

Adair County Employee Newsletter September

2015



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

Anniversaries:

Gail Claybrook, Road and Bridge, 25 years
Doug Hill, Road and Bridge, 42 years
Kelly Koenig, Sheriff's Dept. 3 years full time
Greg Lawrence, Assessor's Office, 8 years
Jessie Schoonover, Circuit Court, 8 years
Donnie Waybill, Assessor, 10 years

**Linda Gentry celebrated her 13 years last month and I forgot to add it in the August newsletter. Sorry Linda.

Happy Birthday!

John Axsom, Sheriff Dept. 9/9
Isaiah Curtis, Road and Bridge, 9/2
Rusty Harris, Road and Bridge, 9/10
Bill Hudson, Pros. Attorney office, 9/29
Tracy Salsberry, Sheriff's Dept., 9/1
Gayla Sandstrom, Circuit Court, 9/25
Pat Shoush, Recorder, 9/21
Chris Smith, Sheriff Dept. 9/19
Randall Snyder, Road and Bridge, 9/10
Kristie Swaim, Circuit Court, 9/27
Chris Waddle, Road and Bridge, 9/23

**I forgot Jessie Schoonover's and Martha Cole's birthdays for August....Happy belated birthday Jessie and Martha! (Aug 12, Aug 31). Sorry for accidentally leaving it out last month.

Welcome New Employees!

Terry Pearson, Assessor's Office
Carrie Bond, Juvenile Office
Garrett Wilson, Sheriff's Office
Henrio Thelemaque, Sheriff's Office
Tyler Gregory, Sheriff's Office

County Events

9/5- Harvest Fest @ Jacob's Winery
9/10- Dash for disABILITIES 5k run/walk
9/13- New Student Welcoming, Courthouse Lawn
9/19- Red Barn
8th Annual Rockin' to the Oldies Car Show at Kirksville Manor Care Center
6th Annual Adair County Young Young Farmers Truck and Tractor Pull
9/24- Mother/Son Stampede
9/26- 5th Annual Bacon Festival
Ducks Unlimited Banquet and Auction
Adair County Mobile Food Pantry

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.

AFLAC Claims

If you have any claims you want to submit for Aflac, come see me. I have all claim forms in the Commissioners office and I can submit it for you.

Recipes:

Great Tasting Chocolate Chip Cookies



Ingredients

2 cups all-purpose flour
½ teaspoon baking soda
½ teaspoon salt
¾ cup unsalted butter, melted and slightly cooled
1 cup packed brown sugar
½ cup white sugar
1 tablespoon vanilla extract
1 egg
1 egg yolk
2 cups semisweet chocolate chips

Instructions

Preheat the oven to 325 degrees F (165 degrees C). Line cookie sheets with parchment paper.

Sift together the flour, baking soda and salt; set aside.

In a medium bowl, cream together the melted butter, brown sugar and white sugar until well blended. Beat in the vanilla, egg, and egg yolk until light and creamy. Mix in the sifted ingredients until just blended. Stir in

the chocolate chips by hand using a wooden spoon. If your butter was still hot when you added it your dough may be really wet at this point. Let it rest at room temperature for a couple of minutes if this is the case and then it will be cool enough to scoop into cookies.

Roll a scant half-cup of dough into a ball. Holding dough ball in fingertips of both hands, pull apart into two equal halves. Rotate halves 90 degrees and, with jagged surfaces facing up, place formed dough onto cookie sheet (Or just put a dang ball of dough on the cookie sheet and roll it taller than wider!). Bake, reversing position of cookie sheets halfway through baking, until cookies are light golden brown and outer edges start to harden yet centers are still soft and puffy (approximately 11-14 minutes). Do not overbake.

Cool cookies on sheets until able to lift without breaking. Transfer to a wire rack to cool.

Pioneer Woman's- Sesame Noodles



Ingredients

12 ounces, fluid Thin Noodles,
Cooked And Drained
¼ cup Soy Sauce
2 Tablespoons Sugar
4 cloves Garlic, Minced

- 2 Tablespoons Rice Vinegar
- 3 Tablespoons Pure Sesame Oil
- 1/2 teaspoon Hot Chili Oil
- 4 Tablespoons Canola Oil
- 4 whole Green Onions, Sliced Thin

Preparation Instructions

Whisk all ingredients (except noodles and green onions) together in a bowl. Taste and adjust ingredients as needed.

Pour sauce over warm noodles and toss to coat.

Sprinkle with green onions and toss.

Serve in a bowl with chopsticks.

General Tsao's Chicken



Ingredients

- 1 Lb. chicken breasts (cut into pieces)
- 1-2 c. flour (for dredging)
- 2 Tbsp. vegetable oil
- 1/4 c. sugar
- 1/4 c. soy sauce
- 1/4 c. unsweetened pineapple juice
- 1/4 c. white distilled vinegar
- 2 cloves garlic, crushed
- 1 tsp. fresh ginger, finely grated
- 1/4 tsp. cayenne pepper
- 1 Tbsp. cornstarch, mixed with 3 Tbsp. water
- 4 green onions, sliced

Instructions

Dredge chicken in flour and fry in oil over medium heat (in a wok or a

skillet) until golden brown and crispy. Drain excess oil. Sprinkle cayenne over the chicken and keep warm on low heat. Meanwhile, in a saucepan, combine sauce ingredients (sugar, soy sauce, pineapple juice, vinegar, garlic, and ginger) and heat gently. When sauce is smooth and sugar has dissolved, SLOWLY add cornstarch mixture and stir constantly until sauce has thickened to desired thickness. Pour sauce in the wok and stir to coat chicken. Stir in green onion and hot red pepper flakes (optional). Remove from heat and serve with fried rice.

**Missouri Association of Counties
Online Classes**

If you're not registered for LocalGovU online classes, sponsored by MAC, then let me know if you want to be. It's free, it's training you should have, and it's easy to get started. You can also print off certificates at the end of each training for you to keep. I'd be glad to help you get started. Please let me know! Classes are going on now this quarter from July 1 to September 30th. <http://www.localgovu.com/> Supervisors/Elected Officials, it would be great if you'd encourage participation from your employees for these training classes

Trivia Challenge #1

With what intellectual quotient is someone considered a genius?

- a) 190
- b) 140

- c) 90
- d) 100

Trivia Challenge #2

Why was The Great Wall of China built?

- a) To keep out invaders
- b) To trade with other countries
- c) isolation
- d) transportation purposes

Trivia Challenge #3

Why do crocodiles leave their mouth open for a long time?

- a) To digest food
- b) To drink water
- c) To stay warm
- d) Just in case some animal drops in

Trivia Challenge #4

Who was the only NBA player to reach 100 points in a single game?

- a) Wilt Chamberlain
- b) Larry Byrd
- c) Kobe Bryant
- d) Michael Jordan

Trivia Challenge #5

A peninsula is a piece of land that is...

- a) Rocky
- b) Surrounded by water except for 1 side
- c) Completely surrounded by water
- d) None of these

Trivia Challenge #6

How was the "Mona Lisa" damaged while being exposed?

- a) Leonardo kicked it because he didn't like it at first
- b) Someone spilled wine on it
- c) It fell and had to be repaired

- d) someone threw a rock at it

Trivia Challenge #7

It is said that spilling salt brings bad luck. What did salt represent in ancient times?

- a) health
- b) fertility
- c) death
- d) wealth

Trivia Answer #1: b

Trivia Answer #2: a

Trivia Answer#3: c

Trivia Answer#4: a

Trivia Answer #5: b

Trivia Answer #6: d

Trivia Answer #7: d

Refresher of Medical/Dental/Vision /Rx Information

Individual Deductible (Base Plan): \$2500
Reimbursable Deductible Allowance: \$500
Maximum Annual out of Pocket (Excluding deductibles): \$1500 (With deductible- Base Plan) \$4000. (With deductible buy-up plan) \$3000

Co-Pays:

- Dr. visit- \$25
- Urgent Care- \$75
- Emer. Room- \$200

Preventive Care is paid for 100%. Includes:

- Routine Physical
- Mammograms (must be over age 40, unless medically necessary)
- Pap smears
- Prostate Exam (must be over age 50, unless medically necessary)
- Well child care (includes exams and immunizations)

Lab Work

- 100% paid, but must use Quest Labs. Ask your doctor about using Quest Labs before your blood work is done to ensure you don't get a bill for it.
- Northeast Regional Hospital uses Quest Labs. Utilize this resource if your doctor's office doesn't use Quest.

Dental Insurance Information

You can use any dentist! That's right...any dentist, anywhere.

Individual Deductible: \$50
Calendar Year Max. Benefit: \$1000

Preventative Services paid at 100%

Preventative Services includes:

- Emergency Palliative treatment
- Oral exams (every 6 months)
- X-rays (4 bite wings a year)
- Teeth cleaning (every 6 months)
- Fluoride treatments
- Space maintainers for children under age 19
- Topical sealants for un-restored molar teeth

Basic Services Include: (90% after deductible)

- Crowns: Stainless steel
- Diagnostic Consultation- one yearly
- Fillings: Amalgam, Silicate, Acrylic
- Laboratory Test
- General Anesthesia (surgical procedures only)
- Injectable Antibiotics (treatment of a dental condition only)
- Simple extractions

Major Services Include: (50% After Deductible)

- Bridges Installation- fixed and removable
- Crowns: Acrylic, Metal, and Porcelain
- Dentures (full and partial)

- Endodontic Services/Root Canal Therapy
- Fillings: Gold and Porcelain
- Inlays
- Onlays
- Oral Surgery
- Periodontal Services
- Posts
- Repairs of dentures, bridgework, crowns, etc.

Vision Insurance Information

\$50 deductible
Maximum Annual Benefit per participant: \$600

you get a free eye examination up to \$100 if you're on our base or buy-up plan. Maxi-Care plan excluded.

- Pays up to \$80 on eye exams
- Single Vision Lenses \$120
- Bifocal Lenses \$130
- Trifocal Lenses \$140
- Lenticular Lenses \$150
- \$130 on frames

Contact Lenses:

Single vision- \$80
Bifocal Vision- \$90

Prescription Drug Card Benefits

No Annual deductible

Generic refill: \$10
Preferred Name Brand refill: \$25
Non-preferred name brand refill: \$50 or 50% whichever is greater

CVS Specialty Drug:

Generic refill: \$30
Preferred Name Brand refill: \$60
Non-preferred Name brand: \$90 or 90% whichever is greater