



Dyersburg City News

"We're here for you"

Vol. 5 Issue 8

Dyersburg Parks & Recreation

School has started back and summer is coming to a close for our swimming pools. Okeena and Bruce swimming pools closed to the public on July 28th. The Dyersburg Activity Center swimming pool ended its season on July 27th but will continue to be open on these Saturdays in August: August 7, 14, 21, and 28. There is a charge of \$3.00 per person; no passes!

The pool will be available for rentals, ladies water exercise, and lap swimming Mondays and Thursdays until Labor Day weekend. You may call 288-2563 if you need additional information.

Sandra Cooley

2010 Back to School Pool Party



Eddie and Weston Sims

MAYOR'S OFFICE

On Monday night, August 2nd, the 2010 / 2011 City of Dyersburg budget was passed by a unanimous vote at the Mayor and Board of Alderman meeting. This budget year has been extremely difficult, even more so than last years budget. As everyone knows we have experienced the worst recession in 70 years. Sales tax collections have declined each of the past 4 years and property tax collections are down as well. The loss of revenue, increased costs and the reduction of state shared revenues has made for a very difficult budget year. In light of all we were faced with, the budget for 2010 / 2011 was passed **without** a tax increase or any increases in utility rates for our citizens.

There is web site that I look at frequently called Dailyjobcuts.com and almost daily there are updates from cities all across the United States that have laid off employees, reduced benefits, eliminated part-time employees, or reduced employees wages. I am so very thankful that due to our conservative approach to budgeting, reduction of expenses, negotiating contracts and cost saving measures implemented, that the City of Dyersburg has not laid off any employees or reduced employee benefits.

I appreciate all of the city employees for their dedication and commitment to our city. I continue to get cards, letters and phone calls complimenting the efforts and great work performed by various city departments and employees. I appreciate each and every one of you for all that you do.

Nancy Duncan recently visited the Public Works building and brought cookies and other goodies to thank the Street, Sanitation and Water/Sewer Departments for their great work recently done in her neighborhood. I also received calls from several residents that live on Crossgate and Randall expressing their appreciation to the Sanitation Department for the outstanding job that they do. Other calls have complimented the Police and Fire Departments as well as Gas, Recreation and City Hall employees.

Again, thanks for all that you do, stay safe and if ever I can help in any way, please let me know.

Mayor Holden



The Dyersburg Fire Prevention Bureau suggests having the right fire extinguisher in place at work and home. Here is some information that could help you decide which type you will need. You may also contact the Fire Dept. for further instructions. 731-288-7614.

With so many [fire extinguishers](#) to choose from, selecting the proper one for your home can be a daunting task. Everyone should have at least one fire extinguisher at home, but it's just as important to ensure you have the proper type of fire extinguisher. Fire protection experts recommend one for the kitchen, the garage and workshop.

Fire extinguishers are divided into four categories, based on different types of fires. Each fire extinguisher also has a numerical rating that serves as a guide for the amount of fire the extinguisher can handle. The higher the number, the more fire-fighting power. The following is a quick guide to help choose the right type of extinguisher.



- **Class A** extinguishers are for ordinary combustibles such as paper, wood, cardboard, and most plastics. The numerical rating on these types of extinguishers indicates the amount of water it holds and the amount of fire it can extinguish.
- **Class B** fires involve flammable or combustible liquids such as gasoline, kerosene, grease and oil. The numerical rating for class B extinguishers indicates the approximate number of square feet of fire it can extinguish.
- **Class C** fires involve electrical equipment, such as appliances, wiring, circuit breakers and outlets. Never use water to extinguish class C fires - the risk of electrical shock is far too great! Class C extinguishers do not have a numerical rating. The C classification means the extinguishing agent is non-conductive.
- **Class D** fire extinguishers are commonly found in a chemical laboratory. They are for fires that involve combustible metals, such as magnesium, titanium, potassium and sodium. These types of extinguishers also have no numerical rating, nor are they given a multi-purpose rating - they are designed for class D fires only.

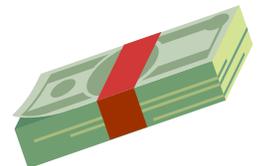
Some fires may involve a combination of these classifications. Your fire extinguishers should have ABC ratings on them.

SAFETY AWARD WINNERS FOR JUNE 2010

We are happy to announce that we have four (4) winners for the safety incentive awards for the month of June.



Mason McDowell – Police Dept.
Bill Danley – Police Dept.
Billy Brooks – Fire Dept.
Randall Hurst – Water Dept.



For the month of June, we had four (4) more recordable accidents. We are definitely not going in the right direction with our safety record for 2010.

PLEASE --Don't forget to work SAFELY!!!!

DO NOT GET HURT!!!!!!

SAFETY COMMITTEE

Committee Members

Keith Burns — Chairperson (Fire Dept.)
 Tiffany Parker — Secretary (Water Plant)
 Sue Teague — (Human Resources)
 Conell King — (Waste Water Plant)
 Kerry Owen — (Street Dept)
 Michael Hunter — (Gas Dept)
 Mike Kesterson — (Water/Sewer)
 Kevin Joslin — (Codes)
 Greg Williams — (City Hall)
 Rickie Tidwell — (Police)
 Lloyd Stewart — (Parks & Rec)
 Brian Lucius — (Solid Waste)
 Debbie Sanders — (EOC)
 Mike Fisher — (City Shop)



If you have a safety concern, questions or ideas that you would like to discuss, please speak with your department head or with one of the committee members.

Our Thoughts and Prayers are with:

The family of Linda Vaughn for the loss of her father and the family of Thomas Gamble, Sr.

The family of Jay Cryer for the loss of his grandfather-in-law and the family of C.T. Lovins.

The Dyersburg High School Class 1970 thanks The City News for allowing us to use this newsletter as a means of notifying classmates of our 40th reunion which was held on June 19, 2010.

We had a fantastic turnout and enjoyed ourselves very much with approximately 100 people in attendance (including classmates, and guests).

Members of the Dyersburg Fire Department Color Guard present the colors at the Independence Day Ceremony at 1st Baptist Church on July 4, 2010.

Members taking part in Ceremony:

- Chief B. Veal
- Capt. K. Burns
- DR/OP P. Braithwaite (Color Guard)
- DR/OP J. Doyle (Color Guard)
- DR/OP S. Hollis (State Flag)
- DR/OP J. Mosley (National Flag)



SERVING OUR NATION AS WELL AS OUR COMMUNITY!



Dyersburg Mall Kids Club is a free monthly event geared toward teaching children about health, safety, gardening, weather, exercise and lots more. Typically on the fourth Thursday of each month, a learning presentation and a craft or activity will be offered for all the Kids Club Members. Parents can bring children to Center Court to join in the fun. Presentations and activities are geared to children between the ages of 3 and 8, but anyone interested is welcome to attend. To sign up for the Club, parents need to bring their children to Center Court at the meeting time, where each child will receive a membership card, or stop by customer service during mall hours. Membership entitles each child to participate in the monthly activities. Parents must accompany the children they bring to each Kids Club meeting.

HEALTH INSURANCE REMINDER FOR DEPENDENT COLLEGE STUDENTS

It's that time again for schools to start!!!

If you have dependent children who are starting to college and will be covered under your health insurance plan, please remember to get a certificate/letter from the administration office verifying that they are a full-time student. Bring this certificate to the Human Resources office so we can notify Underwriters. This will allow Underwriters to pay your dependent's claims at the network rate in case they are out of town and cannot get to a network physician.

This certificate must be obtained at the beginning of each semester for which your dependent registers. If you have other questions, please contact the Human Resources Department.

Also, if you need to obtain an extra insurance card for your dependent, please call the customer service department of Underwriters at 1-800-711-4550.

Parks & Recreation
By Ricky Roberts



<http://www.acefitness.org/fitfacts>

Fit Facts™

American Council
on Exercise®

EAT WELL TO STAY MOTIVATED AND ENERGIZED

Do you have trouble exercising at noon or after work, even though you're truly committed to exercise and it's the only time you have to work out? Do you feel so exhausted that you just can't face the gym?

Your diet—rather than simple sloth—may be the problem.

If you tend to skip meals in an attempt to save calories, you may be robbing yourself of important fuel for your workouts. While skipping meals may temporarily make your stomach feel flatter, doing so can also leave you feeling tired, irritable and unfocused.

Then you'll be tempted to forego your noontime workout, or go home, eat and stretch out on the couch in front of the TV after work.

If, however, you follow some simple, sensible dietary practices throughout your day, you'll get that workout done. And rather than feeling lightheaded and exhausted afterward, you'll be energized and refreshed.

Stay With Feel-good Foods

One key to staying motivated to exercise is to keep the amount of sugar in your blood—and thus, your energy level—stable. You can best do that by eating a series of small meals throughout the day—as many as five or six—that are composed of complex carbohydrates such as whole-grain breads or crackers, beans and other vegetables and fruit.

If you plan ahead and make time for grocery shopping, you can easily pack some simple meals and snacks to take to work with you.

Eating complex carbohydrates helps keep your blood sugar stable because they are digested and absorbed slowly into the blood and don't require your pancreas to produce much insulin.

Refined carbohydrates, such as potato chips, doughnuts and cookies, are absorbed very quickly and trigger the pancreas to produce large amounts of insulin. So, while they may give you an initial boost, your energy will drop off quickly, and your mood will follow.

The amount of sugar in your blood is also related to the amount of serotonin in your brain. Serotonin is an important chemical called a neurotransmitter that helps to regulate mood.

If your level of serotonin is where it should be, you'll have a sense of well-being and confidence—and feel ready to tackle the treadmill. Should it drop, you may feel tired and depressed.

If you often experience a craving for carbs, this may be your brain's way of telling you it needs more serotonin.

Cut the Caffeine

What about caffeine? Good question. Many athletes rely on caffeine for the initial kick it can provide.

Remember, though, that caffeine can also affect the amount of insulin, and thus, sugar, in your blood. Further, excessive intake of caffeine can cause dehydration, which can also sap your energy.

While drinking a caffeinated beverage may help get you to the gym, within an hour you may feel tired and too lightheaded to complete your workout, or to do it well.

If you plan to engage in running or another highly vigorous activity, remember that some forms of caffeine, coffee in particular, can lead to mild gastronomical distress, as can some bulky foods.

So, you'd be wise to limit the amount of coffee, tea and soda that you drink for a number of reasons.

Suppose you're an early bird, and your best time to work out is in the morning before you go to work. For quick energy, drink some juice upon rising and avoid coffee.

Once you've completed your workout, have a more solid breakfast of whole-wheat cereal

or toast and fruit to fuel your concentration for the morning's work. If you work out and eat too lightly, chances are you'll get "the drowsies" by 2 p.m., if not sooner.

Keep in mind that finding the right combination of food and drink to energize your workout—whatever time of day you choose—may take some experimenting. It all depends upon your individual tastes and your metabolism.

With a little patience, an open mind and a little creativity, you'll determine which foods suit you best.

You'll keep your motivation to exercise if you:

- Have a glass of juice to boost your energy before a morning workout
- Eat a breakfast that includes whole grains and fruit or fruit juice
- Eat small, frequent small meals and snacks during the day to maintain your blood sugar
- Make sure to have a light, healthy snack an hour before your noon or after-work workout
- Stay hydrated, keeping a water bottle at your desk at work
- Limit—or eliminate—the amount of caffeine in your diet

Additional Resource

American College of Sports Medicine Current Comment—Caffeine and Exercise Performance: www.acsm.org

If you are interested in information on other health and fitness topics, contact: American Council on Exercise, 4851 Paramount Drive, San Diego, CA 92123, 800-825-3636; or, go online at www.acefitness.org and access the complete list of ACE Fit Facts.™



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If you have should have any further questions please contact us at marketing@acefitness.org

Thank you,
American Council on Exercise

The ABCs of School Bus Safety

School buses are one of the safest forms of transportation for students. However, potential dangers do exist. The riskiest time of the commute for students is when they board and exit the bus. Below are several tips students, parents and bus drivers can take to reduce the danger.

FOR STUDENTS

Boarding the School Bus:

- Allow plenty of time to reach the designated bus stop.
- When waiting for the bus, stay safely off the street and away from traffic. Stand where the bus driver can see you!
 - Avoid horsing around or other behavior that can cause inattention.
 - Line up away from the street as the school bus approaches.
- Wait until the bus has stopped and the door opens before stepping onto the roadway.
 - Use the hand rail when boarding the bus.

Exiting the School Bus:

- At your stop, wait for the bus to halt completely before leaving your seat. Walk to the front door and exit using the hand rail.
- If you have to cross the street in front of the bus, walk at least 10 feet ahead of the bus along the side of the road until you can turn around and see the driver.
 - Make sure that the driver can see you!
 - Stay away from the rear bus wheels at all times.
 - Never try to get anything left on the bus after exiting.

Crossing to Safety:

- Stop at the curb or the edge of the road and look left, then right, and then left again before crossing.
 - Continue looking in this manner until you are safely across.
- Always cross in front of the bus, but only when the bus driver signals it is safe to do so.
- When the driver signals, walk across the road, keeping an eye out for sudden changes.
 - Do not cross the center line of the road until the driver has signaled that it is safe.

FOR PARENTS

- Supervise children to make sure they get to the stop on time.
- Teach your child to ask the driver for help if he/she drops something near the bus. If a child bends down to pick up something, the driver cannot see him/her and the child may be hit by the bus.
 - Have your child use a backpack or book bag to keep loose items together.
- Make sure clothing and backpacks have no loose drawstrings or long straps that could get caught in the handrail or bus door.
 - Encourage safe school bus loading and unloading.
- If you think a bus stop is in a dangerous place, talk with your school office or transportation director about changing the location.

FOR MOTORISTS

- Yellow flashing lights on the bus indicate that it is preparing to stop and load or unload children.
 - This means cars need to slow down and prepare to stop.
- It is illegal to pass a school bus with its red flashing lights and stop signal arm activated. Vehicles may not pass until the flashing red lights and signals are turned off or when the bus driver motions them through.
 - Vehicles traveling in the same direction as the bus are always required to stop.
- Vehicles moving in the opposite direction as the bus are also required to stop, unless they are on a divided highway.
 - Never pass on the right side of the bus where children are entering and exiting!

LEADING CAUSE OF ACUTE LIVER DISEASE

What's the leading cause of acute liver disease in the U.S? Hepatitis? Alcohol?—

No – it's ordinary acetaminophen. Yes, that's the ingredient in many products such as Tylenol.

Many common medications – even when taken as directed can cause or worsen an alarming number of diseases, ranging from glaucoma to heart disease.

For example, the pain relieving drugs Ibuprofen (Advil, Motrin IB) and naproxen (Aleve) can both raise your blood pressure and possibly harm your stomach, liver and kidney if used long term – and certain heartburn drugs may cause problems if taken with other common medications.

To avoid mistakes, simply follow these safety tips:

- Avoid remedies that contain multiple ingredients. You may not need all of the ingredients, and they can raise your risk of side effects.
- Choose by active ingredient, NOT brand name. You'll avoid getting the wrong ingredient or unnecessary ones.
- If symptoms persist, stop the drug and call your doctor. You could be making or mistreating a serious underlying problem or becoming dependent on the drug.
- Ask your doctor about precautions if you have a chronic disease.

“Article taken from Consumer Reports on Health”

INSURANCE ENROLLMENT MEETINGS

As all of you know, we have just completed our enrollment for our new Blue Cross Blue Shield dental benefits, as well as the supplemental life insurance. We appreciate your cooperation in helping us get this accomplished.

As Mayor Holden explained in the recent employee information meetings, these benefits will be effective on September 1, 2010, and even though the cost has increased minimally, your part of the dental costs will decrease due to the provider discounts negotiated by Blue Cross Blue Shield.

New dental cards will be distributed to you some time in August. In the meantime, you can still use your dental benefits that are currently in effect with Underwriters thru August 31, 2010.

If you should incur any problems with this transition, please call Human Resources and we will help solve them.





Dyersburg “Summer Gospel Explosion”

Labor Day Weekend September 3, 2010 @ 7:30 PM

Bruce Community Center Dyersburg, TN

(731) 286-7624 or (731) 420-3505

Featuring

Spencer Taylor and the Highway Q’C’s

Golden Wings and the Voices of Heaven

and Special Guest

Rev. Joe Nance Jr. & The New Sensational Southernaires

Advance: \$20.00

Day of Show: \$25.00

Ticket Locations:

Bruce Community Center

Ms. B’s Beauty Salon

Dyersburg, TN

Drivers beware: a school zone isn’t just the 15-mile-per-hour zone around a school. It’s anywhere children travel.

The most dangerous part of the school bus ride is when children are getting on or off the bus. “Approximately three times as many school bus-related fatalities in this country happen in the “Danger Zone,” when compared to students killed in a school bus crash.”

The **“Danger Zone”** is the area on all sides of the bus where children are in the most danger of not being seen by the driver:

- **Ten feet in front of the bus where the driver may be too high to see a child;**
- **Ten feet on either side of the bus where a child may be in the driver’s blind spot;**
- **The area behind the bus.**



Each day, school buses transport more than 26 million schoolchildren in 480,000 school buses, according to the U.S. Department of Transportation (USDOT). There are approximately 8,900 schools buses in operation in the State of Tennessee



DSCC offers two new opportunities in Agriculture this fall:

- **Associate of Science in Agriculture or Natural Resources Management**
- **Academic Certificate in Agriculture Applications Program.**

Both educational opportunities will prepare students for careers in the growing agricultural industry. Students will learn where our food comes from, as well as the future of the green industry and how it relates to agriculture.

August 20 is the last day to apply for admission to DSCC for Fall semester. Classes begin August 28. For more information about the agriculture programs please contact instructor Tracey Sullivan at Sullivan@dsc.edu or call 731-286-3210.

To apply to DSCC, visit the DSCC website at www.DSCC.edu and click on the Apply/Register/Pay/Confirm link or call the DSCC One Stop at 731-286-3350.



**Dyersburg State Community College (DSCC)
has joined with the other TBR institutions in offering the
Regents Online Degree Programs (RODP).**



A bountiful supply of fresh fruits,

vegetables, flowers and more,
if you get there on time!

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Yum-yum! Fresher berries I never tasted! These were the sweetest blackberries I've ever had! Thank you Mr. Jerry Harris for bringing this fresh treat to the farmers market!



James Todd of Dyer, TN chitchats with a shopper, discussing the two type of fresh sweet corn he markets.



**CATCHES
THE**

Bonnie and Buddy Haynes offer an assortment of fresh vegetables at the Main Street Farmers Market.



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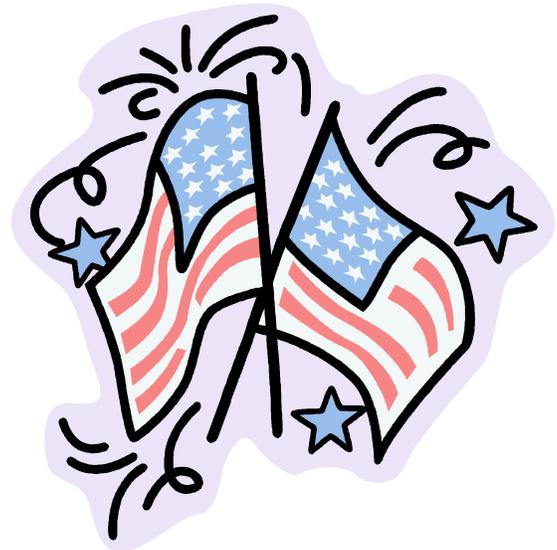


HAPPY EMPLOYMENT ANNIVERSARY

- Phyllis Dycus—36 years
- Fire Chief Bob Veal—35 years
- Gleyn Twilla—31 years
- Billy Brooks—25 years
- Greg Williams—21 years
- Carmen Cupples—19 years
- James F Johnson—19 years
- Susan Davis—18 years
- Gwen Edmonds—18 years
- Kevin Woods—16 years
- Glen Adkins—15 years
- Kendall Riddick—15 years
- Brett Sipes—15 years
- Freeman Dudley—14 years
- Stanley Langley—14 years
- Mary Sue Lauderdale—13 years
- Connie Crawford—12 years
- John Doyle—11 years
- Jimmy Dudley—11 years
- Martha Mitchell—10 years
- Donna Moore—7 years
- Walter Hall—5 years
- Willie Hancox—5 years
- Latham Collier—3 years
- Rachel Dudley—3 years
- Fentress Posey—3 years
- Amy Redmond—3 years
- Bethany Watlington—3 years
- David Williams—3 years
- Willie McErath—1 year
- Donna Palmer—1 year

EVENTS & HOLIDAYS

- Board Meetings—1st & 3rd Monday of each month.
- To be placed on the agenda for a meeting you must call City Hall, 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 the gift of life, give blood.
- Dyersburg Municipal Golf Course—
- Every Wednesday at 9:00 am. 55 years and up.
- Play from Senior Tees.



HAPPY BIRTHDAY

- Billy Brooks
- Billy Buck
- Joel Burkhead
- David Campbell
- David Cecil
- Chris Davenport
- Ricky Davis
- Dean Dedmond
- John Doyle
- Bobby Dudley
- Freeman Dudley
- Pam Eskew
- Franklin Gooch
- James Gray
- Mary Jo Hurst
- James Edward Jodison

- William Kelly
- Stanley Langley
- Joshua David Lewis
- James Lyons Jr.
- Will McBride
- Royce McGuire
- Robert McLean
- Tiffany Parker
- William Patton
- Bobby Sikes
- Gloria Spence
- Kenneth Tirey
- Earl Wheatley
- Bethaney Willard
- Gregory Williams

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 submissions.

(Tiffany) 288-0724 or 288-7639 (Penny)