

Adair County Employee Newsletter April 2017



Anniversaries:

Pam Ashford, Assessor's Office, 5 years
Rob Atkinson, Sheriff's Office, 4 years
Lonnie Harris, Road and Bridge, 26 years
Barb Johnson, Records Office, 10 years
Franz Kinkhorst, Sheriff's Office, 8 years
Charles Lowery, Sheriff's Office, 8 years
Cabe March, Sheriff's Office, 8 years
Rick Schmidt, Sheriff's Office, 8 years
Randy Snyder, Road and Bridge, 37 years
Dale Standfuss, Building and Grounds, 8 years

Happy Birthday!

Melvin Bradshaw, 4/4
Rick Schmidt, Sheriff's Office, 4/30
Sherry Treasure, Clerk's Office, 4/11



AS ALWAYS: IF I'VE NEGLECTED ANYONE BY MISTAKE, PLEASE LET ME KNOW SO I CAN FIX IT IMMEDIATELY.

Welcome New Employees!

Charity Carter, Prosecuting Attorney's Office
Andrew Boster, Assistant Prosecuting Attorney

County Events

4/1- ATSU Wellness 5k run/walk & 10k Run @ **9:00 am - 1:00 pm**

Tigers Baseball EGG HUNT; Princess Tea & Luncheon; Planetarium Shows

4/3- Curtain Call Theatre Company 20th Anniversary Open House and Annual Meeting; Kohlenberg Lyceum Series "**Saint Louis Brass**"

4/7- Benefit for Alan Rowland

4/8- Adair County Relay for Life; Hamilton Street Baptist Church Easter Egg Hunt; Prim Rose "Battle of the Bands" for cancer research

4/9- Adair County Relay for Life

4/18- Be The Match Bone Marrow Drive

4/19- Be The Match Bone Marrow Drive

4/20- NEMO Job Fair

4/21- Children's Literature Festival; 17th Annual Daddy Daughter Dance

4/22- Special Olympics 2017; Family Health Fair; Adair County Mobile Food Pantry

More information on any of these events can be given by the Chamber of Commerce, 665-3766 or their calendar website at <http://www.kirksvillechamber.com/events/2017-02/>

County News

The NEMO Job Fair is April 21 at the Fairgrounds. Elected Officials/Supervisors: If you'd like me to take applications for you, please let me know.

Happy Retirement Gary Krambeck

Gary retired on April 1, 2017. We wish him many happy years of doing absolutely what he only wants to do. You'll be missed Gary.





Recipes:

Crispy Parmesan Garlic Chicken and Zucchini



- 2 Chicken Breasts, sliced in half, or 4 thin chicken breasts
- 8 Tablespoons butter, divided
- ½ cup Italian Bread Crumbs
- ½ cup plus 1 Tablespoon grated parmesan, divided
- ¼ cup flour
- 2 medium zucchini, sliced
- 2 garlic cloves, minced

Instructions

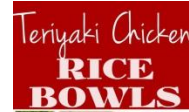
In a large skillet over medium heat melt 2 Tablespoons butter. To make the chicken: Melt remaining 4 tablespoons of butter in a shallow dish. In another shallow dish combine bread crumbs, parmesan cheese, and flour. Dip the chicken in the butter and then coat in the bread crumb mixture and place in skillet.

Cook on each side for about 3-4 minutes until the outside is crispy and the chicken is cooked throughout. Set aside on plate.

Add 2 Tablespoons of butter back to the skillet and saute the minced garlic for a minute. Add the zucchini to the skillet and saute until tender. Salt and pepper to taste and add some 1 Tablespoon

parmesan. Add the chicken back to the skillet and heat for a minute or so. Serve immediately.

Quick Teriyaki Chicken Rice Bowls



Ingredients

1 lb boneless skinless chicken breast, cut into bite size pieces
salt and pepper

for the sauce:

1/4 cup packed light brown sugar
1/4 cup low-sodium soy sauce
2 Tablespoons rice or apple cider vinegar
1/2 teaspoon ground ginger
2 cloves garlic minced
1 Tablespoon cornstarch
additional:

rice
steamed broccoli

Instructions

Cook rice according to instructions on packaging.

Steam broccoli.

Season chicken pieces with salt and pepper and place in large non stick skillet. Cook until done, stirring often.

In a small bowl or a measuring cup, combine brown sugar, soy sauce, ginger, garlic, vinegar and cornstarch. Whisk together until there are no

cornstarch lumps. Add sauce to chicken and cook stirring constantly, until it thickens into shiny glaze. Remove from heat and serve immediately with rice and steamed broccoli.

Roasted Green Beans with Fresh Garlic



1 pound green beans, trimmed
2 tablespoons extra-virgin olive oil
2 garlic cloves, minced

PREPARATION

Preheat oven to 450°F. Toss green beans with olive oil on large rimmed baking sheet. Roast until browned and almost tender, stirring occasionally, about 10 minutes. Sprinkle beans with garlic, salt, and pepper; toss to combine. Continue roasting until beans are tender, about 2 minutes longer. Transfer to bowl.

Human Resources 101

ALL ABOUT YOUR LAGERS RETIREMENT



I've had some LAGERS questions recently, so I thought I'd highlight this great retirement benefit we have and briefly explain the payment options to choose from when you're thinking about retiring.

First, I'd like to let everyone know that the County Commission recently enhanced our benefit percentage, going from 1.75% to 2%. This is great news as our calculation percentage increases what our monthly benefit will be once we retire. You'll see an example as you read, on how this percentage comes in to play in regards to calculating our monthly benefit once we retire.

Coverage Requirements

To be eligible to earn a LAGERS retirement benefit, you must:

- Work in a LAGERS-covered department
- -and Be a full-time employee (as defined by LAGERS means at least 1500 hours worked in a calendar year)
- Adair County Local Government does all the contributing to our LAGERS benefit, meaning that as an employee, we are not having anything taken from our paychecks toward LAGERS contribution. We are very lucky, as many county governments don't have LAGERS retirement. We as Adair County employees do, AND our employer contributes 100% toward our retirement.

Vesting

- To become vested, a member must earn 5 years (60 months) of service credit within the system. The 60 months may be earned with one employer or a combination of LAGERS employers.
- Once a member is vested with LAGERS, they are guaranteed to receive a benefit whether they continue their employment with a LAGERS employer until they reach retirement age or terminate and employ outside the LAGERS system.

Retirement Ages

Retirement Ages	General Department	Police and Fire Department
Normal	60	55
Early	55	50
Rule of 80	Varies	Varies

Want to know how to figure your LAGERS benefit?

Benefit Program x Final Average Salary x Service Credit = Monthly Benefit for Life**

So for example, if you earn an annual salary of \$25,000 and you've worked for the county for 20 years at time of retirement, this is how you could figure your estimated monthly benefit: Adair County Benefit Program= 2.0% Final Average Salary is \$25,000; Years of Service= 20 years.....

$$.0200 \times 25,000 \times 20 = 10,000/12 =$$

\$833.33 approximate monthly benefit

Early Retirement

- Early retirement allows a member to retire up to five (5) years early of his or her normal retirement age. For a general employee, he or she could retire at age 55, and for a police or fire fighter, age 50.
- The benefit is calculated in the same manner as a normal retirement, however, there is a reduction in the monthly benefit amount. The reduction is one-half of one percent (0.5%) for each month the benefit is drawn prior to the member's normal retirement age (6% reduction per year early).

The following are different LAGERS Retirement Payment Options

IMPORTANT: The member will receive a payment per month for life no matter which of the below options is

chosen. And, once a monthly benefit begins, the payment option cannot be changed by the member or beneficiary.

Option A & Option B

1. Beneficiary will receive a payment each month for his or her lifetime after the death of the member.
2. The beneficiary cannot be changed after retirement.
3. If the beneficiary passes away before the member, the member's benefit would be adjusted to the full 100% monthly amount upon written notification to LAGERS.
4. The maximum adjustment upward for the age difference between the member and spouse is 5%.
5. The beneficiary must be a person.

Option C

1. The member's benefit will continue for his or her lifetime.
2. The member's beneficiary will only receive a monthly benefit if the member passes away within 10 years of his or her retirement date.
3. The beneficiary's benefit will not continue for his or her lifetime, but will stop after LAGERS has paid 120 payments to the member and beneficiary combined.
4. The member may change beneficiaries after retirement and may designate multiple beneficiaries.
5. The beneficiary can be a legal entity such as a trust, church, or charity.

***A Partial Lump Sum (Option D) can be added to any one of LAGERS payout Options

You will have the option to choose a Partial Lump Sum (PLUS) distribution of your monthly benefit. The monthly benefit would still be payable for your lifetime, but would be reduced for receiving a payment up front. Here's some information you need to know, should you choose the PLUS payout option:

- The earliest LAGERS is allowed to pay the PLUS to you is 90 days after your first payment date, but you may choose to delay payment up to 150 days after retirement.

- Partial Lump Sum reduces your Monthly Benefit
- The PLUS payout option is equal to 24 Monthly Payments
- PLUS payout option is subject to Taxes, Unless it's a Direct Rollover

Questions? Contact Information below

Missouri LAGERS: 1-800-447-4334 Fax: 573-636-9671

www.molagers.org info@molagers.org

701 W. Main Street, PO Box 1665, Jefferson City, MO 65102
 Ask to speak to Elizabeth Altoff, Adair County Benefit Specialist

Trivia Challenge #1

Sitting 427 feet deep inside a Norwegian mountain is the Svalbard Global Vault, which holds over 850,000 copies of _____ in case of global catastrophe.

- a) planting seeds
- b) human DNA
- c) computer codes
- d) Center for Disease control-records of cures

Trivia Challenge #2

It is illegal to collect or possess eagle feathers in the United States, and only enrolled members of a federally recognized Native American tribe can legally possess them. True or False?

Trivia Challenge #3

There is a restaurant in Spain that grills its food _____.

- a) on a clay pot grill
- b) with a clothes iron
- c) over a volcano
- d) over a hot spring

Trivia Challenge #4

True or False: The Titanic had its own official cat, Jenny, to control the on board mouse and rat population.

Trivia Challenge #5

One day on the planet Mercury is equivalent to _____ on planet Earth.

- a) 12
- b) 31
- c) 40
- d) 59

Trivia Challenge #6

Which of these artists suffered from schizophrenia?

- a) Van Gogh
- b) Da Vinci
- c) Picasso
- d) Michelangelo

Trivia Answers:

- 1) A
- 2) True
- 3) C
- 4) True
- 5) D
- 6) A

