

October 2010



# Dyersburg City News

## "We're here for you"

Vol. 5 Issue 10



Dyersburg Fire Department  
Fallen Firefighters Memorial Day  
Friday, October 8, 2010  
10:00 AM



The ceremony will start with the Fire Department members marching from the original Fire Station at the end of Market Street, to the present Fire Station #1 located at 216 South Church Street. Active, Retired, Volunteer Firefighters, and Guests are invited to join together with our firefighters for the Memorial March.

## Headline News.....

Effective Monday October 4th, the hours at City Hall will be 8am – 5pm.

"We're here for you"

## MAYOR'S OFFICE

I want to personally thank Cathy Cavness and her committee for all of their hard work on this year's City of Dyersburg fair booth. I will not even begin to list everyone that had a part in this, but to each of you that had a role in this project, I sincerely appreciate all of your hard work and dedication. I think that it is important that we, as the City are visible and involved in community events. I know that many of our citizens appreciated the information given out and the opportunity to ask questions of various city personnel. Also, CONGRATULATIONS on winning "First Place" in the Community Service Division.



On Friday October 1<sup>st</sup>, the 26<sup>th</sup> annual Community Cancer Bar-B-Que was held in Downtown Dyersburg. Fund Director Debra Roberson reported that so far \$81,000 has been raised setting a record for the most amount of money raised. Many thanks to all of the volunteers, companies and industries that have worked so hard to make this a success. All of the money raised is used to assist Dyer County cancer patients with bills or other needs.

I would invite you also to join us on October 8<sup>th</sup> at 10am for the 2<sup>nd</sup> Annual Fallen Firefighters Memorial Day Ceremony. The ceremony will start with the Fire Department members marching from the original station at the end of market (now Marrs Cleaners) to the present Downtown Station located at 216 South Church Street. All active, retired, volunteer firefighters and guests are invited to join together with our firefighters for the Memorial March.

Flu shots for city employees will soon be made available in October. More details will follow with the dates, times and locations for the shots.

As always, I appreciate each and every one of you. Stay safe and if ever I can help in any way, please let me know.

Sincerely,

Mayor Holden



**LOWES NATIONAL SAFETY SATURDAY**



Pictures provided by: Darrell & Jean Butler



This live burn was to demonstrate residential sprinkler systems and show how efficient they are.



*Our Thoughts and Prayers are with:*

Scott Ball and family for the loss of his father,  
Richard Ball

Mark Sykes and family for the loss of his step-father,  
Johnny Johnson

Dean Armour and family for the loss of his father-in-law,  
Walker D. Leach

**Flu Shots**

Preliminary plans are being made to have flu shots available around the first of November for all City Employees. Actual dates and times will be made available at later date.



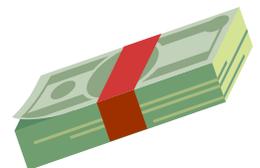
Penny Rice and Lauren Dycus congratulate Deborah Ann Sykes, daughter of Mark (Fire Dept) and Michelle Sykes on winning the Nintendo DSi XL from the City of Dyersburg Fair Woo-hoo!

**SAFETY AWARD WINNERS FOR AUGUST 2010**

We are happy to announce the four (4) winners for the Safety Incentive Awards for the month of August.  
They are:



- Albert Armstrong– Water Dept.
- Jim Gray – Police Dept.
- Joel Burkhead – Fire Dept.
- Dalton Cruz –Water/Sewer Dept.



For the month of August we had three (3) recordable accidents.

Many accidents can be prevented just by taking our time and being careful!

**SO PLEASE -- Think before you act!**

## HOLE IN ONE! WAY TO GO!



Danny Fowler got his first ever Hole-In-1 September 24th, 2010 on the 187 yard par 3 10th using Max-Fli 3 hybrid and Taylor Made Burner TP LDP golf ball. Pictured with Mr. Fowler is witness Jim Ketchum. Congratulations Danny!

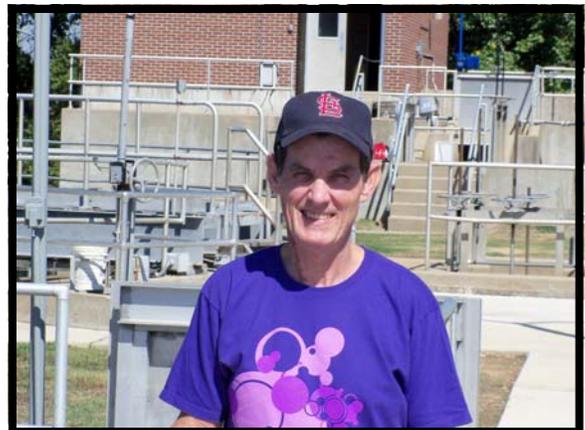
## CITY TEAM RAISES \$1355.00 FOR MARCH OF DIMES



Thank you to all who came out and marched with us in the annual March for Babies on Saturday, September 25. The weather was absolutely gorgeous and we walked two (2) miles. As you can see from the picture, our participation increased this year over last year and we look forward to an even larger group next year.

The March for Babies is the March of Dimes' biggest fundraiser and America's favorite walking event. Money raised in March for Babies supports the March of Dimes mission to give every baby a healthy start. It is used to fund important research and community programs that help moms have full-term pregnancies and babies begin healthy lives.

Since 1970 the March of Dimes walks have raised an incredible \$1.8 billion to benefit all babies.



Once again, our "Gold Star Fundraiser" for this year's March of Dimes team is Jimmy Atchison of the Wastewater Department. Talk about dedication – after having a broken leg earlier this year, Jimmy still turned out and walked around the track at Okeena Park on Saturday in our March for Babies. On top of that, he raised \$240 all by himself.

Our hats are off to you Jimmy! Thanks for going "the extra mile" above and beyond the call of duty!



## **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.

# Fit Facts™



## EXERCISE TO BOOST YOUR JOB PERFORMANCE

**H**ow would you like to feel more energized at work — to sharpen your brain and enhance your ability to concentrate, learn, and think creatively? Not only would you feel better physically, but you'd be more motivated — and at the top of your game, career-wise. Sound good?

### Being Your Best, Doing Your Best

Exciting new research shows the remarkable effect of moderate-to-vigorous exercise on brain structure and function. A brisk walk during a morning break or a cardio class at lunchtime balances neurotransmitters and other chemicals in the brain — substances responsible for influencing brain activity related to mood, attention, learning, motivation, and arousal. That's why you're likely to feel calmer, yet more alert — and better able to focus — after exercise.

Exercise also helps the brain — and body — cope better with stress. That's good news for people who work in high-pressure environments.

### Turbo-Charge Your Brain

According to author and Harvard psychiatry professor Dr. John Ratey, another influence on the way the brain works is brain-derived neurotrophic factor, or BDNF. This substance boosts brain cell (neuron) growth and strengthens cell-to-cell connections, essentially changing brain structure. It even protects neurons against age-related changes that can lead to cell death and dementia.

Stronger, healthier, better-connected, bigger brain cells equals increased learning capacity. And here's the big discovery — exercise floods the brain with BDNF, providing the infrastructure it needs to absorb information, process, remember, and use it.

### Strategic Exercise

Ratey points out that even though exercise boosts BDNF, more is needed to optimize brain function. Ideally, exercise should be paired with or precede complex motor or cognitive tasks — to build neurons and give them something to do. So activities like figure skating, rock-climbing, or soccer fit the bill — as do running, brisk walking, or swimming followed by reviewing data reports, participating in a Web conference, or repairing a vehicle. The key is to keep finding ways to challenge your body and your brain.

Trying to learn difficult material while on the stair climber is futile — because blood flow shifts away from the part of the brain responsible for critical thinking. But when you're done working out, brain blood flow — enriched with higher



levels of BDNF — returns to normal. According to Ratey, this is the optimal time for focusing on tasks that require serious brain power.

### An On-the-Job Performance Edge

Many modern workplaces are increasingly sedentary, increasing worker risk of inactivity-related injuries and illness. While excessive sitting has been shown to impart risks that are independent of exercise level, an active lifestyle clearly cuts down on sitting time and results in both physical and mental benefits:

One study showed that a supervised, pre-planting season exercise program among reforestation workers reduced injury rates from 22% to less than 5% — and increased productivity.

A daily supervised 10-minute stretching program among assembly-line workers showed significant improvement in joint flexibility, fatigue, anger, depression, and overall mood.

A nine-month study of 80 executives showed that exercisers experienced a 22% increase in fitness and a 70% improvement in ability to make complex decisions compared to sedentary peers.

A study of railroad workers showed that 75% of employees reported improvement in on-the-job concentration and overall productivity.

In addition to increasing the ability to focus, think clearly, and learn more effectively, regular exercise improves mood, relieves anxiety and depression, enhances energy, and promotes self-efficacy. When you feel great and believe

in yourself, your mindset at work is bound to be optimistic, and that bodes well for job performance — and career growth. When you stay physically active, you're taking care of your body and your brain — reducing health risks and increasing your capacity for learning, motivation, and sharp thinking.

### Stay Active, Enhance Your Career

The nature of work in today's marketplace often involves juggling multiple roles, heavy workloads, and the ability to think on one's feet. Athletes train for peak performance — and research points to plenty of good reasons for workers in other fields to follow suit.

### Additional Resources

Exercise Fuels the Brain's Stress Buffers — American Psychological Association [www.apa.org/helpcenter/exercise-stress.aspx](http://www.apa.org/helpcenter/exercise-stress.aspx)

Exercise on the Brain — New York Times [www.nytimes.com/2007/11/08/opinion/08aamodt.html](http://www.nytimes.com/2007/11/08/opinion/08aamodt.html)

Physical Training for Improved Occupational Performance — ACSM [www.acsm.org/AMTemplate.cfm?Section=current\\_comments1&Template=/CMContentDisplay.cfm&ContentID=8651](http://www.acsm.org/AMTemplate.cfm?Section=current_comments1&Template=/CMContentDisplay.cfm&ContentID=8651)

Train Your Brain with Exercise — WebMD [www.webmd.com/fitness-exercise/guide/train-your-brain-with-exercise](http://www.webmd.com/fitness-exercise/guide/train-your-brain-with-exercise)

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/GetFit](http://www.acefitness.org/GetFit) and access the complete list of ACE Fit Facts. »

## Parks & Recreation By Ricky Roberts



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To obtain reprint permission contact the American Council on Exercise®

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# Dyer County Fair 2010

## “A Tradition We Treasure”



To sum up everyone's contribution in making this year's fair a huge success by saying "thank you" seems so inadequate. What a great team effort from the planning meetings, construction, painting, to working the booth during the fair and then the clean up. You are all to be commended for your hard work and willingness to promote our city in a positive and fun way to so many. What a wonderful experience to see some of our new employees still in training working our booth side by side with various level employees going up to and including Dept. Heads popping corn, blowing up balloons, taking pictures and handing out information pamphlets. Sounds like work? It sure is...but is also a lot of fun. If you weren't able to help this year...don't worry. We'll be back next year and can use your input. Thanks again to each of you and congratulations goes to all of you for your part in our booth winning 1<sup>st</sup> place again this year.



Cathy Cavness

# Golf Tournaments

**Saturday, October 2nd**—2nd Annual Christ Classical Academy Contact: 731-285-3727

**Saturday, October 9th**—First Assembly of God —4 Man Scramble Contact: Stephen Stoner 731-285-4503

**Saturday, October 16th**—Halls Booster Contact: Justin Meeks 731-413-3113

**Saturday, October 23rd**—Lauderdale Co. Bank Contact: Greg Critchfield 731-836-5000

**Saturday, October 30, 2010**—First Baptist Church Contact: Jay Stephenson 731-445-9272





Street Dept employees Kerry Owen and James Roy sweep soybeans as DPD Officers Ricky Tidwell and Chuck Barrineau direct traffic around the spill

City employees arise to the task after a soybean spill during lunch hour traffic on September 24th.

A huge responsibility rests on the shoulders of a relatively small number of people who we call City of Dyersburg employees. Whether we are cleaning roads after a soybean spill, cleaning flood ravaged neighborhoods, providing safe drinking water or fighting crime, we're there for you... 24/7.



Ricky Davis, Street Department Heavy Equipment Operator



Kerry Owen and James Roy look on as Ricky Davis prepares to move a load of soy beans off of Upper Finley Rd onto the dump truck in the background.

## Police Department

This year Dyersburg and Dyer County law enforcement officers participated with the DEA in the first ever nationwide Prescription Drug Take-Back Day to facilitate the reduction of prescription drug abuse. DPD Police Chief Art Heun recently spoke with Mayor Holden and our Alderman about his focus on narcotics investigations with a request for a new vehicle, a drug dog, and a minor restructuring within the department to create a six-man crime team designed to share information and put drug thugs where they belong.

Whether drug thugs try to hide in our community or travel our roadways, we don't want them here! If you suspect someone of dealing, distributing or using illegal drugs call the Dyersburg Police Department at 285-1212 or you can make an anonymous call to Crime Stoppers at 285-8477.

Help us help you to have a drug free community.

How old does a guy have to be to get a piece of cake???



Now that's what I'm talking about!



Happy 1st Birthday to Camran Pajol from Nana (Aka Linda Pajol Wilson W/S)  
Camran is the son of Jared Pajol and Kerilou Allen

# Community News.....

## Farmers Market Video

Check it out!



[www.youtube.com/watch?v=rIXp67kH1gw](http://www.youtube.com/watch?v=rIXp67kH1gw)



Dyersburg State Community College  
and the Dyersburg Civitan Club  
present the

# Haunted Trail

**Thursday - Sunday**  
**October 28, 29, 30 and 31**  
**6:00 to 10:00 p.m.**

Richard E. Donner Arboretum and Nature Trail  
located behind the  
E. H. Lannom Gymnasium on the Dyersburg campus.

**Admission - \$5 per person**  
Proceeds to benefit the Civitan Club projects and DSCC Baseball.




**Dyersburg State Community College**  
Dyersburg • Covington • Trenton  
1510 Lake Road, Dyersburg, TN 38024  
731-286-3200 • [www.dscoc.edu](http://www.dscoc.edu)  
Dyersburg State Community College is an Equal Opportunity Educational Employer  
A Tennessee Statewide Regional Institution - Serving the Community - And Living On or Off Campus



## For Immediate Release!

### Dave is coming home!

WMC-TV 5 and Dyersburg State present the Weather Road Show

On Tuesday, October 12, WMC-TV 5 Chief Meteorologist and Trenton native Dave Brown will broadcast the weather segment of the evening news LIVE from the DSCC Gibson County Center in Trenton at 5:00 and 6:00 P.M. Brown and his team will sign autographs and give a special edition "Action News 5 Weather Road Show" t-shirt to everyone in attendance. At 6:30 P.M., The Action News 5 Storm Tracking Team will give a special presentation about severe weather safety and answer questions afterwards.

All are invited to take part in this great evening. For more information, please contact Jane Pate Vondy at 731-286-3347.

# Kitchen Tour and Tasting

presented by  
Friends of McIver's Grant Public Library



## The Kitchens

Patricia and Bob Warren  
Amy and Paul Perkins  
Sherry and Keith Gutbrie  
Kathy and Jimmy Cooper

898 Beaver Creek Cove  
1739 Lannom Drive  
11 Hampton Place  
1119 Valley Road

## Seasonal Inspiration provided by

Fiddlesticks Lulu's Magnolia Marketplace Hilltop House Blossoms

## Food provided by local chefs

Blackberry Hill Catering Plantation at the Farms Laura Lea's  
Lupo's Specialty Cakes Stein-Loew Catering

Date: October 9, 2010 Time: 10:00 a.m.

Advance Tickets - \$15 Tickets the day of the tour - \$20

Tickets may be purchased at McIver's Grant Public Library

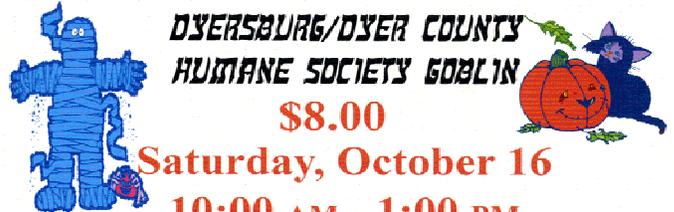
For more information call 731-285-3686 or 731-285-5032.

## "Halloween Pet Photos" at The Pet Stop



Photo: Princess (pet parent: Connie Brewer)

DRESS UP YOUR PET AND HAVE HIS/HER  
HALLOWEEN PHOTO MADE WITH THE



**DYERSBURG/DYER COUNTY  
HUMANE SOCIETY GOBLIN**

**\$8.00**

**Saturday, October 16**

**10:00 AM - 1:00 PM**



**The Pet Stop  
470 Mall Blvd.**

**All Proceeds to Benefit**

**Dyersburg/Dyer County Humane Society**

## TOPS #0431 Dyersburg attend Fall Rally in Puryear, TN Saturday September 18, 2010



Nine members from Dyersburg represented Chapter #0431. The Chapter received three trophies in the Officer Contest: Nancy Hames-Treasurer, Pat Kilzer-Secretary and Carolyn Hicks-Assistant Weigh Recorder. Pat Kilzer received a certificate and a medallion for being named Ms. Inspiration. Nancy Hames received a medallion and certificate for KOPS award and a certificate for KOPS in black. Five certificates were awarded for perfect attendance: Nancy Hames, Carolyn Hicks, Michael Hames Jr., Misty Biggers and Barbara Jones. The Chapter won 2<sup>nd</sup> Place in No Gain meeting, and 1st Place in Chapter Scrapbook. Pat Kilzer won 2<sup>nd</sup> on Personal Scrapbook. Barbara Jones received a certificate for Early Bird on resume. Michael Hames Jr. received a certificate for Best Chapter Loser. Misty Biggers received a goodie bag for winning the Hula Hoop contest.

TOPS meet every Thursday evening at the Nazarene Church on South Hwy 51 across from Sonic. Weigh - In is 5:00 o'clock and meeting begins at 5:30. The Chapter will be celebrating their 20 year Anniversary Thursday, September 30, 2010.



Pictured are:

Lauren Dycus, Mayor John Holden, Gwen Edmonds and Jannifer Ross.

The Community Cancer Fund Bake Sale was a big success. By mid-day, only a few items remained for sale.

Proceeds from the bake sale and other fund raisers for the cancer fund benefit Dyer County cancer patients for expenses such as Dr. visits, medicines, transportation, utilities, etc.

If you baked or donated an item(s), if you purchased an item(s), or made a monetary donation, we



Thank You!

## Lot for Sale

.72 acres at corner of Hwy 211 and Ridens Dr. in Newbern. For further information please contact Debbie Sanders at 731-445-9111 or Tim Ware at 731-676-8622.

## YOU CAN MAKE A DIFFERENCE!

In Maine, they tell of an old man walking along the beach with his grandson, who picked up each starfish they passed and threw it back into the sea. "If I left them up here", the boy said, "they would dry up and die. I'm saving their lives."

"But," protested the old man, "the beach goes on for miles, and there are millions of starfish. What you are doing won't make any difference."

The boy looked at the starfish in his hand, gently threw it into the ocean, and answered: "It makes a difference to this one".

## 2nd Annual Christ Classical Academy Golf Tournament

Saturday, October 2, 2010

Noon Registration - 1:00 Tee Time

Dyersburg Municipal Golf Course - Dyersburg, TN

4 Person Scramble

(Seniors & Women can play from appropriate tees.)

3 Cash Prizes

1st \$400 / 3rd \$300 / Last \$200

\$240 per Team

Entry Fee Includes:

18 Holes with Cart - Goody Bag - Lunch

**Win a Boss Hoss Motorcycle**



**Hole-in-One Contest Prize**

Also, Closest-to-the-Hole Contest,  
Longest Drive Contest & Door Prizes!!!!

For more information please call 731-285-3727  
[www.christclassicalacademy.net](http://www.christclassicalacademy.net)

# HAPPY EMPLOYMENT ANNIVERSARY

- Will McBride—27 years
- Gregory Taylor—26 years
- Ronald Collins—23 years
- Ricky Davis—22 years
- William Tilley—18 years
- Andrew Baker—17 years
- Robert Kirby—14 years
- Aaron Cryer—12 years
- Jesse Halliburton—12 years
- James Jackson—12 years
- Austin McGuire—12 years
- Robert McLean—12 years
- Walter Wilkerson—12 years
- Ronnie Wilson—12 years
- William Kent—11 years
- Heath Ennis—7 years
- Anna Carol Cantu—4 years
- David Cecil—4 years
- Deana Mosley—4 years
- Kevin Weaver—3 years
- Jeff Fain—3 years
- Leaha Garrison—3 years
- Ted Lowe—3 years
- Preston Hill—2 years
- Jerry Mealer—2 years
- Charles Sullivan—2 years
- Tabatha Bobo—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](http://www.dyersburgtn.gov)
- Lifeline Blood Mobile is at Dyersburg Electric the 3<sup>rd</sup> 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.
- October 9<sup>th</sup>—Friends of the Library Kitchen Tour & Tasting
- October 11<sup>th</sup>—Columbus Day
- October 16<sup>th</sup>—National Boss Day
- October 24<sup>th</sup>—United Nations Day
- October 28<sup>th</sup>—Kids Club at the Mall—Decorate your own Pumpkin
- October 31<sup>st</sup>—Halloween  
Dyersburg Mall—Costume Contest 3 p.m. to benefit American Red Cross—Entry Fee \$3  
4pm-6pm Trick or Treat to benefit the Union Mission—Donate a canned good or \$1 per child

# HAPPY BIRTHDAY

- Eric Blalock
- Tabatha Bobo
- Russell Burrow
- Charles Byrd
- Joey Clutts
- Sandra Cooley
- Alan Dunevant
- Monty Essary
- Johnny Garner
- David Goff
- Chris Hamm
- Willie Hancox
- Lisa Hill
- Johnny Hips

- John Holden
- Brenda Joes
- Lois McCullough
- Austin McGuire
- Rob Roberts
- Wendy Thayer
- Mike Thedford
- Robert Veal, Jr.
- Diane Williamson
- Kim Wilson



## NOTICE

If this newsletter was forwarded to you and you would like to receive your own copy each month, email [pdamesworth@dyersburgtn.gov](mailto:pdamesworth@dyersburgtn.gov)

If you no longer wish to receive this newsletter from the City of Dyersburg, email [tparker@dyersburgtn.gov](mailto: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)



# Calling all departments...!



Bubble, Bubble  
Toil and Trouble

We invite YOU to help...any department or employee that has items to donate for the goodie bags or can help handing out the goodie bags or popcorn at City Hall would be greatly appreciated! Items for the goodie bags can be dropped off at City Hall and if you can be here to help in person, please give me a call. Thank you !!

Penny Rice X 533



Happy Halloween



Join us at CITY HALL on Friday OCT 29th from 3 pm—5 pm. We will have Trick or Treat bags filled with goodies for the children and popcorn for the adults. Trick or treat bags will only be given out to the children that are present.

COME ON OUT AND JOIN US FOR A FUN FILLED AFTERNOON!



## Dyersburg Gas System

### NOW LIGHTING PILOT LIGHTS

The City of Dyersburg is currently lighting gas pilot lights for their winter customers. We will provide the service free of charge thru October 31st.

To avoid a long waiting list come by City Hall, 425 W. Market, and sign up before cold weather sets in. Same day service is not available for winter turn-ons or lighting pilots.

Please have your heating unit clean and in good condition before the service man arrives.  
Pilot lights will be lit M-F 8:30 am – 4:30 pm.

To report possible gas leaks call 288-7604, after 5:00 pm call 285-1212.



## Clean Hands Save Lives!

More Americans than ever wash their hands after using public restrooms, but men remain far less conscientious than women about this important hygienic habit.

Health Day News, September 13, 2010

## Cover Your Cough!



Stop the spread of germs that can make you and others sick!



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket!

If you don't have a tissue, cough or sneeze into your upper sleeve or elbows, not your hands.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.





2010



First Place  
Community Service Division



**FUNNEL CAKE**



**AND  
CHICKEN ON A STICK  
YUM....YUM!**

