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Meet Our Staff



She's our official future CEO, who at six years old can already answer the phones and run a computer like a pro. Meet Laura Harmeier.

When I grow up: I want to be a veterinarian or a hospital girl

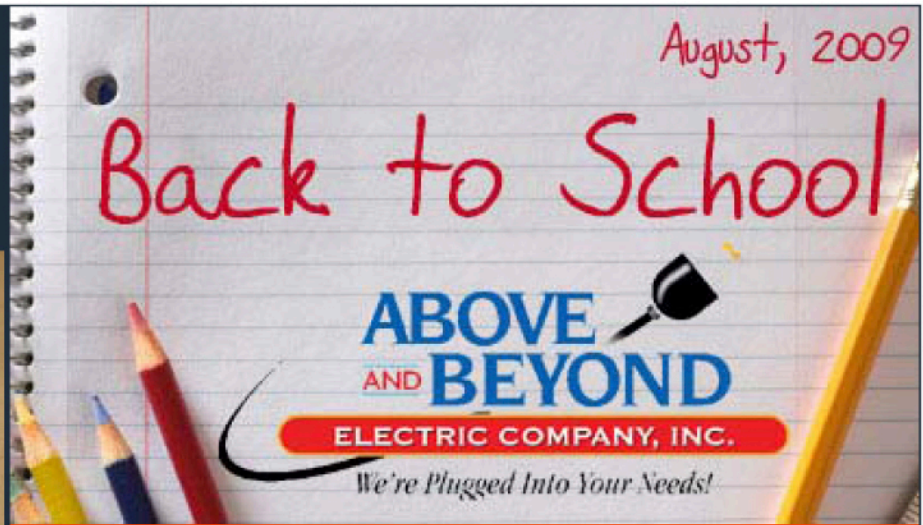
Favorite foods: Pizza, peanut butter, popsicles

Best movie ever: *101 Dalmatians*

My hobbies: Coloring, playing with makeup, talking on the phone, soccer and dance

I really like my: Brothers and sisters

Back to School Bull



It seems like just yesterday we were making vacation plans, buying sun screen in bulk and firing up the barbie. But before the kids have even had a chance to say, "I'm sooo bored," it's time to send them back to school. For most of us, that means a lot of additional expenses. But fret not. This month, we'll tell you how to save some extra bucks on school supplies, reduce your utility bill up to 30 percent and have some family fun for free.

Road Trippin'

It's a silent epidemic that is affecting school kids across the country and can cause deep emotional scars. So what can you do to help your child learn how to respond to bullying? The American Academy of Pediatrics recommends telling him/her to:

1. Look the bully in the eye.
2. Stand tall and stay calm in a difficult situation.
3. Walk away.
4. Say in a firm voice. "I don't like what you are doing;" "Please do NOT talk to me like that;" and "Why would you say that?"

The Academy also recommends:

1. Teaching your child when and how to ask for help.
2. Encouraging him/her to make friends with other children.
3. Supporting activities that interest your child.
4. Alerting school officials to the problems and work with them on solutions.
5. Making sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

Take a Holiday



Don't forget to take advantage of Tennessee's tax holiday, Aug. 7-8. Eligible items include clothing (\$100 or less); art and school supplies (\$100 or less); and computers



Sure "staycations" are all the rage, but sometimes you just have to hit the road. Luckily, you can have fun, not blow your budget or spend the entire day in the car at these area festivals --all that are free!

[Sunflower River Blues and Gospel Festival](#)

When: Aug. 7-9

Where: Clarksdale, MS

Why: Bettye LaVette, the "First Lady of Soul," will perform

[First Arkansas Storytelling Festival](#)

When: Aug. 8

Where: Boonville, AR (Little Rock)

Why: Arkansas' top raconteurs will be sharing legends, folklore, inspirational tales and mysteries

[Bodock Festival](#)

When: Aug. 14-15

Where: Pontotoc, MS

Why: A celebration of the largest bodock tree in the state equals food, music, arts and crafts and a fence-throwing contest

[Memphis Music & Heritage Festival](#)

When: Sept. 5-6

Where: Downtown

Why: Two days of free performances by musicians, artists, dancers, storytellers and cooks

Keeping Your Cool



We all know the feeling. The utility bill has arrived, and with weeks and weeks of blistering temperatures, it's not pretty. But there's a way to prevent sticker shock with just a small investment. An Attic Fan can:

- Reduce your cooling costs by 30 percent each month.

(\$1,500 or less).

- Lower the temperature of your upstairs by 10 degrees.
- Add years on to the life of your roof by keeping your shingles cooler.

So if you are looking for a way to keep your utilities down this summer, give us a call at 901-266-4630. As attic fan installation specialists, we'll quickly and efficiently get the job done. And for even more savings, use the coupon below.



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