

Dyersburg City News

Vol. 3 Issue 11



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OF WAR...

I've Got Your Back

I am a small and precious child,
my dad's been sent to fight.
The only place I'll see his face,
is in my dreams at night.
He will be gone too many days
for my young mind to keep track.
I may be sad, but I am proud.
My daddy's got your back.

I am a caring mother.
My son has gone to war.
My mind is filled with worries
that I have never known before.
Everyday I try to keep
my thoughts from turning black.
I may be scared, but I am proud.
My son has got your back.

I am a strong and loving wife,
with a husband soon to go.
There are times I'm terrified
in a way most never know.
I bite my lip, and force a smile
as I watch my husband pack.
My heart may break,
but I am proud.
My husband has got your back.

I am a soldier, serving
proudly, standing tall.
I fight for freedom, yours and mine
by answering this call.
I do my job while knowing,
the thanks it sometimes lacks.
Say a prayer that I'll come home
and remember who's got your back.

by Autumn Parker



MAYOR'S OFFICE

What a great sendoff this past Monday morning (October 27th) for our national guard unit. A large crowd was on hand in downtown Dyersburg as the 168th Military Police Battalion left for training at Fort Dix, NJ. After this training, they will leave for the Middle East. Please keep these men and women and their families in your thoughts and prayers. We look forward to celebrating their return.

Effective November 1st, all new employees hired by the City of Dyersburg will complete their paperwork in the Human Resources office at City Hall. This includes all pre employment forms, insurance and retirement enrollment forms, payroll forms for automatic bank draft and credit union information. Also, the Human Resources office will be the contact for any questions concerning insurance. This includes our employee medical coverage as well as any supplemental insurance that you may have. Please be aware of this procedural change and direct our employees to Sue Teague, Human Resources Director, for the City of Dyersburg.

The Veterans Day parade will be held November 11th in downtown Dyersburg at 11am. Please take time to remember and honor our veterans who have bravely served our country to protect our freedom. We appreciate their service, dedication and commitment.

Thanksgiving holidays will be observed November 27th and 28th. I hope each of you have a happy and safe holiday. Enjoy the time away from work, spend time with your family and give thanks for your blessings.

The 58th annual Downtown Dyersburg Christmas Parade will be held on Monday December 1st starting at 7pm. Once again we will open City Hall up to our city employees and their families for hot chocolate and cookies. Please come visit us and enjoy the sights and sounds of the parade. If necessary, the rain date is December 2nd.

Over the past few weeks I've had the opportunity to make a power point presentation to various groups and organizations. This presentation is a progress report for the City of Dyersburg. When you put something like this together, you begin to realize just what has been accomplished over the past months. Some of these are: update of the city website including the ability to pay utilities and taxes on line ; new or improved technology including Pictometry, web based street pavement management, City Watch Program, and 311 Service (4th city in the state to have this service) ; 47 demolitions of unsafe structures with an additional 38 structures being addressed ; demolitions of 5 old or abandoned city facilities which include the Gas and Street departments, Humane Shelter, Incinerator, and the old Wastewater Treatment Plant (these demolitions generated \$69,861 to our general fund thru our recycling efforts) ; City/County cooperative effort in receiving grant in the amount of \$722,918 for the revitalization of downtown and the city has applied for phase two of this project in the amount of \$1.2 million dollars ; Industrial Road access improvement ; NSK grand opening celebration on May 8th, 2008 ; expect building # 2 under construction ; over \$500,000 in grants received for the Dyersburg Municipal Airport ; annexation of land in the Millsfield area and bid recently awarded to provide utilities to this area ; Reagan Road levee project ; Bruce levee cleanup ; various Emergency Management , Fire and Police updates and services offered to our citizens ; reorganization of the Bike Patrol ; renewed emphasis on crime prevention ; cross training of our employees ; improved fund balances in several funds including Solid Waste, Water/Sewer , and the Gas fund ; reductions in other costs associated with the general fund; recycling program that begin in April 2008 in which we have recycled 72 tons of aluminum and paper products; grant application has been submitted for new welcome signs ; many other projects to numerous to mention that the Street , Gas, and Water/Sewer Departments have completed; completion of the Skate Board Park; upcoming improvements at Slayton Moore Field; increased community involvement at the Bruce and Future City Recreation Centers; improved appearance of the 42 city flower beds; and there are many others.

All of the above could not have been accomplished without the cooperation of The Board, our citizens and the many outstanding employees that work very hard every day to serve our great city. I appreciate each and every one of you. Stay safe and if ever I can help in any way, please let me know.

Mayor John Holden

Destination: Iraq



The good Lord blessed Dyersburg with beautiful weather on the evening of October 18th, a day for National Guard troops with the 168th Military Police Battalion to meet with family and friends at the Dyer County Fairgrounds before they head for Fort Dix, NJ and then on to Iraq for approximately one year. For some, this will be their 2nd or 3rd deployment to Iraq to fight the war on terror.

Approximately 1,200 volunteers, family and friends turned out for the free event including state and local officials. An American flag was presented to Lt. Col. Brad Bishop by Mayor John

Holden on behalf of the State of TN. Dyer Co. Mayor Richard Hill thanked the soldiers for their service and performing their patriotic duties, Governor Phil Bredesen and Senator Mark Norris thanked the troops for their service. After the opening ceremonies, volunteers served meals and kids played while others socialized. Activities included a rock climbing wall, an authentic Black Hawk helicopter to explore, a hayride, inflatables, a puppet show and more. A good time was had by all. While not all of the men and women of this battalion are local residents, they all went home feeling like family; leaving town that evening knowing that no matter where they are from the people from Dyersburg and Dyer County will be there for them and will be praying for their safe return home.



Thank you!

Obrigado!



Merci !

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Come home soon!



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D
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G!

God Bless you and keep you in his care.

City of Dyersburg Employees

We salute the 168th Military Police Battalion

Dyersburg troops

Major Richie Gammons
 2nd Lieutenant Scott Sewell
 Sergeant Jon Deere
 Specialist Tabbatha Allen
 Private 1st Class Samantha Simpson

Major Hunter Belcher
 Sergeant Major Michael Gentry
 Sergeant Todd Rich
 Specialist Jeremy Barham

Captain Russell Newbill
 Sergeant 1st Class Charles Chance
 Sergeant Lonnie "D.J." Snyder
 Specialist David Burns

Surrounding area troops

Lt. Colonel Brad Bishop
 Major Dana Hughes
 Captain Wade Reed
 1st Lieutenant Tommie Boleyn
 Chief Warrant Officer Paul Lannom
 Master Sergeant Rosie Biggs
 Master Sergeant David Webb
 Sergeant 1st Class Robert Bowen
 Sergeant 1st Class Michael Henderson
 Sergeant 1st Class Henry Lane
 Sergeant 1st Class Steven Ray
 Sergeant 1st Class Jared Spain
 Staff Sergeant Shauna Chance
 Staff Sergeant George Haynes
 Staff Sergeant Gary Pickett
 Sergeant Brandon Anderson
 Sergeant Shelly Galvan
 Sergeant Justin Hopper
 Sergeant Darnell Tharpe
 Specialist Josiah Broulette
 Specialist Matthew Crook
 Specialist Willard Hawks
 Specialist Adam Kilbreath
 Specialist Ciji Laws
 Specialist Ryan Poynter
 Specialist Felicia Thompson
 Private 1st Class Jasmine Blackwell
 Private 1st Class Michael Middleton
 Private 1st Class Nickolas Stokke
 Private 1st Class Paul Woodall
 Private E-2 Natasha Jones
 Private E-2 Billy Winchester

Lt. Colonel Dave Lennon
 Captain Sparky Fields
 Captain –Chaplain Donald Thomas
 1st Lieutenant Robert Smith
 Chief Warrant Officer Glen McCaskill
 Master Sergeant Gayle Osteen
 Sergeant 1st Class Jill Allen
 Sergeant 1st Class Heather Encisco
 Sergeant 1st Class David Jennings
 Sergeant 1st Class Kathy Lewis
 Sergeant 1st Class Jeffery Sites
 Sergeant 1st Class Andi Wenzler
 Staff Sergeant Conswella Foxworth
 Staff Sergeant Loyd Jones
 Staff Sergeant Eric Radcliff
 Sergeant Jeremy Boyd
 Sergeant Amanda Hines
 Sergeant Jonathan Lewis
 Sergeant Henry Wright
 Specialist R.J. Buckley
 Specialist Shan Hamilton
 Specialist Patrick Hughes
 Specialist Derek Kolwyk
 Specialist Roscoe McClerkin
 Specialist Diedre Schopf
 Specialist John Tomlinson
 Private 1st Class Robert Hammons
 Private 1st Class Eric Murphy
 Private 1st Class Dustin Tinnin
 Private E-2 Natora Covington
 Private E-2 Toni Lamberti

Major Ben Hardin
 Captain Derrick Greer
 1st Lieutenant Francisco Cappas
 2nd Lieutenant Aaron Perry
 Command Sgt Major James Smith
 Master Sergeant Timothy Paul
 Sergeant 1st Class Robert Bennett
 Sergeant 1st Class Ronnie Griffin
 Sergeant 1st Class Carrie Knott
 Sergeant 1st Class Brandon McFarland
 Sergeant 1st Class Jason Smith
 Sergeant 1st Class Robert Whipple
 Staff Sergeant Angela Harbula
 Staff Sergeant Kerry Northcott
 Staff Sergeant Charles Walker
 Sergeant Gary Dudley
 Sergeant Troy Hodge
 Sergeant Dennis Tager
 Specialist Karen Baugus
 Specialist Frank Cheatham
 Specialist Guy Hanington
 Specialist Jason Kennon
 Specialist John Lavell
 Specialist John Powers
 Specialist Steven Sheppard
 Private 1st Class Robert Adams
 Private 1st Class Vinny King
 Private 1st Class Charles Smith
 Private 1st Class Dedrick Twiddy
 Private E-2 Danielle Hill
 Private E-2 Christopher Rasmussen

Congratulations

Staff Sgt. James F. Johnson

James Johnson (Gas Dept.) received the Meritorious Service Medal on October 18th for 40 years of service from May 23, 1967 to August 8, 2008. His efforts reflect great credit upon himself, the 168th MP Battalion and the Tennessee National Guard.



We're proud of you James, and thankful for your many years of service to our country. Hurry and get well soon! We need you here!



From the Department of Solid Waste Management



The Sanitation Department received a new 2008 Mack Front Loader in early October. Perhaps you have seen it with the signage reading "Shop Dyersburg First". We will follow up with the same signage on our other front loader in the near future. We are also expecting to get our new Caterpillar D6T Bull Dozer at the end of the month. The dozer will be used at the landfill and is the first new dozer the landfill has had since 1998. I am very appreciative.

The Sanitation Department had a couple of visitors on October 16th. I did not have the pleasure of being there to say hello to my young friends Lafe and Malyn Morgan. Lafe is absolutely fascinated with garbage trucks and has visited on several occasions. On this visit Lafe and Malyn brought homemade cookies to the men in the Sanitation Department. We would like to extend a **big thank** you to Lafe and Malyn and their mother, Rachele Morgan, for the delicious cookies and taking the time to thank us for job we do.

John Damesworth



**Think You Have a Gas Leak?
Call:
288-7604 from: 8:30 – 5:00**

**After Hours and Weekends:
285-1212**



DYERSBURG GAS SYSTEM

WATER TREATMENT PLANTS

Did you know that Water.....
 Makes up more than two thirds of our body mass
 Helps our bodies function
 Helps keep us clean
 Supports the plants and live stock that are part of our diets.
 So in order to stay healthy we need to make sure that our drinking water stays safe.
 Be Responsible... Dispose of hazardous chemicals safely, never put trash in storm drains, maintain your septic system, if you have a private well test it annually, and use water wisely.
 If you would like to learn more about the City's water view our web page at www.dyersburgtn.gov.

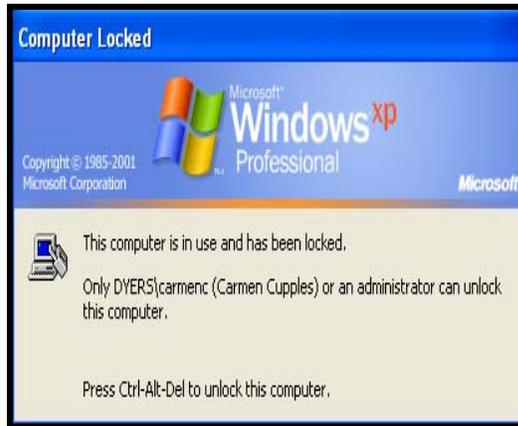
Identity Theft Policy Passed

As most of you are aware, the City passed an Identity Theft Policy to safeguard sensitive information from falling into the wrong hands. From an IT perspective, there are a few simple steps you can take to help protect our data.

- o **Never set your system to "Remember My Password"**. If prompted by your software or web browser to remember your password, select No. As helpful as this seems, it makes it all too easy for someone to access information without knowing a password.
- o **Memorize passwords, don't write them down**. If you jot your password down and tape it to the underside of your keyboard, someone who is looking hard enough will be able to find it. Thieves know all the places people normally hide password information.



- o **Lock your PC when you are not in the office**. This is one of the easiest steps you can utilize. When you are away from your desk, anyone could sit down at your PC and have access to information they want. To lock your PC, simply type Ctrl + Alt + Del. You will see a screen display with several options, simply select "Lock Computer". When you are ready to unlock the PC, again press Ctrl + Alt + Del and login with your password.



Congratulations!



Beth Fisher
Dyer County Choctaw
Voted:
Most Beautiful,
Senior Class Who Who
and All District in Volleyball.



Speak for yourself!
Vote November 4th, 2008
No vote, no voice,
no right to complain!

Main Street Fall Festival 2008



FLU SHOTS!

Flu shots will be offered to City employees (full-time and part-time) on Friday, November 7th at no charge. City Drug Co. will be at Fire Station #1 on Church St. from 9:00 a.m. till noon and the Public Works Lobby from 1:00 p.m. till 4:00 p.m.

Temporary employees (American Staffing, Express, etc.) and spouses and children (children older than 6 months) of employees may pay \$17.00 at the door and receive the vaccination.



MYTH: You can catch the flu from a flu shot.

Fact: You cannot get the flu from the flu vaccine. The most common side effect is soreness where the vaccine was injected, or a runny nose or scratchy throat for a day after the nasal vaccine. Research suggests that exercising your arm muscle a few hours before a flu shot helps your body deal with the vaccine and enhances production of antibodies.

MYTH: Flu is not a major danger for healthy children over 5 years old.

Fact: Although most healthy children can throw off influenza, they will get through it perfectly fine — we do have profound illnesses and, terribly sadly, even deaths from influenza in children. Influenza can attack a healthy child and put them in the intensive care unit within eight hours.

SYMPTOMS: *Body or muscle ache *Chills *Cough *Fever *Headache *Sore throat

WHAT TO DO: The main way to keep from getting the flu is to get a yearly flu vaccine. If you get the flu, see your health care provider.



REPORTS FROM TOSHA

A 54-year old worker was killed while loading large concrete blocks onto a truck. The blocks were being loaded using a John Deere loader with a chain sling specifically designed for the task. Nine concrete blocks measuring two feet by two feet by four feet (2x2x4) each had been loaded onto a trailer. On top of the 2x2x4 blocks was placed one two feet by two feet by six feet (2x2x6) block. At the time of the fatality, the workers were attempting to position a second 2x2x6 block, and as they did so it became skewed from its proper alignment with the 2x2x4 block below it. The operator of the loader tried to scoot the 2x2x6 block into position using the bucket of the loader. The victim was on the ground in front of the bucket directing the loader operator, but the operator's vision was obstructed by the bucket. So the operator leaned to one side of the cab to better see the victim's directions. The bucket then detached from the loader and dropped on the victim, killing him. The operator suspected he had unintentionally touched the bucket release button in the process of leaning out.

To prevent such an accident from occurring:

1. Assure operators of heavy equipment are properly trained on the safe operation of such equipment.
2. Consider adding covers to switches and other controls when the employer can reasonably anticipate accidental or unintentional contact.
3. Assure employees exposed to elevated loads recognize such hazards and position themselves in the safest position.

Veteran's Day Parade

The Veteran's Day parade will be held Tuesday, November 11th beginning at 10:30 a.m. Speaker Larry Bennett will begin the program at 10:30 am on the east side of the Court Square at the flag pole complex. Parade participants will assemble at the Methodist Church upper parking lot at 10:20 a.m.; active parade will begin at 11:00 am to honor all branches of the military services and to honor American Veterans of all wars.

In November 1919, President Wilson proclaimed November 11 as the first commemoration of Armistice Day (in 1954 the word "Armistice" was struck and the word "Veterans" was inserted) with the following words:

"To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given American to show her sympathy with peace and justice in the councils of the nations..."

This written in recognition cease fire "armistice, or temporary cessation of hostilities, between the Allied nations and Germany that went into effect on the eleventh hour of the eleventh day of the eleventh month which was generally recognized as the end of "the war to end all wars."

From the Dept. of Veteran's Affairs website

As we all know, many wars have been fought since "The Great War" (WWI) and wars will continue to be fought. Won't you join in the tribute to our veterans by attending the parade if you are able. If you are not able to attend perhaps you can say a prayer, have a moment of silence, or personal form of respect in your heart for those who bravely serve (d) our country.

VETERANS DAY

HONORING ALL WHO SERVED

NOVEMBER 11, 2008

God Bless America

Safety Tip:

If you ever get thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you but everyone else will. This has saved lives.



Fire Department

Chief Bob Veal hosted the annual dinner for the department, Thursday, 09 October. The dinner is held every year to show appreciation for all the hard work performed over the past year and also, to give thanks to the families for their sacrifices. This year something new was added, an awards program. All department personnel were awarded ribbons (akin to military ribbons) to be worn on their Class A uniform. They also have the option of wearing them on their duty shirt, for less formal functions. The ribbons are awarded to display personal certifications and also a "years of service" ribbon is awarded. A lot of time and hard work goes into the various certifications achieved. Several months ago the question was brought up about some type of award system or distinguishable sign of some type, being developed. The ribbon system was born from this. Many departments around the nation and the world have these type programs. An "Award Guideline" has been developed and approved by a committee within the department. In addition to the longevity and certification awards, there are special Medals & Ribbons that can be awarded. Of which, some must go through a formal process and run through the committee to see if they warrant being awarded. One special ribbon awarded this year, was the "Firefighter of the Year" ribbon/award. Several men were nominated through a letter process. These were forwarded for review and to be voted on by the committee. This year's recipient was Driver /Operator Alan Dunevant; his name was also placed on a plaque (names of recipients will be added to plaque annually).

Many thanks to "First Baptist Church" for the use of their facilities year after year for the annual dinner. We would also like to thank First Baptist for a special "dinner and movie" appreciation night, hosted by the church for the men and their wives on 02 October. It was greatly appreciated by the Fire Department personnel.

The Honor Guard took part in the send-off for the 168th Military Police Battalion on Monday, 27 October. A Color Guard was posted on the east side of the courthouse and FD vehicles were positioned on Market at Main and Cedar at Main, to show support for the men and women being deployed. Our prayers, wishes and hopes go out for them on a safe deployment to Iraq.



Safety Committee

A safety committee has been formed and is now meeting quarterly. If you have any safety concerns, questions or ideas that you would like to discuss, you may schedule time speak with your department head or with one of the committee members which include:



Keith Burns—Chairperson (Fire Dept.)
 Tiffany Parker—Secretary (Water Plant)
 Sue Teague (Human Resources)
 Kerry Owens (Street Dept)
 Michael Hunter (Gas Dept)
 Mike Kesterson (Water/Sewer)
 Kevin Joslin (Codes)
 Greg Williams (City Hall)
 Rickie Tidwell (Police)
 Lloyd Stewart (Parks & Rec)
 Kenneth Moody (Solid Waste)



THINK SAFETY!

KEEP SAFETY IN MIND ALL OF THE TIME!

Dispatchers in the News

On October 5, 2008 Debbie Sanders received a 911 call which resulted in giving assistance in the delivery of a baby. The caller was a Hispanic female who did not speak English and hung up before Debbie could conference in a language interpreter. Debbie dispatched Police Officers Brian Peckenpaugh and Kenny Jowers to the area the call came from for an "unknown problem". Upon the Officers arrival, they discovered the woman was in the process of delivering her baby and began assisting the mother. Meanwhile, Debbie provided medical instructions from the 911 center to the officers. The Fire Department and Ambulance Service personnel arrived and ensured the new mother and her baby were safely transported to the hospital.

On October 9, 2008 Gloria Spence was presented the Dispatcher of the Year award at the Fire Department's Annual Recognition Dinner. Gloria has been employed with the City of Dyersburg since 1998 as a dispatcher and is one of our CTO's (Communications Training Officer) and is also a Team Leader on 2nd shift. Gloria comes to work with a positive attitude daily and believes in going the "extra" mile both at work and in her private life. Gloria's commitment to providing great customer service to the public, Fire Fighters, Police Officers, Ambulance Service employees and her co-workers has earned her several letters of commendation. Gloria's team spirit is obvious by her believing that success is a team effort and that our other dispatchers are just as deserving of the Dispatcher of the Year Award.



Let your voice be heard...
Vote November 4th, 2008



From the Street Department

Street crews will continue to clean up storm damage which has been taken to the curbside during it's regularly scheduled curbside pick up. With the change of weather the Street Department will be modifying some job duties. The grass growing season is nearly over and the leaves should begin to fall soon. Because the trees are holding their leaves at this time, we will not schedule the leaf machine (leaf vacuum) until it is necessary. We will continue to pick up bagged leaves on the regularly scheduled curbside routes. We are also preparing equipment for snow and ice in the event of inclement winter weather.

We are assisting the Solid Waste Dept. by constructing a new wheel wash at the landfill. The new wheel wash is 12 ft. wide by 58 ft. long. It will have a dedicated water line to fill it to an average of 10 inches. It will also be equipped with a drain pipe, overflow and a silt trap to prevent run-off from leaving the landfill site. When complete, all vehicles leaving the landfill will drive through the wheel wash before exiting to help keep Sorrell's Chapel Rd. clean.

Dale Snyder



First Annual Quilt Show

It was with great pleasure that I visited and eagerly eyed the quilts at the First Annual Quilt Show at the Professional Development Center (PDC) coinciding with the Main Street Fall Festival in September.

Originally the PDC talked of holding the quilt show downtown in one of the bank lobbies, the Court House or the McIver's Grant Public Library. But since this was the first year, it was decided to hold it in the building that houses both the Retired Senior Volunteer Program (RSVP) and the PDC. There were many quilts on display, so many in fact, they were displayed upstairs and down. And what a treat it was.

You don't have to be a quilter to enjoy and respect the love and individual artistic expression that goes into the marrying of fabric. I don't know what first attracted me to the process of quilting but there is something so innate, something so attractive, so comforting about quilts. We give quilts for notable occasions; when babies are born, when children graduate, we give them for wedding gifts, and we make them when tragedy strikes; they are lovingly passed down from generation to generation. Quilts are an expression of ourselves and representations of our loved ones. They are an expression of personal taste and cultural tradition. So important are quilts that there are chronicled accounts of quilts having been used as a mode of communication during a slave's journey to freedom.

As part of this quilt show I found it particularly interesting to view the traveling quilts exhibit that included 50 small quilts which were designed with a patriotic theme. This theme of course, revisited after the 9-11 terrorist attack on the twin towers and our lives as a country. The theme is still very strong today due to the sacrifices that continue to be made by men and women, young and old, who fight for our continued freedom and new found freedom for a world far away from home. As I write this, local heroes with the 168th Military Police Battalion will be leaving family and friends in just a few short days to join the battle for freedom and human rights; some for the second or third time.

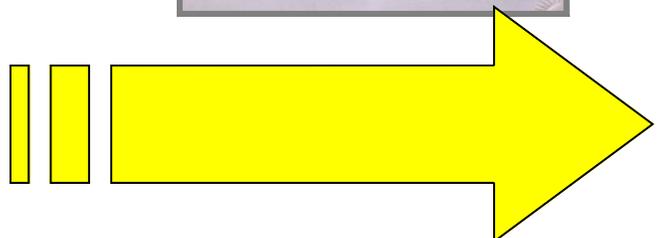
It wasn't the "pretty" quilts which caught my eye, although I stood in awe of their beauty; rather, it was the old and tattered quilts that spoke to me; like old dishes and old kitchen tables, "well loved" quilts seem to have a story to tell. A story of cold winters, hard times, a mother's love for her family. Seams which were lovingly stitched by hand now torn loose by years of wear, many times keeping young and old alike warm at night when there was no wood for the stove. I imagine traveling in a horse drawn wagon across the plains to the promise of a better life with only a quilt to provide the most basic warmth and comfort. I visualize young girls and young women, mothers saving scraps of clothing too tattered and worn for repair, but with pieces big enough to cut and piece into a larger piece of fabric which would one day bring protection.

When I marvel at quilts, I want to reach out and touch them, softly, lovingly, like my grandmother's face. I want to hold them and squeeze them like a newborn baby, I want to breathe them in. Today there are so many ways to make quilts quickly. Tools, fabrics, threads and embellishments are so vast and readily accessible. However, it is still the decision making, the process of making the quilt top, then quilting the layers before giving the gift away to family or friend that makes the quilt so memorable. It is the gift of giving one's self, for that's what quilts really are; that is the same today as it was way back when. I'm looking forward to next year's quilt show and I hope you have been inspired to attend as well.

Penny



Check out the other quilts!





09/26/2008



09/26/2008

1893 Worlds Fair Ribbon in this Crazy quilt



09/26/2008

Between Iraq And A Hard Place
pieced and quilted by
Pat Rosenthal



09/26/2008



09/26/2008



09/26

ANTI-BREAST CANCER VITAMIN

Slash your chances of developing breast cancer by incorporating choline-rich foods into your diet. A new study of more than 3,000 women published in the FASEB Journal found that getting enough of this B vitamin was associated with a 24% reduced risk of the disease. More than 90% of Americans don't get enough choline, which also cuts heart disease risk and improves memory. Most women require 425 mg per day (good sources include eggs, fish, lean meat, collard greens, and beans).

CRUNCHY BRAIN FOOD

Snacking on celery and green bell peppers may help keep your mind sharp. Luteolin, a plant compound abundant in these two green veggies, can prevent inflammation in the brain linked with aging and diseases such as Alzheimer's and multiple sclerosis, according to researchers at the University of Illinois. The scientists studied the compound's effect on human brain cells in a test tube and on mice, and in both cases found that it decreased inflammation.

Try dipping celery and green bell pepper slices in hummus, or chop and mix with tuna, herbs (like parsley or chives), and a dollop of plain yogurt for a healthy tuna salad.

CANCER BENEFIT**Date: November 8, 2008**

Give a helping hand for—
JUDY MULLINS CANCER BENEFIT
 (Employee of Dyersburg Credit Union)

- **MOTORCYCLE DICE RUN** (first bike out at noon, last bike in at 4 p.m. begins at Dyersburg Credit Union \$10 donation per rider) - Sponsors Downtown Tire & Service Center & Credit Union
- **SPAGHETTI SUPPER** 4 p.m.—6 p.m. Finley Baptist Church Fellowship Hall—plates \$5.00
- **SILENT AUCTION**—during supper
- **SINGING**—following supper held at Finley School Gym—Nan Rudd, Wendy Smith & Shelby Daniel (Elvis impersonator) Emcee Jeff Jones

FOR MORE INFORMATION:
 DICE RUN—call Bunny Bailey 731-445-9394
 SUPPER, AUCTION & SINGING—
 call Dyersburg Credit Union 731-286-0152



Congratulations!



Great Job!

I would like to first of all congratulate all the selected finalists for the "Most Valuable Choctaw" award at DCHS. I would like to send special congratulations to my son, Taylor Wilkerson, and Mike Fisher's (PW Shop) daughter, Beth, on their many accomplishments. These two have been outstanding students at DCHS and were selected for this award, along with 4 others, by their peers. Congratulations to the recipient of this award, Ms Hannah Stewart, great job!

Also, congratulations to Taylor on receiving top 25% academic honors award and for making a 32 on his ACT! Way to go!!!

Penny Rice (City Hall)

Congratulations to:

Police Chief Terry Ledbetter (and Connie) along with Officer Dwight Pascall (and Karen) on the birth of their granddaughter Mallory Claire Ledbetter, born September 18th. Mallory is the daughter of former W/S employee Josh Ledbetter and wife Jada.



TOPS (Take Off Pounds Sensibly) Goes to the Pirates

Saturday October 11, 2008 TOPS chapter 431, Dyersburg attended Fall Rally at Joelton, Tn. They returned home with loads of booty!!! 29 Awards to be exact. Among them was 1st place awards for Co-leader (Johnnie Carroll), Secretary (Pat Kilzer), Weight Recorder (Barbara Jones), Assistant Weight Recorder (Carolyn Hicks), Treasurer (Nancy Hames), Chapter Attendance and Chapter Scrapbook. Four members received awards for losing at least 10 lbs.(Johnnie Carroll, Pat Kilzer, Gail Mallory and Mark Mallory), seven received awards for prefect attendance (Nancy Hames, Carolyn Hicks, Barbara Jones, Jennifer Cagle, Pat Kilzer, Louise Owsley and Johnnie Carroll). The chapter won 2nd place in Best Pirates' Hat. The chapter also entered the Skit/Talent Contest, Nametag Contest and Centerpiece Contest. They had individuals in the Baggy Clothes Parade (Johnnie Carroll from size 24 to size 18), Golden Years Parade (Louise Owsley 84 yrs. old) and the Young at Heart Parade (Jennifer Cagle 19 yrs old). We are proud and wanted to share. Chapter 431 meets at the Second Baptist Church on Schaffer Street on Thursday evenings. Weigh in is at 5pm and meeting begins at 5:30 pm. For more information contact Chapter Leader Nancy Hames 731-286-5335.



THANK YOU !!



A very big THANK YOU to each and everyone who helped to make the Bruce Open House a success. Thank you for coming out. We had a great time.

Stuart Edmonds,
Director Bruce/Future City Activity Centers

NOTICE

A recertification class for EPSC Level 1 (stormwater) will be held at the Lannom Center on Dec 11th from 8:00 until 12:00 a.m.

Most of the City Employees Certifications will expire on December 31st .

Our Thoughts And Prayers Are

With



Kenneth Sollis (Sanitation) and wife

Joanne

and the family of Arthur Burns

Parks and Recreation Newswire



Tony Deere with Dickey Tinkle looking on, confers with tournament judge Patrick Mahoney on points gained. Dickey Tinkle would take the match and win first place in the singles over a well seasoned Tony Deere.

Fall Washer Pitching Tournament

Held on the grounds of the Dyersburg Activity Center was October 11th. Registration began at 10am with the singles tournament beginning at 11am. The Double's tournament followed the singles tournament. Trophies and prizes were awarded to the winners of the events. For the singles tournament 1st place went to Dickey Tinkle, 2nd place Tony Deere, and the 3rd place finisher was Chuck Marshall. For the doubles tournament 1st place went to the team of Robbie "Earnhart" Joiner and Gerald Edwards; 2nd place went to the team of Tim Hatch and Randy Forsythe.

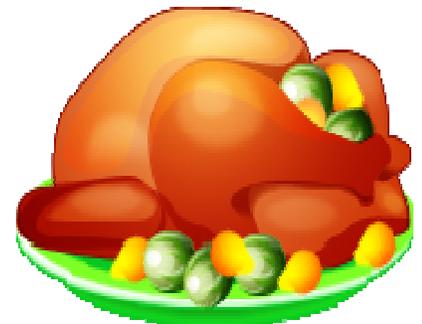
Bingo was played in the Multi-Purpose Building.

Current & Upcoming Events with the Dyersburg Parks and Recreation Department.

The 2008 Fall Soccer League at the Dyersburg Activity Center is in full swing every Saturday. Youth Basketball signups are going on now with the league and will start in the middle of November. There is a \$10 registration fee with a \$5 ID fee.



HAPPY
THANKSGIVING!



EVENTS & HOLIDAYS

Board Meetings—1st & 3rd Monday of each month.
To be placed on the agenda for a meeting you must call 286-7600 before noon on the Thursday before the meeting. The meeting can be viewed on channel 4. The agenda and minutes of the Board meetings are on the City's web site. www.dyersburgtn.gov

Lifeline Blood Mobile is at Dyersburg Electric the 3rd Thursday of each month from 10:00 am to 6:00 pm. Help save lives; Give blood.

November 2nd—Daylight Saving Time Ends—Don't Forget to set your clocks back one hour.

November 4th—**ELECTION DAY**— GET OUT AND VOTE!

November 7th—City Employee Flu Shots

November 10th— Make up day for flu shots, see Dept. Head

November 11th—Veterans Day— Veterans Day Parade
Offices closed

November 27th—Thanksgiving Day

November 28th— Offices closed both days

December 1st—Christmas Parade

December 2nd— Christmas Parade rain date



HAPPY ANNIVERSARY

Everett Adams - 5 years
Albert Armstrong - 24 years
Christopher Clements - 7 years
Jerry Paul Climer - 5 years
Betty Crossno - 10 years
Vella Mai Denny - 27 years
Roger Dudley - 17 years
Monty Essary - 20 years
Bobby Fair - 19 years
Jason Gandy - 4 years
Tim Griffith - 11 years
Terry Harris - 33 years
John Hips - 3 years
Randal Hurst - 3 years
Mike Leggett - 7 years
John Walton Meeks - 9 years
Jeff Moore - 12 years
Tiffany Parker - 9 years
Jim Putman - 9 years
Mary Rhodes - 4 years
Danny Rogers - 6 years
Jenny Spence - 22 years
Todd Thayer - 15 years
Laquinta Ward - 3 years
Linda Webb - 3 years

HAPPY BIRTHDAY

Glen Adkins
Bobby Baker
Carrie Campbell
Adelene Chambers
Dalton Cruz
Aaron Cryer
Gwen Edmonds
William Elliott
Danny Ennis
Bobby Fair
Joseph Featherston
Dianne Gilliland
Mark Grant
Walter (Skip) Hall
Joseph Hardin

Steve Isbell
Cara Johnson
Mike Kesterson
Charlie Ketchum
Anthony Kilzer
Stacie Lee
Pam McKelvy
Kenny McLean
Edward Moses
Kerry Owen
Mary Rhodes
Patty Smith
Kenneth Sollis
James Tyus
Anthony Veal
Walter Wilkerson

VOTE VOTE VOTE VOTE VOTE

NOTICE

If this newsletter was forwarded to you and you would like to receive your own copy each month, email pdamesworth@dyersburgtn.gov
If you no longer wish to receive this newsletter from the City of Dyersburg, email tparker@dyersburgtn.gov



City of Dyersburg News
Compliments of Mayor Holden
Editors: Tiffany Parker
Penny Damesworth



Please contact us with any questions you may have or any information to submit.
288-0724 or 288-7639
Thanks Everyone!



58th Annual Downtown Dyersburg Christmas Parade

Monday, December 1, 2008 7:00 p.m.

"Christmas Around the World"

FLOAT REGISTRATION

Registration Deadline, November 21, 2008

RAIN DATE: TUESDAY, December 2nd at 7:00 p.m.

CONTACT NAME: _____

ORGANIZATION: _____

PRIMARY PHONE: _____ SECONDARY PHONE: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

Float Description: _____

CATEGORY: Commercial/Business _____ Religious/Civic: _____

Christmas Parade Float Registration

c/o Jan Jernigan

220 N. Main Street, Ste. G101

Dyersburg, TN 38024

Fax: 288-1617

There is no charge for entering a float in the parade. Only "home built" floats will be eligible to compete for prizes.

Floats must be trailer type units with no pick-up or flat bed trucks permitted.

Santa Claus may not be used on any float or entry other than the official Santa float provided by the Downtown Dyersburg Development Association.

Floats are judged in two categories: Commercial/Business and Religious/Civic

Judging is based on the following criteria:	1. How well the theme is carried out.	20%
	2. Originality	40%
	3. Overall appearance	40%

All entries must be lined up by 5:45 p.m. For the safety of the children in our audience, we ask that no candy or other items be thrown into the crowd. You may have someone walking beside your float passing out goodies to the children.

For additional information, contact Jan Jernigan at 731-288-3573 or Steve Guttery at 731-285-3433