

Employee Newsletter

September 2016



Anniversaries:

Carrie Bond, Juvenile Office, 1 year
Doug Hill, Road and Bridge, 43 years (Wow, Doug....that's awesome)
Greg Lawrence, Assessor's Office, 9 years
Donnie Waybill, Assessor, 11 years
Jessie Schoonover, Circuit Court, 9 years

Happy Birthday!

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



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

Welcome New Employees!

Bob Knudsen, Sheriff's Office
Roddy Bane, Road and Bridge
Carmen Boneu Jimenez, Sheriff's Office

County News

Starting with all new hires going forth, I will be implementing background checks for candidates.

County Events

9/1- Art Gallery 104 reception for Artist of the Month
9/2- LaPlata Soybean Festival starts
9/4- Coal Miner's Museum and Novinger Log Homestead
9/9- United Way Kick-Off Celebration
9/10- Young Farmers Tractor Pull, YMCA 5k paint run; 1st Annual TCC Verizon Car and Truck Show; 6th Annual Pink Ribbon Night: Open Winery
9/11- NEMO Triathlon; KV Firefighters "Fill the Boot" Gun Raffle; New Student Welcome
9/14- The Spencer Family in concert
9/16- Chamber of Commerce Silent Auction-Business After Hours fundraiser; KV Chamber Challenge Trivia Night
9/17- Parents Night Out; Suicide Awareness 5K; Conservation Keepers; Snakes Alive Exhibit; North Star BBQ Championship
9/22- Mother/Son Stampeded
9/23- KV Homecoming
9/24- Round Barn Blues; Ducks Unlimited Banquet; KDIC 2016 Main Classic Street Classic Car Show; Juvenile Diabetes 5K and Fun Run; Adair County Food Pantry; 9th Annual Rockin to the Oldies Car Show

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:

Garlic Parmesan Roasted Shrimp



1 pound medium shrimp, peeled and deveined
2 tablespoons olive oil
4 cloves garlic, minced
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 cup freshly grated Parmesan
Kosher salt and freshly ground black pepper, to taste
Juice of 1 lemon
2 tablespoons chopped parsley leaves, for garnish

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Place shrimp in a single layer onto the prepared baking sheet. Add olive oil, garlic, oregano, basil and Parmesan; season with salt and pepper, to taste. Gently toss to combine. Place into oven and roast just until pink, firm and cooked through, about 6-8 minutes. Stir in lemon juice. Serve immediately, garnished with parsley, if desired.

Chicken Thighs with Creamy Mushroom Bacon Sauce



Chicken thighs
4 chicken thighs

1 tablespoon vegetable oil
salt and pepper
1 teaspoon Italian herb seasoning (dried thyme, oregano)

Mushroom sauce

6 oz white mushrooms
5 slices bacon, cooked, chopped
1 cup heavy cream
1/8 teaspoon salt
5 sprigs snipped fresh thyme

Preheat oven to 350 F.

Season both sides of chicken thighs generously with salt and pepper and Italian herb seasoning mix (usually a combination of dried thyme, oregano and other herbs). Heat vegetable oil on medium-high heat in a large skillet. Add chicken thighs skin-side down. Cook for about 5 minutes, on the skin side until nicely browned.

Transfer chicken thighs, skin side up, to the foil-lined baking sheet and bake at 350 F for about 20 minutes or until chicken thighs are completely cooked through and no longer pink in the center.

In the mean time, make the mushrooms sauce:

Heat vegetable oil in a large skillet on medium heat. Add sliced mushrooms (without salting - to ensure the mushrooms get caramelized) and cook on medium heat for about 3 minutes flipping once.

Add chopped cooked bacon to the skillet. Add heavy creamy, 1/8 teaspoon salt and snipped fresh thyme, bring to boil, stir, immediately reduce to simmer and simmer for about 2 minutes on very low heat for flavors to blend and sauce to reduce a bit. Taste and add more salt if needed.

When chicken is done baking and chicken thighs are completely cooked through, add cooked chicken thighs to the skillet and spoon the sauce and the mushrooms on top of chicken thighs.

BLT Macaroni Salad



1 pound pasta (of your choice), cooked al dente according to the package directions
8 ounces cherry tomatoes, cut in half
8 slices thick-cut bacon, cooked and chopped
2 cups baby arugula (Spinach leaves or chopped romaine would work as well.)
1 cup mayonnaise
1 tablespoon sugar
2 tablespoons apple cider vinegar
1 tablespoon fresh basil, julienned
1/2 teaspoon garlic powder
1/2 teaspoon black pepper
1/2 teaspoon salt
Pinch of cayenne pepper (optional)

Begin by preparing your pasta according to the package directions. Drain and rinse the pasta under cold water until cool. Drain well. Transfer the pasta to a large bowl. Top the pasta with the halved tomatoes, bacon, and arugula. In a separate, medium-sized bowl, whisk together the mayonnaise, sugar, apple cider vinegar, fresh basil, garlic powder, black pepper, salt, and cayenne pepper until well combined. Pour the dressing over the pasta, tomatoes, bacon, arugula. Stir gently using a large spoon until the pasta is completely coated. Chill for at least one hour before serving.

Missouri Association of Counties Online Classes

***NEW CLASSES GOING ON NOW
UNTIL SEPTEMBER 30. THEY
INCLUDE:***

- Chain Saw Safety
- Dealing with Heat Stress
- Lawn Care Equipment Safety
- Work Zone Traffic Control 101

- Developing Effective Communication Skills
- Sexual Harassment - Harassment Awareness
- Sexual Harassment Awareness for Managers (2 Hour)
- Workplace Bullying

Law Enforcement

- Alcohol Abuse Emergencies in Jails
- Drug Withdrawal in Jail
- Mental Health in Jails
- Active Shooter: Ambush Awareness and Preparation
- Ethics in Law Enforcement
- Edged Weapons: 1
- Racial Profiling and Data Collection (3 Hour)
- Patrol #2

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

Review/Refresher of Benefits

Medical: Base Plan/Buy Up Plan

****Key Features****

- 1) 100% coverage for Preventive Care-Wellness Program
- 2) 100% Coverage for labwork with QUEST-LabCard
- 3) 100% Coverage for the Heartland DME Program
- 4) 100% Radiology Program through Oce Call Radiology Program
- 5) 100% Diabetic Testing Program
- 6) 100% Coverage for Flu and Shingles Vaccines at any pharmacy that provides the immunization (Rx Card)

- 7) 100% Annual Vision Exam (up to \$100)
- 8) \$5 Allergy Shots
- 9) \$500 Reimbursable Deductible Allowance
- 10) 24/7 Toll Free Nurseline 866-751-2723
- 11) 90 Day Retail Pharmacy Program
- 12) LifeTrac Transplant Program

Dental Benefits

- 1) \$25 deductible
- 2) Maximum Benefit per calendar year: \$1000.
- 3) *Preventive Care paid 100% and includes:*
 - a) Routine Oral Exams
 - b) Periapical xrays
 - c) Full mouth xrays
 - d) Panoramic xrays
 - e) Sealants for children under age 16
 - f) Space maintainers
 - g) Palliative Emergency treatment of an acute cond. Requiring immediate care
- 4) *90% coverage for Repair and Restoration*
 - a) filling restorations
 - b) extractions
 - c) root canal treatment
 - d) Anesthetic Services, except local infiltration or block anesthetics
 - e) Periodontal exams, treatment and surgery
 - f) Consultations
- 5) *60% Major Dental Repair*
 - a) Gold fillings/initial of full or partial dentures or fixed bridgework to replace one or more natural teeth
 - b) Repair or recementing of crowns, inlays, bridgework, or dentures and relining of dentures
 - c) Osseous surgery
 - d) Oral Surgery
 - e) Periodontal scaling
 - f) Stainless Steel crowns

~~YOU CAN USE ANY DENTIST~~

Vision Benefits

- 1) \$50 deductible
- 2) 90/10 plan
- 3) Maximum annual benefit per participant: \$600

Eye Exam per person in a calendar year: \$80 maximum (meaning...you pay your \$50 deductible, then 10% up to \$80)
 Single Vision Lenses: \$120 maximum (again, deductible of \$50, then 10% of up to \$120)
 Bi-focal Lenses: \$130 maximum
 Tri-focal lenses: \$140 maximum
 Lenticular: \$150 maximum
 Frames per pair, in a 2 year period: \$130 maximum
 Contact Lenses in a 12 month period: 90/10 plan limit up to \$600

Any questions/concerns about your benefits:
 Call Jennifer Weaver at 800-995-3569 or you can certainly call/come see me.

Trivia Challenge #1

Rubberbands last longer when they are _____.

- a) Refrigerated
- b) kept at room temperature
- c) wet
- d) frozen

Trivia Challenge #2

In _____, any email over 180 days old, can be read by the federal government without a warrant.

- a) Great Britain
- b) Russia
- c) America
- d) China

Trivia Challenge #3

_____ kills dogs! _____ affects a dog's heart and nervous system, and a few ounces are enough to kill a small-sized dog.

- a) Coca-Cola
- b) Vinegar
- c) Cinnamon
- d) Chocolate

Trivia Challenge #4

_____ is now the most popular traded item in U.S. prisons, surpassing cigarettes.

- a) Postage Stamps
- b) Doritos
- c) Ramen Noodle Soup
- d) Violence

Trivia Challenge #5

Per calorie, _____ has more protein than beef

- a) cheese
- b) broccoli
- c) carrots
- d) yogurt

Trivia Challenge #6

In _____, everyone is 1 year old from the time they are born. And on New Year's Day, everyone gets a year older.

- a) Korea
- b) China
- c) Brazil
- d) Finland

Trivia Challenge #7

_____ is the only U.S. President confirmed to have had a tattoo.

- a) Barack Obama
- b) Teddy Roosevelt
- c) Ronald Reagan
- d) Harry Truman

Trivia Challenge #8

_____ are the only creature responsible for more human deaths, than humans themselves.

- a) bumble bees
- b) copperhead snakes

- c) brown recluse spiders
- d) mosquitoes

Answers:

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

