



FRANKLIN COUNTY GOVERNMENT NEWS

Franklin County Government Employee Newsletter

September 2014

Congratulations

Franklin County Government would like to say CONGRATULATIONS and WELCOME to our newly elected and re-elected officials who took their Oath of Office during a ceremony held Friday August 29, 2014 and began their tenure in their position on Monday September 1, 2014. PDF versions of the updated contact information can be found under the 'Employees Only' page of the county website under quick links. Best of luck to each of you and thank you for your service to Franklin County!

MAYOR'S
MONTHLY
MOTIVATION

*We make a living
by what we get.*

*But we make a
life by what we
give.*

-Winston Churchill



'God Bless America' performed by DeAnn Weller and Andy Brown of Winchester Music Arts at the Oath of Office Ceremony.

New This Issue

- Congratulations and Welcome to Our New Elected Officials
- Get Up and Move Franklin County
- Chili Cook-Off: Save the Date
- Bee a Reader
- Whole Grains Month



Get Up and Move Franklin County

“Every Mile Counts”

Want to be able to run or walk 3 miles?
Want to meet new people to help inspire
you? Come join us and work up your
endurance over 9 weeks. Experienced and
beginner runners WELCOME. Help
motivate each other, you've got nothing to
lose, and everything to gain!!

Date:

**October 6 - December 3
Every Monday and Wednesday**

Time:

5:00 PM – 5:45 PM

Place:

Old FCHS Football Field

Collaboration between Franklin County Government and Board of Education

CONTACT JENNY FOR MORE INFO:

jennyphillips@franklincountyfinance.com

Employee Spotlight

Kathy Scott is the Deputy Property Assessor and GIS Mapper for the Property Assessor. Kathy has been with the Property Assessor's Office for 25 1/2 years! Kathy is married and has two sons. She stays very busy with the various sports activities her children are involved in and during her spare time she enjoys swimming.



Elected Official Spotlight

Bruce Spencer was elected as Property Assessor in 2012. Mr. Spencer was elected for his second four year term as Winchester City Councilman in 2013. He is a member of various committees and community organizations. Bruce and his wife, Joy have two sons and are members of the First Cumberland Presbyterian Church.





September Birthdays

Judy Burch
 Brenda Clark
 Andrea Davidson
 Frances Juan Bradford
 Patricia Custer
 Linda McCallie
 Paul Click
 Tim Armstrong
 Cindy Latham
 Troy Brown
 Beth Smith
 Tammy Basham
 Mary Sons
 William Raline
 Ricky Summers
 Seth Isbell
 Chuck Stines
 Katelyn Isbell



New Employees

Heather Morgan –
 Payroll Specialist

Kim Garner –
 Consolidated
 Communication
 Dispatcher



2013 Chili Cook-Off Grand Champion Chili Winner: Franklin County Maintenance Department

SAVE THE DATE!

3rd Annual FC Gov't Chili Cook-Off

It's almost that time of year again! The 3rd Annual Franklin County Government Chilli Cook-Off and United Way Campaign Fundraiser is set for **October 16, 2014**. Start planning your theme and getting together your award winning chili recipe!

You're invited to.... "BEE A READER"

WHEN: Monday September 22, 2014
 at 10:00 a.m.

WHERE: Franklin County Annex
 839 Dinah Shore Blvd.
 Winchester, Tennessee



Raise a Reader in Franklin County will be welcoming the Governor's Books from Birth Foundation bus as we celebrate the "10 YEAR Anniversary" of the Imagination Library. We hope you can join us as we continue to promote early literacy in Franklin County and register children from birth to age five for this awesome program! Bring your pre-school children out for a fun morning of special attention just for them. Free gifts for all children, pizza, cupcakes, bounce house, and more!

Mary Sons
 Executive Director
 691-4665

September is Whole Grains Month

Health experts advise everyone – men and women, young and old – that grains are a healthy necessity in every diet, and that it's important to eat at least half our grains as "**whole grains.**" But what IS a whole grain? And why does it matter?

WHOLE GRAINS

Whole grains include grains like wheat, corn, rice, oats, barley, quinoa, sorghum, spelt, rye – when these foods are eaten in their "whole" form. Whole grains even include popcorn! You may already be eating whole grains. When you munch popcorn in the theater, or give Toasty-O's to your toddler, or enjoy a bowl of hot oatmeal, you're probably focusing more on the delicious taste than on the fact that these foods are whole grains.

ANTIOXIDANTS, VITAMINS AND MINERALS

Consumers are increasingly aware that fruits and vegetables contain disease-fighting phytochemicals and antioxidants, but they do not realize whole grains are often an even better source of these key nutrients. Moreover, whole grains have some valuable antioxidants not found in fruits and vegetables, as well as B vitamins, vitamin E, magnesium, iron and fiber.

HEALTH BENEFITS OF WHOLE GRAINS

The **medical evidence** is clear that whole grains reduce risks of heart disease, stroke, cancer, diabetes and obesity. Few foods can offer such diverse benefits. People who eat whole grains regularly have a lower risk of obesity, as measured by their body mass index and waist-to-hip ratios. They also have lower cholesterol levels. Because of the phytochemicals and antioxidants, people who eat three daily servings of whole grains have been shown to reduce their risk of heart disease by 25-36%, stroke by 37%, Type II diabetes by 21-27%, digestive system cancers by 21-43%, and hormone-related cancers by 10-40%.

HELP IS ON THE WAY

Even consumers who are aware of the health benefits of whole grains are often unsure how to find them and prepare them. The programs of the Whole Grains Council will help you:

- Understand what whole grains are
- Learn how to identify whole grain products
- Find easy ways to enjoy more whole grains by looking for recipes that include whole grains such as the Wheat Berry Mushroom Risotto to the right.

Upcoming Events

September 11th-
Police & Fire Memorial Service

September 15th-
Commission Meeting

September 2014

Su	M	Tu	W	Th	Fri	Sa
	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				

Wheat Berry Mushroom Risotto

Ingredients:

- 1 1/2 cups cooked wheat berries
- 1 cup chopped onion
- 2 cups chopped Porcini mushrooms
- 2 cloves garlic, finely chopped
- 3 heaping Tbsp. finely chopped fresh rosemary
- 2 cups vegetable broth
- 1 cup white wine
- 1 cup fresh shaved parmesan (optional)



Sauté onion in a bit of olive oil on medium heat until translucent, about 5 minutes. Add mushrooms and rosemary and cook until liquid is released, about 3 minutes. Add garlic and cook another minute. Add wheat berries, 1/2 cup wine and 1/2 cup vegetable broth. Turn heat up to medium high and cook until liquid is absorbed, about 3 minutes. Stir frequently. Add another 1/2 cup wine and 1/2 cup vegetable broth. Cook until liquid is absorbed. Add last full cup of vegetable broth and cook until liquid is absorbed. Stir in cheese if using.