Volume 9, Issue 109

August 2013

CITY OF KINGSTON, TN

City Scenes

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

Pictured above left to right: Councilman Norm Sugarman, City Manager David Bolling, State Representative for U.S. Senator Lamar Alexander, Jane Chedester, State Senator Ken Yager, State Representative Kent Calfee, Mayor Troy Beets, Lion's Club members Jim Odom and Martin Skinner. The Lion's Club furnished the flagpole; Senator Alexander the US Flag; and Representative Calfee the State Flag. Other Lion's Club members are shown upper right.

Special points of interest:

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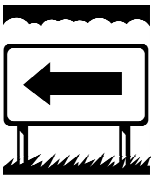
"There has never been a statue erected to honor a critic."

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.

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.

CITY OF
Kingston
TENNESSEE

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
Leslie Melton	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!

PARTNERS FOR HEALTH

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 to15 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).

Visit: www.partnersforhealthtn.gov

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