

Adair County Employee Newsletter June 2015

Anniversaries:

Brittany Huffman, Child Support Division, 1 yr.

Beth Platz, Human Resources, 4 yrs.

Happy Birthday!



Kirby Bailey, Road and Bridge- 6/16

Celesta Boltz, Mapper- 6/10

Doug Hill, Road and Bridge- 6/10

Dave Hurt, Sheriff's Office- 6/2

Mary McGoldrick, Sheriff's Office- 6/14

Linda Decker, Circuit Clerk- 6/16

Michael Smith, Sheriff's Office- 6/16

Chris Stivers, Sheriff's Office- 6/21

Pam Tarr, Assessor's Office, -6/9

Jeff Waddle, Road and Bridge- 6/29

Kalaeb Wilson, Sheriff's Office- 6/6

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

Welcome New Employees!

Paul Blaise, Sheriff's Office

John Kelsall, Sheriff's Office

Kade Singleton, Sheriff's Office

Brandon Wuebker, Sheriff's Office

County Events

June 5- Paws for a Cause Rummage Sale

June 5 –Kirksville Art Walk

June 5- Summer on the Square

June 6- Free Fishing Days (fish state waters without a permit)

June 7- Free Fishing Days

June 12- Special Olympics International Sports Run

June 12- Music on the Square

June 13- Moose Association State Bowling Tournament

June 19- Summer on the Square

June 20- Movie in the Park

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 and I can do it for you. You pay for it monthly, so you might as well claim your \$\$\$ when you can.

Employee Lottery



Congratulations to our latest winners

_____ ??? our next drawing will be June 24th. Get me your \$\$\$\$ if you want in. Each \$2 submitted, gets you 1 entry.

Recipes:

Quick Chicken Piccata



- 1 pound boneless chicken breasts
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup Italian-seasoned breadcrumbs
- 2 tablespoons olive oil
- 1/4 cup chicken broth
- 3 tablespoons fresh lemon juice
- 2 tablespoons butter
- 2 tablespoons chopped fresh parsley
- 1 (12-oz.) package cooked noodle

Preparation

1. Cut each chicken breast in half horizontally. Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness, using a rolling pin or the flat side of a meat mallet.
2. Sprinkle chicken evenly with salt and pepper; lightly dredge in breadcrumbs.
3. Cook half of chicken in 1 Tbsp. hot oil in a large nonstick skillet over medium-high heat 2 minutes on each side or until golden brown and done. Remove chicken to a serving platter, and cover with aluminum foil.

Repeat procedure with remaining chicken and 1 Tbsp. olive oil.

4. Add broth and lemon juice to skillet, and cook, stirring to loosen particles from bottom of skillet, until sauce is slightly thickened. Remove from heat; add butter and parsley, stirring until butter melts. Pour sauce over chicken, and serve over warm noodles.

Hamburger Steak with Onion and Mushroom Gravy



Ingredients

- 2 honey-wheat bread slices
- 1 pound ground round
- 1 large egg, lightly beaten
- 2 garlic cloves, minced
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 (1.2-oz.) envelope brown gravy mix
- 1 tablespoon vegetable oil
- 1 (8-oz.) package sliced fresh mushrooms
- 1 medium-size sweet onion, halved and thinly sliced

Preparation

1. Process bread slices in a food processor 10 seconds or until finely chopped. Place breadcrumbs in a

mixing bowl; add ground round and next 4 ingredients. Gently combine until blended, using your hands. Shape into 4 (4-inch) patties.

2. Whisk together brown gravy mix and 1 1/2 cups water.

3. Cook patties in hot oil in a large skillet over medium-high heat 2 minutes on each side or just until browned. Remove patties from skillet. Add mushrooms and onion to skillet, and sauté 6 minutes or until tender. Stir in prepared gravy, and bring to a light boil. Return patties to skillet, and spoon gravy over each patty. Cover, reduce heat to low, and simmer 8 to 10 minutes.

Note: To make ahead, proceed with Step 1 as directed. Wrap each patty individually in plastic wrap, and place in a large zip-top plastic freezer bag. Freeze up to 3 months. Thaw frozen patties in refrigerator 8 hours; proceed with Steps 2 and 3.

honey and salt; brush over carrots. Roast 20-25 minutes or until tender. Yield: 4 servings.

Ricotta Cheesecake Recipe



Ingredients

1-1/4 cups graham cracker crumbs

3 tablespoons sugar
1/3 cup butter, melted

FILLING:

2 cartons (15 ounces each) ricotta cheese
1 cup sugar
3 eggs, lightly beaten
2 tablespoons all-purpose flour
1 teaspoon vanilla extract
Hot Cherry Sauce or Cherry Pie filling, optional

In a bowl, combine the graham cracker crumbs and sugar; stir in butter. Press onto the bottom and 1 in. up the sides of a greased 9-in. springform pan.

Place on a baking sheet. Bake at 400° for 6-8 minutes or until crust is lightly browned around the edges. Cool on a wire rack.

In a large bowl, beat ricotta cheese on medium speed for 1 minute. Add sugar; beat for 1 minute. Add eggs; beat just until combined. Beat in flour and vanilla. Pour into crust.

Place pan on a baking sheet. Bake at 350° for 50-60 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer. Refrigerate overnight. Remove sides of pan. Serve with Hot Cherry Sauce or pie filling if desired. Refrigerate leftovers. Yield: 12 servings.

Our Vision and Dental Insurance

Vision Benefits:

If you've elected vision coverage:

Annual deductible per person (not to exceed 3 per family): \$50

Maximum Annual Benefit per participant: \$600

Vision Coinsurance: 90%

Eye exam benefit- \$80 maximum

Lenses: single vision- \$120 maximum

Bi-focal- \$130 max.

Tri-focal- \$140 max

Lenticular- \$150 max.

Frames (24 month period) - \$130 max.

Contact Lenses (12 month period) 90/10 plan limit

Remember, you are entitled to a vision screening up to \$100 paid under your medical plan (for base and buy-up plans only). If your provider does not accept our insurance, the cost of the screening will be reimbursed up to \$100 with proper documentation

Dental Benefits:

If you opted to elect dental insurance:

Deductible- \$25 (not to exceed 3 family members)

Maximum benefit per calendar year: \$1000

Preventive Care paid for 100%

Preventive Care includes:

- Oral exams every 6 months
- X rays - 4 bitewings every year
- Teeth cleaning every 6 months
- Fluoride treatments for children under 16

- Space maintainers for children under age 19

- Topical sealants for un-restored molar teeth

Basic Services are paid 90% after deductible.

Basic Services include:

- Crowns (stainless steel)
- Diagnostic Consultation- one per year
- Fillings (amalgam, silicate, and acrylic)
- Laboratory Test
- General Anesthesia- surgical procedures only
- Injectable Antibiotics- for treatment of a dental condition only
- Simple Extractions

Major Services are paid 50% after the deductible.

Major Services include:

- Bridges (fixed and removable)
- Crowns (acrylic, metal, and porcelain)
- Dentures (full and partial)
- Root Canal
- Fillings (gold and porcelain)
- Inlays
- Onlays
- Oral surgery
- Periodontal services
- Posts
- Repairs of dentures, bridgework, crowns, etc.

Orthodontia benefit: Not covered.

Trivia Challenge #1

The Bubonic Plague that killed a quarter of the world's population during the middle ages was caused by what agent?

- a) fleas
- b) ticks
- c) rats
- d) monkeys

Trivia Challenge #2

What British king of the Middle Age was nicknamed "Lion Heart"?

- a) King Albert
- b) King William
- c) King Henry
- d) King Richard

Trivia Challenge #3

What are the berg, the bise, and the bora

- a) whirlpools
- b) waterfalls
- c) winds
- d) wastelands

Trivia Challenge #4

Ancient Romans were usually poisoned by what?

- a) Hemlock
- b) Cyanide
- c) Mercury
- d) Anthrax

Trivia Challenge #5

Exuma Island, in the Bahamas, has a very special beach. Why?

- a) There are wild swimming pigs
- b) Its water is incredibly warm
- c) There are giant seagulls
- d) There's a huge variety of coral

Trivia Challenge #6

How long is a soccer match?

- a) 75 minutes
- b) 90 minutes
- c) 80 minutes

- d) 60 minutes

Trivia Challenge #7

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

- a) It fell and had to be repaired
- b) Someone threw a rock at it
- c) Someone lit it on fire
- d) Someone shot it

Trivia Challenge #8

What city do we have to visit to see the Mona Lisa?

- a) Madrid
- b) Florence
- c) New York
- d) Paris

Trivia Answer #1: a

Trivia Answer #2: d

Trivia Answer#3: c

Trivia Answer#4: a

Trivia Answer #5: a

Trivia Answer #6: b

Trivia Answer #7: b

Trivia Answer#8: d



