



Kingston Sewer Plant Expansion



Pictured left to right: Bert Robinson, TVA Representative; Rick Kirby, Engineer with Jordan Jones & Goulding; Norman Sugarman, Councilman; Mike Jolly, Water Department Superintendent; Sarah Humphreys, Councilwoman; Don White, Councilman; David Bolling, City Manager; Tim Neal, Mayor; Tony Workman, Sewer Plant; Jimmy Agee, Water Distribution and Collection; John Byrkit, Councilman.



Economic Development - Roane County



Randy Boyd, Economic Development Commissioner, announced the creation of a rural development task force and stressed the importance of the entire community of Roane County and the State working together. Commissioner Boyd's request was seconded by Gov. Haslam's Chief of Staff, Jim Henry.

—Picture property of Roane County News

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The best way out is always through.

—Robert Frost

Department News

In the **Finance Department**, Finance Director Carolyn Brewer is getting ready for the annual visit from auditors.

Fire Department Chief Willie Gordon's employees are fine tuning their diving skills (see pictures below).

Public Works employees continue their annual summer mowing and weed trimming in the city. Recent rains have kept them busy cleaning out drainage ditches and patching potholes.

Police Department Chief Jim Washam continues contacting citizens regarding codes enforcement. Due to his staff's good work Kingston ranked very low in crime in Tennessee.

Parks & Recreation Department Director Rick Ross will soon be busy with plans for two additional pavilions (one at the Gravel Pit and the other at Highway 58).

The Kingston Country Fair is scheduled for Saturday, October 3rd at Fort Southwest Point.

Water Department Superintendent Mike Jolly is working with City Manager David Bolling and City Attorney Sandy McPherson on a possible amendment to some of the city fees. These suggestions will be presented to the Water Board during a future meeting.

I have not failed. I've just found 10,000 ways that won't work.

—Thomas A. Edison

Department Highlights



Pictured above a Public Works crew puts finishing touches on a new sidewalk at the corner of First Street and Cumberland Avenue.

Pictures on the right capture Kingston's new dive team with City Manager David Bolling and Fire Chief Willie Gordon.



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. Currently in the office except for every other Thursday afternoon.
- **Water Department** employee **Leslie Melton** is back at work following shoulder surgery several weeks ago.
- **Public Works Director Tim Clark** continues to recuperate following his surgery last month and appears to be going "full steam ahead."



Please keep these folks and their families in your prayers!

A Personal Thank You Note

I have received a privilege not given to many. Most of the time people come to a funeral home where families receive friends and share how the deceased has touched their lives. I have been fortunate enough to personally receive prayers, sick leave, flowers, cards, money, e-mails, visits, food, presents, and well wishes from family and friends that I love daily during the past few months. I have personally felt the prayers and love from my family and friends and I feel it has played a vital role in my fight against this deadly disease—cancer. I am also fortunate to have a wonderful medical team in Dr. Ibach and the staff at Thompson Cancer Survival Center in West Knoxville.

Beginning with the prayer vigil at City Hall the day of my first chemo treatment I have felt the love and prayers of my family and friends, and it means more to me than I can ever express. Just please know that every call, visit, card, flower and prayer is appreciated more than words can say. Please continue to pray as the fight is not over for me and many others. I thank all of you from the bottom of my heart! God bless!

P.S. Just when I felt I had surely used up all my blessings I was surprised today by these same wonderful co-workers for my birthday. A birthday that has been especially wonderful because a couple of months ago I really didn't expect to have another one! I love these folks to the moon and back!!!

—Joyce Lewis



**Be hard on yourself
and
Life will be easier!**

Kingston Councilmen Don White, Norman Sugarman and John Byrkit joined Senator Yager and Representative Calfee to honor TDOT Commissioner John Schroer at Roane Alliance.



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September Birthdays

Dylan R. Holt	9/4
Roy Montgomery	9/9
Adam Badger	9/10
Kevin Hamilton	9/18
Josh Woody	9/20
Tim Goss	9/27
David Harrison	9/28
Leslie Melton	9/29

It has been my observation that most people get ahead during the time that others waste.



The plans of the diligent lead to profit as surely as haste leads to poverty.
—Proverbs 21:5 NIV



PARTNERS FOR HEALTH
WORKING TOGETHER HEALTHIER TN

A tip for Tennesseans
A weekly resource for your well-being

Solve the portion puzzle.



Growing portions get a lot of blame for growing waistlines and health issues related to obesity. And supersized food is still a hot nutrition topic today. Do you know how much portions have changed over time? Check out some surprising facts below:

- Since the 1950's, restaurant portions have grown more than **four times larger**.
- The average hamburger today weighs 12 ounces. Over 60 years ago, it only weighed **3.9 ounces**.

Today's average sugary soda weighs 42 ounces and packs 530 calories. In the 1950's, it was about **7 ounces and only 90 calories**.

- **Measure without the hassle.**
For example, a medium pepper is about the size of a baseball and equals one vegetable serving. While not all foods perfectly match visual cues, this method can help you better judge serving sizes and practice portion control, which may help with weight loss.
- A 2.5-ounce piece of cooked skinless chicken or a 2-oz. hamburger patty is about the same size as two-thirds of a deck of cards and equals one protein/dairy serving, or about 110 calories.
- Two cups of spinach (think of two baseballs) are about 25 calories.
- One and a half to 2 ounces of low-fat hard cheddar cheese are about the same size as three to four dice and equal one protein/dairy serving, or about 110 calories.
- One small apple or orange is about the same size as a tennis ball and equals one fruit serving, or about 60 calories.
- Two teaspoons of regular mayonnaise are about the same size as two dice and equal one fat serving, or about 45 calories.

Meetings & Events

August 2015

4 Council Work Session	6:00 p.m.
11 City Council Meeting	7:00 p.m.
11 Beer Board Meeting (Immediately following Council Meeting)	
11 Water Board Meeting (Immediately following Council Meeting)	
18 Planning Commission Meeting	6:00 p.m.
20 Budget Meeting	6:00 p.m.

September 2015

1 City Council Work Session	6:00 p.m.
8 City Council Meeting	7:00 p.m.
8 Beer Board Meeting (Immediately following Council Meeting)	
8 Water Board Meeting (Immediately following Council Meeting)	
22 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