

# ***Adair County Employee Newsletter September 2012***

## ***Anniversaries:***

Gail Claybrook, Road and Bridge, 23 years  
Ryan Crandall, Sheriff's Dept. 11 years  
Daniel Hannant, 4 years  
Paul Hill, Road and Bridge, 39 years  
Kassidy Johnson, Pros. Atty. 1 year  
Greg Lawrence, Assessor's Office, 5 years  
Jessie Schoonover, Circuit Court, 9 years  
Donnie Waybill, Assessor, 7 years  
Joe Wuebker, Sheriff's Office, 4 years

## ***Happy Birthday!***

Tracy Salsberry, 9/1  
John Axsom, 9/9  
Karen Phipps, 9/9  
Rusty Harris, 9/10  
Randall Snyder, 9/10  
Kay Biggerstaff, 9/16  
Matt Holt, 9/20  
Pat Shoush, 9/21  
Gayla Sandstrom, 9/25  
Tonya Lutz, 9/27  
Kristie Swaim, 9/27

## ***Welcome New Employees!***

Jeremiah Treece, Sheriff's office

## ***County Events***

**9/4-** University Extension Center Open House and Ribbon Cutting  
**9/8-**The Smoke at Stokes BBQ Contest  
**9/9-** Kirksville Air Festival; NEMO Triathlon  
**9/15-**Red Barn Arts and Crafts Festival; Truman Family Day  
**9/15-**NEMO Heart and Sole Walk  
**9/22-** Round Barn Blues Festival  
**9/27-** Mother and Son Stampede

**9/29-** Kirksville Bacon Festival

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.



Here are some good crockpot recipes for us busy people on the go:

## ***Recipes:***

### **Crockpot Chicken Fajitas**

- 2 packs of boneless skinless chicken breasts (or tenderloins, which cook faster)
- Can of chicken broth
- Large jar of salsa
- Packet of fajita seasoning
- Sliced/Chopped onions and peppers

Mix all of the above ingredients in the crock pot and cook for several hours (about 5 hours)

### **Crockpot Stuffed Peppers**

In a bowl combine:

- 1 package Ground meat (use any you choose, beef/turkey/chicken)
- 1 package of rice mix, any flavor you desire!
- Chopped Cilantro (hand full) (optional)
- Chopped Onions - I like a lot! (optional)

Seasoning of your choice (salt, garlic powder, hot sauce...whatever you prefer)  
Mix all together.

Cut the top of your pepper and scoop out the inside.

Then, Scoop in the meat mix in each pepper.

You could also chop up Mozzarella cheese and stuff pieces of them between the meat mixture in the pepper. When it's all melted it tastes so yummy.

Depending on how big the peppers are you can fit 4-6.

Put in slow cooker and put timer on for 8 hours on Slow or 4 hours on high

### **Crockpot Lasagna**

~ 2 cans (14.4 ounces) crushed tomatoes  
~ 1 jar pasta sauce ( I used a four cheese sauce)  
~ 2 T dried oregano  
~ 1/2 tsp kosher salt or garlic salt  
~ 1/4 tsp red pepper flakes  
~ 1/4 tsp freshly ground black pepper  
~ 2 containers fresh ricotta and 1 egg  
~ 2 cups (8 ounces) grated mozzarella  
~ 1/4th cup grated Parmesan  
~ 12 lasagna noodles (about three quarters of a 1 pound box)  
~ 5 ounces (about 6 cups) baby spinach  
~ 1lb ground turkey (You could use ground beef and ground sausage!)

First cook the meat. If you use meat, saute meat in a saucepan till brown. Then add the pasta sauce and season the meat with garlic salt.

In a medium bowl, combine the tomatoes, garlic, oregano, salt, red pepper and black pepper. In a separate bowl, mix the ricotta, 1 cup of the mozzarella and Parmesan.

In the bottom of a 5- to 6-quart slow cooker, spread a thin layer of the sauce (if you use meat include the meat). Top with 3 of the noodles (breaking to fit as necessary).

Spread about 1 cup of the sauce over the noodles and layer with 2 cups of the spinach and 1 1/2 cups of the cheese mixture. Repeat twice more with the noodles, sauce, spinach and cheese mixture. Top with the remaining 3 noodles, sauce and 1 cup mozzarella.

Cook on low, covered, until the noodles are tender—especially in the center of the lasagna—about 3 to 3 1/2 hours...

### **Crockpot Apple Coffee Cake**

- 2 1/4 cups biscuit mix
- 2/3 cup applesauce
- 1/4 cup milk
- 2 tablespoons sugar
- 2 tablespoons butter or margarine, softened or melted
- 2 apples, peeled cored and diced
- 2 teaspoons cinnamon
- 1 teaspoon vanilla
- 1 egg, lightly beaten
- 1/4 cup brown sugar
- 2 tablespoons firm butter or margarine
- 1/4 cup chopped nuts, if desired

#### Instructions

1. Combine 2 cups biscuit mix, applesauce, milk, sugar, softened butter, apples, 1 teaspoon cinnamon, vanilla and egg. Spread in a lightly greased 3 1/2 quart slow cooker (or spread in a lightly greased baking dish which fits in a larger sized slow cooker).

2. Combine 1/4 cup biscuit mix, brown sugar, firm butter, cinnamon and nuts with a fork or pastry blender to form the streusel; sprinkle over the batter.

3. Cover and cook on high for about 2 1/2 hours, until a toothpick inserted in the center comes out clean.

### **Crockpot Lemon Pudding Cake**

- 3 large eggs, separated
- 1 teaspoon grated lemon peel
- 1/4 cup lemon juice
- 3 tablespoons butter
- 1 1/2 cups milk
- 3/4 cup sugar
- 1/4 cup all-purpose flour
- 1/8 teaspoon salt

#### **Instructions**

1. Beat egg whites until stiff peaks form, set aside.
2. Beat egg yolks and blend in lemon peel juice and butter and milk.
3. Combine sugar, flour and salt and add to egg milk mixture beating until smooth. Fold into beaten egg whites.
4. Spoon into slow cooker. Cover and cook on high for 2 to 3 hours.
5. Serve warm from slow cooker into individual dishes.

### **Trivia Challenge #1**

The most played song on American radio during the twentieth century was??

- a) Yesterday
- b) Never My Love
- c) You've Lost that Lovin' Feeling
- d) Stand By Me

### **Trivia Challenge #2**

In four separate instances between October 1987 and February 1988, what rained down

from the sky in various parts of Great Britain?

- a) Fish
- b) Small pink frogs
- c) Oil/water mix
- d) Household debris

### **Trivia Challenge #3**

Who sold part of his ownership of Beatles songs to Sony for \$95 million in 1995?

- a) Paul McCartney
- b) Ringo Starr
- c) George Harrison
- d) Micheal Jackson

### **Trivia Challenge #4**

What will eventually turn white if you leave it in a dark room?

- a) Turtle
- b) Goldfish
- c) Black snake
- d) photographs

**Trivia Answer #1:** c

**Trivia Answer #2:** b

**Trivia Answer#3:** d

**Trivia Answer#4:** b

### **Did you know that....?**

More American workers call in sick on Friday than any other day of the week. Tuesday has the lowest absenteeism.

If you inhale a pea, it can sprout and grow in your lung

Almost all mazes can be solved by "the right hand rule?" .....placing your right hand on the wall and following it until you reach the end.

South Korean scientists have created glow in the dark cats

Shorter men live on average, two years longer than taller men

There is a bed that makes itself for those who are too lazy to make it themselves

In China, rich people can hire body doubles to serve their prison time

It is said that video games do better at battling depression than counseling does

A Polish woman name Irena Sendler smuggled and saved 2500 Jewish children through her toolbox during WWII.

Applying vodka to your face reduces pores and lessens the chance of acne breakouts

There is an elevator in Leicester, England that has no doors and doesn't stop

If the amount of sugar in a can of coke is taken directly, you would vomit uncontrollably.

### ***Quotes:***

“Be who you are and say what you feel because those who mind don't matter and those who matter don't mind.”

- Dr. Seuss

"I always knew looking back on the tears would make me laugh, but I never knew looking back on the laughs would make me cry." – Unknown

“Forgive your enemies, but never forget their names.” – John F. Kennedy

“There comes a time when you have to choose between turning the page and closing the book.” – Josh Jameson

Since we will be celebrating Labor Day this month, I thought we'd look at what jobs are the most popular among workers in America.....

- 1) Retail Salespeople- 4.2 million  
Americans work in this field
- 2) Cashiers- 3.4 million
- 3) Office Clerks- 2.4 million
- 4) Registered Nurses- 2.5 million
- 5) Waiters and Waitresses- 2.3 million
- 6) Customer Service Reps. 2.1 million
- 7) Material Movers (baggage handlers, truck loaders, loading dock)- 2.1 million
- 8) Janitors- 2 million
- 9) Stock Clerks and order fillers- 1.8 million
- 10) Secretaries- 1.7 million

### **Missouri's Highest Paid Occupations: (According to MO Dept. of Economic Development)**

Surgeons-\$193,180  
Anesthesiologists-\$179,590  
Obstetricians and Gynecologists -\$177,370  
Orthodontists-\$170,590  
Internists-\$165,020

### **Missouri's Lowest Paid Occupations**

Gaming Dealers- \$14,340  
Cafeteria Workers-\$15,230  
Food Prep. Workers/Serving Workers-  
\$15,280  
Dishwashers-\$15,330  
Fast Food Cooks-\$15,500

