



### **County Events**

10/1- Red Barn Arts Fair/ TSU-PKT 4<sup>th</sup> Annual 5K/ Centennial Open House/ 3<sup>rd</sup> Annual Handlebars for Hooters Poker Run  
10/3- Maples Rep. 4<sup>th</sup> Annual Gala Dinner  
10/4- 8<sup>th</sup> Annual disability Awareness Conference  
10/7-Project Homeless Connect Event/Ribbon Cutting Ceremony for Kirksville Pharmacy/ Faith Lutheran School Annual Fall Festival  
10/8- New Music Festival Concert/ 18<sup>th</sup> Annual Kids Day/KHS Fall Fun Color Run and Fall Activities  
10/9- FLATS Trail Half Marathon  
10/14- Midwest Antique Fest and Flea Market begins/National Primary Care Week/ Sportsman's Banquet/October Happy Hour  
10/15- 2016 NEMO Senior Health Expo  
10/20- CAPNEMO's Dinner for a Difference/Curtain Call Theatre Presents: "The Hound of Bakerville's" begins  
10/22- Truman Homecoming/Truman 5K/Truman Homecoming Parade/ARTober Fest/Adair County Mobile Food Pantry  
10/27- NEMO Fall Job Fair  
10/29- ATSU Founder's Day 5K and 1.5 miles  
10/31- Trunk and Treat at ATSU/ Trick or Treat at Truman/ Soup and Spooks

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.

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### **Recipes:**

#### **Mississippi Roast**



1 3-pound chuck, roast  
5 Pepperoncini  
1 1-ounce packet Au jus gravy mix, dry  
1 1-ounce packet Ranch seasoning mix, dry  
6 tbsp Butter, unsalted  
1/4 cup Water

Put all ingredients in slow cooker until roast is done. (I actually made this (minus the pepperoncini) this last weekend and it was really good.)

#### **Queso Smothered Chicken**



1 bottle Lawry's Baja Chipotle 30 minute marinade (or Mesquite)  
4 boneless chicken breasts, pounded to an even thickness

1 Tbsp olive oil  
1 cup orzo or southwestern rice  
2 cups chicken broth  
2 Tbsp tomato paste  
2 tsp Southwest Seasoning or chili powder

8 oz Velveeta, diced  
1 can Ro-Tel diced tomatoes and green chilies mild or spicy, you choose

Pour Marinade over chicken and let marinate in the refrigerator for 30 minutes or overnight. When ready, grill chicken until done (165 degrees).

While the chicken is grilling prepare the orzo or rice.

Heat oil in a large saucepan over medium heat and add orzo. Cook, stirring constantly, until lightly browned. Stir in Southwestern Seasoning or chili powder, tomato paste and chicken broth; bring to a boil. Reduce heat to low, cover and simmer for 15 to 20 minutes. Fluff with a fork.

Combine Ro-tel and Velveeta in a medium bowl. Heat on **HIGH** in the microwave in 30 second intervals until cheese is melted.

To assemble the Queso Smothered Chicken - place 1/4 of the orzo on a plate, top with grilled

chicken. Pour 3-4 Tbsp cheese dip over chicken and orzo.

### Easy Banana Cream Pie



Ready Made Pie Crust or Homemade Pie Crust  
1 box Banana Cream Pudding (3.4 oz)  
1 3/4 cup Milk  
8 oz Cool Whip  
3 Bananas

Preheat oven to 400.  
Par bake crust for 10-15 minutes until golden brown.  
Allow to cool.  
Slice 2 bananas and layer in bottom of crust.  
Combine milk and pudding mix and whisk until thickened (about 2 minutes).  
Fold in 2/3 of whipped topping.  
Transfer to pie crust and chill for at least one hour.  
Slice last banana.  
Top with remain whipped topping and garnish with banana slices.

### Missouri Association of Counties Online Classes

***NEW CLASSES STARTED ON  
OCTOBER 1! THEY WILL RUN  
UNTIL DECEMBER 31<sup>ST</sup>.***

Let me know if you would like registered! It's free, and you can do these trainings when it's convenient for you.

**Got a training you'd like to see added?  
Let me know, I'll see what I can do.**

### Human Resources, 101

Open enrollment dates will be November 1-December 1. During this time frame, you can elect to:

- 1) Change your health plan
- 2) Add dependents/take off dependents on your plan
- 3) Add or remove dental/vision/life for dependents
- 4) Decline coverage, period
- 5) Sign up for flexible spending account

Addressing Open Enrollment, I want to call your attention to a great benefit available to you...the Flexible Spending Account.

### What is a Flexible Spending Account anyway?

A Flexible Spending Account (FSA) is a tax-favored program offered by employers that allows their employees to pay for eligible out-of-pocket health care and dependent care expenses with pre-tax dollars.

### What are the benefits of using an FSA?

Using an FSA is like giving yourself a pay raise. A flexible spending account (FSA) allows you to set aside a portion of your salary, before taxes, to pay for qualified medical or dependent care expenses. Because that portion of your income is not taxed, you end up with more money in your pocket.

- The money you deduct from your paycheck and deposit into your FSA is never reported to the IRS, thus decreasing your taxable income liability and increasing what you can spend. A few benefits of flexible savings accounts are the following:
  - A dependent care FSA can allow you to keep working as much as you want, because you can afford to pay for child or elderly care.
  - If you use up all of your allotted expenses for the year in one day, you will be reimbursed right away but continue to pay your allocations throughout the year. A big expense at the beginning for the year means you don't have to pay it off for quite some time.
  - There is a two-and-a-half-month grace period at the end of the year for you to request

reimbursement for expenses that occurred during the previous year.

### What are the disadvantages of using an FSA?

- One of the most prevalent characteristics of FSAs is that they do not roll over from year to year. In other words, if you do not spend everything in flexible spending accounts, the funds will be lost for good. Furthermore, flexible savings account rules state that dependent care FSAs must be limited to \$2,500 for a household per year.
- You must keep track of all of your FSA eligible expenses and submit receipts in order to be reimbursed.
- Also, since this account is sponsored by your employer, you'll need to spend the entire balance on the flexible savings account by your last day of employment to be able to reap the full benefits of the program.
- Flexible spending accounts are advantageous as a tax-free alternative, which can save you hundreds and possibly even thousands each year depending on your individual situation. However, in order to be successful with FSAs, you'll need to always keep a pulse on the status of the savings account throughout the entire year to avoid losing money unnecessarily.

Regarding FSA, if you don't use it all by the end of the year, you lose it.

If you'd like more information on the FSA program, please let me know.

### Trivia Challenge #1

Bubblewrap was originally intended to be used as \_\_\_\_\_.

- a) sleeping bag padding
- b) mulch planting
- c) 3D Wallpaper
- d) immobilizing broken bones

### Trivia Challenge #2

\_\_\_\_\_ kill more than 7,000 people annually in the United States.

- a) Icicles
- b) Doctor's handwriting skills
- c) Ants
- d) Falls

### Trivia Challenge #3

A typical big, fluffy, and buoyant cloud typically weighs around \_\_\_\_\_ lbs.

- a) 1.1 million
- b) 500,000
- c) 75,000
- d) 5,000

### Trivia Challenge #4

For 67 consecutive years, \_\_\_\_\_ was America's most popular female name. Linda broke the streak in 1947.

- a) Elizabeth
- b) Diana
- c) Victoria
- d) Mary

### Trivia Challenge #5

A polar bear's skin is \_\_\_\_\_.

- a) pink
- b) black
- c) peach
- d) white

### Trivia Challenge #6

\_\_\_\_\_ are poisonous to birds.

- a) Bananas
- b) Nuts
- c) Avocados
- d) green beans

### Trivia Challenge #7

Prisoners in \_\_\_\_\_ war camps during WWII were treated so well, that a lot of them didn't want to leave when the war was over

- a) Canadian
- b) Britain
- c) American
- d) Russian

### Trivia Challenge #8

\_\_\_\_\_ milk has the consistency of toothpaste.

- a) whale
- b) giraffe
- c) hippo
- d) panda

Answers:

- 1) c
- 2) b
- 3) a
- 4) d
- 5) b
- 6) c
- 7) a
- 8) a





