

April 2010



Dyersburg City News

"We're here for you"

Vol. 5 Issue 4

STATISTICS COLLECTED BY THE NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION



Using a cell phone while driving, whether it's hand-held or hands-free, delays a driver's reactions as much as having a blood alcohol concentration at the legal limit of .08 percent, according to the University of Utah.

Driving while using a cell phone reduces the amount of brain activity associated with driving by 37 percent, according to Carnegie Mellon University.

Eighty percent of all crashes and 65 percent of near crashes involve some type of distraction, according to a Virginia tech University 100-car study for the National Highway Traffic Safety Administration (NHTSA).

Nearly 6,000 people died in 2008 in crashes involving a distracted or inattentive driver, and more than half a million were injured, according to NHTSA.

The worst offenders are the youngest and least experienced drivers – men and women under 20 years of age—according to NHTSA.

Drivers who use hand-held devices are four times as likely to get into crashes serious enough to injure themselves according to the Insurance Institute for Highway Safety.

Make the driver's seat a NO PHONE ZONE!

MAYOR'S OFFICE

As many of you are aware, 2010 is the year of the United States Census. Every 10 years, as mandated by the U.S. Constitution, our nation conducts a census – an effort to count every person living in the United States. The key to this endeavor is having every household fill out and mail back a completed census form. Participation is critical, as the results determine how Congress is apportioned and how federal funds are distributed annually to state, local, and tribal areas.

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 **61%** with the month of April remaining to fill these out and send in. 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 and we will help you anyway that we can.

The City of Dyersburg was recently awarded a grant from THDA, for the purpose of removing blighted structures within the City of Dyersburg at no cost to the property owner or the city. We are currently in Phase 1 of this program and are opening bids on April 8th to remove 27 structures in the city. We hope to identify more locations and property owners willing to participate in Phase 2 of this program. If you are interested, please contact the Mayors office at City Hall or Thomas Mullins at the City of Dyersburg Codes Department at 288-2541.

The 36th Annual CRD Awards and Scholarship Banquet will be held on Saturday April 17th at 6:00 pm at Dyersburg Middle School. The purpose of the CRD Program is to address area concerns with community leaders and organizations in an effort to promote the economic and social well-being of the community. If you have questions or would like tickets to attend this event, please contact Virgie Bolden at 286-7821 or 286-7822.

On May 1st, The Great American Cleanup for the City of Dyersburg will be held. You can signup at City Hall. The cleanup will involve Dyersburg, Dyer County, Newbern and Trimble. Registration will be held on the morning of May 1st at Okeena Park. This is a great way for individuals, church groups and other organizations to get involved in an effort to beautify our community. Also on this date, The First United Methodist Church Mission Blitz will be held. I sincerely appreciate their hard work, dedication, and commitment to our community as they share of themselves in an effort to help others in need.

Lastly, I would like to welcome Mr. Darrell Allgood to Dyer County and the City of Dyersburg. I had the pleasure of meeting Darrell last week at City Hall. Darrell recently moved to our community from Cleveland, OH. He is the Plant Controller at Eaton in Newbern, TN. Darrell kindly purchased all of the remaining items in the Bake Sale we held on Thursday April 1st to raise money for the City of Dyersburg March of Dimes Team. Thank you so much Darrell, for supporting our efforts for the March of Dimes. Your donation helped bring our one day total to \$263! I appreciate your kind words about our city and the folks you have met.



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

Mayor Holden

Thank you, Darrell!



Department News.....

Police Department

"We exist to serve the community"



All Dyersburg Police Officers are certified by the Peace Officers Standards & Training Commission in Nashville, commonly known as P.O.S.T. Each officer has to receive at least 40 hours of documented training each year to maintain their certification. Each DPD officer receives on average 100 hours of training each year which consists of roll call training, specialized schools attended and other various in-house training sessions. The annual In-Service Training consists of areas such as defensive tactics, emergency vehicle operations, ethics, domestic abuse training, firearms, property & evidence procedures and legal update.

The Special Response Team (SRT) trains twice each month in two 5 hours sessions. Their training includes hostage negotiations & rescue, door breaching, chemical agent deployment, and firearms range operations. There are (10) officers on the team as well as a SWAT Commander.

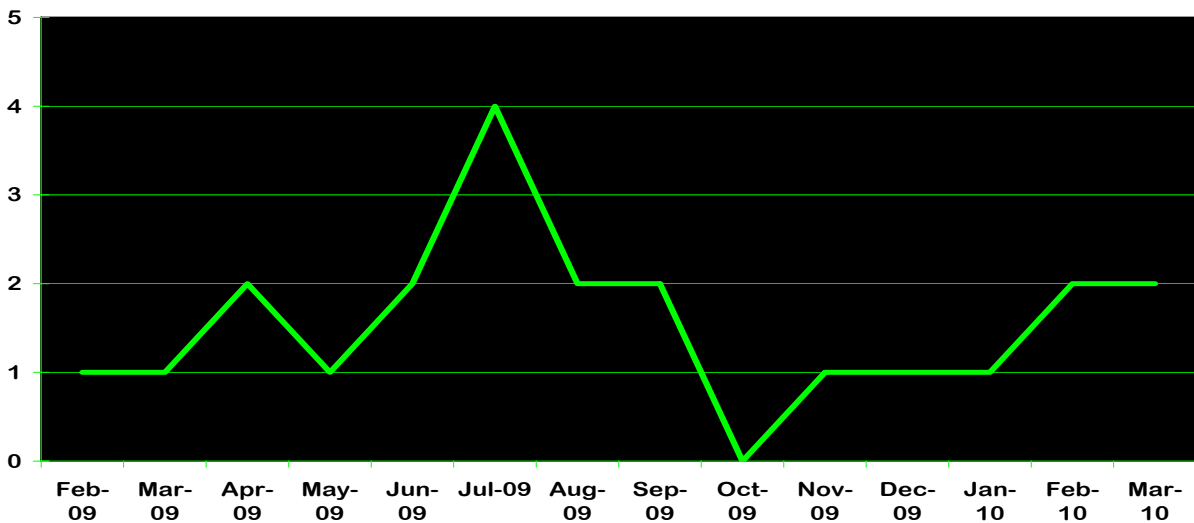
Patrol Officers as well as the Criminal Investigators must attend refresher training to maintain certification to carry and use chemical agent spray, expandable batons as well as handgun and shotgun qualifications. Patrol Officers and Investigators attend specialized out of town training in various topics on an annual basis to expand their knowledge of the latest trends and techniques.

The department has specialized units such as (2) K-9 handlers which are used for narcotic detection, (2) traffic crash re-constructionists who investigate serious injury/fatality traffic crashes, & (2) officers that specialize in clandestine lab (meth) entry to investigate methamphetamine sites. The department has (3) full time School Resource Officers that are assigned to the local schools to provide a safe environment for students and (4) officers assigned to the Bike Patrol which concentrates on gang interdiction as well as drug enforcement. All of these officers receive initial specialized training and attend refresher training to maintain their certification to perform their assigned duties.

The Dyersburg Police Department recently made the transition to tasers which involves (8) hours of initial training before they are issued to the officer. This is a valuable tool that not only is a safeguard to the officer but to the suspect as well which reduces the amount of injuries to the officer and suspect. Officers will receive refresher training on taser each year just like they do on their assigned firearms. Each officer must attend (8) hours of P.O.S.T. mandated training in the use of firearms and have to show proficiency to continue to carry and use them.

The Tennessee Bureau of Investigation requires the department to report crime statistics to them on a monthly basis which is commonly referred to as (TIBRS), Tennessee Incident Based Reporting System. Two of the Records Division staff receive initial and annual update training to maintain certification to submit these stats. The Sex Offender Registry is also mandated by the TBI and the Criminal Investigation Division secretary attends training each year to maintain certification to submit this information and to maintain the local registry of offenders that reside in the city limits. The Criminal Investigators attend monthly meetings through the West TN Criminal Investigators Assn., which provides specialized training and updates that assist them in staying current on trends in investigations they perform.

OSHA Recordable Accidents measure
the *heartbeat* of our Safety Program!

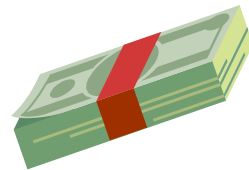


SAFETY AWARD WINNERS FOR FEBRUARY 2010

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



Jim Joyner – Police Dept.
Ronnie Collins – Fire Dept.
Ronnie Patton -- Cemetery
Allen Attaway – Gas Dept.



For the month of February, we had two (2) recordable accidents. Let's shoot for zero for March, and you could be the one who receives an extra \$50 on your check.

CONGRATULATIONS & HAPPY SWEET 16!



Allie Pleasant

She is the daughter of Rodger (GAS) and Pam Pleasant (GIS) and niece of Linda Webb (CH).

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:

Kevin Weaver (Street Dept.) and family
and the family of Ila Weaver.

James Earl and Gloria Johnson (Pks & Rec)
and family
and the family of Larry Johnson.

Linda (W/S) and Gerald Wilson and family
and the family of Billy Ray Anderson

Dale and Tracie Snyder (Street) and family and
the family of Mary Snyder

James Lyons, Jr. (WWTP) and family and the
family of James Lyons, Sr.

HEALTH FAIR – APRIL 22nd AND 29th

As we announced in last month's newsletter, we have now set the date for our Health Fair. We are very fortunate to have Dyersburg Regional Medical Center offering these services, FREE, to all City of Dyersburg employees. Be sure to let your Department Head know which day will be better for your appointment. Human Resources will be sending out a schedule of appointments once we receive all the names of those who are participating.

Don't pass up this opportunity to take a few minutes of your day to get checked out. We are all very busy and don't always take the time to make an appointment with the doctor—but there's no excuse not to avail yourself of this benefit! Don't forget – high blood pressure is known as the "Silent Killer".

Also remember – in order to get the most accurate results from your cholesterol and glucose checks, it is better for you to be fasting for several hours (nothing to eat or drink except water 8 hours) before your appointment.

Dyersburg Regional Medical Center is donating their services –
let's show our appreciation!



"SPRING CLEANUP"

IN EFFORT TO MAKE THIS SPRING CLEANUP A SAFE ONE

**THE FIRE DEPARTMENT PREVENTION BUREAU
PROVIDES THE FOLLOWING SAFETY TIPS**

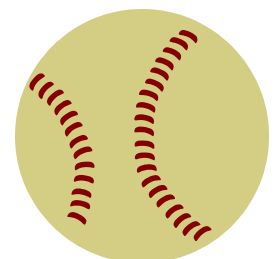


- Clean your home of stored newspaper or other rubbish that can fuel a fire. Newspapers stored in a damp, warm place may ignite spontaneously.
- Test your smoke alarms monthly.
- To help prevent nuisance alarms, gently vacuum your smoke alarms every six months or as needed.
- Replace all smoke alarms every ten years or as recommended by the manufacturer.
- Keep outdoor debris or dead vegetation away from the house.
- Properly dispose of oily or greasy rags. If these items must be stored, they should be kept in labeled, sealed, metal containers.
- Use outdoor grills with extreme caution and never use gasoline to start a fire.
- Check your propane barbecue grill for leaks and cracks; NEVER store propane indoors.

PARKS & RECREATION

The Dyersburg Parks and Recreation is now registering for Adult Women's Softball and Adult CO-ED Softball. For more information please call the Activity Center at 288-7623.

Also, the Dyersburg Activity Center girl's softball league will be starting the first week of May, please come out and enjoy hot dogs and nachos while watching the these young ladies play ball.





Erica, center, receives her award.

**CONGRATULATIONS
ERICA (MORGAN) ROGERS**

Erica was awarded first runner-up in the American Pharmacists Assoc. Nat'l Patient Counseling Competition March 15 in Washington, D.C. A second-year pharmacy student at Union University, she outperformed many fourth-year students from 115 participating institutions.

Erica is the daughter of:

Mike (G/W/S) and Vicki Morgan
and Debra and Mike Hoggard.



**Protect the earth.
It's up to us.
Recycle.
Reduce.
Reuse.
Today.**

"Something to Crow About"

Brian Lucius, Sanitation Dept. Knuckle Boom Operator, collected **225.77 tons** of curbside trash and debris by himself in the month of March. He has been running two routes with one truck for nearly the whole month. Great job Brian! Thank you for your hard work and dedication.

Other Sanitation totals:

Residential Curbside: **264.46** total tons collected (normally 2 trucks run)

Commercial Dumpsters: **797.47** total tons collected (Two trucks)

Residential Garbage: 437.50 total tons collected (3 Trucks)

Thank you, men, for keeping our city
Clean, Healthy and Safe!



**Welcome Scott Ball,
Construction Inspector
Public Works**

Scott has been involved in the construction industry for 28 years working for several contractors and as a general contractor. Projects included: in-site development, utility construction and commercial building. Welcome Aboard, Scott!

Community News.....



2010 Great American Cleanup

Saturday May 1, 2010 (rain date May 8)
Registration Okeena Park

Dyersburg/Dyer County is holding its annual Great American Cleanup. For the past 2 years Tennessee has had 100% county participation. Tennessee had over a million participants (1,394,721) and are looking for a grand-slam this year!

GAC, the nation's largest community improvement program, takes place annually from March 1 thru May 31. Hardworking volunteers donated more than 5.2 million hours in 2009 to clean, beautify and improve more than 32,000 communities. Activities included beautifying parks and recreational areas, cleaning seashores and waterways, handling recycling collections, picking up litter, planting trees and flowers, and conducting educational programs and litter-free events.

Dyersburg/Dyer County cleanup / improvement event planners include: The City of Dyersburg, Dyer County, City of Newbern, City of Trimble, members of City Beautiful, the Garden Club, First United Methodist Church Annual Mission Blitz, the Lakewood Homeowners Association, and many more.

We invite you to challenge your favorite organization, church, youth group, neighborhood, industry, small business owners, employees, friends and family to participate in this year's event.

Hazardous waste that will be accepted this year are: tires, e-waste, automotive batteries, rechargeable batteries, cell phones and cell phone batteries, televisions, computers, microwave ovens. An area will be designated at Okeena Park for you to deposit these items free of charge.

Dyersburg City Hall will provide maps of Dyersburg, Dyer County, Newbern and Trimble to allow residents to sign up for specific areas.

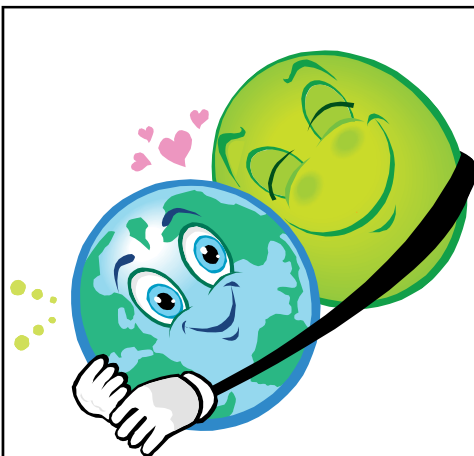
For more information about how you can get involved contact:

Dyersburg Mayor John Holden: 731-288-7604

Dyer County Mayor Richard Hill: 731-286-7800

Committee Chairman Erlsey McLemore: 731-445-2303

Care for your community through volunteer work and help



Earth Day 40th Anniversary April 22, 2010

He sends forth springs in the valleys;
They flow between the mountains;
They give drink to every beast of the field;
The wild donkeys quench their thirst.
Beside them the birds of the heavens dwell;
They lift up {their} voices among the branches.
He waters the mountains from His upper chambers;
The earth is satisfied with the fruit of His works.
--Psalm 104: 10-13, NASB



Company's Coming!

This coming May 6-12, Dyersburg State Community College 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 area for this multi-day event. Because of the number of games being played, we will utilize playing fields at DSCC, Dyer County High School, and Dyersburg High School.

We expect an influx of 2,000 guests into Dyer County during this time. The championship games can draw up to 200-300 fans. To produce an event of this size, we ask for the help of local businesses. We will need many volunteers to present a well-run event that will encourage these guests to come back to Dyer County.

While here, these guests will all need places to eat, sleep, and recreate! DSCC is asking for your help in welcoming the fans and is creating opportunities for you to market your business to them.

Last year for the first time in school history, the DSCC Eagles baseball team played in the championship game of this tournament! They finished as runners-up to Vol State. We hope you will support our DSCC baseball and softball teams as they set their sights on winning their championships on our home fields.

For more information contact:

Tournament Committee Chair Bob Jones - 731/288-7811, bjones@dsc.edu

Participating Colleges

Baseball and softball teams are fielded by each school.

Chattanooga State Community College

Chattanooga, TN

Cleveland State Community College

Cleveland, TN

Columbia State Community College

Columbia, TN

Dyersburg State Community College

Dyersburg, TN

Jackson State Community College

Jackson, TN

Motlow State Community College

Lynchburg, TN

Roane State Community College

Harriman, TN

Southwest Tennessee Community College

Memphis, TN

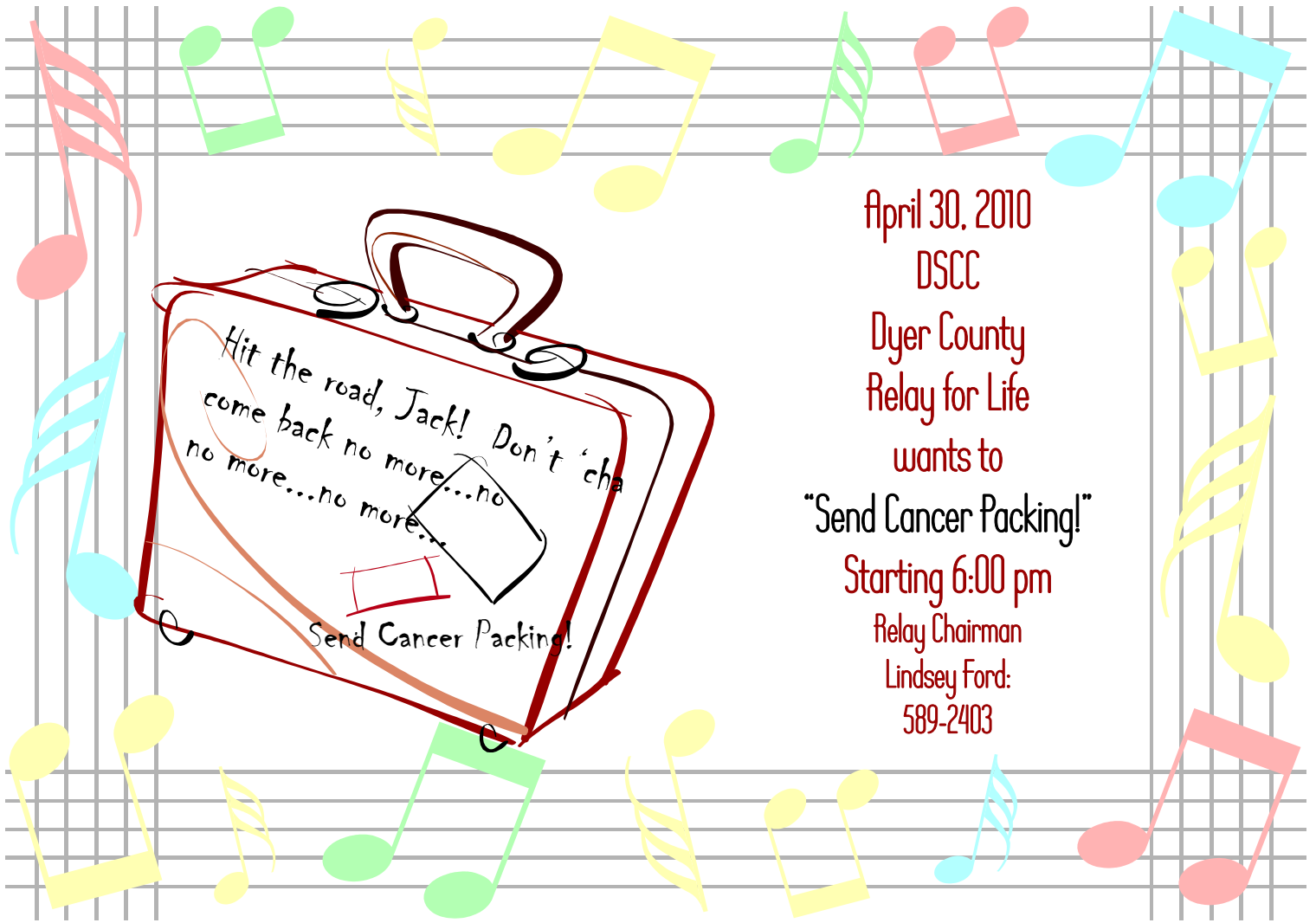
Volunteer State Community College

Gallatin, TN

Walters State Community College

Morristown, TN





April 30, 2010
DSCC
Dyer County
Relay for Life
wants to
"Send Cancer Packing!"
Starting 6:00 pm
Relay Chairman
Lindsey Ford:
589-2403

Kiwanis One Day

A worldwide single day of service
April 10, 2010—8:00 am till noon



Kiwanis members work in their communities all year long. But for one day in April each year, the entire Kiwanis family comes together for a day of hands-on community service that is felt around the world. It's called Kiwanis One Day—and the more hands we have helping, the more lives we will touch. Any project, big or small, is worth tackling. Projects include anything from building playgrounds to volunteering at a shelter to stocking shelves at a food pantry.

Dyersburg Kiwanis has chosen a clothes/food/paper drive to benefit Dyersburg/Dyer County Union Mission, Matthew 25:40 and local schools. Drop off locations will be Dyersburg High School, Dyersburg Primary School and Dyer County High School from 8:00 am till noon..

Want to offer your hands to help make a difference? Contact your local Kiwanis Club today or email Travis Miles: travismiles@bellsouth.net

Tornadoes...Nature's Most Violent Storms!

A **TORNADO** is a violently rotating column of air extending from the base of the thunderstorm and in contact with the ground (when it is not in contact with the ground, it is called a **FUNNEL CLOUD**). Tornado winds average 100 mph, but can exceed 200 mph. The strongest tornadoes develop from severe thunderstorms in atmospheric conditions with a strong jet stream. Severe thunderstorms and tornadoes occur most often in the South in the months of March, April, and May. A secondary season occurs in the late Fall, typically November and December. Most tornadoes occur in the afternoon and evening. However, tornadoes have occurred in every hour of the day and night and every month of the year. No location, time of day, or time of year is immune to tornado occurrences. **Your Safety** will improve if you stay alert to the risk of tornadoes from thunderstorms that approach. This is especially true if a **TORNADO WATCH** is in effect. Conditions should be carefully monitored when severe thunderstorms are occurring, or are expected to occur.

Know the difference between a TORNADO WATCH and a TORNADO WARNING.

A **TORNADO WATCH** means tornadoes may develop, so keep an eye to the sky for thunderstorms and the dangers they pose. Listen to NOAA Weather Radio, commercial radio, or TV for weather statements or warnings. A **WATCH** allows time to plan what to do if a tornado approaches. A watch usually spans several thousand square miles, and can cover parts of more than one state.

A TORNADO WARNING means a tornado has been sighted, or is indicated on weather radar.
Persons in the path of the tornado should seek shelter immediately.

Enhanced Fujita Intensity Scale (EF Scale)

Dr. T. Fujita, was the noted meteorologist who has studied tornadoes extensively and classified the damage created by these storms and developed the original Fujita Scale back in 1971.

EF-Scale Speed	Damage Threat
EF0 (weak) 65-85 mph	Light damage...shallow rooted trees pushed over.
EF1 (weak) 86-110 mph	Moderate damage...mobile homes overturned; roof surfaces peeled off.
EF2 (strong) 111-135 mph	Considerable damage...large trees uprooted...mobile homes destroyed
EF3 (strong) 136-165 mph	Severe damage...trains overturned; well built homes lose roofs and wall
EF4 (violent) 166-200 mph	Devastating damage...well built homes leveled; cars tossed about
EF5 (extreme) >200 mph	Incredible damage...well built homes disintegrate; cars thrown.



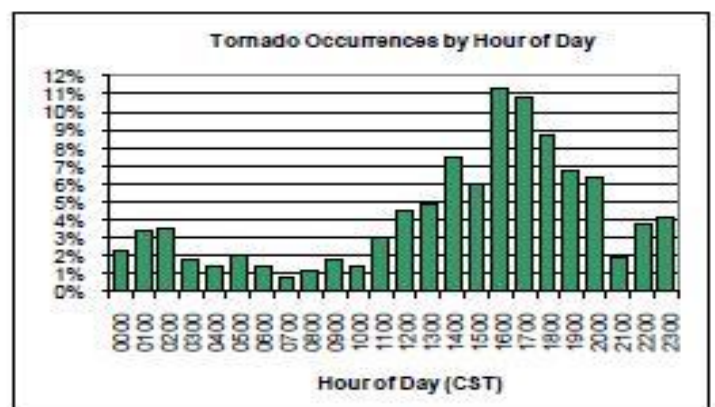
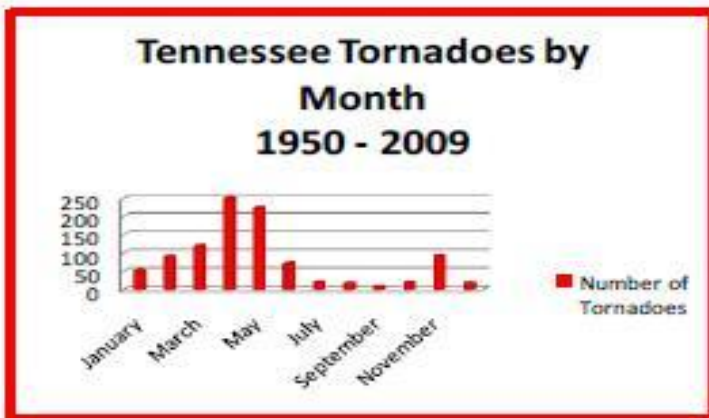
In 2009, 39 TN counties were affected by tornadoes. Tornado damage estimates for the year exceeded \$100 million. Who can forget the widespread tornadoes of April 10, 2009? The trail of death stretched across four states and counted 55 dead, 31 of them from TN.

Safety First: Have a plan so your family knows what action to take ahead of time. Get indoors there is NO safe place outside. Stay informed...stay tuned to NOAA Weather Radio, local TV and radio or the Nat'l Weather Serv. Know what county you are in. Have a NOAA Weather Radio.

City of Dyersburg residents can sign up for **CodeRed**, an automated calling service that sends emergency information to your telephone. If you have "wired" service through AT & T, you are automatically enrolled. Cell phones and VOIP telephones must enroll to get the service. Go to www.dyersburgtn.gov, and click on the CodeRed link to enroll for free.



Tracey Weidner took this picture of a damaged medical office near Union University in Jackson, TN on Wednesday, April 11th, 2009.



Dyersburg has 8 tornado sirens. A steady alert tone will sound in 4 minute intervals, for the duration of the warning.



DSCC Dyersburg Campus Student Center

You Are Cordially Invited to: DSCC Preview Nights

High School seniors and their parents are invited to attend DSCC Preview Nights. Students and parents will have the opportunity to take a tour, talk to financial aid representatives, admission representatives, faculty and staff from each division and members of student organizations. If you know a high school senior, please encourage them to attend.

Tues., April 6 at the Jimmy Naifeh Center in Tipton County 6 – 8 p.m. and
Tues., April 27 at the Dyersburg Campus Student Center 6 – 8 p.m.

Call 731-286-3324 or email Enroll@DSCC.edu more information.

Tickets NOW On Sale!

Rush of Fools

"Wonder Of The World" Tour

Friday, April 23, 2010 at 7 PM
Dyersburg State Community College
Lannom Gymnasium

Tickets: \$15 in advance
\$20 at the door/Day of Concert
\$12 Groups of 15 or more purchased prior to April 15

Tickets are available at the Baptist Collegiate Ministry Center
on the Dyersburg Campus of DSCC, or at the Lighthouse
Book Store on Mall Blvd. in Dyersburg.

Tickets available online at evangelismtickets.com

Dyersburg Parks & Recreation

The benefits are endless...



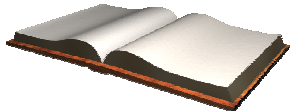
Bruce Community Center
801 Vernon St.
Dyersburg, TN 38024

Phone: 731-286-7624
Fax: 731-285-9990
Minister Stuart Edmonds



Calling all youth ages 5 to 8 ...
T-Ball Registration starting now!
Registration Fee: \$5.00

Bruce Community Center is registering children ages 5 to 8 to play T-ball. If you know any youth in this age bracket who would be interested, bring them to Bruce Community Center to register. For more information call Bruce Community Center. Thank you in advance for your support.



McIver's Public Grant Library



In observance of National Library Week, Mr. Darrell Butler, editor of A Page in Time will present a program at McIver's Grant Public Library 204 N. Mill Ave. Dyersburg, TN, Thursday April 15 at 6:30 p.m. The public is cordially invited. For more information call 285 5032.

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:

WHAT CAN'T EXERCISE DO?

Exercise is good for you in so many ways, some obvious, some not. It can help you lose weight, gain strength, and fight mild depression. The benefits also include better cholesterol levels, lower blood pressure, improved blood sugar control, stronger bones, less arthritis pain, and a more efficient heart and brain. Recently at least ten major studies on the benefits of exercise appeared, many of them in January, just in time to help motivate people to keep their resolutions about getting more exercise.

Here's a sampling of the studies, all from the Archives of Internal Medicine. They are part of the accumulating evidence showing that "physical activity may be the most effective prescription...for promoting successful aging." according to the accompanying editorial.

*Midlife exercise, including walking, increased the odds that women would have exceptional health – that is, no major chronic disease or physical/mental impairment—when they reached their seventies, according to a study of 13,535 nurses.

*Weight training once or twice a week for a year improved cognitive skills as well as muscle strength in 106 women aged 65 to 75 from Vancouver. Previous research found such mental benefits primarily from aerobic exercise such as running.

*In a study of 3,900 "Germans over 55, those who were physically active were far less likely to develop cognitive decline (ranging from memory loss to dementia) over a two-year period.

*In a second German study, focusing on 246 women over 65, an 18-month exercise program significantly improved bone density and reduced the risk of falls.



Take your Genes to the Gym



Delving deeper into the potential anti-aging effects of exercise, another recent German study, this one in *Circulation*, suggested that vigorous exercise may partially reverse aging inside the cells, at the genetic level. In middle-aged long-time runners, there was less shortening of the telomeres (protective caps on the ends of DNA stands), compared to their sedentary counterparts. Such telomere shortening is a sign of aging in cells—sort of a biological clock. In fact, the telomeres of these runners appeared nearly as "young" as those of runners in their twenties. These were elite runners, but scientists speculate that any vigorous—maybe even moderate—exercise done over the long term may help keep genes young.

The above article taken from the University of California Berkeley Wellness Letter (April 2010)

FACT:

Less than one percent of Earth's water is available to feed, bathe, hydrate, and sustain nearly 7 billion people and millions of other species.



BARK IN THE PARK

Dyersburg/Dyer Co. Humane Society

Will be held May 15th at Okeena Park.
More details to follow.



Come Out and Enjoy the Fun!



Give the gift of life!

APRIL IS NATIONAL ORGAN DONATION MONTH

1. **Talk to your family now about your donation decision.** Help your family understand your wish to be an organ and tissue donor before a crisis occurs. Then they will be prepared to serve as your advocate for donation.
2. **Designate your decision on your driver's license.** Do this when you obtain or renew your license
3. **Sign a donor card now.** Carry the donor card with you until you can designate your donation decision on your driver's license or join a donor registry.
4. **Sign a donor card now.** Carry the donor card with you until you can designate your donation decision on your driver's license or join a donor registry.

Be an Organ and Tissue Donor

Help Create a Donation Friendly America!

Each organ and tissue donor saves or improves the lives of as many as 50 people. Giving the "Gift of Life" may lighten the grief of the donor's own family. Many donor families say that knowing other lives have been saved helps them cope with their tragic loss.

Waiting list candidates	106,550	as of 03/22/2010
Transplants January - December 2009	28,462	as of 03/12/2010
Donors January - December 2009	14,631	as of 03/12/2010

**Dyersburg
Parks and Recreation
by Ricky Roberts**

2010 Volleyball Schedule

<u>Date</u>	<u>Teams</u>	<u>Court</u>
Mar 23	Randy vs Hector SRG vs Face Punchers	One Two
Mar 30	Randy vs SRG Face Punchers vs Hector	One Two
Apr 6	SRG vs Hector Face Punchers vs Randy	One Two
Apr 13	Randy vs Hector SRG vs Face Punchers	One Two
Apr 20	Randy vs SRG Face Punchers vs Hector	One Two
Apr 27	Hector vs SRG Face Punchers vs Randy	One Two



All games begin at seven o'clock unless team captains agree on different time.

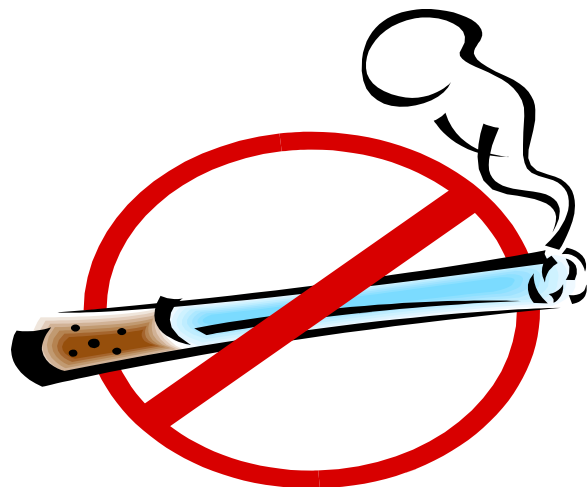
**Signs You
Shouldn't
Ignore**

Thanks to advances in medicine and education, self-care can remedy many health issues. But some conditions warrant a call to your health care provider.

Examples:

- 1. Mysterious changes.** Physical symptoms that should be discussed with your provider include continued, unexplained weight loss; persistent or unusual headaches; a sore that won't heal; a change in the color or size of a mole; or a lump or thickening in the breast.
- 2. Bleeding.** Rectal bleeding, blood in the urine, or blood when you vomit or cough can be signs of something simple (such as hemorrhoids in the case of rectal bleeding), but they can also signal something more serious, such as cancerous growths.
- 3. Blues you can't beat.** If, for a period of two weeks or more, you feel sad or irritable and have lost interest in activities that once gave you pleasure, you may be suffering from depression. Although serious, it is highly treatable, so speak to your provider without delay.

While it's natural to hope something will just go away, early detection of what could possibly be a serious problem can save your life.



HEART ... *(continued)*

MEET THE "A's." You may have heard about the antioxidants — vitamins A, C and E, and beta-carotene — that appear to slow plaque formation in the arteries.

KICK TOBACCO IF YOU ARE USING IT. Smoking affects more than your lungs. Fact is, within a few years of quitting, you'll cut your risk of heart attack by at least half, similar to those who never smoked.

GET OFF THE COUCH. Sedentary living — not high cholesterol — is one of the greatest risk factors in heart attack deaths.
Tip: Just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines. So walk briskly. Take the stairs. Play actively with kids. Live longer!

GO ONLINE! Find out more in this month's Well Connections Online Supplement, plus take a QuikRisk Assessment at www.personalbest.com/extras/SampleFebruary



HAPPY EMPLOYMENT ANNIVERSARY

Mark Moody—28 years
 David Wicker—24 years
 Joel Burkhead—23 years
 Kenneth Moody—22 years
 William Gable Jr.—20 years
 Janie Connell—17 years
 Johnny Garner—15 years
 Joey Clutts—14 years
 Sandra Cooley—14 years
 Connie Sentell—14 years
 James Tyus—13 years
 Linda Wilson—12 years
 Royce McGuire—11 years
 Alea Johnson—8 years
 Jason Leake—8 years
 Charles Epperson—6 years
 Khyra Maclin—7 years
 Joel Goff—4 years
 Heath Pritchett—4 years
 Jimmy Dale Atchison—3 years
 Sharon Lents—2 years
 Kyle Reynolds—1 year

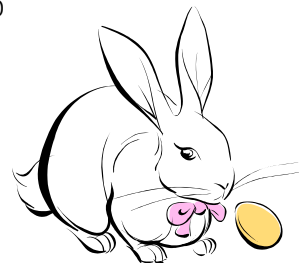
HAPPY BIRTHDAY

Ruby Bernard
 Jennifer Boyd
 Latham Collier
 Perry "Pee-Wee" Cox
 David Dodds
 Rachel Dudley
 Tommy Ellis
 Richie Fowlkes
 Patty Gibson
 Joel Goff
 Jim Hicks
 Capt. Rusty Hilliard
 Christi Holland
 Terryll Holland

Scotty Hollis
 Michael Hunter
 James Earl Johnson
 Sharon Lents
 Mason McDowell
 Jerry Mealer
 Dennis Moody
 Jannifer Ross
 Brett Sipes
 Todd Thayer
 Linda Vaughn
 Clint Veal
 Rod Ward
 Mike Webb
 Paul Wilson

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.
- April 2nd—Good Friday—Offices closed.
- April 4th—Easter
- April 21st—Administrative Professionals Day
- April 22—Employee Health Fair—DAC by appointment.
- April 29—Employee Health Fair—DAC by appointment.
- May 1st—Great American Cleanup
 (rain date May 8)
- May 9th—Mother's Day
- May 15th—Armed Forces Day
 Bark In The Park
- 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
 Editors: Tiffany Parker
 Penny Damesworth

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