Volume 11, Issue 130

May 2015

CITY OF KINGSTON, TN

City Scenes

TVA Foundation Meeting

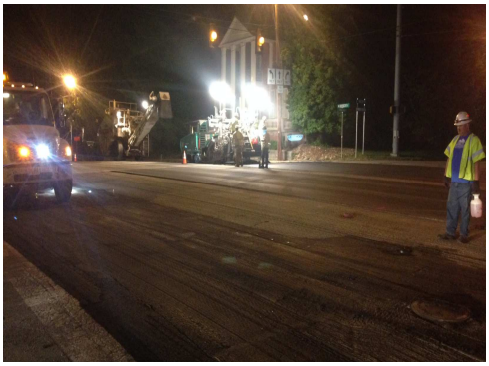
Kingston Mayor Tim Neal is pictured with Rockwood Mayor Brillo Miller and Harriman Mayor Chris Mason during a TVA Foundation meeting at Kingston City Hall on Tuesday, May 5th. Unite Roane County signs were a hit after the meeting.

Arbor Day—May 8th

←Arbor Day was May 8th in the City of Kingston. Mayor Neal and City Manager Bolling are hiding behind the students on the left.

Kingston Mayor Tim Neal with a group of students who attended a Memorial service at Bethel Cemetery on Memorial Day. ➔

North Kentucky Street Paving



During the week of May 11th North Kentucky Street was re-paved from the intersection with Race Street to the intersection at the Exit/Entrance ramps to I-40. City officials had hoped to pave from bridge to bridge but the funds were just not available.

Special points of interest:

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I don't believe in just ordering people to do things. You have to sort of grab an oar and row with them.
—Harold Geneen

Department News

The Kingston Fire Department employees are working hard to earn their diving certification to create the City's first Dive Team.

ORUD FISH FRY

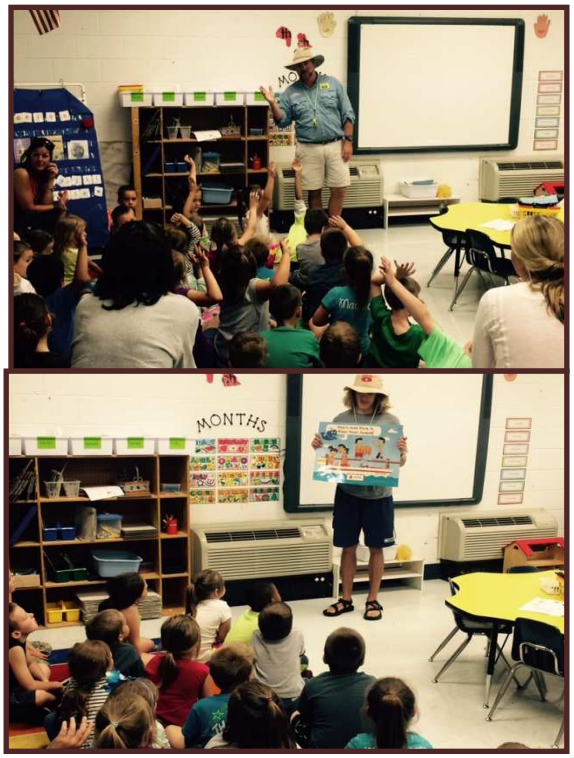
Personal Notes, Etc.

- **Water Department** employee **David Loy's wife Teresa's** continues her battle with cancer.
- **Joyce Lewis** in the **City Manager's** office is battling cancer with a recently approved immunotherapy treatment. Currently in the office most days except for every other Thursday afternoon.

Please keep these folks and their families in your prayers!

Police Secretary Teresa Johnson's grandson Wyatt Heidel placed 1st Place in the Softball Toss; 2nd Place in the Relay Race; 2nd Place in the 400 Meter; and earned awards for the AB Honor Roll and in Attendance.

Congratulations Wyatt!



Rick Ross, Kingston Parks & Recreation Director and three of his lifeguards teach a water safety class to students at Kingston elementary. Top photos: Keaton Shillings and Dir. Rick Ross. Bottom photos: Emily McMichael and Quint Gasque.

Kingston Investigator Jamie Melton and part-time Officer Tim Goss visited sites and attended ceremonies in Washington, DC in honor of fallen officers.

Variation Law – If you change lines (or traffic lanes) the one you were in will always move faster than the one you are in now (works every time).

Caroline Bolling is an Honor student!

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June Birthdays

Buster Endsley	6/1
Phillip Eddinger	6/6
J. R. Best	6/10
Michael Munguia	6/13
Nathan Wilson	6/14
Willie Gordon	6/14
Jerry Price	6/21
Mike Jolly	6/27
Diane Pancoe	6/28
Sonny Hunter	6/29

He who plants thorns must never expect to gather roses.

. . .every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit and a bad tree cannot bear good fruit. Thus, by their fruit you will know them.

Matt. 7:17, 18 & 20 NIV

Your cholesterol is more than a number.

Everyone has cholesterol. Your body makes it naturally, and you can get it from the food you eat. If you've had a health screening recently, you were probably told numbers that represent your cholesterol levels. But cholesterol is more than numbers. It's a key indicator of your heart health. Keeping your cholesterol in the healthy range can help lower your risk of a heart attack or stroke.

Don't know your cholesterol?

There are a lot of **misconceptions about cholesterol**. For example, if you think people who are thin or young don't have to watch their cholesterol, you're mistaken. Please talk with your healthcare provider about a simple test to determine your cholesterol level.

Need to improve your cholesterol? Make these lifestyle tips from the American Heart Association a top priority.

- Use up at least as many calories as you take in.
- Eat a variety of nutritious foods from all the food groups.
- Eat less of the nutrient-poor foods.
- Also, don't smoke tobacco — and avoid secondhand smoke.

To get the nutrients you need, eat a dietary pattern that emphasizes:

- fruits, vegetables,
- whole grains,
- low-fat dairy products,
- poultry, fish and nuts,
- while limiting red meat and sugary foods and beverages.

Meetings & Events

May 2015

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.
29	Budget Meeting	8:00 a.m.

June 2015

2	Council Work Session	6:00 p.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.

KINGSTON CITY COUNCIL

MAYOR
Timothy Neal

VICE MAYOR
Tony Brown

COUNCIL MEMBERS
John Byrkit
Randy Childs
Sarah Humphreys
Norman Sugarman
Don White