



Dyersburg City News

"We're here for you"

Vol. 5 Issue 5

Weather Radio Awareness 2010

The News Channel 5 weather team visited Kroger on April 20 for their Weather Radio Programming Tour. This was held so people would have the availability of purchasing a weather radio and having it programmed on the spot. Severe Weather is to be taken seriously. This programming tour helps put weather radios in different households in different cities throughout Tennessee for residents to prepare ahead of time if severe weather is headed their way. If you have a weather radio and do not have it programmed you can view the News Channel 5 website at www.wmctv.com and click on weather radio information. On this site you will find the information you need to get that weather radio up and running.



EMA Managers—Mark Grant & James Medlin take leisure time from normal daily activities.



Emergency dispatchers programming weather radios for residents.



Pam Pleasant (Engineering) and daughter Alli took a minute to pose with Ron Childers from Action News Channel 5



Discussing weather topicswe think.



The City of Dyersburg is a Certified National Weather Service Storm Ready Community



MAYOR'S OFFICE

As each of you are aware, 2010 is the year of the United States Census. Every 10 years our nation conducts a census in an effort to count every person living in the United States. The participation rate for the City of Dyersburg in Census 2000 was 62.9% I am happy to report that thru today our rate of return is **74%**. I would like to personally thank all of those that have already responded and encourage those that haven't to please do so. If you have questions about the census or need assistance, please contact my office at City Hall at 288-7600.

The last newsletter mentioned a THDA grant that the City of Dyersburg received for the removal of blighted structures in our community. The total amount of this grant is \$395,921.00. Bids were opened on April 8th and work has begun in removing 27 structures in Phase 1 of this program. We are currently looking to identify more locations and property owners willing to participate in Phase 2. Remember, there is no cost to the property owner for the removal of these structures. If you are interested in participating in Phase 2, please contact the Mayor's Office at City Hall or Thomas Mullins at the City of Dyersburg Codes Department at 288-2541.

Speaking of grants, we were notified last week from the Tennessee Department of Economic and Community Development that the City of Dyersburg will receive a \$100,000 grant for traffic signal improvements. This grant requires no match from the city and will be used in conjunction with our Downtown Improvement Projects. Dyer County also received this same grant for \$100,000 which will also be used for improvements in downtown Dyersburg.

Upcoming events in the month of May include The Great American Cleanup that will be held on May 1st at Okeena Park. I would like to thank Ersley McLemore and his committee for all of their hard work in planning this event. On May 3rd, The Dyersburg City School system will be honoring Teachers of the Year, Retiring Teachers, and teachers recently awarded tenure at a dinner to be held at the Professional Development Center at 6pm. We congratulate these honorees and appreciate their tireless dedication to our youth. May 6th thru the 12th DSCC will be hosting the Tennessee Community College Athletic Association (TCCAA)/National Junior College Athletic Association (NJCAA) Region VII Baseball and Softball Tournaments. The 10 participating colleges will bring 20 teams, along with their parents, friends, administrators, scouts, and media representatives to our city for this multi-day event. We expect 2,000 plus guests visiting our community for this event. The Dyersburg Middle School Earthfest will be held on Thursday May 13th, at the DMS outdoor classroom and campus beginning at 9am. Earthfest is designed to teach sixth graders about their role in protecting the environment and simple things they can do to protect the future of our Earth.

The Mayors' Prayer Breakfast will be held on Thursday May 6th at the First Baptist Church Fellowship Hall, serving will begin at 6:15am. Tickets are available at City Hall and the cost is \$3.00 per ticket. The theme for this year's National Day of Prayer is "Prayer, For Such A Time As This" based on Nahum 1:7. The program this year will consist of a concert of prayers and special music. There will also be Prayer on the Square from 12 noon until 1 pm. I look forward to seeing you on Thursday May 6th, as we celebrate the 59th annual National Observance and the 30th local observance of the National Day of Prayer in Dyersburg, TN.

The month of May we will also celebrate Public Works Week and will take this opportunity to thank and recognize those employees of the Public Works Department. We appreciate their hard work and service to the City of Dyersburg.

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.

Sincerely,

Mayor Holden



Department News.....

HAPPY RETIREMENT



Lt. Tony Veal

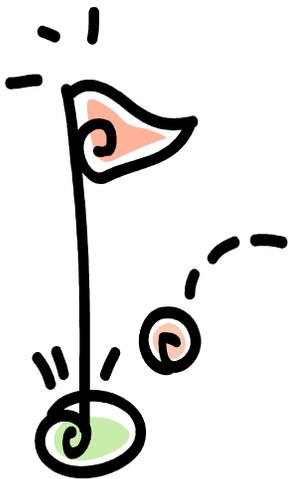
Lt. Veal started with the fire department July 1, 1986 and officially retired on April 13, 2010. Tony started at firefighter status in 1986 and retires as a Lieutenant/Paramedic, Haz-Mat Technician, Officer Level II. Tony was an asset to the City and will be missed.

City Hall Renovation

Beginning on Monday morning, April 26, it will be necessary to close the West Court Street entrance to City Hall for approximately two (2) weeks while the new roof is being installed; therefore we will all need to use the Market Street entrance.

We regret any inconvenience this may cause, but assure you we will make every effort to complete this project as quickly as possible.

Thank You



George Mitchell Scores an ace at the Dyersburg Municipal Golf Course on Monday April 5th on hole #2 (160 yard par 3) using a Bridgestone Ball and a 22degree utility hybrid. Witnessing the shot were back row left to right Terry Love , Kenny Lyte , and Steve Hutcherson. Presenting George a Hole-in-one Trophy is Dyersburg City Mayor John Holden with Golf Course Superintendent and President of the Dyersburg Municipal Golf Course Association Bobby Baker presenting the \$100 dollar Association Member Check. Picture taken by employee Eric Blalock. Congratulations George !

Water/Sewer Department



A trench box is being lowered into this confined space for the protection of W/S employees who then replaced a portion of a sewer main on Pennell Ln.



It's a dirty job...but somebody's got to do it!

Here you see a portion of new sewer main that runs into the manhole on Pennell Ln after W/S crews finished the installation.

Fat, Oils & Grease The kitchen sink is not a dump!

Pouring a little bacon grease down the drain or tossing meat scraps in the garbage disposal may not seem like a big deal, but every little bit adds up and can create major clogs and blockages in sewer lines that are part of the wastewater collection system. Once a line is blocked, wastewater can back up into streets, yards, homes and even spill into rivers and streams; **YUCK!** If the clog occurs in the sewer lateral, then clean-up becomes the property owner's responsibility.

Fat friendly tips:

- Place meat trimmings, uncooked poultry skin, cheeses, ice cream, peanut butter and butter directly in the trash can (your garbage disposal only *reduces* the size of these very *sneaky* fats).
- Pour toppings such as oil based salad dressing, or oils such as vegetable oil, canola oil, olive oil into a jar or can with a lid before placing it in the trash can. These oils can reform in your drain pipes even if soap is used.
- Once grease solids such as bacon or sausage fat, the "skim" from boiled poultry, gravy and mayonnaise have cooled, put them in a container with a lid and place in the trash can. Running hot water over greasy cookware in the sink only pushes the grease deep into the pipes where it once again turns solid after cooling. Over time, this forces a backup that leaves a nasty surprise in the bathroom. First the tub starts filling; once that overflows it bubbles up through the toilet too. Because many of your neighbors may be disposing of fats, oil and grease in their sink or down the toilet, the backups and over-flows happen on a larger scale that can affect neighborhood streams which ultimately cost the taxpayers.
- Use mesh drain strainers to catch solid food scraps for disposal in a trash can.
- Scrape plates and greasy utensils over the trash can or dry-wipe with a paper towel and dispose of in the trash can.



Using fat friendly habits make all the difference!

Information obtained from www.unclogthefog.com Gwinnett County Dept of Water Resources



National Police Officer's Week



Each May during National Police Week the nation pauses to recognize the service and sacrifice of U.S. Law Enforcement.

Established in 1962 by President John F. Kennedy and a joint resolution of Congress, National Police Week pays special tribute to those law enforcement officers who have lost their lives in the line of duty for the safety and protection of others. Ceremonies are held in Washington, D.C. and in communities across the country.

Police Officers Memorial Day will be observed in Dyersburg on Friday, May 14th, 2010. Weather permitting, there will be a planned 30 minute event on the Court Square beginning at 12 noon. Please remember the late, Officer Frank Maynard.

Law Enforcement Facts-Key Data About the Profession

- There are more than 900,000 sworn law enforcement officers now serving in the United States, which is the highest figure ever. About **12 %** of those are female.
- In 2008, there were an estimated **4.9 million** violent crimes committed in the U.S. as well as an estimated 16.3 million property crimes (according the Nat'l. Crime Victimization Survey). Violent and property crime rates in 2008 remain at the lowest levels recorded since 1973, the first year that such data were collected. The rate of every major violent and property crime measured by BJS fell between 1999 and 2008. The overall violent crime rate fell 41% and the property crime rate declined by 32% during the last 10 years.
- Crime fighting has taken its toll. Since the first recorded police death in 1792, there have been more than **18,600** law enforcement officers killed in the line of duty. Currently, there are **18,661** names engraved on the walls of the National Law Enforcement Officers Memorial.
- A total of **1,640** law enforcement officers died in the line of duty during the past 10 years, an average of one death every **53** hours or **164** per year. There were **133** law enforcement officers killed in 2008, the lowest annual total since 1960.
- On average, more than **60,000** law enforcement officers are assaulted each year, resulting in approximately **16,000** injuries.
- The **1970s** were the deadliest decade in law enforcement history, when a total of **2,276** officers died, or an average of **228** each year. The deadliest year in law enforcement history was **1930**, when **282** officers were killed. That figure dropped dramatically in the **1990s**, to an average of **160** per year.
- The deadliest day in law enforcement history was September 11, 2001, when **72** officers were killed while responding to the terrorist attacks on America.
- New York City has lost more officers in the line of duty than any other department, with **692** deaths. Texas has lost **1,504** officers, more than any other state. The state with the fewest deaths is Vermont with **19**.
- There are **981** federal officers listed on the Memorial, as well as **551** correctional officers and **30** military law enforcement officers.
- There are **236** female officers listed on the Memorial, including **13** female officers killed in **2008**, one of the highest numbers in history.
- During the past ten years, more officers were killed feloniously on **Friday** than any other day of the week. The fewest number of felonious fatalities occurred on **Sunday**. Over the past decade, more officers were killed between 8:01 p.m. and 10:00 p.m. than during any other two-hour period.

Surely the Good Lord above was thinking of all Peace Officers when he included this verse in his Holy Word...

Isaiah 6:8—"I heard the voice of the Lord, saying Whom shall I send, and who will go for us? Then said I, Here am I; send me."

NIV



Congratulations



Tim Ware on his promotion to Lieutenant with the Dyersburg Fire Department on 04/26/10.



The staff at the fire station pitch in to show Linda Vaughn how much they appreciate her on administrative assistant day.



6th Annual Taking Back Our Community

**Minister Stuart Edmonds
Director Bruce & Future City**

**Youth Night
Friday, June 4, 2010—6:00 p.m.
◇ Future City ◇**

**Tennessee Rollerz Bike Club
Saturday, June 5, 2010—4:30 p.m.**



**Skits
Songs
Praise Dance
Mime**

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 Archie Criswell,
Long time employee (44 years) who retired as
Dyersburg Assistant Chief of Police

Carmen and Molly Cupples (GIS)
and family and the family of Ben Brashier

Mr. Bill Kelly, Sr. (long time Golf Course employee)
and family and the family of Bill Kelly, Jr.

I sincerely thank everyone from City Hall
and Public Works who showed kindness,
thoughtfulness and concern during the
homecoming of my father James H
Lyons, Sr. I appreciate every one of you.

God Bless you all,
James H Lyons, Jr.- WWTP



Dyersburg Dispatchers Recognized for Outstanding Performance During National Public Safety Telecommunicators Week April 11th—17th

The second full week in April is dedicated to the men and women who serve as public safety telecommunicators. These men and women have a very important role in the distribution of emergency services throughout the nation. Dyersburg 911 Dispatchers were recognized during a special ceremony held during National Public Safety Telecommunicators Week.

Congratulations

- Leaha Garrison**
- Khyra Maclin**
- Pam McKelvy**
- Debbie Sanders**
- Gloria Spence**

These employees were awarded the department's Merit Ribbon, in recognition of outstanding performance during 2009. They each averaged an exemplary score of 95 or higher on their quality improvement evaluations. Communications Director Mark Grant explained that the quality improvement program involves certified raters who review the employee's telephone and radio performance. There is a strict rating system; it is difficult to average a score of 95 or higher.

Thank you to all the dispatchers for your compassion, calmness, dedication, skills, and the understanding you possess that ensures everyone gets the help and information they need.

Here are a few tips for citizens that will help assist the telecommunicators during a call:

- Know where you are.
- Follow the directions given.
- Stay on the line until the dispatcher tells you it is ok to hang up.
- Be prepared to answer questions that will aide the responders in helping you.

CITY OF DYERSBURG HEALTH FAIR

HEALTH FAIR A SUCCESS!

Thank you to all 91 employees who participated in our first Annual Health Fair on April 22 and 29.

Thank you Dyersburg Regional Medical Center, for donating your employee's time and services to us; conducting a variety of free screenings in hopes that we will take heed of anything needing to be improved in our individual lives. None of us are immune to contracting diseases, but there are many things we can do to help prevent them. Hopefully some of us will make improvements in our lifestyles in order to have better results next year.

Tests performed included blood pressure, cholesterol and glucose levels, and PSA levels for men. An additional feature included was the BMI (body mass index) machine. This machine calculates your BMI by using your height and weight ratio. It also gives us the amount of water and fat percentages in our body.

We also received a printout of our BMR (basal metabolic rate) which represents the total energy expended by the body to maintain normal functions at rest such as respiration and circulation. Also included was the amount of calories we can take in daily in order to maintain our present body weight.

All in all, everyone seemed to enjoy receiving their results, and we hope for a greater participation next year!



Wayne gets a glucose check.



Michael has his BMI checked.



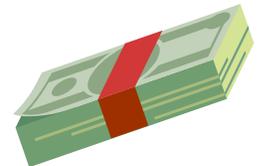
Carmen gets a cholesterol test and PSA test for men

SAFETY AWARD WINNERS FOR MARCH 2010

We are happy to announce the four (4) winners of our Safety Incentive Award for the month of March. They are:



Erik Larson – Police Dept.
Pam Pleasant – Engineering Dept.
Penny Damesworth – Street Dept.
Joseph Stewart –Gas Dept.



Be safe and you may be next month's winner!

For the month of March, we had two (2) more recordable accidents.

Let's keep SAFETY FIRST on our minds!

Parks & Recreation by Ricky Roberts

Simple Tips to Slimmer Waists

Everyone knows that eating right and exercising are the keys to weight control. But here are some less obvious tips to make your efforts pay off fast.

Eat breakfast. It's true—regular meals and occasional low-calorie snacks help prevent the “famine-then-feast” syndrome. **Great start:** Fill up first thing with energizing high-fiber cereal, whole-grain bread and fruit.

Post a list of small projects on the refrigerator. Then, whenever you're bored and tempted to snack, tackle an item from your list. **Result:** The distraction will help you ride out crave attacks.

Serve yourself half the amount you usually eat if you tend to eat everything in front of you. Make less food look like more by using smaller plates.

Keep burning fat and calories with regular aerobic exercise such as walking, biking, swimming or rowing. **Advantage:** Aerobics can raise your metabolism both during the workout and for hours afterward—the longer the session the better.

Bite into a pickle or a lemon:

Advantages: Neither has any calories to speak of, and the sour taste may curb your appetite. Don't have either? Try brushing your teeth.

Take time to enjoy your food.

It takes about 20 minutes for your brain to receive the signal that you're full. **Slow your meal:** Put your fork down between bites; chew slowly; and savor each flavor and texture.

“Hello, Sugar” Brown sugar, white sugar—they're both sucrose. **The difference:** Brown sugar has a small amount of molasses added for color and flavoring. But it has no nutritional advantages over its white counterpart.



Lose the SALT—But Not the Flavor

Cutting back on the salt in your diet is one way to help control blood pressure. Many people consume much more salt than their bodies need—on average, at least 12 times as much, according to the American Heart Association. If you're used to salty flavors, know that you can shake the salt habit without feeling deprived.

Here's how:

Limit processed foods, which are usually high in sodium. Eat more fruits, vegetables and other low-sodium foods instead.

Drain and rinse canned vegetables before preparing them. They'll keep a little of their salty flavor, but you'll rinse away about a third of sodium, according to the USDA.

Try packaged foods labeled as low sodium.

Season vegetables, poultry and fish with lemon juice rather than salt.

Try cooking with salt-free seasonings, such as vinegar and herbs.

Prepare plain brown or white rice instead of flavored rice mixes. Flavor with herbs or olive oil.

Remember: Try adding these tips gradually to get used to lower-salt life. You'll eat healthier without sacrificing taste.



Community News.....



- | | |
|--|--|
| <input type="checkbox"/> yes <input type="checkbox"/> no | I use both sides of the paper. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I use cloth towels instead of paper towels. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I recycle newspapers, magazines, comic books, catalogs, cardboard, and junk mail. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I reuse plastic bags. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I return empty soda bottles to the store. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I recycle plastics. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I recycle glass bottles and jars. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I keep glass bottles and jars to put other things. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I try to take a shower instead of a bath.
Baths use three times as much water. For those of you who take long showers — try to cut the time down. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I turn off the light when I leave the room. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I turn the water off when I brush my teeth.
This saves about 3650 gallons of water every year. |
| <input type="checkbox"/> yes <input type="checkbox"/> no | I don't leave the refrigerator door open —
I decide what I want, before I open the door. |

If you answered, “**yes**” to all these questions, good for you.
Keep up the good work!

If you answered “**no**” to any of them, try to start doing them today.

The planet will thank you for it.

SPARKY.ORG

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Mayor's Prayer Breakfast May 6th, 2010

6:30 a.m.—7:30 a.m.
First Baptist Church Fellowship Hall
220 Masonic St. W.
Dyersburg, TN 38024

For more information or tickets (\$3)



Contact:



Mayor John Holden's Office
731-288-7600

Sponsored By: Dyer County Ministerial
Organization



TOPS (Take off Pounds Sensibly) #TN 431 Dyersburg has moved.

TOPS #431 has moved their meeting to First Church of Nazarene located at 1600 Hwy 51 Bypass due to growing membership. Meetings are held every Thursday. Weigh-in at 5 pm meeting at 5:30pm. TOPS is a non-profit support group for persons desiring to lose weight or maintain their weight.

For further information please contact:
Nancy at 731-286-5335



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.

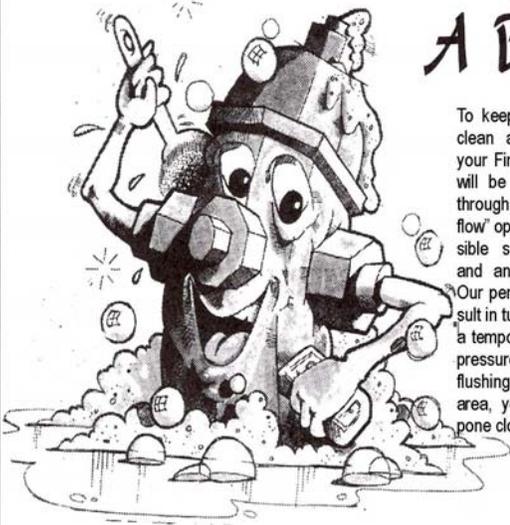
NEXT MEETING—May 27th 2010 @ 5:30 p.m.

Bruce Community Monthly Fellowship

A monthly fellowship program sponsored by the Bruce Community Center, Holy Angels Catholic Church and Tucker Street Church feeds the soul and the stomach. The program is held the 2nd Thursday of each month and includes the reading of God's Word, a video, singing, a meal, and fellowship.

Please join us at the Bruce Community Center on the 2nd Thursday of each month from 5:30—6:30.
There is no charge and everyone is welcome.
For more information call: Stuart Edmonds

Splish Splash We'll Be Taking A Bath...



To keep your water sparkling clean and running smoothly, your Fire & Water Department will be opening fire hydrants through out the city. This "free-flow" operation flushes out possible sediment and build-up and any harmless impurities. Our periodic "bathing" may result in turbid water and perhaps a temporary reduction in water pressure. If you notice hydrant flushing taking place in your area, you may want to postpone clothes washing.

Thank You

AREA

The City of Dyersburg will be flushing fire hydrants throughout the city. Starting **May 3rd—June 7th 2010**. We are sorry for the inconvenience that this may cause. For problems concerning your water quality call 311.

Dyersburg High School Class of 1970 40th Reunion

**June 19, 2010
Professional
Development
Center (PDC)
(old DHS)
305 College St.**

Classmates of the 1970 DHS Class

If you graduated or were a part of the class of '70, please contact any committee member or classmate. You are invited to join us at the meetings at the PDC. Addresses, telephone numbers, and email addresses will help a great deal in informing everyone about the upcoming events.

Please call:

Nancy Bond Deere -731-285-0846 or ndeere@k12tn.net
Mickey Tubbs Jones - 731-589-1650
Sherry Bevis Agee or Steve Agee - 731-286-0950
Kathy Moore King - 731-287-1776
Pat Moore Willis - 731-676-3831
Connie Taylor Sentell or Jimmy Sentell - 731-286-1973
or email us at: sentell@cablone.net

Next meeting

May 17th, 2010 at 5:30 p.m. - PDC
We look forward to seeing you!



COME CELEBRATE!

DYERSBURG/DYER COUNTY HUMANE SOCIETY'S
SIXTH ANNUAL



"BARK IN THE PARK"

(OKEENA PARK)



WITH
ANIMAL CARE HOSPITAL



SATURDAY, MAY 15TH
10 A.M. - 3 P.M.



(IN HONOR OF NATIONAL PET WEEK)

Field Trial Exhibition!
Games!
Italian Ice!
Drawings & Giveaways!
Dyersburg Police Department!
Bake Sale!
Horseback Rides for Children!
Pet Contests!
Dyersburg Fire Dept. Truck and "Sparky"!
Dalmation Jumping House!
Pet Photography!

AND MUCH, MUCH MORE!!!

Congratulations 2010 Graduates



Melanie Moore

Daughter of Jeff (Water Plant) and Donna (CH) Moore, Melanie will graduate from Middle Tennessee State University with a degree in Textiles Merchandising and Design on May 8th, 2010



Heath Edwin Thomas Connolly

Grandson of Paula Finley (Cemetery), Heath will graduate in Colorado Springs, CO

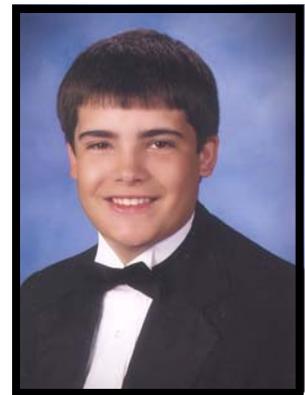
Evan James Lee

Son of Jim & Stacie (CH) Lee, Evan will graduate from the First Baptist Preschool of Dyersburg in May.



Tyler Hallum

Son of Terry and Lee Ann (EOC) Hallum, Tyler will graduate from Dyer County High School and then will continue on to Bethel University in McKenzie on a shooting sports scholarship.



Chloe Jo Griffith

Daughter of Tim (WWTP) and Carla Griffith and granddaughter of John (SWM) and Penny (PW) Damesworth, Chloe will be promoted to first grade at Newbern Grammar School.



Katelin K. Burns

Daughter of Keith (Fire Dept) and Kathy Burns. A 2010 Graduate of Dyersburg High School, she holds a First Degree Black Belt and is pursuing her Second Degree Black Belt in Taekwondo. Katelin plans to join the U.S. Army to continue her education and see the world.

LAB PUPPIES FOR SALE



AKC/UKC registered lab puppies for sale. Both parents have had hips checked, EIC and CMN test. Sire is HR titled w/ one finished pass working towards HRCH title. Both dogs are great companion/hunting dogs. Puppies will have first vet check and first round of shots. Dew claws removed. \$500.00. Call (731)676-7025 (Kelly) or (731)589-1576 (Eric)

Oak Roll Top Desk FOR SALE



\$300.00

For more information please call 288-2520 or email wthayer@dyersburgtn.gov

ARMED FORCES DAY CELEBRATION

Saturday, May 15, 2010
Veterans' Museum, Halls
731-836-7400

Gates open at 9:30 a.m.
Admission to event—Free
Admission to Museum—\$2

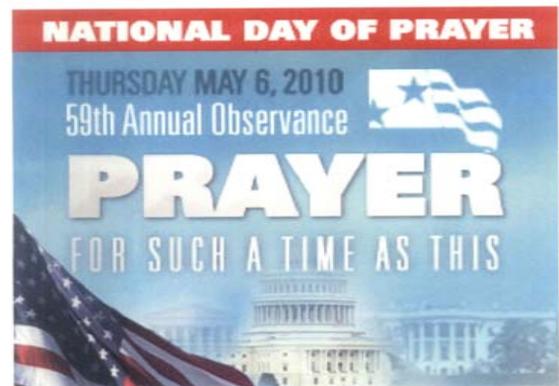


• Thursday, May 6 2010 •

Join with millions in prayer for America!



"The LORD is good, a refuge in times of trouble.
 He cares for those who trust Him" Nahum 1:7



Mayors' Prayer Breakfast
First Baptist Church Fellowship Hall
 6:30 AM ~ Tickets \$3.00

PRAYER ON THE SQUARE
 Downtown Dyersburg
 12:00 - 1:00

HOW DOES THE BRAIN AFFECT YOUR WEIGHT?

If your brain is healthy, your heart is likely to be healthier, your energy and memory are likely to be better, and you feel less hungry. You also have better impulse control and less stress. If your brain is troubled, you may not sleep well, you're hungrier and more irritable, and you experience a higher incidence of heart, gastrointestinal, and skin issues.

Sleep, exercise, a good vitamin D level, positive thinking and a brain-healthy diet with omega-three fatty acids all promote weight loss with lasting results.



FIRE PREVENTION

Plan and practice a home fire drill.



- 1 Draw your escape plan.
Know where to meet outside.

Go over your plan together. 2



- 3 Keep the way out clear.

Put your plan where everyone can see it. 4



- 5 Push the smoke alarm button to start the fire drill.

Get out fast. 6



- 7 Practice getting out when people are asleep too.

Go to your meeting place. 8



- 9 In a real fire, call 9-1-1 from outside.

www.homesafetyliteracy.org

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HAPPY EMPLOYMENT ANNIVERSARY

Helen Rice—39 years
 Linda Vaughn—36 years
 Kenneth Tirey—34 years
 Kent Baumgardner—32 years
 Terryll Holland—30 years
 Mark Grant—26 years
 Cathy Cavness—23 years
 Kenneth Jowers—16 years
 Lloyd Stewart—16 years
 Amy Sims—15 years
 Jerry Blair—12 years
 Allen Attaway—11 years
 Tyler Hammett—11 years
 Stacie Lee—11 years
 Rob Roberts—9 years
 Joseph Schultz—6 years
 Michael Hardin—5 years
 Ricky Roberts—5 years
 Dean Dedmon—4 years
 Lauren Dycus—2 years
 Rayjoe Evans—2 years
 Sue Teague—2 years

HAPPY BIRTHDAY

Andy Baker
 Chris Clements
 William Danley
 Jimmy Despain
 Phyllis Dycus
 Terry Harris
 Jewell Horner
 James Jackson
 Pat Kilzer
 Reginald King
 Erik Larson
 Russell Lindsey

Stuart McLemore
 Mike Morgan
 Pam Reagan
 Amy Redmond
 Helen Rice
 Joe Scott
 Dale Snyder
 Joseph Stewart
 Charles Sullivan
 Rickie Tidwell
 Sharon Windle

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.
- May 1st—Great American Cleanup
- May 3rd-9th—National Drinking Water Week
- May 6th—The National Day of Prayer
 The Mayor's Prayer Breakfast
- May 6th—12th—DSCC TCCAA/NJCAA Region VII Baseball and Softball Tournaments
- May 9th—Mother's Day
- May 15th—Armed Forces Day
 Bark In The Park—Dyersburg/Dyer Co. Humane Society
 Veteran's Museum, Halls—Armed Forces Day
- May 27th—Kids Club—Dyersburg Mall
- May 31st—Memorial Day

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

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 Penny Damesworth

Please contact us with any questions you may have or submissions.

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