Volume 12, Issue 138

January 2016

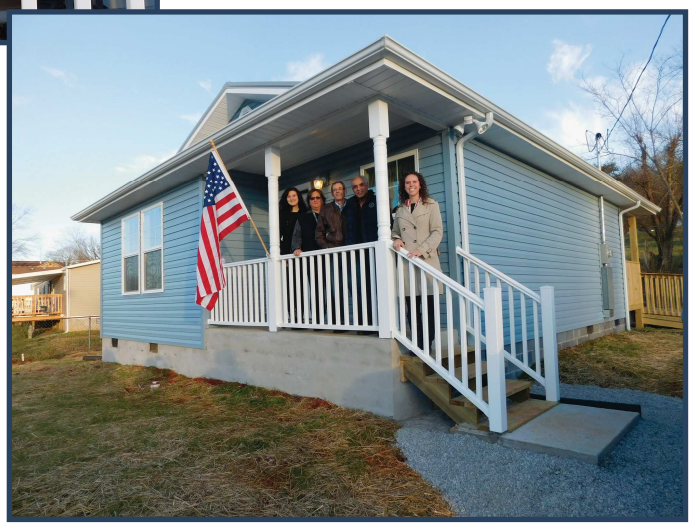
CITY OF KINGSTON, TN

City Scenes

2016 LEGISLATIVE BREAKFAST

Kingston Mayor Tim Neal and Councilman Don White attended the 2016 Roane Chamber Legislative Breakfast on January 11th at Roane State Community College.

Cindy Ross, Director of the Aid to Distressed Families of Appalachian Counties (ADFAC), presents new home keys to Kingston Resident Tom Allen. Allen's Third Street home was heavily damaged by a tornado in 2014, and thanks to federal and state funding, was rebuilt and presented to Allen during a home dedication ceremony on January 11th.



Pictured on the right: Annie Cacheiro, Cindy Ross, Director of Aid to Distressed Families of Appalachian Counties, Mr. Allen and THDA Representative Katie Moore.

Special points of interest:

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What great thing would you attempt if you knew you could not fail?

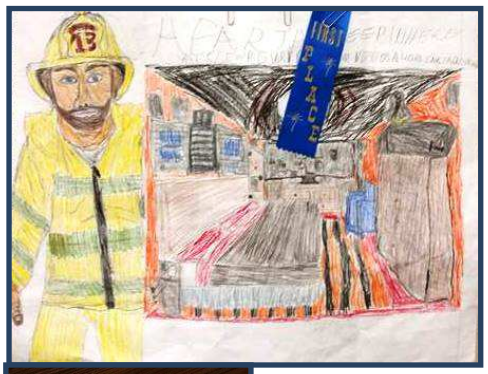
—Robert H. Schuller

Department News

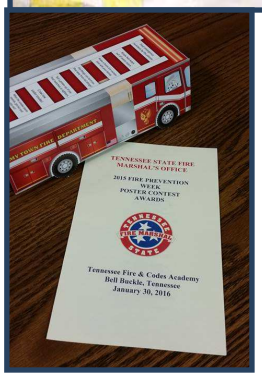
The City of Kingston had some help from a real Pro during the last snow storm. Check out our friend Sam at work and pictured with Councilman Don White, Mayor Tim Neal and Public Works Director Tim Clark.

Greetings—

Welcome to the 2015 Poster Contest Awards Event! The Fire Prevention Week Poster Contest held this past fall was, once again, a great success. The State Fire Marshal's Office received over 200 entries for this year's contest. Parents, you should be very proud of your child's achievement as the first-place winner for their grade from across the state of Tennessee.



Kingston Fire Chief Willie Gordon, 12th Grade Poster Winner Aaron J. Shultz, and Firefighter Michael Mungia are pictured on the right.



Finally, we would like to thank all of the poster contest winners, their families, and sponsoring fire departments for attending the awards event this year. We hope you will have a memorable time and a fire-safe 2016.

Gary L. West
Deputy Commissioner

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 continues her battle with lung cancer.
- **Caroline Bolling,** daughter of our **City Manager David Bolling** got her cast off for a broken arm on Friday, December 29th.
- **Carter Bolling,** son of our **City Manager David Bolling** broke his wrist on January 31st.

The Parks & Recreation Winners of the 2015 Business Christmas decorating contest — Jim Henry's group of hard working realtors at Coldwell Banker.

Water Department employee Michelle Kelley's daughter Michaela McGuire is pictured on the left in the Nutcracker performance in December.

Caroline Bolling shows off her award for making the honor roll! She also got her cast off December 29th!

Congratulations Caroline!!!

- **Part-time Police Officer Tim Goss** suffered a stroke and is recuperating at home.
- **Greg White, Part-time Patrol Officer** is recuperating at home following several days in the hospital for medical treatment.

Please keep these folks and their families in your prayers!

Carter Bolling is spending another winter with a broken bone (wrist). Get will soon Carter!

Kingston Library Info

February 6:
Facebook for beginners, 10AM
Facebook level 2, 11AM

February 9:
Computer basics, 10AM to noon

February 18:
Email 101, 6-8PM

February 27:
PowerPoint, 10 AM
LinkedIn, 11AM

Library patrons can call 376-9905 or stop by the main desk to sign up.

Emily Steele, MLIS
Director, Kingston Public Library
1004 Bradford Way
Kingston TN 37763
865-376-9905

900 Waterford Place
Kingston, TN 37763

Phone: (865) 376-5911 Ext 102
Fax: (865) 376-1425
E-mail: jalking@bellsouth.net

February Birthdays

Daniel Bredwell	2/2
Jo Ann Knies	2/11
Randy Childs	2/15
Daniel Epperly	2/23
Brad Miller	2/24

The most disappointed people in the world are those who get what is coming to them.

A man's own folly ruins his life, yet his heart rages against the Lord.

—Proverbs 19:3 NIV

A weekly resource for your well-being

PARTNERS FOR HEALTH | WORKING FOR HEALTHIER TN

A TIP FOR TENNESSEANS

know your numbers

Get the 4-1-1 on blood pressure.

Your blood pressure shows up as two numbers: **1) systolic (top)** tells the pressure when your heart beats; and **2) diastolic (bottom)** tells the pressure when your heart rests. High blood pressure (hypertension) can raise your risk for heart attack, stroke and other possible health issues.

- Normal: < 120/80 mmHg
- Pre-hypertension: 120-139/80-89 mmHg
- Stage 1 hypertension: 140-159/90-99 mmHg
- Stage 2 hypertension: ≥160/100 mmHg

NURSE ADVICE LINE:

1.888.741.3390

Available 24 hours

Meetings & Events

January 2016

5	City Council Work Session	6:00 p.m.
12	City Council Meeting	6:00 p.m.
12	Beer Board Meeting (Immediately following Council Meeting)	
12	Water Board Meeting (Immediately following Council Meeting)	
	No Planning Commission Meeting in January	

February 2016

2	Council Work Session	6:00 p.m.
9	City Council Meeting	6:00 p.m.
9	Beer Board Meeting (Immediately following Council Meeting)	
9	Water Board Meeting (Immediately following Council Meeting)	
16	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