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

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

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

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

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

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

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Healthy Eating for Tweens

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

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

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

The Low-Down on Carbs

Carbohydrates have gone through ups and downs in terms of popularity over the years. They'll reign for a decade as a fad diet staple, only to become ingredient non grata years later. So what's the scoop on the breads, cereals and pastas that young bodies crave? Your teenager needs them, especially during early teen years.

In fact, between 50 and 60 percent of your teenager's daily caloric intake should involve carbohydrates. But sugary cakes and cookies are not the best choices. Instead, your adolescent would be better served by eating whole grains like brown rice, bulgur and quinoa, as well as fruits, vegetables and legumes. These foods are rich in fiber, vitamins and minerals, and keep you feeling fuller longer.

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

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

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

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

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

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

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

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

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

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

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

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

This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care.
The Clarksville Association of Realtors Young Professionals Network (CAR YPN) recently hosted their fourth annual Handbags for Hope event at the Wilma Rudolph Event Center. The sold-out charity event was a tremendous success raising $100,000 this year. That number almost doubles what they raised at last year’s event. Of that amount, $85,000 was donated to Urban Ministry’s SafeHouse for Women and $15,000 was put towards the Mike Groves Memorial Scholarship Fund.

Handbags for Hope is a night of fun, friendship, and shopping that gives 100 percent of proceeds back to the Clarksville community. Both organizers and ticket holders look forward to the popular event all year long. Around 300 handbags are donated each year to Handbags for Hope’s Silent Auction and over 20 bags for the live auction. Each designer live auction bag is filled with extra surprises in line with each bags theme. This year the ‘Mystery’ themed bag brought in $6500 alone. Handbags for Hope has raised nearly $227,000 in four years.

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

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

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

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

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

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

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

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

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

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

If anyone in the community needs any aid from the SafeHouse they should not hesitate to contact the team at 1-866-592-6902. All calls are confidential. In addition to offering shelter, the SafeHouse also provides monthly meetings, counseling and planning, support and educational groups and court advocacy.
Handbags for Hope has become extremely popular in a short four years. The night is always filled with good vibes as Clarksville comes together to socialize and outbid each other on designer bags. Platinum Purse Level Sponsors, Gold Purse Level Sponsors, Live Auction Bag Sponsors, Silver Purse Level Sponsors and ticket holders all helped to make a huge difference in the lives of many throughout the community by being a part of Handbags for Hope. If you would like to be part of the event next year keep up with dates and ticket sales on the Clarksville Association of Realtors Facebook page.

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Join us Sunday, September 17th from 1-6 pm at Liberty Park! Look for the pavilion and sign up to participate in the Chalk Walk. This is a family friendly event with activities for everyone. There will be a stage where you can enjoy live music, and several of your favorite food trucks will be on hand should you get hungry.
$20.00 is the cost for your own sidewalk square. However, if you register today all the way up until day of the event it is only $10.00 a square! You can pre-register by emailing Art Link. His email is: artlinkclarksville@gmail.com.

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

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

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

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

Come join in on the fun, we look forward to meeting you!
The Dawn Stanfill Foundation will be hosting its 9th annual Dancing ‘til Dawn event to aid local pediatric cancer patients on September 30th in the Franklin Room at F & M Bank starting at 6pm.
Tickets are $50.00 in advance or $65 at the door and may be purchased online at: www.thedawnstanfillfoundation.com, or by phone at (931) 387-3841, or by mailing a check to 489 Heath Road, Cunningham, Tennessee 37052.

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

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

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

Please come, join in the fight against childhood cancer by supporting this exciting event - and have some fun with your friends as you dance the night away.
This past June, Clarksville lost a great man, a great leader of men, Pastor Jimmy Terry. A man, who many of us had the privilege and pleasure of knowing. Recently, Pastor Terry's son, Jimmy Terry Jr. sat down to talk about his father, and the impact he had on so many.

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

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

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

“Father told me stories about my mom,” Terry said. “He told me, ’Son, I can remember when a car pulled up, your mother got out of the passenger seat and said, here, you
can take better care of him than I can. You were about 18 months old and I said to myself, what am I going to do?’ I remember him telling me once, ‘I wish I had a father to tell me all the things I’m telling you.”

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

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

“I was six or seven years old when we came to Clarksville,” Terry said. “I was learning to play the piano, and he would let me practice inside the church, but he didn’t want to burden the parishioners, so I could only turn on the piano light. It was a little scary, (Terry laughed).

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

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

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

— Jimmy Terry Jr.

Teach less but observe more.

— Maria Montessori

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

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

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

”Just before he passed, my father knew of a woman at Golden Corral that was dealing with some hardships,” Terry said. “At his sickest, he asked me to take him there. He could hardly walk. He was in a lot of pain, but he wanted to help that woman through her difficult time. He left her..."
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Happy Fall... Better Brush them all!
who is having a party on a Wednesday? I turned the corner and our driveway was full. I went around back and saw 100 -150 people in the backyard singing hymnals to my dad, as he sat on the deck.

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

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

“He wasn’t feeling his best that day,” Terry said. “He was weak, he had recently fallen. I told him he had to trust me, there was something he needed to see. It was a surprise. He didn’t know where we were going. I said, we need to take this ride.
“Along the route, the guys from Bikers Who Care were on the side of the road holding signs, we would stop, and they would walk over and say, ‘Pastor Terry, how are you doing?’ Or just, ‘love ya brother.’ They were set up at about ten stops along the route. It was amazing. Then, we got to the bank, and he couldn’t believe his eyes.

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

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

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

continued from page 23
hear so many stories about how many people were touched by that, and I just smile.

“At dad’s service, this big biker guy pulled me aside, he was crying. He said, ‘your dad loved me, and I loved him.’ Near the end, I was in Cracker Barrel. A lady pulled me aside and said, ‘how is your dad?’ I said, you probably won’t see him again, but I’ll give you his number. As I turned, I heard her weeping.

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

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

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

Pastor Terry looked up on one of his last days and said, ‘son, what of mine do you want?’ Terry said, “I want that bible you always carry. Then I said to him, my name is Jimmy Terry, Jr., what else do I need? My father smiled, and said, ‘son, I love you.’”
Need to shed 10-20 pounds? Extra pounds take a toll, but weight gain is often such a gradual process that you might not even realize it’s happening. We at Sango Pharmacy want to help you reach your weight loss goals through our weight loss challenge and classes! Through our classes you will learn lifestyle changes to help you with weight loss and keep the pounds from sneaking back!

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

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

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

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

• Down water instead of other drinks. Following 16,000 adults, researchers found that drinking a glass of water instead of a beer every day reduced the risk of obesity by 20 percent. Substituting water for sugar-sweetened drinks lowered the risk by 15 percent.
• Be wary of artificially sweetened drinks, though. Among 1,000 subjects in seven clinical trials, aspartame, saccharin, and sucralose showed no major weight-loss benefits. In fact, data from 30 observational studies involving 400,000 people showed a link between artificial sweeteners and obesity. These kinds of studies, however, can’t prove a cause-and-effect relationship.

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

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

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

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

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

Sources:

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

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

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

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

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

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

Just as a football team cannot perform at its best if it continues to focus on the mistakes and failures of the season before, we cannot embrace the gifts of this life we have been given if we refuse to accept the fresh starts offered to us. Are you holding onto a past regret or unforgiveness? Take the chance today to allow your slate to be wiped clean. Begin anew! As our favorite football teams take to the fields letting go of past seasons and tackling fresh hope, we too need to let go and gain a fresh perspective amidst opportunities ahead.
We have all heard the saying, “the only thing that is constant in life is change.” With some of those changes, the implications can be very far-reaching. Divorce has touched a large percentage of American households, but most people don’t realize the impact that a divorce can have on previously-executed estate planning documents.

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

One of the most common and basic estate planning instruments is the last will and testament. Most people don’t consider what impact a divorce will have on their will. After all, we just stick the will in a drawer or safe and hope it isn’t needed for a long time. In Tennessee, if a will is executed during a marriage by a person who later becomes divorced, Tennessee law does not allow the former spouse to inherit under the will. (Tennessee Code Annotated § 32-1-202). In a similar vein, the divorce also revokes any nomination of the former spouse as executor, conservator, or guardian within the will, serving to revoke any power of appointment.

If the testator (the person for whom the will is being drafted) wishes to keep the former spouse as a beneficiary of the will or have that former spouse appointed as executor, conservator, trustee, or guardian, the testator should expressly state such wishes in the body of the new will, stating that the testator does not wish for the Tennessee revocation statute to apply. It is also important to understand that only a divorce or annulment trigger the automatic revocation statute. A legal separation does not trigger the revocation statute, and therefore the legal separation does not revoke the ability of a spouse to recover under a will or under that laws of intestacy. For these reasons, if you have gone through a divorce or had a marriage annulled, it is very important to update your will to ensure that your assets pass to whom you wish.

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

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

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

One final area that I have occasionally utilized in divorce cases involving children involves the requirement that the divorcing parties enter into a specific antenuptial or prenuptial agreement in the event either remarries in the future. This might seem a little strange and restrictive, but it serves as a means of protecting the assets of a former spouse for the children. In Tennessee, a testator can purposely and intentionally disinherit a child, but cannot completely disinherit a spouse, unless such agreement is made in a valid prenuptial agreement. The theory behind this being that a child possesses the gift of youth and is therefore able to work and provide for him or herself. If the requirement of a prenuptial agreement for a subsequent marriage is incorporated into the divorce agreement, one can limit the amount the new spouse would take and contractually ensure that a child is not disinherited.
ELKTON BIKE NIGHT
6:00PM-9:00PM Concerts, food, bike viewing, music and more. Local business and restaurants offer “bike night” specials.
Public Square, Elkton, Ky
Phone 270.265.7070
www.toddcountyca.com

ART LINK
5:30PM-7:30PM
Every Monday ArtLink hosts Music Monday at the Salvation Army. Free for all ages! This gives children of all ages and skill levels an opportunity to learn music theory as well as actual guitar playing. We need several volunteers each Monday from 5:00 to 8:00 to help set up, sign each child in, encourage and support the children as they learn new skills each week, and tear down. If you or anyone you know would like to be a part of Artlink, please visit us at www.artlinkclarksville.com or artlinkclarksville@gmail.com
Salvation Army
210 Kraft St,
Clarksville, TN 37040

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

CIVIC CENTER VETERANS’ PLAZA
350 Pageant Lane
Clarksville, TN

CELEBRATE RECOVERY
1) Friday nights with dinner at 6:15 PM and the meeting at 7:00 PM A Christ centered 12-step ministry. Child care is provided.
Grace Church of the Nazarene
3135 Trenton Road
(931) 216-6644

2) Friday nights with dinner at 6:15 PM and the meeting at 7:00 PM A Christ centered 12-step ministry.
First Church of the Nazarene
Community of Hope
150 Richview Road
(931) 648-0110

DRIVER SAFETY PROGRAM
The Clarksville Senior Activity Center will offer the AARP Driver Safety Program each month through October 2017.
To register, please call: (931) 802-2484 for details.

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

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Lary Deeds, DMD
R. Michael Weaver, DDS
Sarah M. Deeds, DMD
931-551-4400 • 271 Stonecrossing Dr. • Clarksville, TN
www.thechildrensdentist.net

PARENTS WELCOME IN TREATMENT AREA AT ALL TIMES.

After School Program
Burt-Cobb, Crow and Kleeman Recreation Centers
Aug 9 - Dec 15 | Mon-Fri 2:30-5:30PM | FREE (Soccer, basketball, volleyball, tennis, arts and crafts)

For ADA Assistance, please call 931-645-7476.
CHESS CLARKSVILLE
Fridays, 4:00 PM until.
Books-a-Million
125 South Hampton Drive
Contact:
chees.clarksville@yahoo.com

CLARKSVILLE SCRABBLE CLUB
3:30 PM to 6:30 PM the first and third Tuesdays of each month. Beginners welcome.
Books-a-Million
125 South Hampton Plaza
(931) 647-3625

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

FAMILY LIFE CENTER ACTIVITIES
Monday through Friday, 5:30AM to 9:00 PM (except Wednesday, 5:30AM to 5:00 PM), Saturday, 7:00AM to 4:00 PM This family-oriented facility sports a walking track, basketball courts, weight room, cardio deck, racquetball court, group fitness, game room, and a luxurious senior-adult social room. It is open to the entire Clarksville community and offers a variety of membership options such as walking pass member, group exercise member, and single-, couple- or family-memberships. Classes include step aerobics, sculpting, Zumba, circuit, senior fit aerobics and beginner step (all classes are $3).

Hilldale Baptist Church Family Life Center
250 Old Farmers Road
hilldale.org

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

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

Clarksville-Montgomery County Public Library
350 Pageant Lane

FREE COMPUTER LAB FOR ADULTS WANTING TO IMPROVE THEIR COMPUTER SKILLS
REGISTRATION IS REQUIRED
@ the office of CMC Adult Literacy Council

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

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

L & N FARMERS MARKET
7:00 AM to 1:00 PM every Tuesday, Thursday and Saturday through the growing season. Vendors offer fresh produce, plants, cakes, pies and other prepared food items, as well as arts and crafts.
Montgomery County Farmers Market,
L & N Train Station, 10th Street at Commerce.
To sign up as a vendor or for more information, call 931-553-2486.

HABITAT FOR HUMANITY
RECYCLING OF MONTGOMERY COUNTY
Tuesday through Saturday,
Hope Riders is a full-fledged Biker Ministry and all bikers are welcome.

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

MONTGOMERY COUNTY BEEKEEPING ASSOCIATION MEETING
10:00AM the first Saturday of each month (except January and July). For information contact Jason Groppel, (931) 561-5530.

Clarksville-Montgomery County Public Library
350 Pageant Lane

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

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

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

FAMILY ZONE AT RIVERFEST
Most games and activities are free for the children to

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

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

8 FRIDAY
WINEDOWN YOGA
6:00PM-7:30PM
Long week? Need to start your weekend as awesomely as possible? Join us for 2 wonderful ways to do that: wine and yoga! Your bring the wine; we’ll supply the cups and an awesome instructor. Just $10; this is part of our FUNdraiser Winedown series (21 and up).

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

9 SATURDAY
CANOE AND KAYAK RACE
This Canoe and Kayak race will be held in heats beginning at 8 a.m. at the Montgomery County Conservation Club, located at 1182 Seven Mile Ferry Road, and finishing near McGregor Park Boat Ramp. This is approximately 6 miles.

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

REGISTRATION: Now - Tuesday, Sept. 5

$5 OFF YOUR PURCHASE OF $25 OR MORE
Excludes prescriptions. One coupon per customer. Expires 12/31/17.

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495 Dunlop Lane, Suite 106

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

WINEDOWN LATIN DANCE
6:00PM-7:30PM
Long week? Need to destress? Need to move, and learn a new art form? Join us for Latin dancing. 10.00 at the door for this awesome fundraiser. Wine is optional; bring friends! This is a 21 and up event.

Infinity Dance Fitness Academy
305 N. Riverside Dr. Suite 600, Clarksville, Tn. 37040
CLARKSVILLE DOWNTOWN MARKET
8:00am-1:00pm A weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products.

102 Public Square
Downtown Clarksville

10 SUNDAY

PROJECT LINUS
1:00 PM to 3:00 PM Project Linus is a non-profit organization that provides homemade/handmade blankets to children in need through the Emergency Medical Services, Hope Pregnancy Center, Camp Rainbow, and the Fisher House on Ft. Campbell. For more information please contact: Jean Marr at (931) 358-0101 or Carol Ballard at (931) 648-0918.

Cumberland Presbyterian Church
1410 Golf Club Lane

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

Ages: 9-18
recpro.cityofclarksville.com
1011 Franklin St, Clarksville, TN 37040

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

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

14 THURSDAY
ARTS FOR HEARTS
11:00AM-12:30PM Arts for Hearts Community Workshop Artist volunteers will guide participants, ages 50+ through the creative process as they develop their own personal artwork. Fee: $10 per class

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

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

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

AVEDA
yoga in a jar
NEW tulasara™ renew morning creme is a facial moisturizer that leaves skin glowing and ready for the day—just like you feel after yoga.

97% naturally derived

helps firm the look of skin with bio-peptide & sigebeckia

brightens with licorice & molasses extracts

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CUT MASTERS
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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.clarksvillecutmasters.com
Happy to give free estimates! 931-320-3298
wine; we’ll supply the cups and an awesome instructor. Learn some basic belly dance moves with us! Just $10.00; this is part of our FUNdraiser.

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

16 SATURDAY
CLARKSVILLE DOWNTOWN MARKET
8:00am-1:00pm A weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products.

102 Public Square
Downtown Clarksville

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

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

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

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

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

1188 Cumberland Drive Ext, Clarksville, Tennessee 37040

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

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

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

Montgomery Co. Health Dept
330 Pageant Ln., Clarksville

DIABETES SUPPORT GROUP
5:00 PM the third Tuesday of each month. Our Diabetes Support Group offers up-to-date information and peer support related to self-management of diabetes. For more information visit Tennova.com or contact the Diabetes Program Coordinator at (931) 502-1696 or the Registered Dietitians at (931) 502-1690.

Liberty Rooms
Tennova Healthcare
651 Dunlop Lane, Clarksville

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

Clarksville-Montgomery County Public Library
350 Pageant Lane

SLEEP UNDER THE STARS CAMPOUT
2:00PM
Join us for a bonfire, games, ghost stories and more at our annual family campout. Fee includes an afternoon and evening of activities as well as dinner and breakfast. Campers must provide their own tent and
sleeping materials. Children must be accompanied by an adult at all times. Pre-registration is required.

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

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

Billy Dunlop Park
1930 E. Boyscout Ln., Clarksville, Tennessee 37040

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

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

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

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

CLARKSVILLE DOWNTOWN MARKET
8:00AM-1:00PM A weekly open-air market featuring local farmers and artisans who offer locally-grown fresh produce, food items, and handcrafted products.

102 Public Square
Downtown Clarksville

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

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

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

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

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

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

“Finding a way forward: Mary King’s Journey to a College Degree

Find her story at https://daymarstories.com

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

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

SATURDAY STORY TIME
September 2, 9, 23, 30
2:00 p.m.–2:30 p.m.
Saturday Story Time is for the whole family. There will be stories and songs and a craft afterwards. Come join the fun!

SENSORY STORY TIME
September 2, 16
10:30 a.m.–11:30 a.m.
Sensory story times are geared for children who have a hard time in large groups, are on the autism spectrum, or are sensitive to sensory overload. We will use preschool-level books, songs and movement during these story times.

LIBRARY BOOK CLUB
September 21
6:00 p.m.–7:30 p.m.
The Library has started a book club! The book club will meet every 3rd Thursday at 6:00 pm in the Boaz Board Room on the second floor. The title of the month is The Historian by Elizabeth Kostova. Copies will be available at Circulation Desk. For more information check us out on Facebook or contact Gracie or Jason at (931) 648-8826 and select option 2.

ADULT TABLETOP GAME NIGHT
September 19
6:00 p.m.–7:30 p.m.
Come to the library to play table top games! Play one that the library has, or bring your own. The more the merrier, so bring your friends!

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

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

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

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

BABY AND ME LAPSIT
September 7, 14, 21
10:30 am – 11:00 am
The Baby and Me Lapsit (pre-walkers) program is designed for infants from birth up until they begin walking. This program brings caregivers and infants together in the library and offers them an opportunity to enjoy a special sharing time together promoting and modeling early literacy. Infants sit on their parent’s lap and interact with them while enjoying songs, music, bounce rhymes, play rhymes, free play and books designed with babies in mind! We provide age appropriate programming and ask that no older children accompany the caregiver and baby in this program.

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

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

LIBRARY CLOSED
September 4
The library will be closed due to Labor Day

BASIC COMPUTER & FACEBOOK SKILLS
Every Friday
3:30 pm -5:30 pm
Want to begin using a computer? If you need an in-person guide who can show you the basics of using a computer than this is the class for you. You will also learn basic social media skills for communicating with family and friends via Facebook. This class introduces first-time computer users to computer basics and gives practical tips for using social media. The pace of the class will be adjusted to attendees in the class and there will be plenty of time for questions and one on one time.
My friends know me as Bernie but at night I’m Super Dog!!!

Gunner is ready for some football

Just chilling after a long day at the office

Oreo and her pet duck!

I’m very pampered

Why do you torture me like this

Checking out the scene
Want to share your pet? Email a photo and brief caption to petpix@clarksvillelivingmag.com by September 15th.

Pet Pix Contest

Submit YOUR Pet Pix by August 15th

THE WINNER WILL RECEIVE $50 IN PRODUCTS OR SERVICES FROM TINY TOWN ANIMAL CLINIC & FAMILY PET HOSPITAL!

This Month's Winner: GUNNER

Want to share your pet? Email a photo and brief caption to petpix@clarksvillelivingmag.com by September 15th.
ADOPTEES & FOSTER CARE
CAMELOT CENTER
Located at 2233 Stokes Road, Suite A, we are a therapeutic foster care service providing loving homes for children of any age to come and participate in some special opportunities. From Kindermusik classes for infants and toddlers, family game nights, and photography classes for preschoolers, our community members of all ages and abilities with high quality year-round instruction, in the arts and music. For more information please call (931) 211-7500, csa@apsu.edu, or visit csa.apsu.edu.

MADISON STREET MUSIC & ARTS ACADEMY
We meet on Saturdays as well as private lessons for both children and adults. Classes include Kindermusik for infants—ages 15 mos. to 2 yrs. The first Thursday of each month at Madison Street United Methodist Church. Lessons are available at reduced rates for families. The Buddy Ball program, and scholarships are available for outstanding music students. For more information call (931) 278-7921 or abby@madsontreemusic.com, or visit our website at madsontreemusic.com and find us on Facebook (Madison Street Music & Arts Academy!)

MONTGOMERY COUNTY WATERTOWN SOCIETY
A not-for-profit community counseling service that hosts an annual Water Garden Tour. Visit www.mworgs.org. If you would like more information please contact Jennifer Howle and what we do or contact Linda VanManer at (931) 646-1636 or Linda Westfall at (931) 846-6350.

LET’S PLAY CHESS
We meet on Fridays at 4:00 p.m. in the coffee shop at 345 South Highway Place, for casual games of chess. All ages and levels of chess players are welcome and encouaged to come. For more information please contact Joe at chess.clsrvilla@yahoo.com.

ATHLETICS
BUDDY BALL PHYSICAL DISABILITY ATHLETIC LEAGUE
Buddy Ball provides individuals with a mental or physical disability the opportunity to play sports like a regular child. The Buddy Ball helps individuals learn teamwork and promotes self-esteem, one of the tools necessary for overcoming the barriers associated with a disability. The Buddy Ball league is aware of the extra expenses on the families of these children. We will not charge any fees to participate. We rely entirely on donations to operate. (931) 624-7524 or www.buddyball.net.

CANINE FLYBALL CLUB
The Canine Flyball Club is for dog lovers regardless of whether you are a foster or family. The Canine Flyball Club hosts an open house every month on the last Saturday of the month at 1:00 p.m! Hope to see you there!

CLARKSVILLE VOLLEYBALL CLUB
Located at 2231 Madison Street, we provide volleyball training for all levels. Clarksville Volleyball Club members training for all levels of volleyball player to advanced. Ages, levels, times, and camps are private lessons available. For more information visit JVolleyball.com, email Director Jen Carroll jen@flyballdogs.com or call Jen at (502) 741-8045.

TEAM CLARKSVILLE YOUTH WRESTLING CLUB
We are accepting new members. We’re a competitive club serving youth in elementary school through middle school. For more information contact David Isbitt at (799) 493-4326 or david@david-isbitt.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 for numbers). All parents must pass a swim test.

CHILDREN’S PLACEMENT AGENCY
A not-for-profit child welfare agency serving the needs of the adopted children. Events include support groups for parents and children, and various other events. For more information please contact Melissa Lange at (931) 217-2392 or melissa.lange@childplacementagency.org.

CHILDREN’S CENTER OF CLARKSVILLE
Serves children and adolescents up to the age of 17. 901 Martin Street, (931) 503-4600.

YOUTH VILLAGES
1905 Stowe Court, Clarksville, Tennessee, is a state licensed child-placing agency providing professional, individualized counseling services to those experiencing an unplanned pregnancy. Open Monday, Thursday and Friday from 8:00 a.m. to 5:00 p.m. or call (931) 945-3237. For more information please contact (931) 945-3237. We encourage all levels and age groups. For more information please call Jaime at (931) 983-8498. To be added to the contact list, please send your e-mail address and phone number to CFAA@outlook.com.

CARE GIVING VACATIONS 4 KIDS
42 Clarksville Living
YOUR VISION: To provide a safe, loving, educational and therapeutic setting for children of parents who are deployed. To provide a safe, loving, educational and therapeutic setting for children of parents who are deployed.

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LEAP ORGANIZATION
Provides youth development services such as leadership, career counseling, community service, and career development. Focus is on children ages 12 to 18. (931) 378-0500, info@leap.org, leap.org.

COMMUNITY OUTREACH
101ST AIRBORNE DIVISION ASSOCIATION
ONCOCLE, KY
The 101st Airborne Division Association is a non-profit organization that welcomes all active duty, retired, and former service members to the active duty troopers of today, regardless of where they once served. For more information on the benefits of being a member or the Service Association contact office located at 2041 Madison Street, (931) 302-0787 or daganfoundation@yahoo.com, or visit daganfoundation.org. We will be at Facebook.com/DaganFoundation. Our main partner in Tony is Action Bethesda, actionbethesda.org.

FREE CAKES FOR KIDS K & T
Shelbyville, KY
Cakes are provided to students that are unable to provide a birthday cake for their child. Call for more information on how to order or email at facebook.com/pages/Food-Cares-for-Kids-KY/599751747390691.

With the help of our volunteers, we can spread the Aloha Spirit and the “local grinds” such as surfing, hiking, canoeing. The Parks and Rec department also offers a multitude of workshops to keep Clarksville's community members engaged in learning another language. Membership is open to all. For more information contact Tamera Adjei at (931) 648-5775 or tacie@buk.edu.

CHILD PROTECTION & DOMESTIC CRISIS SERVICES
AL-ANON & ALATEEN
Support for families of alcoholics. Call for more information and meeting times. Grace Lutheran Church, 2041 Madison Street, Joyce at (931) 431-1167. Midstate Citizens, 953 Clark Street, Kim at (931) 647-0566; or Community Church, Jack Miller Boulevard, 350 Pageant Lane, Suite 401. (931) 647-0566. midselectanon.org.

CRACKLESPACE & SEXUAL ABUSE CENTER
At 331 Union Street, Suite B. Office at (931) 647-3632 or Toll-free Crisis Hotline at (800) 870-1999.

CHAP PROGRAM OF CATHOLIC CHARITIES
Creating changes in families 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, parenting, and structure. Family Systems and any goals the parent desires assistance with (weaning from the bottle, potty training, preschool readiness, etc.). For more information or to set up an appointment contact Sarah at (931) 645-9469.

DEPARTMENT OF CHILDREN’S SERVICES
At 350 Pageant Lane, Suite 401. (931) 503-2010.

LEGAL AID SOCIETY
At 120 Franklin Street, Suite B. Office at (931) 933-0970. hotmeals.org.

MONTGOMERY COUNTY CHILD SUPPORT SERVICE
At 93 Beaumont Street. (931) 572-1663.

SAFEHOUSE DOMESTIC VIOLENCE SHELTER
Provides 24-hour emergency shelter, crisis hotline, prevention education, individual counseling and other services to victims of domestic violence and sexual assault. (931) 552-6900 (collect calls accepted).

CHILDREN’S GROUPS
4-YEAR DEVELOPMENT
At 1030 Cumberland Heights Road. Is open to all youth ages 4-8. (931) 431-1690 and you have five days participation in 4-H through school clubs, community clubs, 4-H development groups, and a variety of camps. Contact Julie Newberry at (931) 648-5725.

BOY SCOUTS OF AMERICA
At 931-488-1111, (800) 897-6288 or mtbsca.org.

CHILDREN OF THE AMERICAN REVOLUTION (C.A.R)
The Children of the American Revolution (C.A.R) is the descendant organization of the American Revolution's oldest, largest, patriotic youth organization. Membership is open to boys and girls ages 8 to 18. A personal contact, 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
313-A 1 Union Street, (931) 648-1060 or visit www.pantnassc.org. We believe that every girl can be a leader. Confidence, courage, and character and who make the world a better place. Email bkieley@girlscouts.org for more information.

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 a TNCEP program, you will learn: how to stretch your food dollars, how to prepare nutritious foods, how to plan a balanced diet, how to get kids to eat nutritious food, the importance of a good diet, and how to read food labels. A list of how to use a variety of foods. TNCEP delivers programs in many ways, including: school programs, community events, workshops, hands-on learning experiences, educational displays, radio/TV spots, and more. Information contact Tamera Adjei at (931) 648-5725 or tacie@buk.edu.
APITUDE HABILITATION SERVICES
At 2327 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) 991-6030 or visit aptitude.com

ASPERGER/AUTISM CENTER
800 Tiny Town Road, serves children and adolescents with Asperger and Autism Disorders. (615) 820-7500. Offers autism counseling, group counseling, family education, mentoring, counseling, and psychotic 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 the use of innovative services. (931) 542-9816.

CELEBRATE RECOVERY-FIRST CHURCH OF THE NAZARENE
7:00 to 9:00 p.m. every Friday at Fellowship Hall of Clarksville First Church of the Nazarene. (931) 516 Madison Street. A Christ-centered 12 step recovery program for people with hurts, habits, and hang-ups. It is a safe place to share, a place of belonging, a refuge, a place to grow and become strong again...a possible turning point on your life’s road. Come enjoy fellowship and food, praise and worship, teaching and testimonies, then meet in men’s and women’s share groups. Childcare is available. Contact Pastor Brent for details at (931) 648-0110 or visit clarksvileref.com

CELEBRATE RECOVERY-GRACE CHURCH OF THE NAZARENE
A 12 step recovery program for individuals that have been dealing with hurts, habits and hang-ups is offered every Friday evening at Grace Church of the Nazarene on 3125 Richview Drive, Suite 5. This program is a safe place where recovery 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 them. If 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 (931) 648-9009 or pastoralcounselingsgr.org.

PARKSANDS SUPPORT GROUP
6:30 to 8:00 p.m. the first Tuesday of each month. Meet to discuss and share information and experiences about dealing with pain from Parkinson’s disease. Contact Vennie at (931) 368-1361 for more information. Meetings held at: Church of Christ, Trenton Road, Clarksville, TN.

THE PATH LIFE COACHING
Through The Path Life Coaching, ThePathLifeCoaching.com, you can expect a coach to guide you toward a more fulfilling and satisfying life! The Path Life Coaching is designed to help you promote and support you as you discover harmony and happiness along your life journey. With Dr. Jo Ann Waike at "Your Life’s Path" becoming empowered to realize your own truths and solutions as you work to achieve your personal 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 emotions for the purpose of holistic well-being. The success of The Path Life Coaching rests on the assurance that the coaching experience is safe, a place for reflection and growth. Each session is a “rest stop” along your journey with your coach, your life’s path exploration, design, action, evaluation and achievement gaining you insight and inspiration to move you ahead of the “Path” of your choosing. Please contact Dr. Julee Poole for more information at JuleePoole@DHBox.com or (931) 906-5449.

REGIONAL INTERVENTION PROGRAM (RIP) Request
A program designed for children and adults with Asperger Spectrum Disorders and Developmental Disabilities. 615-221-7601 or visit ripcenter.org.

COLUMBUS ORGANIZATION
Provides in-home Applied Behavioral Approach therapy services to children and adults with Autism Spectrum Disorders and Developmental Disabilities. (615) 221-7601 or visit ripcenter.org.

HEALTH CONNECT AMERICA
At 1820 Memorial Drive, Suite 200. Health Connect America, a free service that assists youth and their families facing issues such as depression and family conflict. Provides psychiatric services; individual, marriage, family and group counseling; crisis and interventions with families; and foster care support services; life coaching, intergenerational care. 511 Eighth Street, (931) 920-7200.

THE FAMILY GUIDANCE TRAINING INSTITUTE
800 Tiny Town Road, committed to providing the highest quality community-based counseling services to children and parents. The Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and other treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. The center’s mission is to coordinate and evaluate services that includes: assessments, individual counseling, group counseling, family counseling, group supervision, visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 920-7210.

LIFE SOLUTIONS - ASPIRE & JOBLINK
611 Eighth Street, (931) 920-7210.

MENTAL HEALTH COOPERATIVE
Provides evidence-based services including CBT & Famiily Counseling. Child Psychiatry and Community Based Case Management to children and adolescents with emotional/behavioral challenges. Case managers assist families in the management of patients with addictions or major management in addition to linking them to needed resources in the community. Initial intake appointment is within one week at and no cost. MHC website is www.montgomeryhealth.org. Located at 201 Uftield 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 counseling and education in the areas of suffering and brokenness of the soul. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or lkits113@hotmail.com. Opportunities. Contact Dr. Linda A. Sitton, TRAEYC President, at (931) 221-7308 or lkits113@hotmail.com. The Family Guidance Training Institute, Inc. is a 501c3 licensed community mental health center and alcohol and other treatment facility. Offering quality, private, compassionate services to persons who seek emotional wellness. The center’s mission is to coordinate and evaluate services that includes: assessments, individual counseling, group counseling, family counseling, group supervision, visitation, mental health case management, and alcohol and drug treatment and education services. For further information call (931) 920-7210.

YMCA’S RESTORE MINISTRIES COUNSELING CENTER
Restore Ministries offers one-on-one, couples (including married, pre-marital, and cohabiting), and family counseling in addition to play therapy for children. We are open Monday through Friday, 8 a.m. in a safe and confidential setting. Private counseling fees are frequently out of reach for our clients. Assistance for financial resources or no insurance. We are committed to providing professional holistic health counseling and care so that no one is turned away due to the inability to pay. We invite you to be a member of the YMCA to seek counseling. For more information about our counseling or to schedule an appointment, please contact Susanna Powers at (931) 647-2376 or spowers@ymcamidtn.org.
ALZHEIMER’S CAREGIVERS’ SUPPORT GROUP
Meet each Monday at 6:30 PM at Clarksville Montgomery County Public Library, and the location is 1751 Madison Street. For more information, call Rick Richmond at (931) 362-3134.

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

AEROSUPPORT GROUP
Donna Richardson at (931) 503-2315.

BREAST CANCER SUPPORT GROUP
 meetings provide survivor support through a free, comprehensive program that includes a YMCA membership, Pink Ribbon training classes, lymphedema education, and nutrition focused, wellness-focused, caring environment. Survivors are encouraged to attend our monthly meetings held the 2nd Monday of each month. If you are going through treatment 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) 647-2576 or slewis@ymcaofclt.org.

CLARKSVILLE ASSOCIATION FOR DOWN SYNDROME (CADSTN)
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 MS. This includes disease modifying therapies, up to date medical news, advances in finding a cure for M.S., and our open 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 Melody Dowby at (931) 552-1446 or Mary Neff on a break at (615) 547-7325.

MOMS CLUB OF CLARKSVILLE
A mom time” activities. We consist of two groups, Clarksville and Clarksville West. To learn more, contact cvohland-free@jdrf.org.

MOPS (Mothers of Preschoolers)
MOPS, Mothers of Preschoolers is for families with children in the phases of newborn through preschool with their children. We meet every 2nd and 4th Thursday of each month at 11:00 AM at Clarksville Montgomery County Public Library. Contact Rick Richmond at (362) 3134.

MOPS CLUB OF CLARKSVILLE
are zoned for MOMS Club of Clarksville Area Home School News at Hilldale.org. Visit hilldale.org/mops or find information please contact Arin Johnston at Hilldale.org. Visit hilldale.org/mops or find information please contact Arin Johnston at (615) 358-3875.

MOPS CLUB OF CLARKSVILLE

to join this group, regardless of religious beliefs, race, homeschooling methods, or both monthly meetings! Meetings are held the 2nd Monday of each month at the Shoney’s Paradise, 444-7087.

MOMS CLUB OF CLARKSVILLE Westside
If you are the parent or caregiver of a child with autism, please call (931) 365-7004.

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If you are the parent or caregiver of a child with autism, please call (931) 365-7004.

MOMPADS (MOMS AND PATERNAL SUPPORT GROUPS)
A program to help parents who are seeking to make similar life changes can work together to identify and overcome the barriers standing between them and positive change. It offers face-to-face meetings where members can share resources, learn together and build a sense of community. For more information, visit cltnoobpros.com. There is a fee to register both the group. You must post an introduction to the group within one week of joining.

MOTHERS IN MISSIONS (MIM)
A mission-minded women’s group meeting every 2nd and 4th Thursday of each month at the Shoney’s Paradise, 844-7087.

MOMS CLUB OF CLARKSVILLE
If you are the parent or caregiver of a child with autism, please call (931) 365-7004.

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

MOTHERS OF PRESCHOOLERS (MOPS)
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Happy Birthday to our amazingly handsome, fun & loving, first baby boy!

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

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

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

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

Happy Birthday Camren, Love YiaYia & Papa

Happy Birthday Roman, Love YiaYia & Papa.

Happy Birthday, KK! Love you Stacey & Thomas

Happy 100th Birthday Dora Holmes!

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

MAJOR EXHIBITS OF ART
BY LOCAL ARTISTS IN CLARKSVILLE, TENN
5:00 PM - 8:00 PM ON STRAWBERRY ALLEY
FIRST THURSDAY OF EACH MONTH

FREE PARKING DOWNTOWN AFTER 5PM, M-F & ALL DAY ON WEEKENDS!

931-614-0255 • info@artwalkclarksville.com • artwalkclarksville.com
“We’ve been with Altra for almost 20 years. As a busy family of four, we’re always on the run, so we needed a financial that could keep up with us. Altra does just that.”

Tara Shilts
Altra Member

A+ Checking
Earn 2.25% APY*

• No Minimum Balance
• No Monthly Fees
• ATM Refunds

It’s where you belong!

903-581-6091 • 800-755-0055
1600 Madison Street
2625 Wilma Rudolph Blvd., Clarksville
www.altra.org

*Membership eligibility required. A+ Checking available for personal accounts only. Qualifying accounts earn currently posted Annual Percentage Yield (APY) on balances up to $15,000; Portion of balance over $15,000 earns 0.5% APY. Account earns 0.10% APY if all requirements are not met in any given cycle. Rates subject to change monthly. A “cycle” begins the last day of one month and ends on the second to last day of the next month; this allows Altra to calculate and post dividends and ATM refunds on the last day of each month. All requirements must be completed and/or posted in each cycle to be considered a qualifying account. Debit card transactions processed by merchants and received by Altra as ATM transactions do not count towards qualifying debit card transactions. Only debit card transactions processed by merchants and received by Altra as POS transactions count towards qualifying debit card transactions. ATM fee refunds available for ATM withdrawals made from A+ Checking only. Dividends calculated and paid each calendar month on the daily balance. Contact Altra for complete details. Federally insured by NCUA.