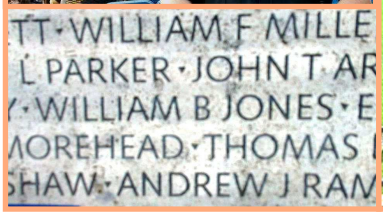
Volume 12, Issue 142

May 2016

CITY OF KINGSTON, TN

City Scenes

NATIONAL POLICE WEEK



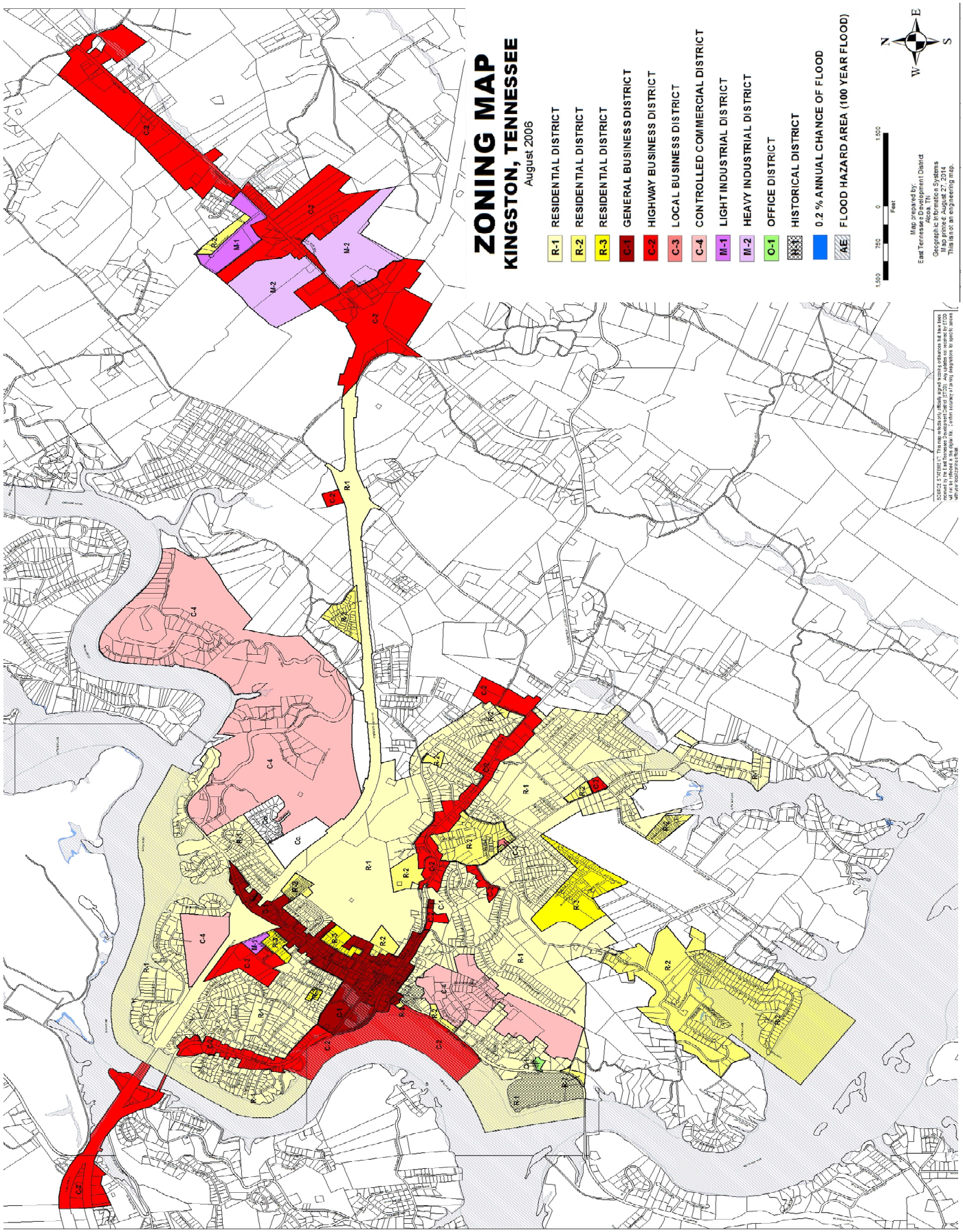
National Police Week dates were from Sunday, May 15th through Saturday, May 21, 2016. On May 15th the 35th Annual National Peace Officers' Memorial Service was held on the West Front of the United States Capitol in Washington, D.C. The wreath laying ceremony was held immediately following the Memorial Service.

The pictures on this page cover several years of attendance by Kingston officers and their friends/co-workers in Roane County. They raise funds through roadblocks, etc. to cover their expenses.

Special points of interest:

- Zoning Map Page 2
- Personal Notes, Etc. Page 3
- Meetings & Events Page 4
- Employee Birthdates Page 4

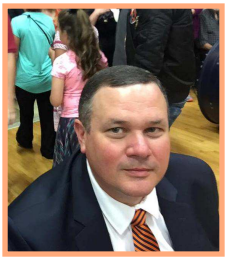
Kingston Zoning Map



Personal Notes, Etc.

- **Water Department** employee **David Loy's wife Teresa** is waiting for the results from a scan to see if there is any change in the size of her cancer.
- **Joyce Lewis** in the **City Manager's** office got the results of her CT scan last week. Tumors are slowly shrinking!
- **Councilman Randy Child's wife Marcia** is battling health issues.
- **Water Department employee Marsha Marshall's** Great Nephew Daniel passed away this month.

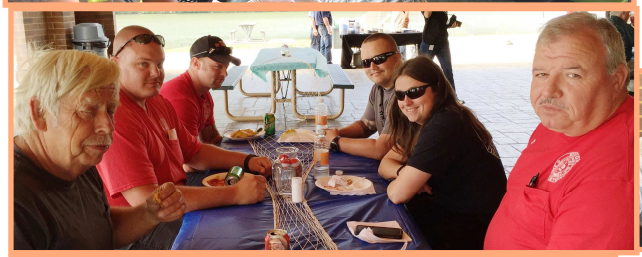
Please keep these folks and their families in your prayers!



GRADUATION!

Kingston Mayor Tim Neal was among folks attending the graduation ceremony at Roane County High School Friday evening.. Water Dept. employee Tony Workman is pictured with graduate son Josh and daughter Emily; Public Works Director Tim Clark's grandson Elias Irizarry graduating at grammar school. ↑

ORUD Annual Kingston Employees' Fish Fry



The Cooks

900 Waterford Place
Kingston, TN 37763

Corrections or additions should be called or e-mailed to:

Joyce Lewis
Phone: (865) 376-5911 Ext 102
Fax: (865) 376-1425
E-mail: jalking@bellsouth.net

June Birthdays

Buster Endsley	6/1
Jason Wade	6/5
Phillip Eddinger	6/6
J.R. Best	6/10
Michael Munguia	6/13
Willie Gordon	6/14
Sheryl Crabtree	6/20
Jerry Price	6/21
Sawyer Berus	6/21
Mike Jolly	6/27
Diane Pancoe	6/28
Sonny Hunter	6/29

A weekly resource for your well-being

PARTNERS FOR HEALTH | WORKING HEALTHIER TN

A TIP FOR TENNESSEANS

Exercise — Happier State of Mind

May is National Physical Fitness and Sports Month—the perfect time to recommit to an active lifestyle. Yes, exercise is good for your body, but did you know it could also make you happy? Mental health experts say you can feel the mood-boosting effects of moderate exercise within five minutes after your activity. The more regularly you exercise, the longer you can reap the benefits.

Motivate yourself.
These tips can help you resist temptation to skip your routine and keep the good feelings going:

- **Pace yourself.** Exercise should build you up, not burn you out.
- **Let your inner kid choose**. Do activities you like most and look forward to doing.
- **Focus on the fun.** Do something simply for the enjoyment, not just for what it can do for your waistline or blood pressure.
- **Mix it up.** Changing your routine can change your perspective and make exercise more fun.

It isn't the load that weighs us down—
it's the way we carry it.

My grace is sufficient for you, for my power is made perfect in weakness.
II Cor. 12:9 NIV

NURSE ADVICE LINE:

1.888.741.3390
Available 24 hours

Meetings & Events

May 2016

3	City Council Work Session	6:00 p.m.
10	City Council Meeting	6:00 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.
23	Special Called Council Meeting	6:00 p.m.

June 2016

7	Council Work Session	6:00 p.m.
14	Public Hearing	6:00 p.m.
14	City Council Meeting (Immediately following Public Hearing)	
14	Beer Board Meeting (Immediately following Council Meeting)	
14	Water Board Meeting (Immediately following Council Meeting)	
21	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