



A Bi-Weekly Letter For SONOCO Professionals Working in the Gulf

October 15, 2020

“Encourage yourself, believe in yourself, and love yourself. Never doubt who you are.”

Stephanie Lahart

“Opportunity may knock only once but temptation leans on the doorbell.”

Oprah Winfrey

“The noble-minded encourage what is beautiful in people and discourage what is ugly in them. Little people do the opposite.”

Confucius

“We must accept finite disappointment, but we must never lose infinite hope.”

Martin Luther King

STEP RIGHT UP: Stairstep Safety

Stairs of all types have been used since ancient times, and because they are inherently hazardous, people have been falling on them, getting hurt or even killed in the process.

The vast majority of stairway falls result from a loss of balance, just as falls are on the level. A common contributing factor is neglecting to use handrails.

Because stairway accidents can cause severe injury, even death, building codes for stairs are justifiably rigorous. Good design can substantially reduce the potential for mis-stepping by providing us with the means to retrieve our balance, but even the best design cannot eliminate falling hazards entirely.

The fact is some incidents result from inattention, unsafe behavior, or inappropriate footwear. It is these factors that can cause an accident on the best-designed, well-lit, and clean staircases, ladders, and ramps. Think before you approach.



Using stairways is such an everyday occurrence that the potential risks rarely cross our minds. Below are some things to keep in mind the next time you use a stairway:

Use the handrail. A hand on the handrail plus at least one foot on the ground always. Don't run or rush, and don't skip steps.

Be alert and keep focus on your safety. Avoid distractions, such as looking at your phone, having conversations, or reading.

Make sure you always have a hand available in case you need to catch yourself during a fall.

Be aware of weather or other conditions that might make stairs slippery. Take the appropriate precautions.

Report unsafe stair conditions, such as obstructions and spills, to the appropriate personnel so they can be addressed quickly.

Assess your visibility before taking the stairs. Poor lighting can affect your perception and increase your risks of a misstep.

Check your clothing for tripping hazards. Make sure shoelaces are tied and pant-length will not cause a fall hazard. Slippery shoe soles increase your fall risk.

Carrying items on the stairs is especially dangerous and can contribute to falls. The item's bulk may affect your vision and balance, and you may not have a free hand to hold a handrail. Ask for help.

According to Auburn University, there are two categories of staircase accidents:

- Unsafe Acts – account for 80% of accidents
- Unsafe Conditions – account for the other 20%

Anatomy of an Accident:

- It more likely we are distracted.
- We are rushing or are in a hurry.
- We are not watching our footing.
- Or it may be all the above.

Change Your Perception:

- Stairways are all around us - we use them daily.
- Just a small change in our perception of the risks can save us from being an accident statistic.
- Using stairway safety takes only a slight shift in our behavior.



Weird Food Facts

Lobsters were a hard sale back in the day. They would be chucked back in the sea or given to servants. There was even a law on how much lobster you could serve a prisoner as too much was considered to be cruel. How things have changed.

Ketchup Used to be Used as Medicine. Back in the early 1800s, people thought that tomatoes had medicinal qualities.

Processed cheese is thought of as an American product, but it was invented in Switzerland. It was created by Waltz Gerber and Fritz Stettler in 1911 to lengthen the shelf-life before it was shipped overseas.

Bad eggs will float. If you need to test the freshness of an egg, put it in a glass of cold water. The fresher the egg, the faster it will fall to the bottom. Eggs that float should be thrown out.

One month of eating fast food can cause significant changes to your liver due to the amount of fat and saturated fat. These changes in liver enzymes are similar to the effect of hepatitis.

simple BUTTERCREAM FROSTING

This is a simple, professional, stable frosting. You can make variations including lemon, almond or other extracts. It calls for solid shortening, but you can use half butter or oleo if you prefer. For pure white frosting, use the shortening.

1 Tbsp	vanilla extract
4 cups	confectioner's sugar
1 cup	shortening, or room temp butter
3 Tbsp	water (you may need more)

- Combine sugar and shortening in mixing bowl'
- Mix on low speed until they're blended.
- Add the liquids, then turn the speed up gradually to high speed for 3 minutes.
- Scrape down the bowl. Mix another minute.

CHOCOLATE FROSTING:

Add $\frac{3}{4}$ cup of Cocoa Powder, and plan on adding a little more liquid to get the consistency you prefer when icing cakes.

The shortening version is shelf stable for several days. If you use butter or margarine, refrigerate it after use. Soften by mixing again for a minute or two.



Insuring the Army

Boudreaux, the smoothest-talking Cajun in the Louisiana National Guard, got called up to active duty.

His first assignment was a military induction center. Because he was a good talker, they assigned him the duty of advising new recruits about government benefits, especially the GI insurance to which they were entitled.

The officer in charge soon noticed that Boudreaux was getting a 99% sign-up rate for the expensive supplemental GI insurance. This was remarkable, because it cost these low-income recruits \$30.00 per month more, compared to what the government was already providing at no charge.

The officer decided he'd sit in the back of the room and observe Boudreaux's next sales pitch.

Boudreaux stood up before the latest group and said, "If you has da normal GI insurans an' you goes to Afghanistan an' gets youself killed, da govment' pays you benefishery \$20,000. If you takes out da suppmantal insurans, which cost you only t'irty dollars a munt, den da govment' gots at pay you benefishery \$400,000!

"Now," Boudreaux concluded, "which bunch you tink dey gonna send at Afghanistan first?"

Hamburger Stroganoff Casserole

Just a pinch of nutmeg adds unexpected and appealing flavor to this basic creamy noodle dish. Serves about 25

24	oz	egg noodles, uncooked (2 packages)
3	lbs	ground beef
2	Tbsp	garlic, fresh, minced
3	pack	dry brown gravy mix
2	8 oz	cream cheese
16 oz	can	mushrooms, with liquid
2	cups	milk
8	oz	sour cream
3	can	cream of mushroom soup
1	tsp	ground nutmeg

- Cook noodles in salted water until al dente; drain
- In skillet, brown ground beef; crumble the beef as it cooks but leave a bit chunky. Drain off the fat.
- Add brown gravy, cream cheese, nutmeg, and mushrooms with liquid to the beef. Cook until the cheese melts.
- Add milk and soup to mixture, blend, and heat.
- Turn out into a large bowl; add the egg noodles and then stir in the sour cream gently.
- Transfer to a serving pan and top with chopped fresh parsley or green onions for color.

