



From the Office of...

Nick Maddox

Leon County Commissioner, At-Large

"Educate and inform the whole mass of the people... They are the only sure reliance for the preservation of our liberty."

-Thomas Jefferson

February, 2013

Lose to Gain Challenge: Let's Make Our Community Healthy Together!

With each new year comes new resolutions. After stepping on the scale last month and seeing some old footage from my football days, I made the same resolution that countless other Americans make - to get back in shape.

After I mentioned this on Facebook the emails starting pouring in from people who wanted to join me in my desire to lose 20 pounds. This started me thinking... if I am going to lose, someone else should be gaining.

Enter the idea "Lose to Gain: Let's Make Our Community Healthy Together" - a friendly weight loss competition to make individuals healthier while providing funding to make our local non-profits healthy. The competition is open to the first 50 men and first 50 women to sign up. The cost to enter is \$100.00 and the winner of each group (men and women) will choose their favorite local charity to get the proceeds. The winner will be decided based on a percentage of actual weight lost.

You can register at Premier Fitness in advance or at the official weigh-in at Hotel Duval on February 12th (Fat Tuesday) between 5:00 am and 8:00 pm. There will be a half point weigh-in on March 12th and the final weigh-in on April 12th. You have two months to get healthy!

I would like to thank Len Harvey with Premier Fitness and Marc Bauer with Hotel Duval for supporting the project from the start. We would love to have you join us. Email me if you want to sign-up or have questions: maddoxn@leoncountyfl.gov

"Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning."

~Thomas Jefferson~

Commission Meeting Schedule

February 12, 2013

1:30 pm: Workshop on Cycle 2013-1 Comprehensive Plan Amendments

3:00 pm: Regular Meeting

6:00 pm: Public Hearings (list below)

February 26, 2013

1:30 pm: Joint City/County Workshop on Cycle 2013-1 Comprehensive Plan Amendments

3:00 pm: Regular Meeting

All Workshops, Meetings and Public Hearings are subject to change.



Follow my blog at <http://nick-maddox.blogspot.com> or click the picture above.

Upcoming Public Hearings



View the BOCC agenda at www.leoncountyfl.gov or click the picture above.

February 12, 2013 - 6:00 pm

Second and Final Public Hearing to Consider Modifying the Project List to be Funded with the County Share of the One-Cent Sales Tax Extension

First and Only Public Hearing on a Proposed Ordinance Amending Section 11-47 of the Code of Laws of Leon County, Florida, Providing for Amendments to the Leon County Tourist Development Plan, Exhibit A

First and Only Public Hearing Regarding Additional Senior Homestead Exemptions

First and Only Public Hearing to Consider Revisions to the Animal Control Ordinance

First and Only Public Hearing to Consider Revisions to the Noise Control Ordinance

Public hearings are held at the Leon County Courthouse, 5th Floor (301 South Monroe Street)

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