

Adair County Employee Newsletter February 2014

Anniversaries:

Janet Cooper, Sheriff's Office, 2 years
Cabe March, Sheriff's Office, 5 years

Happy Birthday!

Karla Kramer, Pros. Atty. Office, 2/9
Angela Platz, Public Admin Office, 2/10
Jack Moots, Road and Bridge, 2/28
Joe Wuebker, Sheriff's Office, 2/7
Russell Steele, Circuit Judge, 2/27



Just a note.....

***To make sure that all part time and seasonal employees get recognized, as well as full time employees, anniversaries in this newsletter are actual hire dates, regardless of employment status when hired, i.e. part time, seasonal, etc. Benefits and raises go by the date you were brought on full time. For example, if you were hired on August 30, 2013 as a part time employee, but went to full time status in November 2013, the newsletter will say your anniversary date is August, but your benefits and yearly raises will use the November date.

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

Welcome New Employees!
Monika Williams, Sheriff's Department

County Events

2/1- 2014 NEMO Ag Show
2/3-T.G.I.F. State of the City
2/7- KVYP Networking Happy Hour
2/8- Chili Bowl Chili Cookoff
2/8- Kirksville Polar Bear Plunge
2/10- Kohlenberg Lyceum Series "Othello"
2/11- KVYP Board Meeting
2/25- Kirksville Day at the Capitol; KVYP Lunch and Learn

More information on any of these events can be given by the Chamber of Commerce, 665-3766 or the City of Kirksville at 627-1224.



Thank you Pat Shoush for donating new Christmas ornaments for the Courthouse tree next year! They were needed. Thanks again!

County News

Employee Motivational Fund



❖ ***Congratulations to Mary Walitshek and Barb Johnson for being our January winners of a \$24 gas card.***

If you'd like to participate, please bring me your \$2, or email me and I'll come get it. I will need your \$2 by Thursday, February 20. We will draw for winners on Friday February 21. I encourage everyone to participate, because the bigger the monthly pot, the more \$\$ we can put on the gas cards, and not to mention its fun!!

Recipes:

Tuna Casserole



8 ounces short noodles (your favorite – we used gemelli)
1 can tuna fish – drained
1 can mushroom soup
1/2 can of milk
8 ounces of sour cream
1 cup frozen peas
1/2 tsp garlic salt (or to taste)
1 tsp pepper
1/4 cup of ranch dressing (optional, this just adds an extra boost of flavor, but you can leave it out)
1 cup grated cheddar cheese

- 1) Cook pasta according to package directions
- 2) Mix tuna fish, mushroom soup, milk, sour cream and ranch dressing all together
- 3) Add peas, garlic salt, and pepper; mix
- 4) Drain pasta and mix into casserole mixture

- 5) Put everything into an oven proof casserole dish
- 6) Bake in preheat 350 degree oven for 30 minutes
- 7) At the 20 minute mark, sprinkle with the cheese and then finish baking for 10 more minute
- 8) Serve

Zesty Parmesan Potato Wedges



8 Medium Size russet potatoes Sliced into Wedges with Skins
1/2 Tsp salt
1 Tsp garlic pepper seasoning or 1/2 Tsp Garlic & 1/2 TSP Pepper
2 Tbsp. parmesan cheese
1/2 Cup olive oil or canola oil

1. Preheat oven to 350 degrees F.
2. Line a baking sheet with foil and lightly brush with the olive or canola oil, to prevent wedges from sticking to the baking sheet.
3. Mix 1/2 olive or canola oil with salt, garlic and pepper.
4. Place potato wedges onto prepared baking sheet.
5. Sprinkle with Parmesan Cheese.
6. Bake in preheated oven for 45 minutes or until tender.
7. Serve warm with your favorite condiments.

Time: 45 minutes

Slow Cooker Cinnamon Sugar Pecans

- 1 Pound Pecan Halves
- 1/4 Cup Packed Light Brown Sugar
- 1/2 Stick Butter (cut into small pieces)
- 1 Teaspoon Cinnamon

- ½ Teaspoon Ginger
 - ½ Teaspoon Nutmeg
1. • In a small bowl mix together brown sugar, cinnamon, ginger and nutmeg until well blended.
 2. • Pour pecans into slow cooker, add in dry ingredients and butter and stir until well mixed.
 3. • Cook on medium heat setting for 1 hour. (Low setting for 2 hours)
 4. • Remove from slow cooker and spread on wax paper or aluminum foil to cool and set.
 5. • They will harden some as the butter and sugar combination has created a caramel.
 6. • Break apart and store in an airtight container until snack time or time to share with friends.
 7. Although pecans are what is listed here, you can easily do the exact same thing with walnuts, almonds, cashews or even peanuts. Create a blend of your favorite nuts for a special cinnamon sugar mixed nut blend

Cheesy Ground Beef Rice Casserole



- 1 lbs ground beef (lean)
- 2 onions, diced
- 2 teaspoons garlic powder
- 1 small can tomato sauce
- 1 cup cooked rice
- 1 cup chicken broth
- 1 cup sour cream
- 2 cups shredded cheese
- salt, pepper, oregano
- 1 cup frozen peas

1. Preheat oven to 350° F
2. Spray a skillet with cooking spray and turn on the heat to high
3. Roast the onions for a few minutes
4. Add ground beef and garlic, brown the ground beef completely, turn heat to medium
5. Spice with salt, pepper and oregano how you like it
6. Add rice, peas tomato sauce, 1 cup cheese and broth, let simmer for 3 minutes
7. Transfer everything into a casserole dish and bake for 15 minutes
8. Meanwhile combine the rest of the cheese with the sour cream
9. After 15 minutes bring the cheese/sour cream mixture on top of you casserole and bake for another 15 minutes

Peanut Butter Reese's Cookies



- 1 cup butter, softened
- 1/2 cup sugar
- 1 cup brown sugar
- 2 teaspoons vanilla extract
- 2 eggs
- 1 cup creamy peanut butter
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 2 cups flour
- 1 Tablespoon corn starch
- 3/4 cup chocolate chips
- 1 cup Reese's pieces
- 1 1/4 cups chopped Reese's peanut butter cups

Instructions

1. Beat the butter and sugars until creamy. Add the vanilla, and peanut butter and

cream again. Sift together the salt, baking soda, flour, and cornstarch. Slowly add to the butter mixture. Stir in the chocolate chips, Reese's pieces, and peanut butter cups by hand.

2. Drop the cookie dough by Tablespoon onto a baking sheet. Bake at 350 degrees for 10 minutes. Let cool on the tray for 1-2 minutes before removing to a wire rack to cool completely. Store in a sealed container. Makes 40 cookies.

Trivia Challenge #1

McDonald's is no longer the world's largest restaurant chain - _____ now has more outlets opened worldwide than McDonald's!

- a) Subway
- b) Burger King
- c) Wendy's
- d) Pizza Hut

Trivia Challenge #2

A _____ can hold its breath for up to 6 days.

- a) Chameleon
- b) Amazon Horned Frog
- c) Scorpion
- d) Seal

Trivia Challenge #3

_____’s mother was an opium smuggler and his father was a spy.

- a) Sylvester Stallone
- b) Jean Claude Van Damme
- c) Arnold Schwarzenegger
- d) Jackie Chan

Trivia Challenge #4

The last president that wasn't a Republican or Democrat was _____.

- a) Grover Cleveland
- b) Millard Fillmore
- c) Calvin Coolidge

- d) Chester Arthur
- e) Franklin Pierce

Trivia Challenge #5

Paintball guns were originally invented to do what?

- a) Mark sheep and cattle
- b) Mark trees
- c) Sniper training
- d) Kill spiders

Trivia Answer #1: a

Trivia Answer #2: c

Trivia Answer#3: d

Trivia Answer#4: b

Trivia Answer #5: a

Let's Briefly Review Your CERF 401 a Savings Plan

“Vesting” means you have a permanent right to your benefit – even if you leave county employment. With the 401(a) plan, you are always 100% vested in your mandatory and rollover contributions and any investment return on this money.

You are 100% vested in the CERF match, as well as any investment return the match earns, after five years of service. If you leave county employment before you have five years of service, you will forfeit all matching contributions along with the corresponding investment returns.

Although CERF's match is based on your voluntary contributions to the CERF 457 plan, the actual matching funds, if any, are deposited into your CERF 401(a) account.

You may receive a distribution from your 401(a) account if you:

- Leave county employment;

- Reach age 59 1/2;
- Have a “financial hardship,” or
- Die

A Brief Review of Your 457 Plan

The 457 plan is designed to provide tax advantages to you through voluntary pre-tax contributions.

This will:

- Lower your taxable income
- Reduce the amount of tax you currently pay
- Allow you to set aside money for retirement

All county employees who participate in this plan can make voluntary contributions equal to either a flat-dollar amount or a percentage of pay through regular payroll deductions.

You are 100% vested in the CERF match, as well as any investment return the match earns, after five years of service. If you leave county employment before you have five years of service, you will forfeit all matching contributions along with the corresponding investment returns.

Each year, CERF’s Board of Directors will determine the amount available for matching contributions. The maximum match that the Board can approve is:

50¢ for every dollar that you contribute, up to the first 6% of pay

To receive the match, you must have made 457 contributions during the plan year and you:

Have earned at least 1,000 hours during the year, or on a qualified leave of absence, on December 31; or Are at least 62, and separated from service, vested in the CERF Pension Plan; or Die during the year.

Although CERF’s match is based on your voluntary contributions to the CERF 457 plan, the actual matching funds are deposited into your CERF 401(a) account. As periodic account statements are received from Great-West, you will want to verify that your 457 contributions are being deposited into the 457 plan account (rather than 401(a) plan) in order to receive the full match to which you are entitled.

Reminder: Your CERF 457 and 401a Plans are supplemental to your CERF Pension Plan.

Questions about your CERF pension? Call Mary Holsman at 877-632-2373, ext. 4218. For questions about your Savings Plans (457, 401), call Jim Ellison at (877) 895-1394.

Fun Facts:

Coca Cola produces so many different products that if you were to drink one each day, it would take you 9 years to try them all.

Hitting snooze on your alarm can make you more tired than if you had gotten up right away.

Dogs can sense sadness in humans and will often attempt to make their owners happier by initiating cuddling.

Drink green tea before bed to burn more calories while sleeping. Green tea also increases metabolism.

Hawaii is the happiest and least stressed state in the U.S.; West Virginia is the unhappiest and most stressed state.

Confidence is contagious, surrounding yourself with people who believe in themselves can enhance your own belief.

Furbies were banned by the NSA because it was feared that they may repeat national security secrets.

Only one half of a dolphin's brain sleeps at a time. The other half that's awake signals the dolphin to come up for air to prevent drowning.

Nearly 30% of Dalmatian dogs are born with complete or partial hearing loss.

You can't use the word "candy" on a video game. Creators of CANDY CRUSH have managed to trademark the word.

Chemotherapy is a by-product of the mustard gas used in WWI.

Quotes:

“Great minds discuss ideas; average minds discuss events; small minds discuss people.”- Eleanor Roosevelt

”A successful man is one who can lay a firm foundation with the bricks others have thrown at him.” -David Brinkley

14. Life is 10% what happens to me and 90% of how I react to it. –Charles Swindoll

28. The two most important days in your life are the day you are born and the day you find out why. –Mark Twain

A CERF Quiz

- 1) Participation in the CERF pension plan is mandatory for eligible employees who work _____ hours during the year.
 - a) 1500
 - b) 750
 - c) 1000
 - d) 1250

- 2) Can you be enrolled in the CERF pension plan if you're a part time employee?

- a) No, it's only for full time employees
- b) Yes, if you work at least 1000 hours in a calendar year
- c) Yes, if you work at least 1250 hours in a calendar year
- d) Yes, if you've been a part time employee for the County for at least 8 years.

- 3) How much does the County contribute toward your CERF Pension Retirement?

- a) 3%
- b) Nothing
- c) The entire 4% required
- d) 2%

- 4) How much do you, the employee contribute toward the CERF Pension Retirement Plan?

- a) 2%
- b) Nothing
- c) The entire 4% required
- d) 3%

- 5) You are vested in the CERF Pension Plan after how many years of service?

- a) 8
- b) 5
- c) 7
- d) 3

- 6) Once you are vested, you are able to receive a full benefit at what age?
- a) 65
 - b) 70
 - c) 55
 - d) 62
- 7) If you've left County Employment before being vested, and you're rehired later, you have an opportunity to buy back creditable service. True or False?

Answers:

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