A weekly resource for your well-being

PARTNERS FOR HEALTH | WORKING HEALTHIER TN

A TIP FOR TENNESSEANS

THE BITTER TRUTH ABOUT SUGAR.
Americans seem to really like sweets. In fact, most of us are eating up to 22 teaspoons of sugar every day. Over a lifetime, that's enough to fill an industrial sized dumpster. Studies show that over-consuming added sugar plays a role in some serious health problems such as diabetes, heart disease, cancer, obesity and high cholesterol, to name a few. And while that may not surprise you, these facts might:

- Sugar is used in low fat foods to boost flavor.
- Sugar has zero nutritional value—no protein, no essential fats, vitamins or minerals.
- Sugar can cause wrinkles and dry skin.
- Sugar can be addictive.
- Sugar can make you hungry.
- Sugar hurts your power to learn and remember.

FIND THE HIDDEN SUGAR SOURCES.
Sugar shows up in some sneaky places. Some of the highest amounts can be found in granola bars, ketchup, yogurt, salad dressing, BBQ sauce and lots of other foods. And sugar can have unique names that many of us might miss on food labels.

Contact Us
City of Kingston

900 Waterford Place
Kingston, TN 37763

Give us a call or e-mail for more information.

(865) 376-6584 Ext. 1102
Joyce Lewis
Joyce.Lewis@kingstontn.gov

Visit us on the web at
www.mykingstontn.com
Volume 13, Issue 10 (158)

November Birthdays	
Sandy McPherson	11/1
Kelly Jackson	11/2
Laura Roberson	11/10
Tim Clark	11/19
Rebecca OCHS	11/28

Kingston—The City on the Lake!

MEETINGS & EVENTS

November 2017

7	City Council Work Session	6 p.m.
14	City Council Meeting	6 p.m.
14	Beer Board Meeting	Immediately Following Council Meeting
14	Water Board Meeting	Immediately Following Beer Board Meeting
21	Planning Commission Meeting	6 p.m.

October 2017

2	Jim Henry Day	11 a.m.—6:00 p.m.
3	City Council Work Session	6 p.m.
10	Public Hearing	6 p.m.
10	City Council Meeting	Immediately Following Public Hearing
10	Beer Board Meeting	Immediately Following Council Meeting
10	Water Board Meeting	Immediately Following Beer Board Meeting
17	Planning Commission Meeting	6 p.m.

If you can't feed 100 people then just feed one.
As we have therefore opportunity, let us do good unto all men. . .
Galatians 6:10

KINGSTON CITY COUNCIL

MAYOR
Timothy Neal

VICE MAYOR
Randy Childs

COUNCIL MEMBERS
Tony Brown
Sarah Humphreys
Tara R. Stockton
Stephanie Wright
Don White

CITY SCENES

City of Kingston, Tennessee — October 2017

Roane County High School Honor Band

On October 2nd Kingston participated in Jim Henry Day at Fort Southwest Point with music, balloons, free Blue Bell ice cream and refreshments; and the highlight: Deputy/Chief Henry firing the cannon.

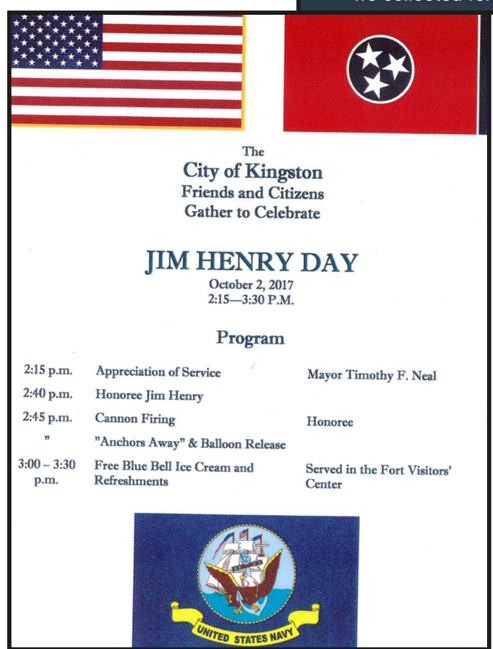
Kingston City Hall

In This Issue

- Jim Henry Day — October 2nd
- Fire Department Haunted House
- Upcoming Street Fest Hosted by Parks & Rec

Hands of Mercy Food Drive

RCHS @RCHSGoJackets · 1h
Thanks to all of these gentlemen for loading the 1500 cans of green beans that we collected for Hands of Mercy.



The
City of Kingston
Friends and Citizens
Gather to Celebrate

JIM HENRY DAY
October 2, 2017
2:15—3:30 P.M.

Program

2:15 p.m.	Appreciation of Service	Mayor Timothy F. Neal
2:40 p.m.	Honoree Jim Henry	
2:45 p.m.	Cannon Firing	Honoree
"	"Anchors Away" & Balloon Release	
3:00 – 3:30 p.m.	Free Blue Bell Ice Cream and Refreshments	Served in the Fort Visitors' Center

UNITED STATES NAVY

Kudos to Detective Kile—once again!

Kingston Detective/CID Keith Kile earned his Masters degree along with gaining additional investigative techniques while attending the TBI State Academy. Congratulations once again Keith!

Kingston Water Department Business Office

ADDRESS:

900 Waterford Place
Kingston, TN 37763

PHONE:

(865) 376-2323

CITY OF KINGSTON WEBSITE COMING SOON:

http://www.kingstontn.gov

KINGSTON STREET FEST—November 4th

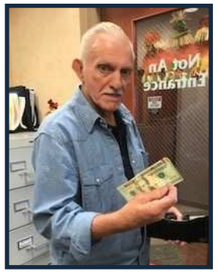
Hosted by Kingston Parks & Recreation Department
Saturday, November 4th - 11 a.m. to 9 p.m.

Car Show, Venders, Crafters, Inflatables, Food Trucks, Corn Hole, Music from Gospel, Blue Grass, to Southern Rock with Shades Band Tennessee

Free Family and Pet Friendly Event

FIRE DEPARTMENT—HAUNTED HOUSE

October 26, 27, 28, 30, 31
from 7 PM—11PM
Location: Byrd Field beside Kingston City Park



Two scary pictures!

We pried money out of his wallet to buy Yams for hands of mercy!