

Adair County Employee Newsletter November 2013

Anniversaries:

Joe Nicol, Building and Grounds, 8 years

Happy Birthday!

Pam Ashford, Assesor's Office, 11/6
Shelley Story, Public Administrator's
Office, 11/12
Cody Roberts, Sheriff's Office, 11/17
Stan Pickens, Presiding Commissioner,
11/20



Just a note.....

***To avoid confusion in the future, 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.

Congratulations to the following employees for being recognized by the



Missouri Association of Counties for years of service recognition:

Pat Shoush- Recorder, 30 years of service
Paul Hill- Road and Bridge, 40 years
Celesta Boltz, Mapper, 15 years
Melvin Bradshaw, Assessor's Office, 5
years
Karla Kramer, Pros. Attorney, 10 years
Dana Buster, Pros. Attorney, 10 years
Randall Watson, Road and Bridge, 10 years
Joe Wuebker, Sheriff's office, 5 years
Mary Walitshek, Assessor's Office, 5 years

Welcome New Employees!

I'd like to welcome Mrs. Judy Bruegenhemke to Adair County employment with the Collector's Office.

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

County Events

11/1- Cost Cutter's is offering \$3 haircuts all day long; Edna Campbell's "Girls Night Out"; T.G.I.F. – The State of Education address
11/1- 5K run and 1 mile walk
11/3- Mary Immaculate School Autumn Auction and Soup Lunch
11/4- Kirksville City Council Meeting

11/7 – Lifeline Pregnancy Helpline Fundraising Banquet; Kohlenberg Lyceum Series: Liverpool Legends
11/9- YMCA Turkey Trot; Adair Co. Historical Society Annual Meeting
11/10- Princess Emporium Tea Time Talk and Vintage Show
11/15- Quarters for Quota Auction
11/16- Whitetail Firearm Deer Season opens
11/18- Kirksville City Council Meeting
11/21-24th “The Sound of Music” Musical
11/28- Thanksgiving (Courthouse closed)
11/29- Day after Thanksgiving (courthouse closed)

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.

County News

Congratulations to Doug Hill on celebrating 40 years of County service at Road and Bridge. We appreciate you Doug!



Also, Doug was the recipient of the 1st Annual Gary Jones Award. Gary was our Presiding Commissioner for 12 years, and this award is to honor his friendly and effective service. Doug was nominated by the committee and won unanimously. Congratulations Doug!



- Get started with your YMCA memberships now and save 20% on the monthly cost. Payments will be payroll deducted. If you're a current member that has your monthly fee deducted from your account from the YMCA every month, you'd need to switch to payroll deduction to receive the discount. With the discount, the prices per month will be as follows:

Family plan: \$28.40
 Adult: \$22.00
 Single Parent Family: \$22.80
 Senior Adult: \$15.60
 Senior Couple: \$19.60
 Youth: \$10

If you are interested in joining, or switching to payroll deduction for monthly payment, please let Beth know. 234-7914, bplatz@adaircomo.com, or better yet, come see me!

Employee Motivational Fund



- ❖ ***Congratulations to Dave Hurt and Celesta Boltz for being our October winners of \$25 gift cards.*** If you'd like to participate, please bring me your \$2, or email me and I'll come get it. I hope to hear from some of you soon as participation is way down. I will need your \$2 by Thursday November 14th. We will draw for winners on Friday November 15th. I encourage everyone to participate, because the bigger the monthly pot, the more gas cards we can give away, and not to mention it's fun!! .

Information on Open Enrollment:

Open Enrollment regarding your insurance changes will be

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 canceling them; 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.** We are not sure at this point whether prices will stay the same or not. We'll let you know as soon as we do. If you want to discontinue health coverage, that is an option as well.

I have some information 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

Here's what you need to know about the Flexible Spending Account:

- ❖ This benefit has an allowance of up to \$2500 yearly to be used toward all kinds of things you might need throughout the year. This is how it works:
 - *During open enrollment, you sign up for the FSA account through Beth. For example, we'll use the amount of \$1500. In January, you will receive an FSA credit card with \$1500 that you can use for various expenses.*
 - *Every pay period throughout next year, your \$1500 will be broken down into 26 payments back to the insurance company. So, to pay it back, the County would deduct \$57.69 from your paycheck for the entire year.*
 - *You can use your FSA card for big expenses such as down payment for braces, eyeglasses, contacts, and many other things. I have a list if you'd like to see what you can use your FSA benefit for. Just come ask me if you're interested*
 - *Be careful though, if you don't use all your balance on the card, you lose it at the end of the year.*

If you have not used your FSA balance up yet, please be doing so by December 31, 2013. It's yours to use...you don't want to lose any of it.

- ❖ Any additional information you'd like to receive on your healthcare? Come see Beth! I've got handouts

for you, or I'd be glad to answer any questions you might have.

Professional Development:

Improving Your Communication Skills in the Workplace

Most of our success in life is directly attributable to our communication and relationship building skills. That means that no matter how ambitious someone is or how much they overcome their fears or how high their level of education, they'll still have a low probability of going far in life without effective communication with skills needed to really connect with people. Here are some ways to improve your communication skills:

1) Take a class/join an organization

Some people find that their communication in the workplace is hampered by shyness or insecurity. You may benefit from taking a class on public speaking. There are other organizations that are dedicated to this as well.

2) Build Self-Confidence

Some people do not communicate well in the workplace simply because they are afraid to speak up. The company is paying you for a reason, and they often want input from their workers. If they ask for suggestions, do not be afraid to give yours because you think that others will not like them.

3) Connect with others

You may have trouble communicating with others in the

workplace if you always feel like the outsider. Make friends with the people around you. Of course, you want to keep it professional, but you can build relationships. If you have a nice relationship, you will find it easier to deal with business matters with them.

4) Be courteous

Avoid being rude or sarcastic in your workplace communication. You may frustrate others, and they will not listen to you even if you have good ideas if they dislike you. It is also important not to be patronizing.

5) Listen to the ideas of others

The workplace is very much about teamwork. If you are always communicating your ideas but not listening to those of others, then you may get little accomplished. Even the boss should listen to the information of those below him or her because there may be valuable gems that can benefit the company. Try to use compromise in your communication.

Improving your communication in the workplace can have a positive effect on your career. Try as many of the above strategies as possible to realize the most benefits.

Recipes:

Sweet Potato Casserole



4 Cups Mashed Sweet Potatoes
 3/4 cup white sugar
 1/4 cup melted butter
 1/3 cup milk
 2 beaten eggs
 1 tsp vanilla

Topping:

1/4 cup cold butter, cut into small pieces
 1/2 cup flour
 3/4 cup packed brown sugar
 1 Cup Pecans

Preheat oven to 350 degrees

Combine the mashed sweet potatoes, sugar, melted butter, eggs, milk and vanilla in a medium bowl and mix with a spoon and pour into an 11 x 7 x 1.5 casserole dish...non greased, but it probably wouldn't hurt anything if you wanted to. Set aside.

Cut cold butter into flour and brown sugar until it has the consistency of small peas. Add in pecans and stir to combine. This has a crumble topping type consistency.

Sprinkle the topping onto the sweet potato mixture and bake at 350 degrees for 25-30 minutes. Cool for few minutes and then serve.

Serves 8-10 depending on portion.

Pumpkin Cream Cheese Truffles



1/2 cup white chocolate chunks or chips
 2 cups white chocolate almond bark (around 4-5 cubes)
 1/3 cup gingersnap cookie crumbs, plus more for garnish
 1/4 cup canned pumpkin purée
 1/4 cup graham cracker crumbs, plus more for garnish
 1 tablespoon confectioners' sugar
 1/2 teaspoon orange zest
 1/8 teaspoon ground cinnamon
 Pinch of fine salt
 2 ounces cream cheese, softened

Melt the 1/2 cup of white chocolate chips in a double boiler over medium-low heat or in the microwave for about 1 minute. Stir often to keep the chocolate from burning. Transfer to a large bowl. Add gingersnap crumbs, pumpkin, graham cracker crumbs, sugar, zest, cinnamon, salt and cream cheese and beat with an electric mixer until smooth. Transfer to a shallow bowl, cover and chill until just solid enough to roll into balls, about 2 hours.

Line a large sheet tray with parchment paper. Melt remaining 2 cups white chocolate almond bark and transfer to a small, deep bowl. Roll 1 heaping teaspoon of the pumpkin mixture into a ball in your hands, then drop into the chocolate. Working quickly, gently spoon chocolate over to coat. Using a small spoon or fork, lift the truffle out of the chocolate, shake off excess and transfer to prepared sheet tray. Dollop a bit of extra chocolate on any parts that remain exposed, then sprinkle a few

gingersnap or graham cracker crumbs over the top, if you like.

Repeat process with remaining pumpkin mixture and chocolate, then chill truffles until chocolate is completely set, about 1 hour.

Creamy Parmesan Corn



1- 15 oz. can corn kernels (no salt or sugar added)
2 Tablespoons butter
1/4 Cup ricotta cheese
1/4 Cup Parmesan cheese, grated
2 Slices thick cut bacon, cooked and crumbled
2 Tablespoons scallions or chives, chopped
Salt & pepper to taste

Add the corn kernels to a large pan with the butter and saute on low heat for about 2 minutes. Add the ricotta cheese and continue cooking on low heat for an additional 5 minutes. Add the Parmesan cheese and herbs. Season to taste and pour into a serving bowl. Top with the crumbled bacon. Makes approximately 2 generous servings.

Roasted Turkey Breast



1 turkey breast, bone-in, about 5 to 7 pounds, skin on.

16 cups ice cold water
1 1/4 cups kosher salt
1/2 cup light brown sugar
3 cloves garlic, crushed and chopped
1 tbsp rosemary leaves, chopped
1 tbsp fresh thyme, chopped
1 tablespoon olive oil
1 tablespoon black pepper, crushed
2 tsp Sea salt

1. Place turkey breast in a large zip lock bag; place in a large roasting pan or other large container (just in case the bag leaks). Add the salt and brown sugar to the bag, and then close the bag and seal. Place in the refrigerator for 12 hours or overnight.
2. Heat oven to 325°.
3. Remove turkey from brine and pat dry. Discard brine. Place on a rack, breast side up, in a large roasting pan. Rub the turkey with olive oil and sprinkle with salt and pepper, along all other herbs and garlic. Make sure to rub it over and under the skin. Place a meat thermometer in the thickest part of the breast, not touching bone. Roast at 325° for about 2 hours until turkey breast registers 165-170°.
4. Serves 8 to 10.

Pumpkin Cheesecake



For the Crust

2 cups graham cracker crumbs
6 tablespoons unsalted butter, melted
1/4 cup granulated sugar
1 teaspoon homemade pumpkin pie spice

For the Cheesecake

- 4 8-ounce packages cream cheese, softened
- 1 cup granulated sugar
- 1/4 cup packed light brown sugar
- 3 large eggs
- 1 can (15 oz.) pure pumpkin puree
- 1/3 cup heavy cream
- 2 teaspoons pure vanilla extract
- 1 tablespoon homemade pumpkin pie spice

Directions:

1. Preheat oven to 350°F. Line the bottom of a 9-inch springform pan with foil and spray lightly with nonstick cooking spray.
2. In a medium bowl, combine graham cracker crumbs, butter, granulated sugar and pumpkin pie spice. Press onto bottom and 1 inch up side of prepared pan. Bake for 7 to 8 minutes. Cool on wire rack for about 10 minutes.
3. Begin to boil a large pot of water for the water bath.
4. In the bowl of a stand mixer fitted with the paddle attachment, or in a large bowl with an electric mixer, combine cream cheese, granulated sugar and brown sugar until fluffy; about 3 minutes. Add in eggs, pumpkin and heavy cream, mix until fully incorporated; scraping down the sides of the bowl as needed. Finally, add in vanilla and pumpkin pie spice and mix until well combined.
5. Pour batter into prepared crust. Place pan into a larger pan and pour boiling water into the larger pan until halfway up the side of the cheesecake pan. (See video above for more tips)

6. Bake 60 minutes, the edges will appear to be set, but the center will still have some jiggle to it. At this point, close the oven door, turn the heat off, and let rest in the cooling oven for one hour. After one hour has passed, carefully remove the cheesecake from the water bath and place on a cooling rack to cool completely. Once the cake is completely cooled, place it into the refrigerator for at least 6 hours.

Trivia Challenge #1

The adult _____ has no mouth and dies of starvation.

- a) Sheep Moth
- b) Grass Spider
- c) Praying Mantis
- d) Luna Moth
- e) Katydid

Trivia Challenge #2

_____ use their feet to taste.

- a) Butterflies
- b) Ants
- c) mosquitos
- d) Honey Bees
- e) Lightning Bugs

Trivia Challenge #3

_____ owned an amphibious car, and used it to scare guests by driving them into his lake, while screaming about brake failure.

- a) Dean Martin
- b) President Lyndon B. Johnson
- c) John D. Rockefeller
- d) Walt Disney
- e) Sammy Davis Jr.

Trivia Challenge #4

The inventor of Gameboy, was originally _____

- a) homeless
- b) incapable of holding down a job
- c) Nintendo's janitor and grounds maintenance man
- d) A barber
- e) A multi-millionaire

Trivia Challenge #5

_____ creator gave the rights to a Children's hospital so that they could always collect royalties to fund the hospital.

- a) Peter Pan's
- b) Popeye's
- c) Spider Man's
- d) Scooby Doo's
- e) Smurf's

Trivia Answer #1: d

Trivia Answer #2: a

Trivia Answer#3: b

Trivia Answer#4: c

Trivia Answer #5: a

Fun Facts:

A teaspoon of sugar after eating something really spicy will completely neutralize the heat sensation.

People who dance often are likely to have higher self-esteem and a more positive outlook on life.

It is estimated that millions of trees in the world are accidentally planted by squirrels who bury nuts and then forget where they hid them

Women are more influenced by a man's sense of humor than the way he looks.

Whispering causes more damage to the vocal chords than speaking normally.

Blueberries support healthy blood and promote strong heart muscle tissue.

Intelligent people are easier to annoy and get angry too easily.

The skin of an apple actually has 5 time more health benefits than they actual apple itself.

Strawberries help fight again brain disease, tumors and cancer.

Psychology says, people who hide their feelings usually care the most.

James Cameron was originally going to hire O.J. Simpson to play the part of "Terminator", but didn't feel he'd be a believable killer.

Putting your phone on airplane mode will charge it twice as fast.

Gum stuck to clothes. Boil vinegar, and pour on gum. Use a brush to wipe off. Gum will come off instantly.

Want to know if certain gum is sugarless? Fold it in half!

Sugarless gum will break while normal gum will just bend.

Quotes:

"The tragedy in life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach."- Benjamin E. Mays

"Success is the ability to go from one failure to another with no loss of enthusiasm." – Winston Churchill