Volume 9, Issue 109

August 2013

# CITY COUNCIL CELEBRATES



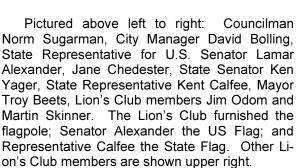


Members of the Kingston City Council held a private ribbon cutting during the meeting on August 13th in celebration of the new City Hall. Pictured from left to right: Councilmen Norman Sugarman, Kevin McClure, Don White, Mayor Troy Beets, Councilmen Tony Brown, Tim Neal and John Byrkit.

### **FLAG CEREMONY**











#### **Special points of interest:**

Department News Page 2

City Manager Notes Page 4

Meetings & Events
 Page 4

Employee Birthdates Page 4

"There has never been a statue erected to honor a critic."

KINGSTON

0

Z H

# **Public Works Celebrates Used Oil Grant Addition**



Pictured left to right celebrating the city's latest service addition for our residents are: City Manager David Bolling, Parks & Recreation Director Rick Ross, Firefighter Michel Munguia, Citizen Glenda Johnson, Public Works employee Hugh Patterson, Mayor Troy Beets, Councilman Tony Brown, Fire Department Captain Lisa Crawley, and Councilmen Don White and John Byrkit. Pictured on the right Mayor Beets pours the first oil into the tank.

# **Street Improvements Abound in Kingston**

Mayor Troy Beets, Councilmen Don White and Norm Sugarman and City Manager David Bolling check out the construction at the intersection of Highway 70 and 58 and visit Public Works to see the new—and long awaited—street sweeper delivered this month.





Page 2 CITY SCENES

## Personal Notes, Etc.

- Wastewater Treatment Plant employee Tony Workman's wife Amy is still valiantly fighting cancer. She is beginning another round of chemotherapy..
- Water Department employee David Loy's wife Teresa continues her battle with cancer.
- Martin Cash's brother
   Barry passed away on August
   10th following a brief illness.

Please keep these folks and their families in your prayers!



Members of East Tennessee Regional Leadership held the first formal meeting in the Conference Room at the new Kingston City Hall on July 24th.

# **More August Celebrations!**



70 and going strong!

Kingston Patrolman Lawrence Russell was honored at a Smokies ballgame on August 15th as Kingston's Hero. We received a nomination form from State Senator Ken Yager and couldn't think of a more deserving guy than a fellow who had served his country in all four branches of the armed services and is currently protecting fellow citizens by serving the City of Kingston as a police officer. We are very lucky to have you Lawrence.



VOLUME 9, ISSUE 109



900 Waterford Place Kingston, TN 37763

Phone: (865) 376-6584 Fax: (865) 376-1425 E-mail: jalking@bellsouth.net

# We're on the web www.mykingstontn.com

#### September Birthdays

Roy Montgomery	9/9
Adam Badger	9/10
Gary Nelson	9/17
Kevin Hamilton	9/18
Josh Woody	9/20
<b>Leslie Melton</b>	9/29

Oops! Randy Collins birthday was August 6th—sorry Randy!!! This is the second year I have forgotten Randy—one of us is getting old!

#### Prediabetes: Am I at risk?



People with prediabetes have blood glucose (blood sugar) levels that are higher than normal, but not high enough to be diagnosed as type 2 diabetes and are more likely to develop type 2 diabetes, heart disease, and stroke.

If you have prediabetes, you are 5 to 15 times more likely to develop type 2 diabetes than people with normal blood glucose (blood sugar) levels. When you take steps to prevent type 2 diabetes, you also lower your risk for possible complications of diabetes such as heart disease, stroke, kidney disease, blindness, nerve damage, and other health problems.

Many factors increase your risk for prediabetes and type 2 diabetes. To find out more about your risk, see which characteristics in this list apply to you.

- I am 45 years of age or older.
- I am overweight.
- I have a parent with diabetes.
- I have a sister or brother with diabetes.
- My family background is African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander.
- I had diabetes while I was pregnant (gestational diabetes), or I gave birth to a baby weighing 9 pounds or more.
- I am physically active less than three times a week.

It is important to find out early if you have prediabetes or type 2 diabetes, because early treatment can prevent serious problems that diabetes can cause, such as loss of eyesight or kidney damage.

# Questions about your health? Call a ParTNers for Health coach at 1-888-741-3390

(email: partnersforhealth@healthways.com).

#### HE WHO ANGERS YOU CONTROLS YOU!

### **Meetings & Events**

#### August 2013

6 City Council Work Session	6:00 p.m.
13 City Council Meeting	7:00 p.m.
13 Beer Board Meeting (Immediately following Council Meeting)	
13 Water Board Meeting (Immediately following Council Meeting)	
20 Planning Commission Meeting	6:00 p.m.
September 2013	
3 City Council Work Session	6:00 p.m.
10 City Council Meeting	7:00 p.m.
10 Beer Board Meeting (Immediately following Council Meeting)	
10 Water Board Meeting (Immediately following Council Meeting)	
17 Planning Commission Meeting	6:00 p.m.

#### KINGSTON CITY COUNCIL

MAYOR W. Troy Beets

VICE MAYOR Tim Neal

COUNCIL MEMBERS

Tony Brown John Byrkit Kevin McClure Norman Sugarman Don White