



FRANKLIN COUNTY GOVERNMENT NEWS

Franklin County Government Employee Newsletter

November 2014

Honoring Our Veterans: We Salute YOU!

Remarks by President Ronald Reagan, Veterans Day National Ceremony, Arlington National Cemetery, Arlington, Virginia, November 11, 1985

"...Each new day carries within it the potential for breakthroughs, for progress. Each new day bursts with possibilities. And so, hope is realistic and despair a pointless little sin. And peace fails when we forget to pray to the source of all peace and life and happiness. I think sometimes of General Matthew Ridgeway, who, the night before D-day, tossed sleepless on his cot and talked to the Lord and listened for the promise that God made to Joshua: "I will not fail thee, nor forsake thee."

We're surrounded today by the dead of our wars. We owe them a debt we can never repay. All we can do is remember them and what they did and why they had to be brave for us. All we can do is try to see that other young men never have to join them. Today, as never before, we must pledge to remember the things that will continue the peace. Today, as never before, we must pray for God's help in broadening and deepening the peace we enjoy. Let us pray for freedom and justice and a more stable world. And let us make a compact today with the dead, a promise in the words for which General Ridgeway listened, "I will not fail thee, nor forsake thee."

In memory of those who gave the last full measure of devotion, may our efforts to achieve lasting peace gain strength. And through whatever coincidence or accident of timing, I tell you that a week from now when I am some thousands of miles away, believe me, the memory and the importance of this day will be in the forefront of my mind and in my heart.

Thank you. God bless you all, and God bless America."



Pictured: The Veteran's of the Franklin County Sheriff's Department

New This Issue

- Honoring Our Veterans: We Salute YOU!
- FC Employee Christmas Social
- Mayor's Monthly Motivation: Synergy
- Wobble After You Gobble

Employee Spotlight

Carol Johnson works as a Deputy Clerk in Circuit Court and has been a dedicated employee with the Circuit Clerk's office for 25 years. In her spare time she loves to ride motorcycles with her husband and friends. She has one son who lives in Franklin and a very spoiled cat named PurrC.



Elected Official Spotlight

Robert is very thankful that the citizens of Franklin County have given him the opportunity to serve as their Circuit Court Clerk. Robert is a member of the Winchester Cumberland Presbyterian Church and also serves as a Rotarian and Gideon. Robert and his wife Laurie enjoy spending much of their time attending their daughter Madison's athletic events.



Franklin County Mayor Richard Stewart
Invites you and a guest to attend the

Franklin County Government

CHRISTMAS SOCIAL

December 16, 2014
5:00 p.m. to 8:00 p.m.

Franklin County Country Club
912 Country Club Road
Winchester, TN 37398

*Heavy hors d'oeuvres will be served.
Business casual attire.*

RSVP required.
Please RSVP to your Department Head, who has a signup
sheet, by November 21, 2014.

For questions contact Abby Pickett at
pickett@franklincotn.us or call (931) 967-2905

**OCTOBER
BIRTHDAYS
"HAPPY
BIRTHDAY!"**

Dean Binkley

Thomas Bryant

Brandon Burgett

Becky Cowan

Robyn Custer

George Dyer

Pan Ennies

Michael Hamilton

Cindy Marshall

Misty Matlock

Robin Mays

Jaeleia Morris

Jenny Phillips

Robert Thompson

Robert Tipps

Johnny Whaley

**NEW EMPLOYEES
"WELCOME!"**

William Anderson

Aimee Ortiz

Jordan Robinson

Nancy Shelton

Mayor's Monthly Motivation: Synergy and Thanksgiving

Synergy; a single word that has been one of the main focuses in my leadership positions in local government in various capacities throughout my tenure as a public servant. Synergy is the interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects. I am blessed to have the opportunity to build upon this idea of synergy as the mayor of Franklin County by working together with civic groups, businesses, industries, municipalities, towns, regional organizations, state and federal officials and beyond. However, most importantly, I am thankful for each individual that makes up our community. I am especially thankful for each and every employee and elected official of Franklin County Government who are working to produce a combined effect greater than the sum of their separate effects...synergy. Franklin County is a community of individuals from all different walks of life who are working together to improve the quality of life for our growing population. Wow! It is a privilege to be a part of this effort.

One of the most important things you can do, regardless of where you are in life, is to make a difference in the world. Every one of us has a platform. It may be the job you have; it may be your role in your community or even in your family. It changes over time and looks different for every individual, but we all have one. Use your platform, however large or small, to make a difference. Speak up when a voice is needed. Reach out to those in need. Strive every day to be invaluable to others. Simply by showing up each and every day to do your job as a public servant, you as an employee of Franklin County Government, are using your platform to produce a greater effect than the sum of your separate effects...synergy. Your role in our community as a public servant in your position with Franklin County Government is immeasurable and appreciated. Thank you for making Franklin County Government productive and diligent for our citizens, for using your platform and for building upon the synergy within and beyond Franklin County; together, we are making a difference!

Richard Stewart

Wobble After You Gobble

This month, we are highlighting Healthy Thanksgiving tips. The Mayo Clinic states that the average Thanksgiving dinner can add up to nearly 4000 calories! This equates to consuming an entire day (or two!) worth of calories in one sitting. There are ways to enjoy your Thanksgiving meal without sabotaging your daily caloric intake! Try choosing meats without the skin, watch your portion sizes, make an effort to limit the high fat items, and drink plenty of water!

Thanksgiving is a great time to show an Attitude of Gratitude (See the EAP #my4thanks Challenge (<http://www.partnersforhealthtn.gov/documents/my4thanks.pdf>) It's a time of togetherness, reflection and giving thanks for everything in your life. Unfortunately, Thanksgiving is a time that is also known for overindulgence and a lack of physical activity. Many people have a tendency to overeat at the big Thanksgiving meal and crash on the couch watching movies or football games. This year, we challenge you to start a new tradition. Challenge your friends and family to 'Wobble After You Gobble' and get some physical activity in after that big dinner. Here are some ideas for you or your Thanksgiving host:

- **Fall Foliage Frolic** – Round everyone up and go for a walk searching for as many different colors and/or shapes of leaves as they can find. The person with the most will have bragging rights as the Fall Foliage Frolic Champ until next year.
- **Turkey Trot** – Go on a one-mile fun run/walk with your family. Encourage them to run, walk, jog, dance, hula hoop, trot or any other movement as long as they finish the mile.
- **Frisbee Kickball** – This game is played just like kickball but instead of using a ball, you use a Frisbee. It's a fun way to get some upper and lower body exercise in addition to cardio.

Also, be sure to check out the Healthier Tennessee app, [Streaks for Small Starts](#). This app provides simple ways to start small in order to form healthy habits, and what better time to start than during the holidays!

November Health Observances

American Diabetes Month – November

Lung Cancer Awareness Month – November

National Healthy Skin Month – November

World Diabetes Day – November 14

Great American Smokeout – November 20

Upcoming Events

November 11-
Happy Veteran's Day!
COUNTY OFFICES-
CLOSED

November 27-
Happy Thanksgiving!
COUNTY OFFICES-
CLOSED

November 28-
COUNTY OFFICES-
CLOSED

