



THANKSGIVING



Let us remember that as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds.
—Theodore Roosevelt

Rockwood Waterline Interconnect Project Complete



On November 18th Kingston Mayor Troy Beets joined Bob Creswell of Roane Central Utility District and Rockwood City Councilman Pete Wright in celebrating the completion of the Rockwood Waterline Interconnect Project.

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Mathew 5: 44 (NKJV)

But I say unto you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.

3rd Annual Police/Hands of Mercy Food Drive



**500+
Families
Served**



Let the paving begin!

With absolutely no cooperation from the weatherman and waiting “patiently” to make it to the front of the line with the paving contractor, Public Works employees were able to get some paving done this month. In the picture on the right they are working in front of the City Municipal Building.



Personal Notes, Etc.



- **Mr. Pinkerton's Mother-In-Law, Ms. Thelma Thurman** is in the Rhea County Health Care facility.
- Wastewater Treatment Plant employee **Tony Workman's wife Amy** is battling cancer.
- **Water Plant Manager Ed Roberts' youngest brother Tommy** passed away this month following a long battle with brain cancer.

- **Police Reserve Officer Tim Arnold's Mother Velma Arnold** is in the Harriman Rehabilitation Facility in Harriman.

Please keep these folks and their families in your prayers!



Congratulations!

Council member John Byrkit receives his Certificate of Completion from Mayor Beets after completing Level I in the Elected Official Academy sponsored by UT-MTAS.

Holiday Season is Around the Corner

While it is easy to get caught up in all the hustle and bustle, these tips should help you enjoy, and maybe even relax, during the holiday season.

1. **Acknowledge your feelings.** Realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. Volunteering to help others is another good way to lift your spirits.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold onto, and be open to creating new ones.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all your expectations.
5. **Stick to a budget.** Before you go shopping, decide how much money you can afford to spend and stick to it. Don't try to buy happiness with an avalanche of gifts.
6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and your shopping list. And, make sure to line up help for party prep and cleanup.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to stress and guilt. Continue to get plenty of sleep and physical activity.
9. **Take a breather.** Make some time for yourself, even just 15 minutes will help. Find something that reduces stress by clearing your mind.
10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling sad or anxious, unable to sleep, irritable or hopeless. Your Partners EAP is only a call or click away.

Tips provided by the Mayo Clinic

*Employee Assistance Program
1-800-308-4934*



Congratulations once again to Chuck Moore for earning certification as a Grade I Distribution System Operator.

WAY TO GO CHUCK!





**JAMES W. PINKERTON
CITY MANAGER**

Primary Business Address:
125 West Cumberland Street
Kingston, TN 37763

We are on the web!
www.mykingstontn.com

*Please send any news/pictures to
Joyce Lewis
City Manager's Office
or e-mail to
jalking@bellsouth.net*

DECEMBER BIRTHDAYS!

Doug Romines	12/4
Tammy Sherrill	12/5
Joseph Cunningham	12/5
Debbie Russell	12/8
Kevin McClure	12/9
John Campbell	12/10
Lisa Crawley	12/14
George Mills	12/16
Rick Ross	12/20
Joel Longee	12/20
Charles Hiattt	12/26
Johnny Goodman	12/29

If your birthday is not listed please call
Joyce at 376-5911 Ext. 102

Words to be Thankful For

- Use the five to one ratio when correcting someone – five positive comments to one negative comment.
- The harder the truth, the greater the love with which it should be said.
- Never put confrontational words in writing. Instead, confront face-to-face and write only words of encouragement that can be read again and again.
- Our words should not only be guarded and carefully measured, but should be filled with wisdom and kindness as well.
- Make it a daily habit to speak words of encouragement to the people with whom you come in contact. By doing so, your heart and mind will soon be trained to focus on the good in each other. And that perspective builds healthy relationships.

The Apostle Paul writes, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen" (Ephesians 4:29, NIV).

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|----------|-------------------------|
| T | Is it true? |
| H | Is it helpful? |
| I | Is it inspiring? |
| N | Is it necessary? |
| K | Is it kind? |

**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

Meetings/Events

NOVEMBER

1	City Council Work Session	6:00 pm
8	City Council Meeting	7:00 pm
8	Beer Board Meeting (Immediately following Council Meeting)	
8	Water Board Meeting (Immediately following Beer Board Meeting)	
15	Planning Commission Meeting	6:00 pm
29	Building Committee Meeting	6:00 pm

DECEMBER

6	City Council Work Session	6:00 pm
13	City Council Meeting	7:00 pm
13	Beer Board Meeting (Immediately following Council Meeting)	
13	Water Board Meeting (Immediately following Beer Board Meeting)	
20	Planning Commission Meeting	6:00 pm



**KINGSTON
CITY COUNCIL**

**MAYOR
W. Troy Beets**

**VICE MAYOR
Tim Neal**

COUNCIL MEMBERS

**Tony Brown
John Byrkit
Kevin McClure
Norman Sugarman
Don White**