



FC GOV'T NEWS

Franklin County Government Employee Newsletter

August 2014

Tractors, Dirt, and Muddy Shirts

The Franklin County Fair Board has been busy planning the annual Franklin County Fair which is always a great success. This year will be no exception with the schedule of events kicking off Saturday August 16, 2014 with the 6th Annual Making Tracks to the Fair 5K Run/Walk and the Fairest of the Fair Beauty Pageant with a full week of "Tractors, Dirt, and Muddy Shirts" following. The fun for all ages carnival begins on Tuesday August 19th with many more exciting events happening each day through Saturday August 23rd. You find out more at the Franklin County Fair's website at www.franklincotnfair.org or find the Franklin County Fair Facebook page to keep up with all that will be going on!



County Fair Spotlight

Pictured above are various images from past Franklin County Fairs including different exhibits and people working hard to make the event a great success.

MAYOR'S MONTHLY MOTIVATION

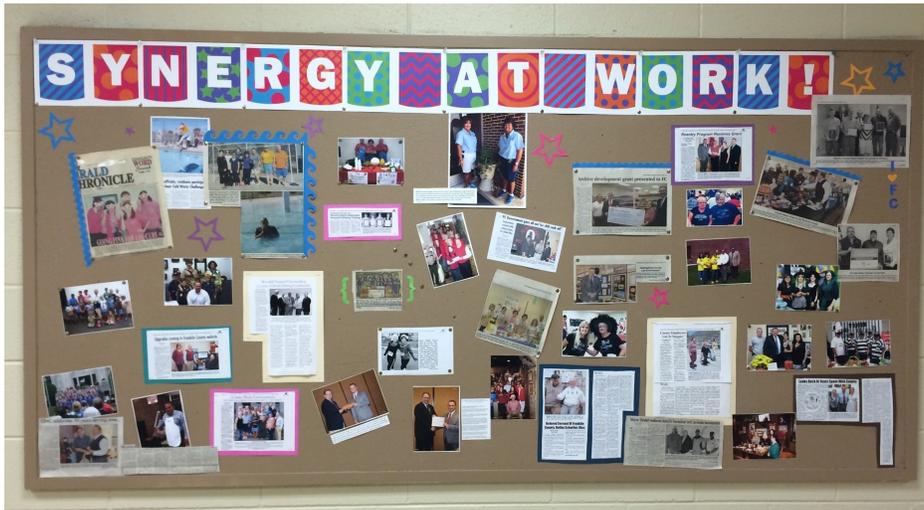
"We are continually faced with great opportunities brilliantly disguised as insoluble problems. To add to this, your attitude is the difference between dealing with an ordeal and in embarking upon an adventure towards boundless opportunity."



The carnival is coming to town!!

New This Issue

- Tractors, Dirt, and Muddy Shirts
- Monthly Wellness Insight: Cataract Awareness Month
- Join the 'Go for 10 Challenge'
- 4th of July Cookout Fun (Pictures)



The 'Synergy at Work' board at the Franklin County Annex; come and take a look! We are looking for more pictures to add!

Employee Spotlight

This month we spotlight Maxine Payne who has worked in the County Clerk's office for 35 years as of August 1, 2014 (be sure to wish her Happy Anniversary if you see her!). Maxine has worked with three different County Clerks during her tenure. Maxine is married and has one son. In her spare time she loves to read and walk and is an active member of the Winchester Church of Christ.



Monthly Wellness Insight: Cataract Awareness Month

This month, we are highlighting Cataract Awareness Month and examining some of the things you can do that might slow their progression. Studies conducted by the Mayo Clinic suggest maintaining a healthy weight and choosing healthy foods may help fight cataract development. If you're currently at a healthy weight, maintain it by exercising three to five times a week. If you're overweight or obese, work to lose weight by reducing your daily caloric intake and increasing daily exercise.

Choose a healthy diet that includes plenty of fruits



and vegetables. Adding a variety of colorful fruits and vegetables to your diet ensures that you're getting many vitamins and nutrients because they contain antioxidants, which can help maintain the health of your eyes. The American Optometric Association research states that the antioxidant properties found in Vitamin C and E may help decrease the development of cataracts. Most fruits and vegetables are excellent sources of vitamin C, including oranges, grapefruit, strawberries and papaya, as well as green peppers and tomatoes. However, Vitamin E is more difficult to obtain from food sources, but can be found in nuts such as almonds, pecans and wheat germ to name a few.

Elected Official Spotlight

Dr. Sherwood Ebey is currently the 5th District, Seat B County Commissioner. He was appointed early 2012 to finish Dr. Author Knoll's term after he passed away. Dr. Ebey was then elected in a special election held August 2012 to continue serving as county commissioner until September 1, 2014. Dr. Ebey is a retired Mathematics Professor from the University of the South, he is a worship leader for the Presbyterian Campus Ministry of Sewanee and he teaches Bible classes at the Cowan Fellowship Church. He resides in Sewanee with his wife, Jane, and they have four children and eight grandchildren. Dr. Ebey enjoys hiking in his spare time.





August Birthdays

Gary Bradford
Tappy Bailey
Angie Cantrell
Rusty Clark
Sam Davidson
Carol Sue Greene
Rita Isbell
Angela Nash
Maxine Payne
Martin Tyler
Daniel Wiseman
Cory Brown
Janet Pack
Johnny Woodall



New Employees

Lisa Sells
Property Assessor's Office

Kim Gardner
Communications

Savannah Anderson
Communications

Stacy Gardner
General Sessions Court

Patricia Wilder
Jail



You never know what you are going to see when working for county government! Melanie Colvin, in the County Clerk's Office, took a picture of this unique customer.

Join the 'Go for 10 Challenge'

Getting active can boost your mood, raise your energy level, help you lose weight, sleep better, and even live longer. Standing—or sitting—between you and getting healthier may be the clock. Being too busy is one of the most common reasons for not working out.

That's why we're challenging you to Go for 10!

Join the Go for 10 Challenge today! The challenge runs for six weeks and is open to all state employees and members of the State Group Insurance Plan. When you join, your goals are to:

- **Get 150 minutes of physical activity each week.** Three 10-minute workouts per day for five days per week = 150 minutes.
- **Use your exercise tracker on [Well-Being Connect™](#)** to record your time at least once a week. It's a good idea to track your activity daily.
- **Complete all six weeks** of the challenge.

You can find your 10 minutes at work, at home, and on the go. Walk, dance, jump, lunge, plank ... the options are unlimited. Plus, you'll get simple tips throughout the challenge to help you reach your goals.



4TH OF JULY COOKOUT FUN!



UPCOMING EVENTS

August 6– School Starts

August 7– Election Day
Polls open 7 AM-7 PM

August 16-23– FC Fair

September 1– County Holiday
Labor Day



August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

REMINDER

If you have an article or upcoming event you would like to see in an upcoming edition of the FC GOV'T NEWS Employee Newsletter please contact Abby Pickett at (931) 967-2905 pickett@franklincotn.us OR Annette Sisk at (931) 967-1279 or annetesisk@franklincountyfinance.com.