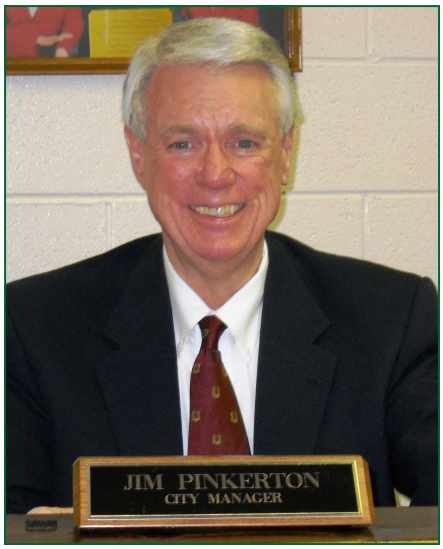
Volume 9, Issue 104

March 2013

CITY OF KINGSTON

City Scenes

Goodbye to the "Best of the Best"



After twelve years, on April 26th city employees will say goodbye to their boss, City Manager Jim Pinkerton.

The bad news came after lunch on Wednesday, March 13th with a couple of Council members, all the department heads, and many employees coming by hoping the e-mail was an early April Fools Day mistake. Many called hoping it was untrue. Many tears were shed, much pleading for a withdrawal of his resignation and finally facing the sad truth. Sadly, many won't realize what the city has lost by losing his leadership, knowledge and integrity—yet.

Getting Closer. . .

"City Hall" was added to the title on the new building the first week of March and work is underway to renovate space to accommodate city offices.

Special points of interest:

- Department News Page 2
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- Meetings & Events Page 4
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"There has never been a statue erected to honor a critic."

—Zig Ziglar

RDA Loan Closings

City Clerk Eleanor Neal, Mayor Troy Beets, USDA-RDA Area Director Joe Woody and City Manager Jim Pinkerton complete loan closings on March 14, 2013.

Employees Work on New City Hall

"Cat in the Hat" Visits the

Thing 1 (Hope Thorbjornsen) on the left and Thing 2 (Nathan Thorbjornsen) on the rightlisten to the Cat in the Hat during his visit to the Kingston Library on March 7th. Proud Grandmother Barbara is pictured on the left helping with a costume adjustment.

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** continues her war against cancer
- **Water Department** employee **David Loy's wife Teresa's** continues her battle with cancer.

Please keep these folks and their families in your prayers!

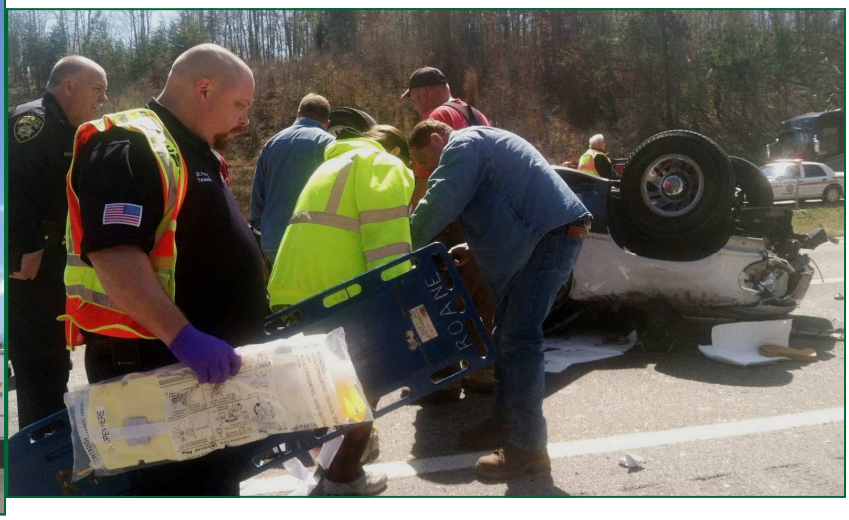
"People often say motivation doesn't last. Neither does bathing—that's why we recommend it daily."

Congratulations Chuck!

On March 9th Firefighter Chuck Hiatt and fiancé Ashlie were married with their parents attending the ceremony. Kingston Police Officer Jerry Singleton performed the ceremony.

Kingston Responds to I-40 Accident

On March 22, Kingston Police Officers and Fire Department First Responders assisted EMS Workers and Tennessee Highway Patrol officers with a deadly accident on Interstate 40 between the Lawnville Road exit and Exit 352 in Kingston. Two people were air-lifted to area hospitals.



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We're on the web!
mykingstontn.com

April Birthdays

Marsha Marshall	4/4
Caleb Strayer	4/10
Don White	4/16
Barbara Thorbjornsen	4/17
Shawn Clark	4/21
Hugh Patterson	4/27

5 Ways to Build a Healthier Meal

Take a second to look at your plate before you put food on it. Think about the foods that offer the most nutrients for the least amount of calories. Usually, those will be fruits and vegetables. A healthy plate starts with more of these foods. Then add smaller portions of protein and grains. And don't forget the dairy! Add a low-fat or fat-free dairy food to your plate, or add one for dessert

These five tips can help you build a healthy meal:

1. **Make half your plate veggies and fruits.** Choose a variety of colors too.
2. **Add lean protein.** Include seafood, chicken, turkey, pork, lean beef, beans or tofu.
3. **Include** whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Corn tortillas. Pasta. Breads. Brown rice. All of these are great grain choices.
4. **Add some dairy.** Pair your meal with a cup of fat-free or low-fat milk, soy milk or yogurt.
5. **Watch the extra fat.** Limit or avoid butter, gravy, and cheesy or creamy sauces.

Questions about your health? Call a ParTNers for Health coach at **1-888-741-3390** (email: partnersforhealth@healthways.com).

Visit: www.partnersforhealthtn.gov

Greatness lies not in being strong, but in the right use of strength.

. . .be strong in the Lord, and in the power of his might.

—Ephesians 6:10

Meetings & Events

April 2013

2	City Council Work Session	6:00 p.m.
8	Budget Meeting	9:00 a.m.
9	City Council Meeting	7:00 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 2013

5	City Council Work Session	6:00 p.m.
12	City Council Meeting	7:00 p.m.
12	Beer Board Meeting (Immediately following Council Meeting)	
12	Water Board Meeting (Immediately following Council Meeting)	
19	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