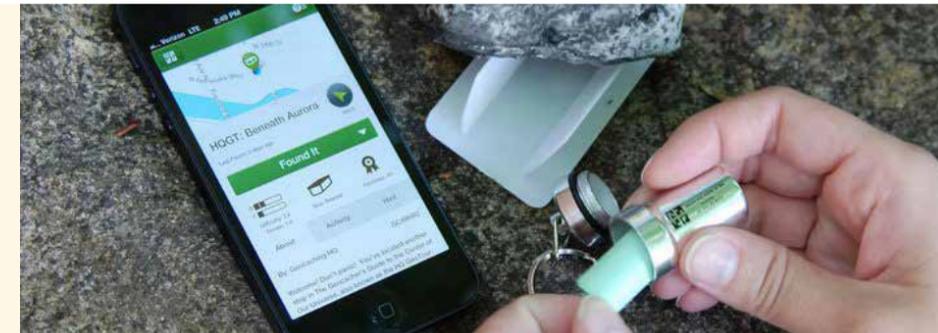
You also want to ensure that the cache has been discovered fairly recently. While some are seasonal, there are also several that haven't been found in several months to years and there is a good chance that they might not be found. Furthermore, you should always log a "smiley face" or "DNF" (Did Not Find) upon completion on the website. These notes are vital clues for the next person as well as the owner of the cache – especially if they aren't able to be found.

Once you have found the geocache, make sure you log it! If it is large enough, you can trade items or even pick up travel bugs or travel coins. Travel bugs are typically attached to an item such as a stuffed animal and have a goal of getting from one place to another. Coins have similar goals but aren't usually attached to another object. The most important thing to remember is **IF YOU TAKE SOMETHING, LEAVE SOMETHING ELSE OF EQUAL OR MORE VALUE!**

A few important reminders before you embark on your geocaching endeavors:

- Make sure you wear a good pair of shoes. You will do a LOT of walking!
- Bring bug spray. Especially if you plan on hunting in the woods!
- Pack a bag. Bring pencils, a pencil sharpener, spare GPS batteries, a first-aid kit, utility knife, a flashlight and extra cache items.
- Hydrate! Don't leave home without water!

For more information on geocaching, visit www.geocaching.com/play.



Oak Grove Tourism offers multiple free activities and events throughout the year! Including the War Memorial Walking Trial and Disc Golf Course, the Viceroy Butterfly Garden, Victory Playground, and our annual Spring into Summer Festival and Butterfly Festival!

ANNUAL EVENTS

Spring into Summer
SALUTES FORT CAMPBELL
EVERY YEAR MEMORIAL DAY WEEKEND IN MAY!

Oak Grove Tourism's Annual Butterfly Festival
ANNUALLY, 4TH SATURDAY OF SEPTEMBER!



Oak Grove Tourism Commission
105 Walter Garrett Lane Oak Grove, KY 42262
(270) 439-5675 www.visitoakgroveky.com

Beating the heat, in the Downtown streets.

By Karen Parr Moody



Refreshing, Iced Whiskey Caramel Latte, from Plumb Line Coffee.

With pedestrian-friendly streets, an eclectic mix of stores and restaurants, and – now – a verdant common space called, aptly, the Downtown Commons, Clarksville’s historic downtown is the place to be for summer. The season’s slower, school’s-out pace provides the perfect speed for savoring the district’s small-town charm and cosmopolitan offerings.

While many a tune has been written about the South’s balmiest season, let’s not forget: Clarksville’s blazing humidity is not unlike that of a subtropical forest biome. Thankfully, beat-the-heat choices abound downtown, including an array of fruity cocktails, ice cream and iced coffee for cool-hunters.

A new 50-person patio will be a boon when it arrives at Strawberry Alley Ale Works – fingers tightly crossed – by mid-to-late June. Manager Malory Hollowell says the new-ish restaurant has experienced lines out the door as customers wait for a turn at Sunday brunch.

“By the time summer is really rocking, we should have our patio up and running for business,” Hollowell says. “I can already see that being a huge draw. Happy hour and brunch are really going to blow up this summer.”

Located at 103 Strawberry Alley, this restaurant already imparts an easy, breezy vibe via two huge garage doors that face the street and slide open during agreeable weather. Its happy hour is Monday to Friday from 4p.m. to 6:30 p.m., during which time guests can enjoy \$2 off of beer and wine and \$5 mixed drinks, such as vodka tonics and rum-and-Cokes. Priced right at \$1.50, beef or chicken sliders and blacked-fish tacos are another feature of happy hour.

Brunch occurs at Strawberry Alley Ale Works on Saturday and Sunday, arriving with a complementary cold bar for those who order an entrée. Piled high with muffin, cookies, brownies, deviled eggs and more, the bar proffers sustenance to those awaiting a seat. The brunch menu also features \$1 mimosas, \$5 Bloody Marys and \$10 mason jars of champagne topped off with orange, cranberry or

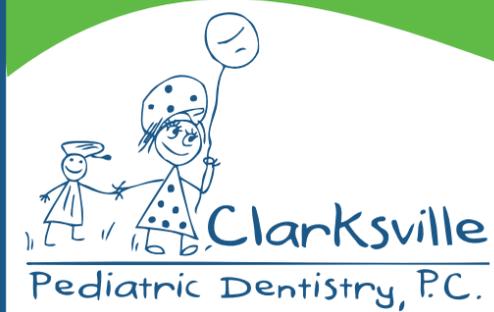
grapefruit juice. And don’t forget the craft cocktails.

Brunch is a no-brainer for relaxed summer weekends, which is why the Blackhorse Pub & Brewery at 132 Franklin Street offers it on both Saturday and Sunday. This perpetual hotspot, operated by Sherri and Jeff Robinson, offers a classic brunch in which biscuits are smothered in andouille sausage gravy and waffles come with fried chicken.

“We offer everything from the traditional bacon-and-eggs to eggs Benedict with asparagus to a brunch pizza,” Sherri Robinson says. “We also offer, I think, the best Bloody Mary in town. It’s delicious. We use Absolut Peppar, which is probably a little bit of a higher-end vodka than most places use, as well as a special mix by Zing Zang.”

At 107 Franklin Street, Edward’s Steakhouse has been boasting an elegant menu since 2009, when it was opened by Gary and Linda Shephard and their son, John. This crowd-pleasing mainstay offers a long

continued on page 16



Dr. K. Jean Beauchamp
Dr. Kevin Kennedy, Jr.

We are a pediatric dental team of specialists dedicated to educate, motivate, and promote good dental health in a child-friendly environment in two convenient locations.

Two Clarksville Locations | 2297 Rudolphtown Rd. 2485 Ft. Campbell Blvd.
931-245-3333 Suite 102, 931-245-6060

www.clarksvillepediatricdentistry.com

Visit us on Facebook and Twitter!



RELIANT REALTY
Each office is independently owned and operated
ERA REAL ESTATE POWERED

HEATHER’S CELL: 931-538-9816 • OFFICE: 931-245-8800
124 DUNBAR CAVE ROAD SUITE A CLARKSVILLE, TN 37043

myclarksvillerealtor@gmail.com • clarksvillehomeowner.com

list of fruity cocktails (because what is summer without fruity drinks?), including an amazing array of martinis to be had for a mere \$6 every Tuesday night.

"A lot of women come in for martini night," says Linda Shephard as she rattles off a list of these decadent drinks. Among them: a cameral appetini, a Godiva chocolate martini, a blueberry lemon drop, a mango-tini, a banana split, a premium cosmopolitan, a French cosmopolitan and a watermelon crawl.

Quite possibly the most refreshing cocktail is the mint cucumber martini with its exquisite blend of Crop Cucumber Vodka, fresh mint, simple syrup and of course, cucumber.

"A lot of people order that," Shephard says.

Sangria and summer go together like peanut butter and jelly, so Edward's offers

CLARKSVILLE'S BEST BURGER SINCE 1965




**COME ENJOY
THE TASTE OF SUMMER.**



**TOPPED OFF WITH
HOMEMADE
SOFT SERVE.**

Across from APSU 428 College Street
Open Monday - Saturday 5 AM - 11 PM | **647-4545**

Always made to order!

two versions with its Big Momma Sangria. Both include fruit, pineapple juice, orange juice and Absolut Mango, but one has a base of white wine while the other's base is red. Pick your poison.

Plumb Line Coffee, at 124 University Ave., is the place to be for those whose drink of choice is coffee. A haven of coffee, teas and pastries, this shop also features several iced drinks on its menu that have been concocted especially for summer. They include the Strawberry Fizz, a strawberry, espresso-based fizzy drink topped with aromatic vanilla bourbon crème, along with the Cherry Bomb, an espresso-based drink made with a house-made cherry reduction, cherry cola, and aromatic vanilla bourbon crème.

Any of Plumb Line Coffee's lattes, with or without house-made syrups, can be served iced, and Cold Brew and Nitro Cold Brew are always on tap.

Yada Yada Yada Deli, at 100 Strawberry Alley, offers a smorgasbord of deliciousness, and for cooling off, the smoothies can't be beat. Among the featured treats are the Blueberry Banana, the Acai Plus, the Peach-Pear-Apricot and the Wild Cherry Cranberry. This spot is also unique in its light and healthy options for breakfast and lunch.

Journey's Eye, a chic boutique at 131 Franklin Street, is known for its array of interesting home goods, many of them vintage. But with its music series, owner Jody Isaacs has enriched the downtown entertainment scene. At the end of each month, usually the last Saturday, she features a singer/songwriter series called "Live at Journey's Eye." The event's cover charge is \$25, via www.squareup.com/store/journeys-eye-studio, and includes hors d'oeuvres and drinks. It starts at 7:30 p.m. and lasts for two hours or more.

"We completely transform the store into a listening room," Issacs says. "We use the store furniture and we add some more high-top tables. And if we have the full 60 guests, which we almost always do, we have these comfortable, padded chairs that we bring in. People have a ball. It's so great."

Tim McNary is the musical guest this month and will play on June 30.

"He is just out of this world," Issacs says. "Why he hasn't taken over the world, I have no idea. He's probably too quiet for that. He's so deep. He's a storyteller."

Even though it's a hop, skip and jump (or a quick car jaunt) from downtown, La Michoacana Delicias should not be missed this summer. Located at 700 N. Riverside Drive, it features ice cream and gourmet Mexican popsicles called paletas, a treat that doesn't precisely translate to what Americans know as a popsicle, because it's much more than that.

This frozen fruit bar, on a stick, far exceeds our ubiquitous Fla-Vor-Ice found in every Dollar General and Walmart. And La Michoacana Delicias highlights the irresistible flavors common to Mexican paletas with dozens of flavors, including horchata, avocado, chamoy-and-mango, cucumber, strawberries-and-cream and much, much more.

Michoacana Delicias also features homemade cakes and ice cream, so to go wrong here would be almost statistically impossible.

June's the idea time to drink plenty of water, wear sunscreen, and enjoy the shady spots of historic downtown Clarksville as you amble from place to place, discovering that each one seems cooler than the one before it.

Jennifer J. Cornell, DDS. Donald A. Jones, DDS. & S. Rose Keeling, DMD.

Back 2 Basics Dentistry

Family & Cosmetic



Don't let the name fool you, we provide full service dentistry using the latest technologies, because our focus is getting back to the basics of better customer service.

MOST INSURANCES ACCEPTED, INCLUDING MILITARY DENTAL.

JUST A SHORT DRIVE FOR A BETTER OVERALL EXPERIENCE.

IN OFFICE FINANCING




Scan here for a virtual office tour.

931-645-8000

1762 HWY 48, CLARKSVILLE

BACK2BASICS DENTISTRY.COM

like us on facebook!

Learn to **PLAY**
A NEW INSTRUMENT
this **SUMMER**

Sign up now for
Summer Lessons!

Summertime Blues
SAVINGS!

10% OFF Any NEW in-stock instrument
No special orders. Not valid with any other offers/discounts.

Lessons for All Instruments and All Ages.



305 North Riverside Drive, Clarksville **931-552-1240**
Mon-Fri 9am-6pm • Sat 9am-5pm www.marysmusicofclarksville.com

FATHER'S DAY FUN

for every kind of dad

by Christina Chittenden



AMARE MONTESSORI
An educational journey from the first steps to adolescence.

"There must be a provision for the child to come in contact with nature, to understand and appreciate the order, the harmony, and the beauty of Nature."
—Maria Montessori

931-368-3818
amaremontessori.org
Clarksville, Tennessee

AMERICAN MONTESSORI SOCIETY

Believe it or not, there is no need to break out a flashy, expensive gift when it comes to honoring the dad (or father-figure) in your life. In fact, spending time together has no price at all! Whether you and your dad enjoy the outdoors or hanging out around the house, there are plenty of options out there for enjoying your day together and we have compiled several ideas to help ease your mind!

GO FISH!

And we don't mean the card game – although that can also be quite fun! Bond with dad by visiting a local fishing hole or, if possible, make a weekend trip out of it at a local campground! When's the last time you had the chance to spend quality time together while also enjoying the awesomeness of the outdoors?

VISIT A PARK

Whether it be a day trip to Nashville Shores to indulge in some waterpark fun, or just staying local at one of Clarksville's fantastic parks, such as Liberty Park or the Rotary Park, getting out and exploring is a great way to bond!

PLAY CHEF

Restaurants are available anytime – why not change things up a little and avoid the crowds this particular day by experimenting in the kitchen or having a barbeque? Be sure to grab some delicious locally grown groceries at the Clarksville Downtown Market, another fun-filled activity, to be prepared! Can you say "two birds?"

PLAY BALL!

This can be any kind of sport – football, golfing, baseball – or choose them all and make a day of it! You don't have to be a pro to have a good time with dad! You might even consider visiting the bowling alley – especially if the infamous summer showers decide to show up!

BUILD SOMETHING TOGETHER

What is better than heading to the shed or garage and creating something you can keep forever? There are plenty of kid-friendly options for building such as a simple birdhouse. If kids aren't quite ready to use tools, consider breaking out the paintbrushes and letting them paint whatever Dad creates.

MOVIE NIGHT

Order a pizza – or even make your own – and pick out a family-friendly flick that Dad will love! A great way to end an awesome day!

SMILE... SCHOOL'S out for SUMMER!

- We combine Children's Dentistry and Orthodontic Specialist in one convenient location.
- We have stress free dental care- Video games and iPads in the waiting room, free wi-fi, and a TV in every room
- Complete dental care for your child including digital x-rays, cleanings, white fillings, and sedation dentistry.
- As a service to you we offer free orthodontic evaluations.
- Our orthodontic team treats adults as well as children.
- We accept most major insurances including BCBS, Delta Dental, and TennCare

Lindsey, 16
Lily, 16
Madison, 12
patients

www.cumberlandsmiles.com | 931-221-0050
495 Dunlop Lane • Suite 112 • Clarksville, Tennessee

@cumberlandsmiles

Cumberland
PEDIATRIC DENTISTRY AND ORTHODONTICS

Where beautiful smiles begin.

DentaQuest
BlueCross BlueShield
MetLife



Founded in 1982, the Montgomery County Soccer Association is a 501 (c)(3) non-profit corporation whose purpose is to promote and develop the sport of youth soccer in Montgomery County. Their strategy is to provide soccer players the appropriate level of play and training where technical and tactical skills are developed as well as life skills. The Montgomery County Soccer Association offers a recreational program and a competitive Middle School program that plays all of their games at Heritage Park.

Crucial to their philosophy and mission is their belief that “to play is to win.” There is equal participation among players, no win/loss record keeping and no keeping of league standings. “Anyone can play recreational soccer,” said Denise Pickett, President of the MCSA. “Our league is all about fun!” As one of the largest leagues in the state of Tennessee, with close to 2,000 players per season, the MCSA is also the least expensive soccer program in the state, something that they take pride in in addition to their reputation for being extremely friendly and fun.

Age range for the program starts as young as four and goes all the way up to age 104! They have a youth league and an adult league as well as a Middle School Competitive Soccer Program that they started, run and provide the funds for. Each year, they hold tryouts for all of our local schools and provide a low cost, competitive program to help prepare those players for the high school

level. “I am very proud of our Middle School Program, as we provide a sport for each school that is not funded by CMCSS,” said Denise. “We just completed the boy’s season which included 15 teams and the Richview Cowboys took home the Championship trophy!”

Throughout the year, the league hosts two seasons; their Fall season runs from August to November while their Spring season is from March to May. Each player pays \$50 to play each season and they have incredible sponsors such as Dicks Sporting Goods, D-Images, Initially Stitched, Kroger and Acme Athletics that help to provide additional training and materials to those players as well as the coaches. Many of their coaches are licensed/accomplished and bring great value to the league’s players. “We have some really great volunteers that put a lot of hard work and effort into making our league as great as it is,” Denise said.

A volunteer-based organization, everyone from the coaches to the president selflessly volunteers themselves due to their love and passion for the sport of soccer. They are always in need of coaches, and those that volunteer find it to be not only a fun time, but also a rewarding opportunity. They thoroughly enjoy involving every aspect of our community from military members and college students to parents and other family members – anyone who wants to make a difference and help is welcome! Denise Pickett has served as the league’s president for the last four years and loves adding new faces to the

MCSA board.

The MCSA strives to provide the best training they can to both the coaches and the players. They have a very small board of volunteers that are highly dedicated and devote many hours to providing the best soccer experience possible for their nearly 2000 players. They stand by the fact that they never turn away a child and they even provide scholarships to those in need.

Denise remarked on the astonishing growth that has occurred within their soccer population over the past 12 years since she has been involved, adding that she anticipates even more growth with the exciting addition of an athletic complex. Tennessee State Soccer Association (TSSA) will host top notch training sessions there for both players and coaches.

“Soccer is a sport for everyone,” said Denise. “Keeping children engaged, active and off of the electronics is always a positive thing. Not to mention the team work aspect – one that we stress very heavily in the world of soccer.”

Clarksville Floor Covering

Since 1961

Sales ★ Service ★ Installation

Carpet ★ Vinyl
Laminates ★ Ceramic Tile
Hardwood ★ Area Rugs



Flooring America
With you every step of the way.



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

606 Spring St. Clarksville, TN
931.552.1818

MCSA

MONTGOMERY COUNTY SOCCER ASSOCIATION

Coaches Needed!



FALL SOCCER REGISTRATION

Recreational League: Ages 4-18
Must be 4 yrs. old by July 31, 2018

We also have an ADULT League!

\$50 Early Bird Registration
June 1-July 28

\$60 In-Person Registration
at Dick's Sporting Goods
Sun. July 29 from 1pm-5pm
(This will be the last day to register)
Players must show birth certificate.

\$60 On-Time Registration
July 29-Aug 1

\$70 Late Registration after Aug 2nd

Register Online NOW @
www.clarkvillesoccer.net



To play is to Win! Find us on Facebook!

KEEP YOUR COOL:

Your complete guide to Clarksville's pools & splashpads this summer!

by Christina Chittenden



Summer time means it's time to get out with the kiddos and go swimming! Being landlocked means the beach isn't exactly the most convenient option, however here in Clarksville, there are several local swimming pools open daily to get some fun in the sun!

OUTDOOR SEASON POOLS:

Summer Outdoor Season Pools are open daily from May 26, 2018 thru August 5, 2018.

Outside food and drinks are not permitted.

Beachaven Pool

390 Galyleewood Drive
931-552-6171

Mon-Thur 10am-7pm
Fri & Sat 10am-6pm

*Pool closes at 6pm during swim lesson weeks

New Providence Pool

168 Cunningham Lane
931-472-3380

Mon-Fri 10am-6pm
Sat 10am-6pm

Sun 1pm-6pm
*Lap swim Monday-Friday 6:30-9:00 am

Swan Lake Pool

2002 Sanders Road
931-553-2431

Mon-Thurs 10am-7pm
Fri-Sat 10am-6pm

Sun 1pm-6pm
*Pool closes at 6pm during swim lesson weeks

Bel-Aire Pool

124 Marie Drive
931-472-3380

Mon-Sun 1pm-6pm

SPLASH PADS

Offered daily from 10am-7pm from the end of May through Labor Day!

Dixon Park Splash Pad

117 S. 10th St
Edith Pettus Park & Splash Pad

345 Farris Drive
Lettie Kendall Park

300 A Street

Heritage Park All-Inclusive Splash Pad

1241 Peachers Mill Road

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

Cremations, Pre-Arranged Funerals, Traditional and Veteran Funerals.



MCREYNOLDS NAVE & LARSON

We Honor Our Veterans.

Pre-Need payment plans available.

www.navefuneralhomes.com • 931-647-3371 • 1209 Madison Street, Clarksville

MONTHLY EVENTS

Silver Splash

@New Providence Swimming Pool

Mon/Wed/Fri 9-9:45am \$3 per class

Designed for adults ages 50 and up, this water fitness program is a great way to get fit the way you want by improving agility, balance, coordination and strength in order to help maintain an independent lifestyle at your convenience.

Evening Water Aerobics

@New Providence Swimming Pool

Mon/Wed/Fri 5:45-6:30pm \$35 per session

Using the natural resistance and buoyancy of water against your body, water aerobics provides a wide array of conditioning activity. Classes include a warm up, aerobics and a cool down. Perfect for ALL skill levels. Ages 18 and up.

NEW! Discover Scuba

@Bel Aire Pool

June 2 & 6, July 7 & 11 \$40 per class

If you've ever wondered what it's like to breathe underwater, discover scuba is for you! This class is perfect for those that aren't ready just yet to take the full-on plunge into a certification course. While it is not an actual scuba certification, this experience allows you to learn how to use scuba equipment in shallow water and get a quick and easy introduction into what it takes to explore the underwater world. Co-Sponsored by Waterdogs Scuba.

Plan to visit the pools frequently? Consider getting a membership! Pool passes are on sale now and can be purchased through Clarksville Parks & Recreation's main office, any pool location or any of their recreation centers. There are summer and year-round options available. Visit www.cityofclarksville.com for more information and pricing.



A Specialty Hospital for Seniors

We are committed to providing quality, compassionate care for seniors who may be experiencing:

- dementia
- memory loss
- confused thoughts
- depression
- psychiatric disorders
- agitation
- thoughts of self harm
- mood instability
- physical aggression
- verbal aggression



Caring for a senior in emotional distress can be overwhelming. We also know that finding the right care for yourself or your loved one can be intimidating. Our staff is dedicated to providing patient-centered treatment in a comfortable atmosphere that is close to home.

Call now for a Consultation & Tour!

931-538-6420

930 Professional Park Drive, Clarksville, TN • unitypsych.com

Ashley | outlet

HOMESTORE

Act fast. While they last.

Monday - Friday 10:00 a.m. - 7:00 p.m.

Saturday 10:00 a.m. - 6:00 p.m. | Sunday 12:00 - 6:00 p.m.

1153 Fort Campbell Blvd,
Clarksville, TN 37042

Ashley Furniture at
**DEEP DISCOUNTED
PRICES!**

Ashley-Sleep Chime
10" Queen Mattress

\$299



Alsen Sofa

\$299



Theo 5 Pc Dining Room
Includes square counter height
table and 4 barstools.

\$399



Levelland Leather
Reclining Sofa

\$699



Monday - Friday 10:00 a.m. - 7:00 p.m. | Saturday 10:00 a.m. - 6:00 p.m. | Sunday 12:00 - 6:00 p.m.

1153 Fort Campbell Blvd, Clarksville, TN 37042

(Right across the parking lot from Rural King in the old Family Dollar Space)

Ashley | outlet
HOMESTORE

*Sale prices and offers apply to single-receipt purchases; previous purchases excluded. Cannot be combined with any other offer or discount. Selection and availability may be limited by vendor. Although every precaution is taken, errors in price and/or specification may occur in print. We reserve the right to correct any such errors. Prices valid for a limited time only. Picture may not represent items exactly as shown; advertised items may not be on display. Limited time available while quantities last.

CALL FOR ARTISTS
AND CREATIVES OF ALL KINDS
MUSIC | PERFORMANCE | VISUAL | FASHION

BE FEATURED
AT ARTLINK LIVE EVENT

SCHOLARSHIPS
FOR WINNING ENTRIES

ARTLINK LIVE
NOVEMBER 3RD 2018
WWW.ARTLINKCLARKSVILLE.COM

SUBMISSIONS
DEADLINE SEPT 15TH 2018

SEND VIDEO, SOUND CLIPS
IMAGE JPEGS, AND ARTWORK SAMPLES
TO ARTLINKCLARKSVILLE@GMAIL.COM

PAINTER OF LIVING CANVASES



Q&A with Artist Brad De La Torre

By Taylor Lieberstein

Brad De La Torre has been a talented artist since childhood. He has painted motorcycles, murals and rocks. For the past two years he has been focusing his talents on human bodies which doubles as living canvases for body paint artists such as himself. Body painting is a fascinating form of expression, the process is amazing to watch. De La Torre can transform an entire human body into a beautiful piece of art in around four hours. De La Torre says he was watching the reality television show Skin Wars in his hotel room when he realized that he had enough experience in body paint artistry to professionally paint a human body. Fast forward two years later where he has successfully turned two of his lifelong passions, the human anatomy and art, into a career. Last month we talked to De La Torre about where his art has taken him and why he prefers painting people over canvases.

How long have you been an artist? Specifically, a body paint artist?

I've been an artist most of my life. Even as a kid I was pretty good at it. I got in trouble once because my teacher thought I traced a picture of the human heart. When it comes to bodypainting, I got serious about two years ago. I wanted to create something that perhaps people have

never seen so they can experience the same feeling I had when I saw the Skin Wars for the first time.

Why do you prefer to paint on people instead of canvas?

I love people's reactions to the work and I love putting all my heart into every piece I do for all these beautiful people. There's an amazing phenomenon that happens with every single bodypainting that I've done. When I'm painting I enter my own world at some point and all the excitement and getting to know each other completely disappears with a sudden silence. Then there is a complete connection where I the model and I both realize that we are in the same world.

Is painting your full-time job or a hobby?

Art is my full-time job. I call it my life because it's everything to me. My passion for creating is equal or greater than my own life. I will put my health to the side my looks to the side and my upkeep to the side just to give a piece of my heart to this world. I want everything I create to be breathtaking and leave people for a loss of words.

What has been your proudest moment so far in your body

painting career?

My proudest moment in body painting was when I competed at Living Art America in Greensboro North Carolina. I applied to compete in the entry artist category because I figured I better work my way up. I was told by Madelyn Greco a five-time world bodypainting champion that they were putting me in the Pro category. I didn't know her much back then but everybody else in the body painting world knows all about her and her husband Scott Frey they're both incredible artist and now I find it incredible they literally adopted me into their family of artist. Even though I didn't win the competition it didn't matter I realized I won so much more. I realized I had made a lifelong memory with my brother who was my assistant and my model. I realized there were others out there just like me and then I had a newfound family.

What was it like to paint at the Jan Tana's Bodypainting Revolution Arnold Classic earlier this year?

We had six hours to compete. This isn't any competition this is one of the world's best competitions with the world's best in the industry competing. Everyone there was popular or widely known as body paint artists and then there was me. There were many people from the show Skin Wars. Even though I did not win an award, I still won. I stood on the same stage with all that artistic talent as well as Arnold Schwarzenegger while he handed out awards. In that moment I thought to myself how many thousands and thousands of people have worked out all their life to get up on the stage and

continued on page 28

never have been able to make it. I hope that one day they can share that feeling. I was so honored.

Who do you typically paint?

I have painted every type of person, not just models. Anyone can contact me about painting them. Someone talked to me recently about painting their belly because they are pregnant and want to have professional photographs that are different. Age does play a part in the session. If a client is underage I will ask for the parents' permission and will only paint areas of their body that would normally be exposed with clothes on. As far as full body paintings on adult's go how little they wear and what they have painted on them is up to them. My house is set up like a studio there is room for photography with a black screen and professional lighting and a separate room for painting. Sometimes I invite others over to watch me paint if the models are on board with it.

PHARMACY
CLARKSVILLE, TN
SANGO
EST. 2013
& FINE GIFTS

- Full-service Pharmacy
- Vitamins & Supplements
- Natural Healthy Living
- Compounded Medications
- Gift Shop & Locally Made
- Diabetes Education
- Most Insurances Accepted, Including Tri-Care

Mon. - Fri. 9am - 6pm
Saturday 9am - 2pm

HealthMart
PHARMACY

(931) 919.2491
2622 Madison St. Suite A

What can be painted on a body?

People can choose what they want to be painted on them or I can create something original. Either way I will put my own spin on it. My shop Art World Creations at the PX on Fort Campbell has examples of what I can paint on people along with guidelines. Anybody can watch me at work at Art World Creations, I love it when they do.

Are there any themes you prefer to paint?

I don't have any specific preferred things that I like to paint. However, I don't



want to paint anything stereotypical. I always just want to create something special such as a memory, a special moment, just something meaningful.

What awards have you received for your artwork?

Last month I got my first award, 4th place in the Jana Tana Body Painting Revolution at Arnold Classic in South Africa. It takes a lot of help and support from people as well as a lot of practice and hard work from myself to make trips such as the one to South Africa possible. The Jan Tana Body Painting Revolution at the Arnold Classic will be in Spain in November. I already know I want to be there and I'm going to need help to get there. If you would like to help support me add me as a friend on Facebook, <https://www.facebook.com/brad.delatorre> or on Instagram. From time to time I will post a GoFundMe link. I am very thankful for every single person out there and you can see that in the videos that I share often.



SPECIALIZING IN MULTIPLE AREAS OF MEDICAL CARE.

DYNAMIC HEALING
Internal Medicine • Primary Care & Wellness
Dr. Christopher Standley, DO

Accepting New Patients

Weight Management, Botox, & Dermal-Fillers

• WOUND CARE • GERIATRICS • INTERNAL MEDICINE • AESTHETICS • WEIGHT-MANAGEMENT



CHRISTOPHER STANDLEY, DO



ELAINA HIGGINS, FNP-BC



VICKIE PATTON-CURRIE, PA-C, MPAS



GLENN C. JOHNSON, PSYCHOLOGIST

Providers now serving local assisted living facilities.

- Traditional Internal Medicine and Comprehensive Women's Health
- Veteran Owned and Operated
- Most insurance accepted. Now accepting Care Credit!
- Now offering Comprehensive Well Woman Exams and Nexplanon Implant/Removals

New Patients & Walk-ins are always welcome!

FEEL HEALTHIER & GET BEACH BODY READY!

TRY THE HCG DIET
Safely lose 15-30+ lbs. in 4 weeks!

CONTACT US TODAY TO GET STARTED
You won't believe the results you will see.

- Access to your own medical professional, to reach your goals together.
- High quality, FDA Regulated, doctor prescribed, HCG hormone.

Mon, Tues, and Fri: 8AM-5PM, Wed: 8AM-12PM, Thurs: 1PM-8PM
Closed for Lunch 12pm-1pm
1820 Haynes Street • Clarksville, TN 37043 • (931) 245-1500
www.dynamichealingllc.com

CLARKSVILLE
THE CITY OF CLARKSVILLE
TENNESSEE'S TOP SPOT
PARKS + RECREATION

Clarksville Living

MOVIES IN THE PARK

FREE OUTDOOR MOVIES

JUN 16 LION KING HERITAGE PARK	JUN 23 PITCH PERFECT 3 HERITAGE PARK	JUL 14 VIEWERS CHOICE HERITAGE PARK
AUG 18 SPIDERMAN HOMECOMING LIBERTY PARK	SEPT 6 RIVERFEST FILM FEST SCREENING LIBERTY PARK	SEPT 22 BEAUTY AND THE BEAST LIBERTY PARK
		OCT 13 DIRTY DANCING LIBERTY PARK

Altra Federal Credit Union Premier Medical Group Walmart Neighborhood Market NAVY FEDERAL Credit Union

For full details including food truck lineup visit [Facebook.com/ClarksvilleParksandRecreation](https://www.facebook.com/ClarksvilleParksandRecreation).
For ADA Assistance, please call 931-645-7476.



Fort Campbell MWR will be hosting its annual July 4th Concert & Celebration at the Division Parade Field this year, with food, fun, fireworks and great live music as always. This year's headliner, the Scooter Brown Band will follow an exciting opening act, Terra Bella, a California duo who have followed their dreams to Nashville.

Joe and Martina Costa are Terra Bella, they've been performing together for nine years, and just released their first full length album, There's A Country Song, May 1.

The couple recently visited Clarksville and Fort Campbell to get a feel for their upcoming show. They sat down for a few minutes in a downtown eatery to drink a beer and talk about their journey, and their love of country music.

"I was a karaoke singer, but wanted more," Martina said. "Joe had his own band. He's been a musician for years. We were living out in central California, and we actually found each other on My-space."

"I was in an underground rockabilly/country kind of band, which was pretty common in our area," Joe said. "Country/rock with an upright bass was very popular in California at the time. I was a

fan of Merle Haggard, Hank Williams, and Lefty Frizzell, the old country music, and of course Elvis."

Joe is still a fan of Merle, but also loves Springsteen, and Garth Brooks. All of these influences have shaped his songwriting, at which he is quite prolific. He currently has a co-writing credit on Luke Combs' new album.

While Joe seems to be more inspired by the words, he is the primary songwriter of the duo, Martina admits to being moved by the sassiness and soulfulness of some of country's leading females. She sings lead on the majority of their songs.

"When I was doing karaoke, my go-to song was Gun Powder and Lead by Miranda Lambert," Martina said. "I loved what she was doing then, and now, as a female in country music. I'm also a big fan of The Judds. Wynonna is my spirit animal. I love her sassiness, her drive, her will-power to move forward, and what she does for country."

"I also love all those warm tones you get from K. T. Oslin, Patty Loveless, Kathy Mattea, and Trisha Yearwood."

When it comes to stage presence and entertainment style, she talks about Kenny Chesney. But, for sheer entertainment value, she and Joe both love Garth Brooks most of all. In fact, Brooks & Yearwood's guitar wizard, Johnny Garcia is working, and playing, with Terra Bella.

"Yes, Johnny Garcia is our guitar player, and the producer of our album," Joe said. "He has given us a lot of business insight and advice. He has helped us so much along the way. I mean, he is the lead-guitarist for both, Garth and Trisha, but in addition to

LITTLE ATHLETES BIG CONFIDENCE

NEW PROVIDENCE SCHOOL & POOL
AUGUST 4, 2018 | 9:00AM
Ages: 3-12

Pre-registration is required at:
www.cityofclarksville.com/parksrec



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

CLARKSVILLE & TN THEMED GIFTS & HOME DECOR.

Made with local love & a southern twist.



Affordable gifts & decor starting at just \$10.95



Now available at

Couture Crush
101 Franklin St.
(across from the Roxy Theater)
Downtown, Clarksville, TN
931-368-8850

Sango Pharmacy
2622 Madison St.
Suite A
Clarksville, TN
931-919-2491

being an incredible guitarist, he is also an amazing and generous person. We are so honored to have him with us.”

Joe and Martina followed their dreams to Nashville five years ago, and admit the competition in Music City can be pretty serious.

“August, 2018 will mark five years in Nashville,” Joe said. “We talked about making the move for about two years, our parents didn’t take us too seriously. But, we got married, and after a while we said, we are doing this for real.”

“Nashville is a huge change,” Martina said. “We were running all over California with our band, playing shows, rodeos and festivals. We were opening for national acts, but here you realize you’re not the big fish in a small pond anymore. You’re just as good as the guy singing on the corner for tips. It’s humbling, but exciting too, because the opportunities are endless in Nashville. And, it really is Music City, it’s all genres, not just country.”

Joe and Martina talked about country music and its recent evolution(s). Artists like Chris Stapleton and Sturgill Simpson have changed the sound of country music, and the way it’s made and marketed, to some degree. Joe admits that his favorite band may just be The Eagles, the legendary genre-crossing California band that definitely influenced a generation of country performers.

“I’m a huge Eagles fan, they’re an amazing band. It was fun to really dig deep into our influences as we made There’s A Country Song” Joe said.

“This album really takes us back to who we were as farm kids in California,” Martina said. “It was such a care-free life. It’s really easy to try and fit into molds when you are wanting to further yourself, but you kind of lose yourself if you’re not careful. So, this record is all about us being authentic, and

letting our audience know who we are.

“I don’t know how many times Joe would say, ‘Alexa, play the Eagles,’” she laughed. “He liked to listen to them or Merle Haggard just before a session. We were also really delving into the fun part of being a duo, like Brooks and Dunn, Montgomery Gentry, or The Judds. We wanted to find a way to portray that chemistry on stage to our fans, but on our record as well.”

Joe was asked about one of his favorite lyrics on the new record, he thought for a minute and said, ‘this one’s a little sad, but I like it.’

In California we opened for Blake Shelton, Montgomery Gentry, Gary Allan, Thomas Rhett, Lee Brice, and many more.

“This one is from the song Good News,” Joe said. “... they say I ought to be happy, ‘cause I’ve got my health, folks tell me it could be worse, but today that don’t help. It’s like my soul is stuck in a hole, too deep to dig out, could sure use some good news about now.

“I love it because it’s a phrase I heard so much when I was growing up, and you don’t really know how to respond to that. The song came from being frustrated with our financial state. At the time, we were living in a little house up in Hendersonville, It didn’t feel like our music career was going anywhere. I was just really frustrated.”

“I have favorites all over the record,” Martina said. “I wasn’t a writer on that song, but to bring it to life is such a joy. I see me looking at myself in the mirror when I sing it. It gives me goosebumps just thinking of it. Middle of

Nowhere USA is another one I love, just the simplicity of the lyrics.”

Martina breaks into song as we sat in the restaurant. “...that’s home to me, and I’m proud to be from somewhere where time moves slow. It rings so true and I’m so blessed that Joe allows me to bring these songs to life.

“It hits me ‘cause it’s so easy to get caught up in the hustle and bustle of life, that we forget to live in the moment. There are so many quotes, and t-shirts, and books, and journals about it. To have it in a song makes it more special for me, and I think it will hit fans in the same way.”

Joe and Martina both describe the album as autobiographical, and they’re proud of the authenticity that comes through in the songs.

“We worked really hard on this, trying to capture ourselves and our story,” Joe said. “It took about eight months to put the album together. The process was a combination of jubilation and frustration. It all started with a meeting with Johnny. I brought in 20-25 songs that we both felt really good about. I write between 80 and 150 songs a year, but most of those are collaborations.

“So we picked the songs we loved most, and brought them to Johnny’s unbiased ear. He used a grading system, looking at each song’s soulfulness, the strength of the lyrics, how good the melody is, and how appealing it could be to listeners.”

Martina jumped in. “It was like watching your teacher grade an essay you worked really hard on,” she said. “The whole time you’re watching for little signs of approval, like, is he nodding affirmatively.”

Joe and Martina are excited about the upcoming gig at Fort Campbell’s 4th of July Celebration, once again opening for a big name, and playing for a big crowd.

In California they opened for Blake Shelton, Montgomery Gentry, Gary Allan, Thomas Rhett, Lee Brice, and many more.

“It’s definitely a different market out west,” Joe said. “There are not as many industry relationships to compete with in California. It’s more about just competing with other California acts.

“Part of what allowed us to feel that it was time to come here, was the relationships we had developed with some of the artists we had opened for in California. Getting to know them and their management teams helped us get to Nashville. If we had stayed in the bar circuit, we never would have gotten this far.”

“Opening for the Scooter Brown Band in front of 30,000 people is exciting,” Martina said. “Walking out on that giant field gave me goosebumps, it’s so big. When I stood on

the grass I got the same feeling I got in New York, when we were at Woodstock. And, the respect Joe and I have for the military and their families just makes this experience that much more surreal. We are stoked. It’s going to be great.”

Martina describes their music as ‘having all the feels.’

“We’re going to take the audience on a journey,” Joe said. “There is going to be really happy up-tempo, rockin’ stuff, and then we’ll slow it down with a piano ballad, every once in a while. But, in general, it will be high-intensity, and very emotional.”

The audience can expect to see Martina doing most of the lead vocal work. The duo is bringing a full band to the stage for this show, a seasoned drummer, and bassist, Johnny Garcia on guitar, and Lee Turner, who happens to play keyboards for Darius

Rucker’s band.

“There’s A Country Song came out May 1st,” Joe said. “We’re hoping to get it in peoples’ hands, so we’re going out to play shows, and maybe sell a few CD’s afterward. We are also working the social media angles. We’re always looking for out of the box ways to promote the album.

“We think it stands on its own really well, and its naturally going to get into the ears of country music fans. Our job is to do everything we can to make sure that happens.”

More information about Joe & Martina Costa can be found at their website, www.TerraBellaMusic.com. CD’s are available for purchase. All the social media links are listed, and of course, digital downloads are available everywhere great music is found, iTunes, Spotify, Amazon, Google Play, and more.

CALENDAR

ONGOING

2018 MONTGOMERY COUNTY FAIR

This years attractions include:

"Swiftly Swine" Pig Racing

"Ducks Inc." Live Duck Races
Go-Kart Racing (Go-Kart spectator admission includes

- Midway admission. Ages 12+ \$10, Ages 6-11 \$3, Ages 5 & Under FREE)

- Molly Ark Petting Zoo

- Bell City Amusements Midway – Rides, Food, and Games! (included in Midway admission)

- Various Exhibitors/Vendors Exhibitor/Fair Vendor Application

- International Rodeo (Rodeo admission includes Midway admission. Ages 12+ \$20, Ages 4-11 \$10, Ages 3 & under FREE)

And Much More! See showtimes below!

Fair Hours:

TUESDAY NIGHT JUNE 19TH

Open at 6:00pm Til 11:00 pm
\$20.00 Arms Bands

WEDNESDAY NIGHT JUNE 20TH

Open at 6:00pm Til 11:00 pm Arm Bands \$25.00 gets you on all Midway rides. (Screaming Eagle Ready Mix Night First 100 people get in FREE Does not include armbands).

THURSDAY NIGHT JUNE 21ST

Open at 6:00pm Til 11:00pm Arm Bands \$25.00 gets you on all Midway rides. (Kubota Coleman Tractor Night)

FRIDAY NIGHT JUNE 22ND

Open at 6:00pm Til 11:30pm Arm Bands \$25.00 gets you on all Midway rides.

Saturday and Saturday Night June 23rd Open at 1:00pm Til 11:30pm Arm Bands \$20.00 1:00PM til 6:00 After 6:00pm \$25.00 for all rides or \$25.00 for all day

Clarksville Speedway & Fairgrounds
1600 Needmore Rd
Clarksville, TN 37040
Phone: 931-645-2523

ART LINK 5:30PM-7:30PM

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

Salvation Army
210 Kraft St,
Clarksville, TN 3704

DOWNTOWN MARKET 8AM-1PM

A weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products. The Market strives to provide an opportunity for local customers to connect with local businesses, while enhancing the quality of life in our community. Enjoy live music, meet our Market mascot, "Corny the Cob," and experience special events on select market days.

6/2 • 6/9 • 6/16 • 6/30

FOOD TRUCK RALLY 11:30AM-1:30PM

Food Trucks will be taking over McGregor Park during lunch hours every Friday from May 11- June 29, and the Clarksville Downtown Market on Saturday, July 21 and Saturday, September 22!

McGregor Park
640 N. Riverside Dr., Clarksville,
TN 37040

I-STROLL AT LIBERTY PARK & HERITAGE 9AM-10:30AM

iStroll is the ultimate 60-minute stroller workout made by athletes for parents. Bring your stroller, baby and wear workout clothes for the classes. Participants must register online at istroll.com.

MON/THU/FRI | HERITAGE PARK

WED, 1st & 3rd SAT | LIBERTY PARK

Location: HERITAGE AND LIBERTY PARKS

Fee: \$40 per month, \$7 per class, \$30 for 5 classes or \$55 for 10 classes

SUNRISE YOGA 6AM-7AM

Start your Wednesday and Friday mornings along the banks of the Cumberland River with our popular six-week program that focuses on yoga posture, breathing and meditation co-sponsored by Clarksville YMCA. Participants are encouraged to bring their own mats.

Free for all ages!
6/1 • 6/8 • 6/13 • 6/15 • 6/20 • 6/22

McGregor Park
640 N. Riverside Dr.,
Clarksville, Tennessee 37040

MONTGOMERY COUNTY HISTORICAL SOCIETY 7PM

Program meeting the 3rd Monday of each month of 2018 except for special events in June and December. Meetings provide interesting and informative programs on topics of local area history. Visitors are always welcome. Refreshments provided. See our Facebook page for program details each month.

Civic Hall Veterans' Plaza.
350 Pageant Lane
Clarksville, TN

MAYOR'S SUMMER NIGHT LIGHTS 5:30 PM-9:00 PM

The Mayor's Summer Night Lights program features

a multitude of activities including a DJ, dance team competitions, local music artist performances, arts & crafts, motivational speakers, athletic competitions, and free food!

6/4 Kellman Center
6/6 Lincoln Homes
6/11 Summit Heights
6/13 Bel-Aire Park
6/18 Edith Pettus Park
6/20 Lettie Kendall Park
6/25 Lincoln Homes
6/27 Caldwell Lane

CELEBRATE RECOVERY

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

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

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

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

CHESS CLARKSVILLE

Fridays, 4:00 PM until.

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

COUNTRY QUILTERS OF CLARKSVILLE 6:30PM-8:30PM

Join us first Monday of each month. A great way to make new friends and have fun. Be inspired to make and learn all about quilting.

1030 Cumberland Height Rd.
Dining Hall Building
Clarksville, TN.

SL SHAMPOO LOUNGE SALON

BALAYAGE • BRAZILIAN BLOW OUTS • CUTS COLOR • HIGHLIGHTS • OMBRE & MORE!

BOOK NOW WITH ONE OF OUR AMAZING TALENTED STYLISTAS!

THE SHAMPOO LOUNGE
1740 Gateway Lane • Clarksville, TN • (behind Publix)
931.919.3482 • www.myshampooounge.com

GOVERNOR'S SQUARE MALL

FATHER'S DAY & 501st MIDSOUTH GARRISON

June 16, 11am-2pm, Center Court

Come take a picture with one of your favorite 501st MidSouth Garrison Characters for a recommended donation to Manna Cafe Food Bank.

GovernorsSquare.net • MallGiftCards.net

10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun. •
2801 Wilma Rudolph Blvd. Clarksville, TN • 931-552-0289

CLARKSVILLE
HERITAGE PARK BASEBALL FIELDS

BASEBALL & SOFTBALL CLINICS

Children have the opportunity to learn the fundamentals of hitting, throwing, defensive positions and game strategies from a skilled instructor at these new clinics.

Cost: \$40 | Ages: 3-14

REGISTER NOW!
CITYOFCLARKSVILLE.COM/PARKSREC

WICKED GOOD SANDWICHES

FAMILY DINING • DELIVERY • LIVE MUSIC

LOL NASHVILLE
SHORT & LONG FORM IMPROV
FT. PATRICK LONG
JUNE 23 • 9PM • \$10

WICKED GOOD SANDWICHES

Voted FAVORITE LOCAL EATERY & FAVORITE PLACE FOR A QUICK LUNCH four years in a row! Voted FAVORITE EVENT VENUE in 2017!

Voted BEST SANDWICH SHOP (2015-16)!

Text WGS to 68683 for exclusive offers, contests, and all the latest happenings at WGS.
605 CUMBERLAND DRIVE • CLARKSVILLE • (931) 919-3800

wickedgoodsandwiches.com

CLARKSVILLE SCRABBLE CLUB

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

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

CUMBERLAND WINDS

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

FAMILY LIFE CENTER ACTIVITIES

Monday through Friday, 5:30AM to 9:00 PM (except Wednesday,

5:30AM to 5:00 PM), Saturday, 7:00AM to 4:00 PM This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are \$3).

Hilldale Baptist 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 encouraged, but not required. Register online and learn more about the program at clarkvillegamedesign.net/about/. The event will be first come, first served and limited to the size of the computer lab.

Clarksville-Montgomery County Public Library
350 Pageant Lane

FREE COMPUTER LAB FOR ADULTS WANTING TO IMPROVE THEIR COMPUTER SKILLS

REGISTRATION IS REQUIRED @ the office of CMC Adult Literacy Council

430 Greenwood Ave
Room 218
Clarksville, TN

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

DRIVER SAFETY PROGRAM

The Clarksville Senior Activity Center will offer the AARP Driver Safety Program each month through October 2018.

To register please call (931) 802-2484.

GENEALOGY DISCUSSION GROUP 6:00 PM TO 7:30 PM

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

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

HABITAT FOR HUMANITY RECYCLING OF MONTGOMERY COUNTY

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

Clarksville Restore
408 Madison Street
(931) 645-4242

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING

10:00AM the first Saturday of each month (except January and July). For information contact Jason Groppe, (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

JUNE

2 SATURDAY ROAD TO RIVERFEST OUTDOOR CONCERT SERIES 6PM

Road to Riverfest is the city's summer concert series at Liberty Park, leading up to Clarksville Riverfest in September featuring local musicians. Beer and food will be available for purchase on site. Road to Riverfest will be partnering with the Clarksville Hot Air Balloon Classic. Purchase a ticket to see the hot air balloons up close and personal at Liberty Park, then enjoy the concert.

Entertainment Line-Up: Don Gallardo, Tim Carroll, Brian Ritchey

Liberty Park
1188 Cumberland Drive,
Clarksville, Tennessee 37040

CLARKSVILLE HOT AIR BALLOON CLASSIC

This event includes live music, a kids zone, food trucks, craft vendors and a spectacular Hot Air Balloon Glow at dusk.

Ticket purchasing is only available online through this website and our eventbrite page. Kids 5 and under are free.

Ticket sales are limited to first come first served, so get your

aveda men

make a difference for dad
father's day, june 17
we'll help you find the right gift and wrap it—just for him

EDEN
day spa & salon

150 Hillcrest Drive Clarksville TN | www.edendayspas.com | 931-552-2313

#LETSGROWTOGETHER

SPREADING GROWTH, BOTH PHYSICALLY & MENTALLY.

Like us on facebook @strongfitness

STRONG FITNESS

601 South Riverside Dr.
Suite 104
Clarksville, TN
931-217-5991

www.strongfitnessclarksville.com

CUT MASTERS
LAWN SERVICE

Licensed and insured, affordable and dependable. Cut Masters Lawn Service is the key to keeping your lawn well maintained without worries.

FOR COMPLETE DETAILS VISIT
www.clarkvillecutmasters.com

Happy to give free estimates! 931-320-3298

FULL COLLISION REPAIR SHOP
Custom Paint & Graphics
Insurance Certified
Rental Cars on site
24-hour Towing

FREE Estimates!

MaxXx'D OUT
931.431.6096 • 2631 FT. CAMPBELL BLVD.

TABERNACLE
Christian School

301 Market Street • 931.552.9431 • www.tcs1999.com

JESUS

NOW ENROLLING
2018-2019
SCHOOL YEAR

PRE-K 3&4 THROUGH 5TH GRADE • BEFORE & AFTER CARE AVAILABLE

Nationally Accredited and AdvancED Accredited School

tickets now! www.eventbrite.com/e/clarksville-hot-air-balloon-classic-tickets-44237764344

Liberty Park
1188 Cumberland Dr.
Clarksville, Tennessee 37040

ARE YOU SERIOUS PROMOTIONAL KICKOFF PARTY, DOORS, 8PM

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville, TN

931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

PRINCESS SNOW WHITE TEA PARTY OUTDOORS PARTY 5PM-6:30PM

"Make a Wish into the well, that all you have to do." Come meet and greet Princess Snow White. You will enjoy wonderful tea savories, fresh fruit, snacks and strawberry tea. You will also enjoy a performance from our character Snow White, dancing, and sing-alongs. Let's not forget the arts and crafts.

This event is RSVP only. \$10.00 per child.

The Girly Girlz Pampered Palace Salon & Spa
360 Fantasy Lane, Clarksville, Tennessee 37043

DISCOVER S.C.U.B.A.

Have you ever wondered what it's like to breathe underwater? If you want to find out, but aren't quite ready to take the plunge into a certification course, Discover Scuba is right for you! While not an actual scuba certification, during this experience you'll learn how to use scuba equipment in shallow water and get a quick and easy introduction to what it takes to explore the underwater world. Co-sponsored by Waterdogs Scuba.

Cost: \$40 • Ages: 10+

Pre-registration is required and available online at the links below:

June 2: <https://goo.gl/jgdTeb>
June 6: <https://goo.gl/LiLDjH>

Bel Aire Pool

123 Marie Dr.
Clarksville, TN 37042

BASICS OF CAKE DECORATING 10AM

Learn how to decorate cakes with basic buttercream techniques. Individuals will learn different border and flower techniques. Participants will receive 3 hours of instruction along with a take-home cake decoration kit. Ages 16+
Cost: \$30

Pre-registration is required and available online at: <https://g>

Kleeman Community Center
166 Cunningham Ln,
Clarksville, Tennessee 37042

BUBBLE BALL FREESTYLE SOCCER 11AM-6PM

Up to 10 players per group

Come alone and join a group or bring a group

\$15 per person for an hour of play. Either just show up or call ahead and schedule an hour.

Must be at least between the age 13 - 55 years old and sign a waiver.

Liberty Park and Marina
1188 Cumberland Drive Ext,
Clarksville, Tennessee 37040

3 SUNDAY

CWF PRESENTS WRESTLEROO 11AM-1PM

This is a show so big it needs two main events. The first one is a huge tag match as Kamala Jr. and Dallas Troy take on Chris Chambers and David Lackey Jr. In the second, Caleb Courageous defends both the CWF Undisputed Heavyweight title and the Resolute Wrestling Undisputed Heavyweight title against Kaden Sade. Along with those two huge matches, all your other CWF favorites will be in action.

Tickets are \$7 for adults and free for kids 12 and under. Doors open at 4:30 p.m. with bell time at 5 p.m. Concessions (cash only) will be available for purchase.

Army National Guard Recruiting

1801 Fort Campbell Blvd,
Clarksville, TN 37042

6 WEDNESDAY THE BIG RUN

In 2018, The Big Run is back and bigger than ever. And Clarksville is joining in on the FUN!

This will not be a timed event, simply meant to get you out moving on Global Running Day. We will be running on public sidewalks and must follow traffic laws. No roads will be blocked and no traffic will be stopped. The route will be posed soon.

Registration is only \$10.00 on Runsignup.com There will be no refunds.

Downtown Commons
215 Legion St.,
Clarksville, TN 37040

JR. JUNIOR RANGER CAMP

Join us this summer at Dunbar Cave State Park for our Junior Jr. Ranger Camp, open to children ages 5 to 7. Here your juniors will have the opportunity to learn and understand the great outdoors while having a blast at the same time! Campers will learn all about outdoor safety, plants & wildlife, and even have the opportunity to tour our cave, all with the guidance of our very own Rangers.

The three day Junior Jr. Ranger Camp will be held June 6th, 7th, and 8th from 9 am to 12 pm. An award ceremony will be held on the 8th at 12 pm to award the campers their official Junior Jr. Ranger Badge.

Dunbar Cave State Park
401 Old Dunbar Cave Road,
Clarksville, Tennessee 37043

9 SATURDAY 7TH ANNUAL TN RED, WHITE & BREWFEST 6PM-11PM

Join us for the 7th Annual TN Red, White & Brewfest at the Downtown Commons!

- Over 80 Microbrews & Craft Beers

- LIVE Entertainment by the Nightmasters & Stacy Mitchhart Band More TBA

- Food Vendors
- Cornhole Tournament
- Cigar Tent

All proceeds to benefit Bikers Who Care children's charities.

Must be 21+ to attend.
Downtown Commons
215 Legion St, Clarksville, Tennessee 37040

SYMPTOMS W/ ON HOLIDAY & THE UNDEAF, DOORS, 8PM

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville, TN

931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

YOGA AT THE CAVE 8AM-9AM

Practice yoga at Dunbar Cave. Our yoga classes are limited so RESERVATIONS are highly recommended. Enjoy the tranquil setting of the cool cave and the area's wildlife all while flowing, stretching, and breathing in a yoga sequence. This is a guided yoga class designed for beginners with modifications available for advanced practitioners. Registered yoga teacher, Shana Thornton, will guide you through both standing and seated postures. Please, bring your own yoga mat and bottled water. Class is approximately one hour.

Dunbar Cave State Park
401 Old Dunbar Cave Rd,
Clarksville, TN 37043

DANDELION WISH RECALIMED WOOD PALLET SIGN 5PM-7:30PM

Reclaimed Wood Initial Pallet Sign This is so beautiful and a big hit! I provide everything and this beauty will be ready for hanging when you get home! All Military can get 10% off, just message us for details!! Approximate size of sign is: 19" high and 15" wide

J&S Art Works
2535 Madison Street Suite G,
Clarksville, Tennessee 37043

WATER SAFETY DAY 11AM-1PM

Come join us at the pool for our first annual Water Safety Day. There will be presentations on water safety for parents and children. Children will visit activity stations including Look Before You Leap, Proper Use of a Lifejacket, Throwing Assist, and more.

The first 150 participants will receive a free T-shirt!

Cost: \$3

Register online at <https://bit.ly/2J9PVvl>

New Providence Pool
168 Cunningham Lane,
Clarksville, Tennessee 37042

LITTLE MISS AND MR. CLARKVILLE PAGEANT 11AM-7PM

Join us for the annual Little Miss & Mr. Clarksville Pageant! Let your child sparkle and shine this June. Children birth to 10 years old have the chance to strut their stuff on the big stage. Each child has the chance of winning age division prizes and an overall crown of Little Miss Clarksville or Little Mr. Clarksville. Most importantly, all children will walk away with self confidence and fun memories.

Children's Age Divisions:

Under 12 Months - Itty Bitty
1-2 Years Old - Teeny
3-4 Years Old - Tiny
5-6 Years Old - Mini
7-8 Years Old - Petite
9-10 Years Old - Junior

APSU: Clement Auditorium
601 College Street
Clarksville, TN 37044

10 SUNDAY PROJECT LINUS 9AM-3PM

A non-profit organization that provides at no cost homemade/handmade blankets (quilted, crocheted/knitted, or fleece) to children in need through

the Montgomery County & Ft. Campbell Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow and the Fisher House on Ft. Campbell. For more information contact Jean Marr at (931)-358-0101 or Carol Ballard at (931)-645-8896

Cumberland Presbyterian Church, 1410 Golf Club Lane, Clarksville, TN

16 SATURDAY MOVIES IN THE PARK. LION KING. 6:30PM



Enjoy a free movie on the big screen outside at Heritage Park! Bring a blanket and/or lawn chairs and come hungry as we will have food available for purchase from on-site concessions. Please leave pets and alcohol at home.

Pre-show activities begin- 6:30 p.m. Sunset/Movie begins- 8:00 p.m.

Movie/Event ends- 10:30 pm

Heritage Park Complex
1241 Peachers Mill Rd,
Clarksville, Tennessee 37042

FUN WITH FIDO

Fun with Fido encourages you to have an active lifestyle with your 4-legged friend. Join us for games, prizes, vendors with a pet-focus, and off-leash fun at Heritage Park Bark Park.

Heritage Park Complex
1241 Peachers Mill Rd,
Clarksville, Tennessee 37042

19 TUESDAY DIABETES SUPPORT GROUP 5:00PM

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 GROUP MEETING 6:00PM-7:30PM

Meets the 3rd Wed. of each 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 a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Meeting POC is Henry Moore Jr. tcfofclarksville@gmail.com,

Clarksville Mont. Co. Pub. Library
350 Pageant Lane, Suite 501,
Clarksville, TN 37040

21 THURSDAY FROM WORLDS ALIKE ALBUM RELEASE SHOW, DOORS, 8PM

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville, TN

931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

23 SATURDAY MOVIES IN THE PARK. PITCH PERFECT 3. 6:30PM



Enjoy a free movie on the big screen outside at Heritage Park! Bring a blanket and/or lawn chairs and come hungry as we will have

food available for purchase from on-site concessions. Please leave pets and alcohol at home.

Pre-show activities begin- 6:30 p.m. Sunset/Movie begins- 8:00 p.m.

Movie/Event ends- 10:30 pm

Heritage Park Complex
1241 Peachers Mill Rd,
Clarksville, Tennessee 37042

IMPROV COMEDY SHOW, DOORS, 8PM

Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville, TN

931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com
28 THURSDAY KOOL BREEZE KARAOKE, DOORS 8PM



Wicked Good Sandwiches
605 Cumberland Dr.
Clarksville. 931-919-3800
Text Club (WGS 68683)
wickedgoodsandwiches.com

JULY 3 WEDNESDAY INDEPENDENCE DAY CELEBRATION 9:30 PM

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

Liberty Park Ampitheater 1188 Cumberland Dr
Clarksville, TN 37040

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

Pet Pix Contest

Submit YOUR Pet Pix by June 15th

Two winners this Month!
Bailey & Bridget 
BOTH WINNERS WILL RECEIVE \$50 IN PRODUCTS OR SERVICES PICK UP AT EITHER LOCATION!

CLARKSVILLE-MONTGOMERY COUNTY PUBLIC LIBRARY

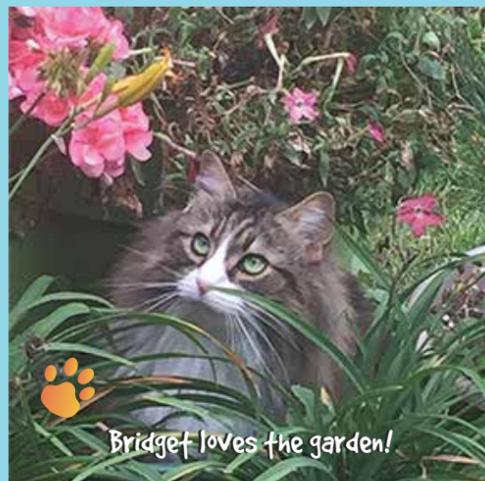
350 Pageant Lane, Suite 501, Clarksville, TN • (931) 648-8826 • mcgtn.org/library



All smiles for the birthday girl, Bailey!



This is the best part of my day, walking!



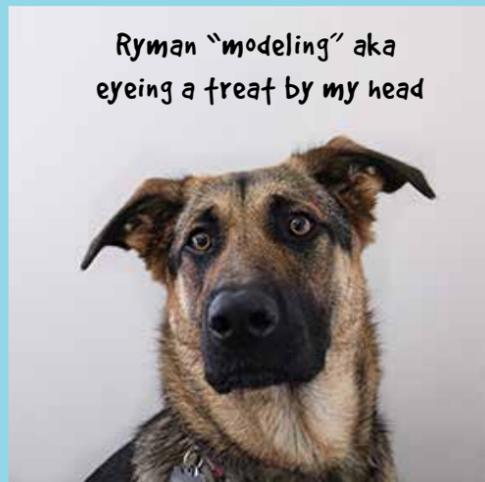
Bridget loves the garden!



Hank enjoying a doughnut



What's that? Starbucks bound, pup cup time!



Ryman "modeling" aka eyeing a treat by my head



There's my Buddy



Happy 12th Birthday, Lizzard King!



Did Someone Say Treat?

Tadpoles & Tagalongs (ages 0-4):
 Programs for children under 5 are on Tuesdays at 10 & 10:30 a.m. and then repeated at 2 & 2:30 p.m. Tuesday's programs are repeated on Fridays. Tickets are required and can be picked up beginning one hour prior to the program.

- June 12 & 15 - Let's Dance
- June 19 & 22 - Pete the Cat
- June 26 & 29 - Libraries Rock!
- July 3 & 6 - Singing Books
- July 10 & 13 - Music
- July 17 & 20 - Rhythm and Rhyme

School Age Children (ages 5 & up):
 Performances for school age children are on Tuesdays and Fridays. Each day's performer will do two identical programs, one at 10 a.m. and one at 2 p.m.

- Tuesday, June 12 - Mr. Bond the Science Guy
- Friday, June 15 - Magician Terry Hedges
- Tuesday, June 19 - World of Reptiles with Scott Shupe
- Friday, June 22 - Super Science TN with Mr. Rich
- Tuesday, June 26 - Real Science with Brad Reynolds
- Friday, June 29 - Magician Russ Nowack
- Tuesday, July 3 - Hands On Music with Zig Wajler
- Friday, July 6 - Ventriloquist Gene Cordova
- Tuesday, July 10 - Safari Greg and Urban Safari
- Friday, July 13 - National History Education Company
- Tuesday, July 17 - Ventriloquist Crystal Birdwell
- Friday, July 20 - End of Summer Reading Celebration @ 4 pm

Tween Programs (grades 4-6):
 Programs for children going into the 4th, 5th, and 6th grades are on Mondays at 2 p.m.

- June 11 - Sound Engineering Workshop with Mr. Jariel Lopez
- June 18 - Musical Instrument Petting Zoo with APSU Music Department
- June 25 - Musical Masterpieces
- July 2 - Name That Song
- July 9 - Rock Painting
- July 16 - Disney Sing Along and Dance Party with It's Relative

Teen Programs (grades 7-12): Activities for teens going into grades 7 through 12 are on Thursdays from 3 to 4 p.m.

- June 14 - Sound Engineering Workshop with Mr. Jariel Lopez
- June 21 - Luau
- June 28 - Self Defense with Sabrina Reisinger
- July 5 - Rock Your Talent
- July 12 - Zumba

• July 19 - Musical Instrument Petting Zoo with APSU Music Department

Adult Programs (18 & up):

- June 7 @ 6:00 p.m. - D.I.Y. at the Library
- June 12 @ 2:00 p.m. - D.I.Y. at the Library (Bath Fizzies)
- June 14 @ 2:00 p.m. - The Next Chapter • Book Club
- June 15 @ 2:00 p.m. - Word Games
- June 19 @ 2:00 p.m. - Word Games
- June 21 @ 6:00 p.m. - As the Page Turns Book Club
- June 22 @ 2:00 p.m. - D.I.Y. at the Library (Photos to Wood)
- June 26 @ 2:00 p.m. - D.I.Y. at the Library (Jewelry Making)
- June 26 @ 6:00 p.m. - Tabletop Game Night
- June 28 @ 6:00 p.m. - Libraries Rock Painting
- June 29 @ 2:00 p.m. - Operation Gratitude
- July 3 @ 2:00 p.m. - Word Games
- July 5 @ 6:00 p.m. - D.I.Y. at the Library (Wind Chimes)
- July 6 @ 2:00 p.m. - Coloring/Word Games
- July 10 @ 2:00 p.m. - D.I.Y. at the Library (Green Cleaning)
- July 12 @ 2:00 p.m. - The Next Chapter Book Club
- July 13 @ 2:00 p.m. - Word Games
- July 17 @ 2:00 p.m. - D.I.Y. at the Library (Picture Frame Box)
- July 19 @ 2:00 p.m. - As the Page Turns Book Club
- July 20 - Special Event
- July 24 @ 6:00 p.m. - Tabletop Game Night

SENSORY STORY TIME

- June 9th
 - June 23rd
 - July 7th
 - July 21st
- 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 books, songs and movement during these story times.

SENSORY FRIENDLY MOVIE SHOWING

- June 24
 - July 22
- 1:30 p.m.
 Join us for a free sensory-friendly movie screening. This event is designed for children on the Autism spectrum and their families. Gentle lighting and sound provide a less-intense movie experience. Check out our Facebook for titles.

SCHOLASTIC BOOK FAIR

- June 18-22
- 9:00 a.m.- 5:00 p.m.

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

HAPPY BIRTHDAY!



Happy 4th Birthday!
We love you to the moon and back!



She is officially 5!! Happy Birthday
Kaelynn Marie! We love you baby girl!
From mommy, daddy & your big brothers!!



With hair you just can't
fix Lainey is turning 6!



Happy 7th Birthday Aiden
We Love You!!!!



Happy 8th bday Ellianna Grace
Hope your year is filled with blessings!
Love Mom, Dad, Jax & Brook



RYDER, YOU'RE 8
AND OH SO GREAT!!!!

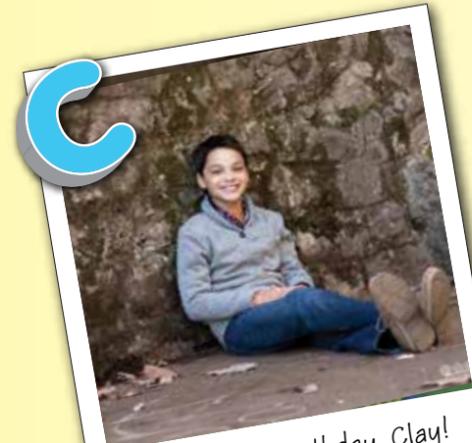
HAPPY BIRTHDAY!



Happy birthday beautiful Ieya
your Granny and Papa and teetee
wish you a beautiful day q!!



Happy Birthday Maleya
your Granny and Papa and teetee
love you so much happy birthday q!!



Happy 12th Birthday, Clay!
Love- Mom, Dad, Bennett, Reese & Jack



Happy Birthday Baby
Near or Far you are loved
Love Daddy & Tia



Happy birthday Jackson (12),
Cameron (7) & Bailey (1)!
We love you all 3!

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

OAK PLAINS ACADEMY

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

OMNI VISIONS INCORPORATED

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

YOUTH VILLAGES

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

ARTS, CRAFTS & HOBBIES

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

We are a non-profit senior activities center. There are a wide variety of programs and activities for seniors age 50 and above. Educational activities such as ceramics, coloring, and quilting classes. We have a card room, billiards room, wil 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.

CHILD BIRTH & 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 LEGHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

NINE MONTHS & BEYOND

A comprehensive source for pregnancy, birth, breastfeeding and early parenting education and resources. Offers birth tub rentals, breastpump rentals, babymoon 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

Classes cover the initial steps to successful breastfeeding, uses for breast pumps and other supplies. Classes are normally taught in Legacy Rooms A & B (651 Dunlop Lane) on the first Tuesday of every month from 7-9 p.m. Registration is required. Register at Tennova.com.

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

Bring your older children to Sibling Class. It offers an introduction to sibling interactions, a tour of the Nursery, and time to mingle with other children from expectant families. The class is typically offered the last Saturday of the month from 12-1 p.m. in the 3rd Floor Classroom (651 Dunlop Lane). Registration is required. Register at Tennova.com. Whole Woman

WHOLE WOMAN BIRTH AND LACTATION SERVICES

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

CHILD CARE

CHILD CARE AWARE

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

MID-CUMBERLAND CHILDCARE RESOURCE AND REFERRAL

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

PARENT INFORMATION NETWORK

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

PROGRESSIVE DIRECTIONS

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

TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM (TNCEP)

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

CHILD PROTECTION & DOMESTIC CRISIS SERVICES

ALL-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. middletnanon.org.

CLARKSVILLE RAPE AND SEXUAL ABUSE CENTER

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

CHAP PROGRAM OF CATHOLIC CHARITIES

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

DEPARTMENT OF CHILDREN'S SERVICES

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

LEGAL AID SOCIETY

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

MONTGOMERY COUNTY CHILD SUPPORT SERVICE

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

SAFEHOUSE DOMESTIC VIOLENCE SHELTER

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

CHILDREN'S GROUPS

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

BOY SCOUTS OF AMERICA

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

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

The Children of the American Revolution (C.A.R.) is the nation's oldest, largest, patriotic youth organization. Membership is open to boys and girls from birth until age 22, who can prove 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 studyhescrptures.net or call (931) 648-8844 for more information and to register.

APSU EXTENDED EDUCATION

Develop a new skill, explore a new idea, learn a new language or seek a new career with one of the classes from Austin Peay State University's Center for Extended and Distance Education. Register early and receive a 10 percent discount on selected courses. Preregistration is required for each course. New online classes start every month. Melony Jones at (931) 221-7868, jonesma@apsu.edu or ed2go.com/apsu.

ARMY COMMUNITY SERVICE

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

ASERACARE HOSPICE

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

BAYANIHAN FILIPINO-AMERICAN INTERNATIONAL GROUP

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

CRISIS CALL LINE

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

CROATIANS IN TENNESSEE

Our goal is to share our culture and information about Croatia. We would like to unify 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/CroatiansinTennessee/

DAGAN FOUNDATION

Creating schools in rural areas for free education and sending orphans and disadvantaged children to schools in Togo, West Africa. Spreading the word of God through evangelism and planting and supporting churches in rural areas in Togo. Digging wells and providing clean water in rural areas in Togo. Partner with us and join us so together we can change lives in Togo, West Africa. You want to go to mission in Africa, you want to plant a church in

Togo, you want to go teach English in our schools in Togo during Summer, you want to adopt a student or a church in a rural area, don't hesitate to contact us. Invite us and we will come to present our projects in your church. Contacts: Mr. Adolph Dagan at (931) 302-0787 or daganfoundation@yahoo.com, or visit daganfoundation.org. Like as on Facebook at Facebook.com/DaganFoundation. Our main partner in Togo is Action Bethesda, actionbethesda.org.

FREE CAKES FOR KIDS KY & TN

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

FRIENDS OF THE BLUEWAY

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

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

UNITED WAY

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

VETERANS UPWARD BOUND

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

COUNSELING, SUBSTANCE ABUSE & MENTAL HEALTH

ALCOHOLICS ANONYMOUS

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

APTITUDE HABILITATION SERVICES

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

ASPERGER/AUTISM CENTER

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

BRADFORD HEALTH SERVICES

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

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE

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

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE

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

CENTERSTONE

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

COLUMBUS ORGANIZATION

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

HEALTH CONNECT AMERICA

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

THE FAMILY GUIDANCE TRAINING INSTITUTE

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

LIFESOLUTIONS - ASPIRE & JOBLINK

611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE

Provides evidence-based services including: Child & Family Counseling, Child Psychiatry and Community Based

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

PASTORAL COUNSELING CENTER

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

THE PATH LIFE COACHING

Through The Path Life Coaching, ThePathLifeCoaching.com, you can explore your options to move you forward to a more fulfilling and satisfying life! The Path Life Coaching is designed to promote and support you as you discover harmony and happiness along your life journey. You will be guided along "your Life's Path" becoming empowered to realize your own truths and solutions as you move forward and achieve your own goals and dreams. The Path Life Coaching is based on a wellness approach to life coaching that embraces the "whole" self to include self-truth, spirituality, and emotional and physical wellness. This success of The Path Life Coaching rests on the assurance that the coaching experience is a "safe place for reflection and growth." Each session is a "rest stop" along your journey where you will embrace exploration, design, action, evaluation and achievement giving you insight and awareness as you move along the "Path" of your choosing. Please contact Dr. 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 oning on an exchange with AFS-USA. Local Contacts: Dr. Barbara Y. Wills at (931) 378-7258 and afsbarb58@gmail.com or Sandy Rich at srich@afsusa.org or (865) 617-0665. The local Miss Tencky Area AFS Volunteer Leadership Team web site is afsusa.org/misstennky/. Follow AFS on Facebook: AFSUSA, Twitter: afsusa, YouTube: AFSTV and Flickr: afsusa.

YOUTH FOR UNDERSTANDING USA (YFU)

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

PARENT GROUPS

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

CLARKSVILLEMOMMIES.COM

A Mommies Network community, was founded in September 2009 by Blythe Belenky to help connect and support Moms in the Montgomery County, Clarksville, Ft. Campbell and Hopkinsville areas. ClarksvilleMommies.Com is for ALL types of moms including those who work full-time. The site offers chatting online in a private forum—discussing everything from the best photographers to the worst temper tantrums and all that lies between—and meet-ups regularly at member-driven events around the area. And best of its all FREE! Everything—online support, playgroups, and MNOs are all FREE! ClarksvilleMommies.Com 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/hilldale.org/mops or find us on Facebook under Hilldale Baptist Church MOPS.

CLARKSVILLE HOMESCHOOL NETWORK

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

CLARKSVILLE, HOPKINSVILLE FORT CAMPBELL SAHM PLAYGROUP

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

HOPE@HOME (HELPING OTHER PARENTS EDUCATE AT HOME)

An online Christian support group for home schooling families in the Clarksville/

Montgomery County area. Members have access to info on area activities, co-ops, classes, small groups and much more. For basic information and to join visit groups.yahoo.com/group/ClarksvilleAreaHomeSchoolNews/

LA LECHE LEAGUE OF CLARKSVILLE-FORT CAMPBELL

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

MOMS CLUB OF CLARKSVILLE

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

MOPS AT FIRST BAPTIST CLARKSVILLE

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

HILLDALE BAPTIST CHURCH MOPS

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

SPRING CREEK MOPS

Meets at Spring Creek Baptist Church at 2760 Trenton Road on the 1st and 3rd Wednesdays of the month September through May. Meetings are from 9:30 a.m. to 11:30 a.m. with childcare provided. For more information contact Meagan Hurley at meaghurley@gmail.com. Find us on Facebook at Spring Creek MOPS.

SUPER MOM'S GROUP

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

PARENTS OF MULTIPLES

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

PARENTS REACHING OUT

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

TNSHARE (SECULAR HOMESCHOOLERS: ANY RELIGION, ECLECTIC)

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

TENNESSEE EARLY INTERVENTION SYSTEM (TEIS)

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

WIC NUTRITION EDUCATION CENTER

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

RETIREMENT GROUPS

AARP LOCAL CHAPTER 1957 Meets on the 2nd Tuesday of each month at 10:00 a.m. at Hilldale United Methodist Church, 1751 Madison Street. Affiliated with the National AARP. To become a member of the local chapter you must be an active member of the national chapter. The local dues are \$5 per year. Our motto is "To Serve and Not to Be Served" in our communities. We have guest speakers monthly who reflect on services to our seniors. We welcome guests at all our meetings, and have light refreshments after each meeting. For additional information, please contact Charmist Fields, President, (931) 358-3875, charmistfields@charter.net.

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

The only association dedicated to protecting the earned retirement benefits of federal employees, retirees and their survivors. NARFE works on the national and state levels in Congress to propose and oppose legislation in the interest of the federal employee and retiree. Local NARFE Chapter 870 meets on the 2nd Thursday of each month at the Shoney's on North Second Street. We gather to eat at 10:00 a.m. with the business meeting beginning at 11:00 a.m. Even with our speaker, we are normally finished by 12:30 p.m. or 12:45 p.m. We have a private area reserved with our own waitress service. We always have an interesting program. We encourage retired or active federal employees to join us and bring a guest. For more info, please contact Sandra Simms at (931) 368-9903, (931) 249-9339 or hsimms6551@charter.net.

SUPPORT GROUPS

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

ASMT (AUTISM SOCIETY OF MIDDLE TENNESSEE)

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

AUTISM SUPPORT GROUP

Donna Richardson at (931) 503-2315.

BREAST CANCER SUPPORT GROUP

ABC (After Breast Cancer) outreach program provides survivor support through a free, comprehensive 16-week program that includes a YMCA membership, Pink Ribbon training classes, lymphedema education, and nutrition classes in a wellness-focused, caring environment.

Survivors are encouraged to attend our monthly meetings held the 2nd Monday of each month. If you are going through chemo and are in need of a wig, please let us know. For more information or to sign up for the next session, contact Sherrie Lewis at (931) 647-2376 or slewis@ymcamidtn.org.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)

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

CLARKSVILLE MONTGOMERY COUNTY MULTIPLE SCLEROSIS SUPPORT GROUP

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

CLARKSVILLE OSTOMY SUPPORT GROUP

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

CLARKSVILLE PARENT/CAREGIVER SUPPORT GROUP

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

MEN HELPING MEN

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

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

PARENTS HELPING PARENTS

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

PARKINSON'S SUPPORT GROUP

Meetings are the 2nd Thursday of each month from 3:00 - 4:00 p.m (for patients and caregivers) at the Church of Christ at Trenton Crossing, 2650 Trenton Rd. Contact: Shirley Cook at 931-368-1361 or Vennie Evans at 931-358-9668 or vennieevans@aol.com.

TENDERPAWS PET THERAPY

Tenderpaws Pet Therapy Group meets at 10:

Bring Back the Great Summer Vacation!

EARN DOUBLE CREDIT CARD REWARD POINTS ON

Travel & Gas



1600 Madison Street
2625 Wilma Rudolph Blvd., Clarksville
931-552-3363 • 800-755-0055
www.altra.org

Altra
Federal Credit Union

Earn double reward points on gas and travel when using your GO, Student, or Signature Rewards cards. Applies to new and existing reward accounts, except Platinum. Convert from an existing Platinum to a GO or Signature and make purchases between 6/1-8/31, transaction must be posted to the account on or before 08/31 to receive double points. Qualifying purchases include: gas, airlines, auto rentals, passenger railways, ferries, bus lines, cruise lines, automobile rental agency, tour operators, and taxicabs/limousines. Federally insured by NCUA.

