



## MAYOR NEAL WITH NEWLYWEDS



Kingston Mayor Tim Neal is pictured with newlyweds Gary and Lucy Johnson after performing their wedding ceremony,

## HOME DEDICATION



Mayor Tim Neal, Cindy Ross, Director of the Aid to Distressed Families of Appalachian Counties (ADFAC), Katie Moore, THDA representative and resident Tom Allen talk in the kitchen of Mr. Allen's Third Street home which was heavily damaged by a tornado in 2014. Thanks to federal and state funding, the home was rebuilt and presented to him during a home dedication ceremony on January 11th.

## KINGSTON OFFICIALS ENJOY THE ANNUAL ROTARY PANCAKE BREAKFAST



### Special points of interest:

- Department News Page 2
- Personal Notes, Etc. Page 3
- Meetings & Events Page 4
- Employee Birthdates Page 4

***Protect your enthusiasm from the negativity of others!***

# Department News



Pictured above: Ken Winsbro addresses a group of citizens during a display of arrowheads and artifacts his family donated to Fort South West Point. This is quite an impressive collection and the city is very fortunate to gain this display for our Fort.



Barbara Thorbjornsen assists one of the visitors to the Library for “Story Time: Happy Valentine’s Day”



## Congratulations!

Fire Chief Willie Gordon was a winner once again, along with employee Lisa Crawley, when they participated in Harriman’s first chili cook-off on February 27th. They won the People’s Choice Award—can’t beat Willie’s chili!



Water Department Superintendent Mike Jolly’s son Dalton is pictured above (kneeling, left front) during a banquet on January 20th when the Kingston Yellow Jacket football team was honored at First Baptist Church.

### Kingston Library Info

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**

# 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.
- **Water Department** employee **Kevin "Buzzard" Hamilton's** Dad **Jackie Ray Hamilton** passed away on February 23rd following a lengthy illness..
- **Part-time Police Officer Tim Goss** suffered a stroke and is recuperating at home.

**Please keep these folks and their families in your prayers!**



**Kingston Parks and Recreation**

## Out of the Park

**March 2016**

**AARP Tax Assistance**  
Feb 2<sup>nd</sup> and every Tuesday up to  
April 12<sup>th</sup> 9am -1pm.  
No appointments, first come first  
serve.

**Baseball Camp**  
**March 5<sup>th</sup> 9:30am-1pm**  
**at South West Point**  
**Ages 6-12**  
**\$30**  
Register today free T-shirt if register by  
March 3<sup>rd</sup>.



**SOCCER CAMP AT  
SOUTH WEST POINT**  
**MARCH 12<sup>TH</sup> 9:30-12:30**  
**AGES 6-13**  
**COST \$30**  
FREE T-SHIRT FOR THOSE WHO  
EARLY REGISTER OR WHILE  
SUPPLIES LAST



**Girls Volleyball**  
Brought to you by Kingston  
Parks and Recreation  
Register at [kingstonparks.com](http://kingstonparks.com)



900 Waterford Place  
Kingston, TN 37763

Phone: (865) 376-5911 Ext 102

Fax: (865) 376-1425

E-mail: [jalking@bellsouth.net](mailto:jalking@bellsouth.net)

A weekly resource  
for your well-being

**PARTNERS**  
FOR HEALTH

**WORKING**  
HEALTHIER TN

## A TIP FOR TENNESSEANS

### Is Your Blood Sugar Ok?

#### March Birthdays

|                  |      |
|------------------|------|
| Chris Boswell    | 3/5  |
| David Alford     | 3/5  |
| Jenny Parrish    | 3/10 |
| Wm. G. Sexton    | 3/13 |
| Shawn Organeke   | 3/17 |
| Steve McKeethan  | 3/22 |
| John Watts       | 3/23 |
| Willard Crabtree | 3/27 |
| Tommy Guinn      | 3/30 |
| Pat Mills        | 3/31 |

Like cholesterol and blood pressure, your blood sugar number can change without any warning signs. Keeping it in a healthy range can lower your risk for things like heart, eye, kidney and circulation problems. Work with your doctor and learn the truth behind the common myths of high blood sugar and the three key ways to keep it in check.

#### WHAT DO YOUR NUMBERS MEAN?

Your glucose number tells how much sugar is in your blood. It shows if you have diabetes or are at risk for it.

#### Fasting\*

- Normal: <100 mg/dL
- Pre-diabetes: 100-125 mg/dL
- Diabetes: >126 mg/dL

#### Non-fasting

- Acceptable: <200 mg/dL
- High: >200 mg/dL

\*Fasting means having nothing to eat or drink except water for at least nine hours prior to the test.

*The man who pays an ounce of principle for a pound of popularity gets badly cheated.*



*For they loved the praise of men more than the praise of God.*



#### NURSE ADVICE LINE:

1.888.741.3390  
Available 24 hours

## Meetings & Events

### 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. |

### March 2016

|   |           |
|---|-----------|
| 1 City Council Work Session                                   | 6:00 p.m. |
| 8 City Council Meeting  | 6:00 p.m. |
| 8 Beer Board Meeting (Immediately following Council Meeting)  |           |
| 8 Water Board Meeting (Immediately following Council Meeting) |           |
| 15 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