



Dyersburg City News

Vol. 4 Issue 2

NEW EMPLOYEE ASSISTANCE (EAP) PLAN

We have recently contracted with Freckman & Associates, LLC (REACT) to provide The City of Dyersburg employees with an Employee Assistance Plan. We all have personal problems that can affect our relationships with families, friends, and co-workers; most of the time we are able to manage our problems and continue with our work responsibilities. There are times, however, when we may not be able to work effectively under the pressure of our personal problems. Problems can grow if we don't know where to turn for help. Fear of embarrassment or loss of job may keep us from talking about our concerns. CONFIDENTIAL help is not far away. It is provided by your EMPLOYEE ASSISTANCE PROGRAM.

An Employee Assistance Program is a service which addresses personal problems that interfere with effective job performance and your life. It is provided for employees and members of their immediate families. The EAP is a place where employees and their families can go for information, to share problems, to gain support, and to receive consultation. The EAP is a source for locating professional care providers and services in the community. Employee Assistance Plans deal with a wide range of personal problems such as:

Alcohol and Drug Abuse * Marital Problems * Legal Problems * Financial Difficulties
Child care/Eldercare Issues * Parenting Concerns * Work/Family Stress
Health Concerns and Occupational Concerns

EAP FACTS YOU NEED TO KNOW

EAP services are a free company benefit.

EAP services are kept strictly private and confidential!

EAP Records are not included in employee personnel files.

EAP participation is voluntary.

EAP participation will not jeopardize an employee's job security or promotion opportunities.

EAP services are available 24 hours a day/7 days a week.



HOW DO I USE MY NEW EAP PLAN?

Just call: 1-800-224-EAP1 (3271) or
1-731-664-EAP1 (3271)

Someone will be there to take your call 24 hours/day – 7 days/week. You will be directed to an experienced counselor. You and the counselor will work together, as a team to assess the problems and search for solutions. You will be allowed three (3) free counseling sessions. If after the three sessions, further treatment is needed, you will be referred to your medical insurance.

If you have any questions see your department head or Sue Teague, Human Resource Director, X607.

MAYOR'S OFFICE

First off I would like to thank all of the city employees who worked tirelessly the last few days of January during the ice storm to keep our city running smoothly. Each of our departments contributed to this effort. I received many calls from residents expressing their appreciation for the great job each of you did.

We just completed our quarterly department head meeting on Thursday January 29, 2009. We take this opportunity to review budgets, discuss various items and share ideas. Your participation and input is very important to us as we strive to develop policies and procedures to benefit our employees and our citizens.

I also received a letter from Sun Products Corporation complementing Heath Ennis and the staff at the water treatment facility for the quick assistance in locating a ruptured water main at their facility on New Years Day. This letter stated "Because of their quick response, what could have been a very costly situation was avoided, especially since our fire protection system was inoperable due to the ruptured main. Thank you again for your assistance and all you do to make our community a better place." Thank you Heath and others for such an outstanding effort!!!

In February Dyersburg State Community College will celebrate their 40th anniversary. This event will take place on February 5th at the E.H.Lannom, Jr., Gymnasium, Dyersburg Campus. I would encourage you to join in this celebration. Also the Noon Rotary Club is holding their annual Rural-Urban Day on Thursday February 12th, 2009 at the Dyer County Fairgrounds at 12:00 noon. The Rotary Club takes this opportunity to recognize and thank those involved with agriculture for their contribution to our community. The group Cane Ridge will be performing at this event.

Continue to remember our National Guard unit as they are serving in the Middle East.

Thanks again for all that you do for our city. Stay safe and please let me know if ever I can be of any assistance to you.

Mayor Holden



Mayor John Holden met with and presented the Dyersburg City News to DMRC Senior Circle Members on January 16th.



DMRC Senior Circle Members listen intently to Mayor John Holden



At a recent board meeting, Mayor John Holden gave a PowerPoint presentation updating progress made in the City of Dyersburg.

CONFINED SPACES SAFETY TIPS:

WHY ARE CONFINED SPACES DANGEROUS? -

Confined spaces are areas that are not designed to be continuously occupied by humans. One of the main reason for the danger is poor ventilation.

THERE ARE FOUR DANGERS IN CONFINED SPACES -

1. **Oxygen Deficiency**—there are many things that can cause oxygen deficiency.
2. **Combustibility**— deadly fires and explosions can be caused.
3. **Toxicity**— many toxics can not be smelled or seen, but represent two types of risks in confined space.
4. **Physical Hazards**— this can be anything including, falling, live wires, engulfment, valves, and pipes.

YOU CANNOT ENTER A PERMIT-REQUIRED CONFINED SPACE UNLESS YOU ARE AUTHORIZED!!!

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If you have any safety concerns, questions or ideas that you would like to discuss, you may schedule time to 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)
- Conell King (Waste Water Plant)
- 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)

VJ KP M "UC HGV [#"

Think You Have a Gas Leak?

Call:

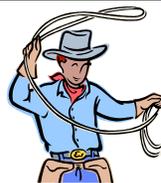
288-7604 from: 8:30 – 5:00

After Hours and Weekends:

285-1212



DYERSBURG GAS SYSTEM



Dyer County Fair Booth Committee Meeting

The committee met and agreed upon an “old west” theme for our booth in this year’s county fair booth. We will meet again, Tuesday, Feb. 24, 2009 at 2 pm in the upstairs conference room at city hall. Let me encourage you to come to this meeting with ideas as we want this to be “Our City’s” booth with representation from as many departments as possible. Please call me if you have any questions.

See you there...partner!
Cathy Cavness, EOC

DYERSBURG FIRE DEPARTMENT / FIRE PREVENTION

BE SAFE AND PREPARED FOR COLD WEATHER

Portable Space Heaters



- Purchase electric space heaters that bear the mark of an independent testing laboratory, such as UL, ETL, CSA, etc.
- Place space heaters at least three feet away from anything that can burn - including furniture, people, pets and window treatments.
- Turn off space heaters before leaving a room or going to sleep.
- Supervise children and pets at all times when a portable space heater is in use.
- Use kerosene heaters only where permitted by law. Use the recommended grade kerosene and never use an alternative fuel. Kerosene heaters must be fueled outside.
- Never use space heaters to dry clothing or blankets.

Fireplaces and Wood Stoves



- Burn only seasoned hardwood - not trash, cardboard boxes, or Christmas trees because these items burn unevenly, may contain toxins, and increase the risk of uncontrolled fires.
- Have a professional chimney sweep inspect chimneys annually for cracks, blockages and leaks and have them cleaned and repaired as needed.
- Keep all persons, pets and flammable objects, including kindling, bedding, clothing, at least three feet away from fireplaces and wood stoves.
- Open flues before fireplaces are used.
- Use sturdy screens or doors to keep embers inside fireplaces.
- Install at least one smoke alarm on every level of your home and inside or near sleeping areas.

Dyer County brings home Champion Trophy



A Sorghum Valley Christmas



2008 Fairest of the Fair
Mandi Johnson and
TN Comm. of Agriculture

With smiles on their faces and pride in their hearts 40 members of the Dyer County Fair Association received the news that they were named Champion Fair for the AA Division of Fairs in Tennessee on January 15th. This prestigious honor entitles them to be considered for the associations highest honor, Champion of Champion Fair next year. Twice before, the Dyer County Fair has received this award which can only be earned once every seven years.

Other Showcase Exhibit Awards included Best Scrapbook, Best Video (a tour of Sorghum Valley after completion and during Christmas) and Best Themed T-shirts, all considered the major categories of the Showcase Exhibit Awards. Blue ribbons were received for each of these. Additionally one red and two white award ribbons were received.

Always a source of pride for Dyer County and the City of Dyersburg, the Dyer County Fair Association complimented their annual fair efforts by adding one of its biggest undertakings, Sorghum Valley. Other improvements included nearly doubling the seating at the First Citizens National Bank Amphitheatre, totally re-vamping the petting zoo, more than 8000 exhibit entries and new electronic entry system, and the highest attendance and gate receipts ever.

Per my conversation with Mr. Darrell Butler, Association member, all previous records were broken and could only have happened with the enormous support of the Fair Association members, civic organizations, fair participants, community volunteers, fair attendees, donations, and contributions by the entire community. Per Mr. Eddie Anderson, Fair Board Executive Director, "This is something for our community to be proud of and we are leaving a heritage for years to come."

The Dyer County Fair of 2009 promises to be even bigger and better than 2008; you won't want to miss a thing!



Dyer Co Fair Association Mem-



Revamped Petting Barn



As always, thank you so much to Darrell and Jean Butler for their assistance and providing pictures. pmd

Did you know...

Now you can go to a central website location for Dyersburg/ Dyer County community event information? You can find out what events have been posted and post future events so everyone who visits the website will know about your event.

This new website "Dyersburg Community Calendar" can be found on the internet at www.dyersburgevents.com and can be used by anyone who would like to post any and all events in the Dyersburg/Dyer County region. It is free and easy to use. All organizations and businesses in the area are extended an invitation to use this website as a central event listing service for everything that goes on in our area.

This website is not sponsored by the City of Dyersburg.

Burks Broadcasting and the Dyer County American Red Cross are jointly sponsoring

Valentine's for Heroes

On January 24 – January 31

Drop off Valentine Cards at the Customer Service Desk of the Dyersburg Mall
These cards will be mailed in a bulk rate to our National Guard in Iraq.

Please be sure that cards are not in envelopes.

If you have cards for other Military members, please bring them addressed and we will send them for you.

Come and enjoy the live remote by Burks Broadcasting on January 31 (10am – 12pm)



Seaman Apprentice Jamar Edmonds successfully completed boot camp at the Recruit Training Command in Great Lakes, IL in October 2008 and is now stationed at the U. S. Naval Base in Guam.

Jamar is the son of Stuart (Director Bruce Cmnty Center) and Gwen (CH) Edmonds.

Congratulations!

Taylor Wilkerson, (son of Penny Rice, CH) has received his acceptance letter from the University of TN at Knoxville. Taylor will begin his UT experience in the fall of '09 going into the Chemical Engineering Program. Congratulations to him on a job well done and much success with his college career.



Our Thoughts and Prayers are with:

Monty Essary (DPD)
and the Family of

American Hero
Cpl. Keith Eric Essary

The City of Dyersburg employees would like to extend our heartfelt sympathies to the family of Cpl. Keith Eric Essary. We could never express with words the gratitude we feel for the sacrifice which has been made.



Stuart (Bruce Rec. Center) and Gwen (CH) Edmonds
and the family of

Minister Daniel T. Edmonds



Heath Ennis (RHWTP)
and the family of

Margaret Louise Barham



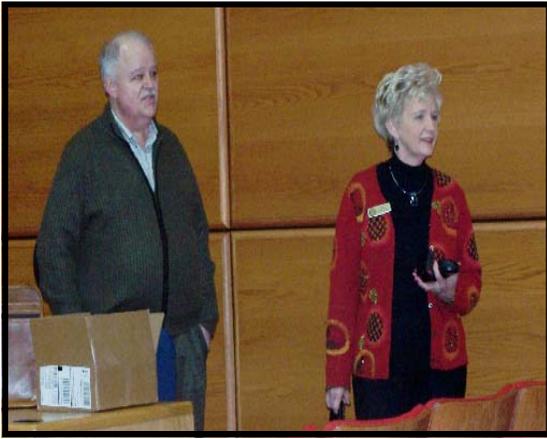
Carmen (GIS) and Molly Cupples
and the family of

Rosetta Carroll



Marty Gibson (RHWTP)
and the family of

Doris Karlgaard



Jack Freckman, Freckman & Assoc., LLC and Sue Teague, Human Resources

A meeting was held on January 21st at the City's Municipal Court room to explain the new Employee Assistance Program to department heads, assistant department heads and crew leaders. A service of Freckman and Associates, LLC, the REACT (Resources for Employee Assistance Counseling and Training) program is an important counseling benefit for all city employees and their immediate family members.

An important reminder to employees and family members...Call your EAP before Inpatient or Outpatient psychiatric or chemical dependency care. Your EAP is here to serve you and assess the type and level of care you need and can reduce the cost of care to both you and your employer.

WATER TREATMENT PLANTS

The water plant employees have been painting and fixing the filters at the RHWTP Plant. This is quite a bit of work, and all their work is greatly appreciated. The filters that are completed, look 100% better.

On January 14th a letter was received from Coby Kimbrell of the Sun Products Corp. thanking Heath Ennis and the staff that assisted him in locating the ruptured water main on New Year's Day. Because of their quick response, what could have been a very costly situation was avoided.

Good Job!!!

We all share the same water... please use it wisely.



The Dyersburg Fire Dept. in the past week has been performing annual Physical Performance Tests. This is a mandatory set of standards given every year to evaluate the physical ability of each fireman. This includes walking or running within set times, hose pack carries in set times, crawling in set times and the ladder climb. All of the tests are performed in full turnout gear with air packs. This gear weighs in excess of six pounds (dry). A Firefighters job is very physically demanding and a day to day workout regiment is necessary to retain their conditioning.

Above is a photo of one of our Firemen attempting to make up some time as he shoulders the large hose pack.



February is American Heart Month

[Heart disease](#) is the leading cause of death in the United States and is a major cause of disability. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2008, an estimated 770,000 Americans will have a new coronary attack, and about 430,000 will have a recurrent attack. About every 26 seconds, an American will have a coronary event, and about one every minute will die from one.

Although heart disease is sometimes thought of as a "man's disease," it is the leading cause of death for both women and men in the United States, and women account for 52.8% of the total heart disease deaths.

In 2004, heart disease was the cause of death in more than 450,000 females.

Heart disease is often perceived as an "older woman's disease," and it is the leading cause of death among women aged 65 years and older. However, heart disease is the third leading cause of death among women aged 25-44 years and the 2nd leading cause of death among women aged 45-64 years. Remember that many cases of heart disease can be prevented!

Heart Attack Warning Signs

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.



As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

For a full list of diseases and conditions along with risk factors and other health information associated with heart disease, visit the [American Heart Association](#).

Good Ideas

Sheltering shelters from the financial crisis:

Take used items such as towels, blankets, or pillows etc. to an animal shelter where cats, dogs, rabbits, and other animals can use them as bedding. You'll be saving landfill space and donating will help free up needed funds for other uses, such as health care. If it is too shabby for Goodwill, consider your local animal shelter.

Idealbite.com

Recycle electronic waste:

Electronic waste is multiplying at three times the rate of other municipal waste. Analog TVs contain toxins like chromium, lead, and mercury that can leach past landfill liners. Recycle your electronics such as old TVs, VCRs, cell phones, computers, printers, copy machines and microwave ovens by bringing them to the Dyer County Building & Zoning building located at 1910 Pioneer Rd., Dyersburg, TN. If you need more information you may call Daniel Cobb at 731-287-0775.

DIY household cleaners:

Save your lungs and a little cash too. The healthiest, least-toxic cleaners you can find are the ones you make yourself. They're effective too: According to a study at Virginia Tech, spraying hydrogen peroxide and vinegar right after one another is just as effective at killing germs as lung-irritating, stream-polluting chlorine bleach. There are eight essential items the make up the basic ingredients for nearly every do-it-yourself cleaning recipe:

Baking soda, Borax, Distilled white vinegar: Hydrogen Peroxide, Lemons, Olive oil, Vegetable based (liquid Castile) soap, Washing soda.

For a few easy cleaner recipes to kick-start your Saturday chores go to: www.thegreenguide.com and enter DIY Household Cleaners in the search box.

National Geographic's TheGreenGuide.com



*Happy 40th
Anniversary*

*Dyersburg State
Community
College!*

DSCC's new Learning Resource Center

Congratulations and thank you Dyersburg State Community College, for providing 40 years of quality academic programs and for accommodating students of all ages with personal, professional and educational needs, over a 7 county area.

Dyersburg State Community College: A state of the art facility in a safe and nurturing hometown atmosphere.

www.dsc.edu

Making Progress

On October 23, 2008 the City of Dyersburg started construction of the Millsfield Hwy. Utility Extensions Project. Natural Gas Piping of Dyersburg was awarded the bid to install a 12" water main, 4" gas main and a 6" sewer force main and lift station. These utilities will be installed on the east and west side of Parr Av. going north from Mall Blvd. and will then go under Interstate 55 to the Millsfield area. This project was undertaken to provide utility service to areas in the City of Dyersburg recently annexed. The project is on schedule and should be complete by the end of February.



John Murray,
Engineering

progress (noun)

1. positive development

Development, usually of a gradual kind, toward achieving a goal or reaching a higher standard.

HAPPY BIRTHDAY

Larry Caldwell
 Jerry Paul Climer
 Janie Connell
 Wesley Deere
 Alea Johnson
 Robert Kirby
 Thomas Langford
 Mary Sue Lauderdale
 Jason Leake
 Michael Mahoney
 Tommie McGhee
 Tracy McIntosh

Victor McLin
 John Walton Meeks
 Jeff Moore
 Thomas Mullins
 Kevin Patterson
 Heath Pritchett
 Larry Putman
 James Schaeffer
 Mark Sykes
 Jeff Wright

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.

Dyersburg Municipal Golf Course—
 Every Wednesday at 9:00 am. 55 years and up.
 Play from Senior Tees.

February 2nd– Groundhog Day
 February 5th– DSCC 40th
 Anniversary Celebration
 February 12th– Lincoln's Birthday
 February 14th– Valentines Day
 February 16th–President's Day
 February 22nd–Washington's Birthday



HAPPY EMPLOYMENT ANNIVERSARY

Farris Cagle—35 years
 Larry Palmer—27 years
 Mark Sykes—21 Years
 Larry Caldwell –21 years
 Rusty Hilliard– 18 years
 Marty Gibson- 14 years
 Michael Webb-13 years
 Michael Davenport -11 years
 James M Adair—5 years
 Randall Beaver– 4 years
 Jeremy McNutt—4 years
 Corinthians Walker—3 years
 Kimberly Wilson- 3 years
 Jimmy W Hicks Sr.-2 years
 Brian Lucius—1 year

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

The greatest things happen
only when you give others'
 the credit!



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

View online: www.dyersburgtn.gov
 Thanks Everyone!