Volume 11, Issue 129

March/April 2015

City Scenes

CITY OF KINGSTON, TN

FISHING TOURNAMENT

On April 24th a fishing tournament was held at Ladd Park in Kingston. The tournament was sponsored by Morristown and Madisonville Marinas, Roane Alliance and the City of Kingston. The first prize was $10,000 and 114 boats from all over the Southeast participated.

3 River Ramble Bike Race

On April 19th a bike race was held at Fort Southwest Point .

Park Maintenance

Southern Athletic Turf came and removed the dirt lip from the park at Southwest Point on April 27th. It looks great, maintains easier, and is much safer.

Special points of interest:

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- Meetings & Events Page 4
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Pray for a good harvest but keep on hoeing!

Department News

Water Department Superintendent Mike Jolly reports Haren Construction completed the repairs to the oxidation ditch. Concrete walls are complete and the rotor has been installed. The Distribution and Collection staff responded to 660 service calls during March.

Public Works Director Tim Clark reports his crews picked up 24 loads of brush during their annual spring pickup this month. Year-to-date totals is 195 loads.

Fire Chief Willie Gordon's Firefighters have been busy during April flushing hydrants—one of their many maintenance duties.

Parks and Recreation Director Rick Ross reports the Scoreboard has been installed at South West Point Softball field. The LPRF grant contract is in place and hopefully work may begin this summer. The second set of bids are out for Ladd Greenway and should close mid-April. Would like to begin construction as soon as possible

City Manager David Bolling and Finance Director Carolyn Brewer presented a "bare bones" balanced budget to the Mayor and Council on April 1 for fiscal years 2015-2016.

Police Chief Jim Washam reports that including Animal Control and Codes violations calls they responded to 408 service calls in March. Sadly Council tabled the request for 4 badly needed new vehicles for the department. The request for two due last year fell victim to budget constraints as well.

Several of the Three Rivers Amphitheater team met with Kaitlin Keane, photographer with Roane County News for photos on April 15th. They didn't let the rain get in the way. When this project is complete it will be Rick Ross' Park and Rec's domain.

Proof positive that our children hold a very special place with our Kingston employees. On April 4th Kingston Parks & Recreation hosted the annual baseball camp at Fort Southwest Point (pictured above left). Pictured above in the center, Torin Townsend works on his footwork in the Parks & Rec annual soccer camp. Pictured to the right is a picture of the walking trail during our last snow—beautiful but we are glad it is gone!

Pictured to the lower left are children enjoying fun times at the Kingston Public Library. Thanks to Barbara Thorbjornsen for all her hard work over the years with our children.

Personal Notes, Etc.

- **Water Department** employee **David Loy's wife Teresa's** continues her battle with cancer.
- **Joyce Lewis** in the **City Manager's** office is battling cancer with a recently approved treatment. Currently still in the office except for every other Thursday afternoon.

Please keep these folks and their families in your prayers!

Lady Sting won a Championship! Congratulations team (and especially Miss Caroline Bolling).

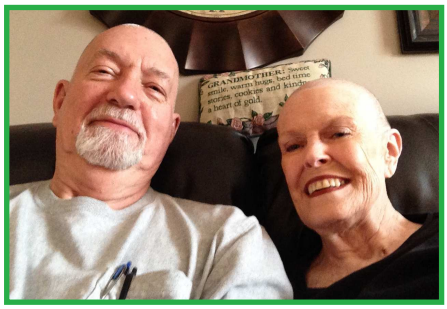
Congratulations are in Order!

On April 6th Police Department Sargeant Jerry Singleton's son Corey graduated from ITT with an Associates' Degree in Electrical Engineering. Congratulations Corey and proud Dad Jerry!

Who was first in line for the Orange and White game?

Public Works Director Tim Clark's Grandson Eyan Choate placed 10th in the State during a bow/arrow tournament over the weekend.➔

🡐 Firefighter Robin Sheldon with his new daughter, Allison Hope Sheldon. Allison was born on April 23rd weighing 6 lbs. 7.7 ozs. and measuring 19 inches long. Congratulations Robin!



How nice is it to have a husband who "loses" his hair with you!🡐

This is going pretty far to try to impress the boss!➔

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April Birthdays

Marsha Marshall	4/4
Caleb Strayer	4/10
Don White	4/16
Barbara Thorbjornsen	4/17
Shawn Clark	4/21
Hugh Patterson	4/27

May Birthdays

Thomas Jamie Melton	5/11
J. Pennington	5/21
Wm. Cory Griffith	5/22
David Lewis	5/22
Aaron D. Fielden	5/29

There is no better exercise for strengthening the heart than reaching down and lifting up another.

Lord, please use me to lift others up even as You have sent others to lift me in my times of need. Amen.

Ease the pressure.

Can you imagine working hard like you do and never having a day off? No break to relax and take it easy? That's how it is with high blood pressure. Keeping your blood pressure in a healthy range means your heart doesn't have to work as hard to pump blood and keep you going. It also helps:

- Retrieve pressure on artery walls
- Maintain healthy blood vessels
- Prevent Heart and kidney disease
- Lower stroke risk

Give your heart a break

A healthy lifestyle can help you keep your blood pressure in control and lower your risk for other health problems. It may also prevent or reduce the need for blood pressure medication. To keep your risk low, try to:

- Stay at a healthy weight
- Exercise at least 30 to 60 minutes most days of the week
- Eat a heart-healthy diet
- Watch how much salt you consume
- Limit or avoid alcohol

Take a Bite Out of High Blood Pressure

Foods like bananas and broccoli are high in potassium, which aids blood pressure. Sign in to your Well-Being Account to find healthy recipes made with more fruits and veggies.

Meetings & Events

April 2015

7	Council Work Session	6:00 p.m.
14	Council Pictures	6:00 p.m.
14	City Council Meeting	7:00 p.m.
14	Beer Board Meeting (Immediately following Council Meeting)	
14	Water Board Meeting (Immediately following Council Meeting)	
21	Planning Commission Meeting	6:00 p.m.

May 2015

5	City Council Work Session	6:00 p.m.
12	City Council Meeting	7:00 p.m.
12	Beer Board Meeting (Immediately following Council Meeting)	
12	Water Board Meeting (Immediately following Council Meeting)	
19	Planning Commission Meeting	6:00 p.m.

KINGSTON CITY COUNCIL

MAYOR
Timothy Neal

VICE MAYOR
Tony Brown

COUNCIL MEMBERS
John Byrkit
Randy Childs
Sarah Humphreys
Norman Sugarman
Don White