

# ***Adair County Employee Newsletter November 2012***

## ***Anniversaries:***

Joe Nicol, maintenance, 7 years  
Logan Shively, Sheriff's Dept, 3 years

## ***Happy Birthday!***

Pam Ashford, Assessor's, 11/6  
Steve Lowrey, Sheriff's Dept. 11/15  
Shelley Story, Public Admin. 11/12  
Stan Pickens, Presiding Commissioner 11/20

## ***Welcome New Employees!***

Welcome to the County, Mickey Hall! –  
Sheriff's Dept.

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

## ***County Events***

***11/3-*** Kirksville Special Olympics  
Tournament  
***11/3-*** Gents and Jules Heart Gala  
***11/4-*** Mary Immaculate Soup Supper and  
Auction  
***11/5-*** TSU Wind Symphony Concert  
***11/7-10*** TSU Theatre presents "You Can't  
Take it With You"  
***11/8-*** Cost Cutters Ribbon Cutting  
Ceremony (\$2 haircuts that day)  
***11/10-*** Deer Season (firearms) starts!  
***11/10-*** Blood Drive Annex building 10-3  
p.m.  
***11/10-*** YMCA 5k Family Run/Walk  
***11/11-*** Veteran's Day Ceremony  
***11/11-*** TSU Chorus and Wind Symphony  
Concerts  
***11/12-*** Veteran's Day observed:  
Courthouse/Chamber of Commerce closed  
***11/15-18*** "Music Man"- The Musical-  
presented by KHS High School Drama Club

***11/19-23-*** Truman Thanksgiving Break  
***11/22-*** Thanksgiving! Courthouse closed



***11/23-*** Courthouse closed, Chamber closed  
***11/23-*** Santa arrives at Courthouse  
***11/26-*** Truman Lyceum Series presents:  
Tonic Sol-fa  
***11/28-*** TSU Jazz Concert

**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.**

## ***Recipes:***

### **Bacon Roasted Turkey**

1 (10- to 12-pound) turkey, liver and  
gizzard removed and finely chopped  
30 slices smoked bacon  
5 fresh sage leaves, torn  
2 teaspoon fresh rosemary leaves  
Grated zest of 1/2 orange  
Coarse sea salt  
1 teaspoon freshly ground pepper

Lay slices of bacon horizontally and  
overlapping slightly, on a clean work  
surface (the bacon should be equal in length  
to the meat). Sprinkle the bacon with sage,  
rosemary, orange zest, sea salt and the  
peppercorns. Wrap the slices around the bird  
very tightly to enclose. Chill for at least 1  
hour and up to overnight before roasting.

Don't like turkey? Try THIS for your Thanksgiving dinner:

### **Sage and Garlic Crusted Pork Tenderloin**

2 garlic cloves, finely chopped (about 1 tablespoon)  
1 tablespoon finely chopped fresh sage  
1 1/4 teaspoon coarse salt  
1/4 teaspoon freshly ground pepper  
1 tablespoon olive oil  
1 pork tenderloin (about 1 1/4 pounds), tied with kitchen twine  
1 tablespoon vegetable oil

1. Preheat oven to 400 degrees. Stir together garlic, sage, salt, pepper, and olive oil in a small bowl. Rub mixture all over pork.
2. Heat a large, heavy saute pan over medium-high heat. Add vegetable oil. Add pork, and brown all over, about 4 minutes.
3. Transfer pan to oven. Roast pork, turning occasionally, until an instant-read thermometer inserted into thickest part registers 145 degrees to 150 degrees, about 20 minutes. Transfer pork to a cutting board; tent with foil, and let rest 10 minutes before slicing.

### **Best Ever Thanksgiving Stuffing**

6 cups day-old breadcrumbs  
6 cups crumbled cornbread  
1 cup finely chopped yellow onion  
1 cup finely chopped celery  
1/4 cup chopped green onion  
1/4 cup finely chopped fresh parsley  
1 1/2 teaspoons sage  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup melted butter  
2 eggs, slightly beaten  
2 -4 cups chicken broth (or more if needed)

Pre-heat oven to 350F.

In a very large mixing bowl, combine bread crumbs, crumbled cornbread, yellow onions, celery, green onions, fresh parsley, sage, salt and pepper. Toss well. Add melted butter and eggs; mix. Add chicken broth, a little at a time, mixing lightly, but well. Add enough broth to make mixture extra moist.

Place mixture into a well-greased baking dish. Bake about 45 minutes or until top is golden brown.

~NOTE~ this can be made ahead of time by mixing everything together, placing it in the well-greased baking dish, covering with foil, and refrigerating.

To bake, remove from refrigerator and let sit at room temperature for about 30 minutes.

Then, remove foil and bake for about 45 minutes.

### **Perfect Turkey Gravy**

*For each 2 cups gravy desired - use 3 tablespoons fat, 3 tablespoons all-purpose flour, and 2 cups of liquid. Use salt and pepper to taste.*

*\*always try to make the gravy in the same pan you used to roast the turkey*

3 tablespoons all-purpose flour  
2 to 3 cups liquid (juices)\*  
3 tablespoons Turkey fat\*  
Salt and pepper to taste

*No More Whisking Lumps out of the Gravy Mixture - Make a Roux:*

In a separate container with a lid, shake together the all-purpose flour needed and about 2 cups cool water. Adding this thickened flour mixture to the reserved pan juices helps to prevent lumps from forming when making your gravy.

Once the liquid, drippings, and the fat in the pan are lightly bubbling, slowly add the above flour mixture to the gravy pan, stirring constantly. When the mixture starts

to thicken, immediately stop adding the remaining flour mixture. You may not need to use the the entire flour mixture depending on how much or little drippings were in the pan. If lumps do develop, you should be able to use a wire whisk to remove them. Simmer gently about 10 minutes to cook the flour all the way through. Add salt and pepper (and any other seasonings you desire) to taste.

\* Use the reserved poultry juices from the turkey with either vegetable juice, potato juice (from boiling potatoes when making mashed potatoes), prepared turkey/chicken stock, and/or water. I always save some of the water from boiling the potatoes. Any type of liquid can be added to make gravy, but always use the juices/drippings from the roasting pan and prepared turkey stock (see above) to make your turkey gravy. Add other liquids as needed for flavor and quantity of gravy.

\*\* If you don't have enough fat from the turkey, add some butter.

### **Caramelized Scallion Mashed Potatoes**

5 pounds boiling potatoes, peeled and cut into 1-inch pieces  
3 bunches scallions (green onions), chopped (4 cups)  
1 1/2 sticks (12 tablespoons) unsalted butter  
2 cups half and half  
1/2 teaspoon salt  
1/2 teaspoon pepper

Put potatoes in a large heavy pot with enough cold, well-salted water to cover by 1 inch. Bring to a simmer and simmer potatoes until tender, about 20 to 25 minutes.

While potatoes simmer, cook scallions in 1 stick of butter in a large heavy skillet over moderately low heat, stirring occasionally, until scallions are deep golden, 20 to 25 minutes. Remove from heat.

Drain potatoes in a colander, then return to cooking pot with remaining 4 tablespoons butter and half-and-half, then mash to desired consistency with a potato masher. Stir in scallions with melted butter, salt, and pepper and serve.

### **Apple Butter Pumpkin Pie**

1 cup(s) apple butter  
1 cup(s) (solid-pack) pumpkin  
cup(s) brown sugar, packed  
teaspoon(s) salt  
3/4 teaspoon(s) ground cinnamon  
3/4 teaspoon(s) ground nutmeg  
1/8 teaspoon(s) ground ginger  
3 eggs, beaten  
3/4 cup(s) evaporated milk  
1 (9-inch) unbaked pie shell  
1 egg white, beaten  
(Optional) whipped cream, for garnish

1. Adjust oven rack to lowest position. Preheat oven to 425°F. Combine apple butter, pumpkin, brown sugar, salt and spices in a bowl. Stir in eggs. Gradually add milk and mix well, using electric mixer. Brush pie shell with egg white, coating lightly; discard remaining egg white.  
2. Pierce holes in bottom of crust with a fork. Pour apple-butter mixture into prepared pie shell; bake 15 minutes, then lower oven temperature to 350°F. Bake 35 minutes more until center is slightly puffed and jiggles a little bit when pan is tapped.  
3. Cool until still slightly warm on wire rack. Serve with whipped cream and a dusting of cinnamon, if desired.

### **Chocolate Cheesecake**

2 cups chocolate cookie crumbs  
5 tablespoons butter, melted  
3 (8 ounce) packages cream cheese, softened  
1 cup white sugar  
5 eggs

2 (1 ounce) squares semisweet chocolate, melted  
6 (1 ounce) squares semisweet chocolate, melted  
1/2 cup sour cream

1. Preheat oven to 300 degrees F (140 degrees C). Using a fork, combine the melted butter and cookie crumbs. Press mixture into the bottom of a 9 inch spring form pan to form the crust.
2. In a large bowl, beat together the cream cheese, sugar and eggs until blended. Pour half of the cream cheese mixture into the crust. Stir 2 ounces melted chocolate into remaining cream cheese mixture, then pour over the first layer.
3. Bake cheesecake on the center rack of preheated oven for 50 minutes. Let cool completely in the pan, then cut around edges with a knife to loosen cheesecake before removing pan sides.
4. In a medium bowl, combine 6 ounces melted chocolate and sour cream, stirring until blended. Spoon mixture on top of cooled cheesecake. Keep refrigerated until ready to serve.

### **Trivia Challenge #1**

*(submitted by Angela Platz, Public Admin. Office)*

The Pentagon has twice as many bathrooms as necessary because .....

- a) Women employees felt discriminated against due to long restroom lines, so more was built
- b) It was built when segregation was still in place, so blacks and whites had separate restrooms
- c) Pentagon officials anticipated more public traffic than they actually have
- d) Back when it was built, it was customary to have 1 bathroom for every 4 rooms

### **Trivia Challenge #2**

*(submitted by Angela Platz, Public Admin. Office)*

In 1880's England, what word was considered a *bad* word?

- a) Waffle
- b) Crikey
- c) Rubbish
- d) Pants

### **Trivia Challenge #3**

*(submitted by Brenda Capps, Assessor's office)*

In ancient Greece, doing THIS was considered a marriage proposal.

- a) Throwing an apple to a woman
- b) Growing a beard
- c) Fasting for days
- d) Pouring water on a woman

### **Trivia Challenge #4**

I was a barber in the small, fictional town of Mayberry. Kurt Cobain also wrote a rather unflattering song about me. What's my name?

- a) Joe
- b) Howard
- c) Sam
- d) Floyd

### **Trivia Challenge #5**

Baboons are the loudest, most dangerous, obnoxious, most viciously aggressive and least intelligent of all primates. What is the proper collective noun for a group of Baboons?

- a) Herd
- b) Flock
- c) Congress
- d) School
- e) Gaggle

**Trivia Answer #1: b**

**Trivia Answer #2: d**

**Trivia Answer#3:** a

**Trivia Answer#4:** d

**Trivia Answer #5:** c (haha, congress!!)

## ***County News:***

First of all, I want to thank everyone who came out to the Benefits Fair. I hope you were able to acquire some needed information. Be looking forward to one next year in October. ☺

LAGERS representatives will be here on December 10 at 1 p.m. in the Annex Building. Anyone wanting to hear their presentation please make arrangements to be there. I will send a reminder out closer to time.

**\*\*\*Open enrollment for GBS healthcare is November 1- November 30. If you need to make any changes at all to your current plan, please see Beth Platz to fill out the necessary form. Any changes would include:**

**Adding vision, dental, life, or taking them off; adding a dependent, taking a dependent off; switching plans entirely (going from base to buy-up); enrolling in the Flexible Spending Account program. You must re-enroll for this every year. It doesn't roll over like the health insurance does. Also, prices did not change for the coming year, so everything will stay the same cost-wise.**

**I have some informational packets regarding vision, dental, and all 3 plans available in the Commissioners' office if you'd like to stop by and grab them. They are full of information that is useful for you.**

**Remember, any changes needing to be made please come see me.... Or call.... I can get the form to you if you like. 660-234-7914**

Blood drive Saturday November 10 from 10 a.m. -3 p.m. at the Adair County Annex building. This will be the 3<sup>rd</sup> Annual Blood Drive in Honor of Ashley Mayer, who at the age of 13 was diagnosed with leukemia. As she continues her battle today, she has needed many blood product transfusions along the way. The family would like to raise awareness about the importance of donating blood to help others. Please come and donate blood in Ashley's honor.

## ***Did you know that.....?***

Forest fires move faster uphill than downhill

Porcupines float in water

Being ignored triggers a reaction in the brain similar to experiencing a physical injury

When you use a free Android app, up to 75% of your phone's battery is wasted on ads

Bubble wrap was first sold as wall paper

If your hand or arm falls asleep, you can often "wake it up" by shaking your head.

Watering potted bulbs with gin or vodka will prevent them from leaning/flopping over

A few drops of lavender oil to the temple reduces stress and promotes sleep.

The opening shot in Bond films was actually shot through the barrel of a gun

Crocodiles eat stones to dive deeper

Dolphins have the ability to recognize and admire themselves in a mirror

Horses about the size of an average duck once roamed North America

Storing potatoes with apples keeps them from sprouting

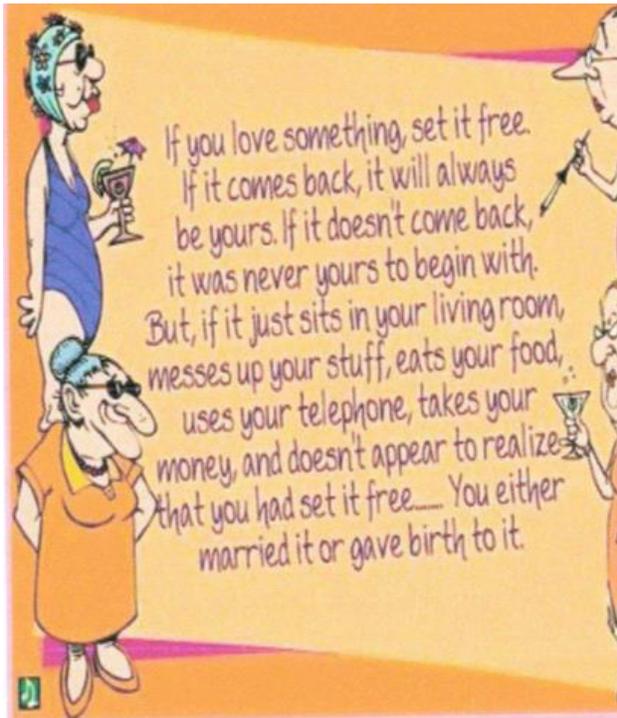
Target has its own forensic lab that is on the same level as police labs and helps to solve armed robbery, rape and murder cases

There's a real life hobbit village in New Zealand

The screenwriter of "Cast Away" deliberately stranded himself on an isolated beach for a week, to experience how Tom Hanks' character would have to search for food, water, and shelter.

JFK ordered 1000+ Cuban cigars for his own personal use just before he made them illegal in the U.S.

*The following was submitted by our friend, Wanda Sizemore.....*



*Here's a little story worth reading..... Submitted by Mark Thompson*

This is a story about 4 people name Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it but Nobody did it.

Somebody got angry about that, because it was Everybody's job! Everybody thought Anybody could do it, but Nobody realized Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done!! Don't let this happen to you.

*In light of our upcoming Presidential election....here are some historic moments in Presidential history:*

Under President Thomas Jefferson, our government bought the Louisiana Territory (famously known as the Louisiana Purchase), made the United States twice as big as it had been!

Under President Abraham Lincoln, the Emancipation Proclamation was signed, freeing all slaves.

Under President Theodore Roosevelt, the establishment of national parks and national forests came into effect.

After World War I, President Woodrow Wilson tried to get all countries to join together in a world union called the League of Nations. He was given a great honor in 1919--the Nobel Peace Prize.

Under President John F. Kennedy, the first Americans were sent into space. He also started the Peace Corps.

Under President Lyndon B. Johnson, the Civil Rights Act of 1964 was signed, prohibiting racial discrimination in voting, education, and other areas.

As President, Richard Nixon opened relations with the People's Republic of China and traveled to the Soviet Union to sign an arms limitation agreement

President Ronald Reagan started talks with the Soviet Union that led to the signing of the Intermediate-Range Nuclear Forces (INF) Treaty in 1987. This treaty reduced the number of nuclear missiles held by the United States and the Soviet Union.

On September 12, 1994, President Bill Clinton launched his national service program, AmeriCorps, which provides opportunities for young people to serve in their communities in exchange for credit for education or job training.

President Clinton facilitated negotiations between Israel and Jordan that helped end more than forty years of hostilities between these two nations. This historic handshake, between Jordan's King Hussein and Israel's Prime Minister Rabin, gave the world new hope for peace in the Middle East.

### **And of course.....we must have some Thanksgiving Fun Facts!**

There is no evidence that turkey was eaten at the first Thanksgiving, a three-day meal shared between the pilgrims and Wamponoag tribe in 1621. It is more likely that they ate venison and a lot of seafood.

A knife, a spoon and their fingers were all they had to eat their meal with. The fork was not brought by the pilgrims. Governor Winthrop of Massachusetts introduced it 10 years later, but it did not really catch on until the 18th century.

Apparently, part of the reason that Swanson started creating T.V. dinners in 1953 was because it needed to find something to do with the massive amount of leftover frozen Thanksgiving turkeys.

It has been claimed again and again that the night before Thanksgiving is the biggest drinking night of the year -- beating out New Year's Eve and St. Patrick's Day. Why? It is the number one evening where people return home and reunite with their high school buddies. (Or possibly the anxiety of being surrounded by family drives some to drink.)

An estimated 46 million turkeys are eaten on Thanksgiving

The Macy's Thanksgiving Day parade began in 1924 with 400 employees marching off from Convent Avenue and 145th Street in New York City. During this time the parade was accompanied not with the oversized balloons of our favorite cartoon characters, but with live animals borrowed from the Central Park Zoo -- from camels to elephants.

Turkeys have heart attacks. When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys would drop dead.



# 2012 BENEFITS OPEN ENROLLMENT

**For Coverage Effective  
January 1, 2013**

Open Enrollment is the time of year to take a close look at your GBS Health, Dental, Vision, and Life Insurance benefits to make sure your choices still meet your current needs. You also need to decide if you want to re-enroll in a Flexible Spending Account. Open Enrollment is taking place now, **November 1-November 30, 2012**. You will want to carefully review the Open Enrollment communications available to you, including the attached flyer and medical cost comparisons. You can reach me, Beth Platz--Human Resources to make any necessary changes or to ask any questions at 660-234-7914. I will assist you in any way I can regarding open enrollment.

## **Types of changes might include:**

### **Medical Plan:**

Transfer to a different medical plan

Enroll in or waive coverage

Elect a new level of coverage (Example:  
change from Single to Employee & Spouse)

Update eligible dependent information

### **Dental and Vision Plan:**

Enroll in or waive coverage

Elect a new level of coverage (Example:  
change from Single to Employee & Spouse)

Enroll in Flexible Spending Account



**\*\*\*Note: I will be out of the office on November 1<sup>st</sup> for training here in Kirksville. I will also be out of the office the entire week of Thanksgiving (MAC conference November 19-21).**

