



***Dickson Taekwondo News***  
***615-446-5622***  
***www.dicksonaekwondo.com***



**Gratitude:** Thanks, thankfulness, appreciation, gratefulness.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

- John F. Kennedy

“Gratitude is not only the greatest of virtues, but the parent of all others.”

- Cicero

“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”

- William A. Ward

Gratitude is the recognition of what others have contributed to our success, and our expression of appreciation for those contributions. Most people think about giving gratitude on Thanksgiving, being surrounded by family and friends as they sit around a table filled with lots of mouth-watering food. But what about the other 364 days a year? We get so caught up in our everyday lives that we forget to slow down and just be thankful for those who give us a better quality of life. Everyday soldiers put their lives on the line to ensure our safety and freedom. Their families sacrifice a “normal” lifestyle by moving from one place to another – spouses, and children alike, making friends and leaving them behind just as fast so that we can live the “American dream.” Families of the deployed going months, or even years, without seeing their loved one – missing birthdays, anniversaries, holidays, important first steps in their child’s life so that we can come home to our families everyday. These are just a few of the many sacrifices our military men, women, and their families make on a daily basis. So don’t wait until Thanksgiving, Memorial Day, or any other holiday to give thanks. The next time you see someone in uniform or meet the family of a soldier be sure to express your gratitude for all the sacrifices they make for you. They deserve it!

**July Birthdays**

- Lena Singleton – 2<sup>nd</sup>
- United States of America - 4<sup>th</sup>
- Braxton Loucks – 7<sup>th</sup>
- Destiny Turner – 9<sup>th</sup>
- Brianna Gafford – 11<sup>th</sup>
- Courtney Harvey – 13<sup>th</sup>
- Gabriel Taylor – 13<sup>th</sup>
- Carly Berry – 14<sup>th</sup>
- Thomas Williams – 16<sup>th</sup>
- Gatlin Castleberry – 17<sup>th</sup>
- Michael Eisen – 17<sup>th</sup>
- George Ford – 17<sup>th</sup>
- Dan Herbison – 18<sup>th</sup>
- Carlye Davis – 21<sup>st</sup>
- David Trimble – 26<sup>th</sup>
- Kelly Davidson – 29<sup>th</sup>
- Mia Brake – 31<sup>st</sup>

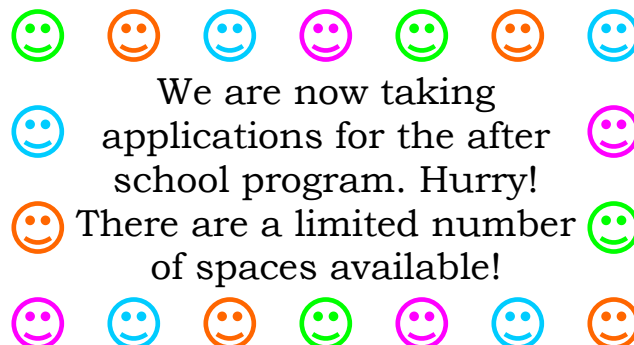
**July Calendar**

July 4<sup>th</sup> - No Class in Honor of Independence Day! Everyone have a safe and happy 4<sup>th</sup> of July!

August 3<sup>rd</sup> – Testing

August 10<sup>th</sup> – CTF Regional Tournament in Mt. Juliet. We are looking for a great turnout of Dickson students to compete!

Don’t forget about Saturday classes with Mr. Herbison from 9:00 to 10:00 AM! Saturday classes are a great way to make up any missed classes!



Refer a friend to Dickson Taekwondo!

If they enroll, you will receive a \$25 gift card to Applebee’s! AND your name will be entered in a drawing for a chance to win \$100 cash!