

# SHOP TALK

A Twice-Monthly Newsletter for our Team. January 31, 2022

Prevention



## NATIONAL CANCER PREVENTION MONTH

February is National Cancer Prevention Month.

According to the [National Institutes of Health](#), nearly 1.9 million people are diagnosed with cancer each year in the US alone. Nearly half of those diagnoses are breast, prostate, lung, pancreas, or colon cancers. And yet, more than 40 percent of all cancer diagnoses can be linked to a preventable cause – nearly half. In this issue, we discuss how we can reduce our risk for certain cancers.

### ALSO IN THIS ISSUE...

- Cancer and Personal Prevention Steps
- Smart & Simple Galley Hygiene Tips
- The Chicago Italian Beef and some great sandwich condiments
- Smishing? What is it and why should you care?

**“It does not matter how slowly you go so long as you do not stop.”**

*Confucius (551-479 BC)*

**“The greatest oak tree was once a little nut who held its ground.”**

*Anonymous*

**“Character consists of what you do on the third and fourth tries.”**

*James A. Michener*



## Smishing... Say What?

Smishing (a word combining SMS and phishing) are attacks that occur when cyber attackers use SMS, texting, or similar messaging tech to trick you into taking an action you shouldn't.

They may fool you into providing your credit card details, get you to call a phone number to get your banking information, or convince you to fill out an online survey to harvest your personal information.

Just like email phishing attacks, cyber criminals will play on your emotions to get you to act by creating a sense of urgency or curiosity. What makes these attacks so dangerous is there is far less info and fewer clues in a text than in an email, making it harder to detect that something is wrong.

A common scam is a message telling you that you won an iPhone, and you only need to click on a link and fill out a survey to claim it. In reality, there is no phone, and the survey is designed to steal your personal information.

Sometimes these criminals will combine phone and messaging attacks. For example, you may get an urgent text message from "your bank" asking if you authorized an odd payment. The message asks you reply

YES or NO to confirm the payment. If you respond, the cybercriminal now knows you are willing to engage and will call you pretending to be the bank's fraud department. They will then try to talk you out of your credit card or financial info, or even your bank account's login and password!

## SPOTTING & STOPPING SMISHING ATTACKS

Look for red flags: ask these questions to spot some common clues of a messaging attack:

- Does the message try to create a sense of urgency to pressure you into taking an action?
- Does the message link to websites that ask for your personal info, credit card, passwords, or other sensitive information?
- Does the message sound too good to be true? (No, you did not really win a new iPhone or that Benz 🤔).
- Does the linked website or service force you to pay using non-standard methods such as Bitcoin, gift cards or Western Union transfers?
- Does the message ask you for the multi-factor authentication code that was sent to your phone or generated by your banking app?
- Does the message look like the equivalent of a "wrong number?" If so, **do not respond to it**; just delete it.

# 85%

of attacks in 2021 involved a human element: someone was fooled into providing personal information or credentials.

If you get a message from an official organization that alarms you, call them back directly. Don't use the number in the message. **Use a trusted phone number.** For example, if the message claims to be from your bank, get a number from their website, your bill, or the back of your credit card.

Also remember that most government agencies, such as the IRS, law enforcement agencies, and others, will never contact you via text message, they will only contact you by old fashioned mail.

When it comes to messaging attacks, you are your own best defense.

(Source: Verizon)



## KEEPIN' IT REAL (Clean)...

Most work on a platform is outside, but the heart is the galley, where our customers get together, not just at meal or break times, but throughout the day. The duty to keep it sanitary is on that we don't take lightly.

Here are a few tips on maintaining a more sanitary and orderly galley and dining area.

**Get a grip on grease.** Kitchen grease is always a cleaning culprit that has to be dealt with. Spritz the stovetop and counters with a degreaser and wipe away all the greasy evidence. Don't wait until there is a heavy build-up to do this. A quick swipe as needed makes it a simple task rather than a chore. Don't forget to rinse and then follow up with Sani-Tyze.

**Nuke the sponge.** Or galley towel. We tend to use a sponge or scrub pad all day long and perhaps over a few days. It's the perfect breeding ground for germs because it's left wet, sits on a counter when not in use, and is in contact with dirty stuff. The easiest and best way to keep it sanitary is to simply put it in the microwave for 60 to 90 seconds; this will kill any germs on the sponge/cloth. **Remember, it will be HOT, so use an oven mitt to take it out of the microwave.**

**Knife Holders.** Any knife holder – even a wall mounted magnetic one – can be a, well, a magnet for germs. Before you put a knife into a holder, or on a wall-mounted holder, be sure that knife block, magnet strip or sheath is clean and sanitized. Spray the wall- or table-mounted holder with Sani-Tyze and let it dry. Or unless it is a wood block, soak it in the sink.

If your knives are in wood block, it's time to switch.

**Nuke the microwave, too.** Put into the oven a microwave-safe container with about a cup of water. Set the oven for 5 minutes and walk away. The steam will soften any crud, making cleaning a snap. When time is up, remove the container (with an oven mitt), and wipe the interior well with a clean, damp cloth.

**Can the can.** Nothing says "clean" like a clean food waste can. Take it outside and wet it down. Spray a degreaser inside and outside of the can and let soak a minute. Scrub all surfaces with a stiff brush. Rinse it well, spray with Sani-Tyze or wipe with a mild bleach solution and let air dry. Return it to the galley.

**Clean the faucet.** The faucet itself is probably caked with lime and is a safe harbor for germs. Both problems are solved by putting vinegar in a zip-loc bag; cinching it over the faucet and allowing it to soak for a couple of hours. Several applications may be needed, but it's a zero-effort way to keep faucets clean and bright.





## Speaking of Vinegar,

Pickled eggs are popular and dead simple to make. This makes 24 eggs. Start with a clean 1-gallon container.

- 24 each eggs, hard boiled
- 1/2 cup minced garlic
- 6 cups white vinegar
- 2 cups water
- 1 Tbsp salt
- 1 each onion, thinly sliced
- 2 each bay leaves
- 1/2 cup sugar
- 2 Tbsp crab boil (liquid or powder is fine)
- 1 each jalapeno (optional)

- Wash the container well, sanitize and set aside.
- Peel the eggs, rinse each and put in the container.
- If using jalapeno, mince and put in with the eggs.
- In a saucepan combine remaining ingredients including onions.
- ring to a boil and remove from the heat. When cool, pour into the container until it covers the eggs. (Add water if needed).
- Close container, **REFRIGERATE** for at least three days before serving.
- **KEEP COLD** in storage and they will last about 2 weeks.

## On the Matter of Pickling.. Giardiniera?

What the heck is that? It's a staple on Chicago Italian beef sandwiches, or a tasty snack on its own. Makes about 8 cups.

- 2 each jalapenos (fresh are better), seeded and sliced
- 2 each green bell peppers, diced about 1/4 to 1/2 inch
- 2 each red bell peppers, diced about 1/4 to 1/2 inch
- 1 each carrot, peeled and diced same size as peppers
- 2 each celery stalks, diced
- 1 each onion, small, diced
- 2 cups fresh cauliflower florets, chop larger than peppers
- 1 cup green olives with pimientos, chopped coarsely
- 3 each garlic cloves, chopped very fine (or use minced)
- 1 cup white vinegar
- 1 cup olive oil
- 1 tsp black pepper
- 1/2 tsp red pepper flakes (optional)
- 1/2 cup salt (not a mistake, you need half a cup)

- Put peppers, jalapenos, carrots, celery, onion, and cauliflower in a container. Add salt and enough water to cover. Cover and let refrigerate overnight.
- The following day, drain the water and rinse veggies.
- Put veggies into a container or two.
- Mix the remaining ingredients including the olives, then transfer to the container(s).
- Close the container(s) and let marinate in the refrigerator for at least 2 days before using.





## And Speaking of Chicago Italian Beef...

This is to Chicago what the Po-Boy is to N’Awlins. Or the Philly Cheesesteak to Philly. It’s both a street food and one of the most iconic sandwiches around. And it’s fantastically good with some of that giardiniera you just made. For about 10 – 12 sandwiches:

3	cups	beef or chicken stock (unsalted) or water
2	tsp	salt
2	tsp	dried basil
2	tsp	dried oregano
1	Tbsp	black pepper
1	Tbsp	garlic powder
2	each	bay leaves
1	tsp	onion powder
5	lbs	rump roast (don’t need or want a fatty cut here)

- Put everything but the roast in a saucepan; bring to a boil.
- Place the roast in a deep saucepan just big enough to hold it with room at the top.
- Pour the liquid over the roast, cover the pan, and set to a high simmer for a couple of hours until the meat is fork tender. As it cooks, break the meat into shreds or smaller chunks.
- When the meat is tender and just falling apart, put a strainer or fine mesh colander over a saucepan, then pour everything into the strainer. Set the liquid aside for now; keep it warm.
- Cut a crusty loaf or a nice chewy Italian style bread into portions about 6” long and split each portion lengthwise.
- Lay the loaves out and open them. Ladle a small amount of the broth (an ounce maybe) onto each half of the bread.
- Place portion of meat onto the center of each loaf. A generous portion is called for here 😊
- Add 2 to 4 Tablespoons of the pickled giardiniera. Serve to a very appreciative group and enjoy the applause.

## And Now, More Condiments

These are tasty sandwich upgrades.

### Honey, Balsamic & Whole Mustard

Great on pork or poultry. Combine:

1/2	cup	honey
1/2	cup	creole mustard
1/4	cup	Dijon mustard
1/3	cup	Balsamic vinegar

Add salt and pepper to taste.

### Cajun Aoli (dat’s jus’ a fancy mayo)

Great on fish, burgers... Combine:

1/2	cup	mayonnaise
1	Tbsp	lemon juice
1/2	tsp	Tabasco
1/2	tsp	paprika
1/2	tsp	garlic powder
1/2	tsp	onion powder
1/2	tsp	red pepper flake
1/4	tsp	salt
1		pinch cayenne

### Corn Relish

Seriously good on BBQ, hot dogs, roast chicken, fish.

1	lb	corn, canned or frozen
1/4	cup	diced bell pepper
1/4	cup	onion, small diced
1/2	cup	pimientos, diced
1/2	cup	granulated sugar
1/2	cup	vinegar
1/4	tsp	salt
1/4	tsp	ground dry mustard
1/2	tsp	LA hot sauce

- Put all veggies in a container
- In saucepan, heat the remaining ingredients to a boil.
- Pour over the veggies, put it in the cooler overnight.
- Keeps up to 5 days.

# Cancer: Reduce your risk

Often, what's known about cancer prevention is still evolving. But it's well-accepted that your chances of developing cancer are affected by the lifestyle choices you make.

If you're interested in preventing cancer, take comfort knowing that simple changes make a difference.

## Don't use tobacco

Using any tobacco puts you on at risk of cancer. Smoking is linked to cancer of the lung, mouth, throat, pancreas, and kidney. Chewing has been linked to oral and pancreatic cancer.

Avoiding – or quitting - tobacco is an important part of cancer prevention. If you need help quitting, ask your doctor about stop-smoking products or other strategies for quitting.

## Eat a healthy diet

Although healthy food choices can't guarantee cancer prevention, it might reduce your risk. Consider these:

- **Eat lots of fruits and vegetables.** Base your diet on fruits, veggies, whole grains and beans.
- **Maintain a healthy weight.** Eat lighter; choose fewer high-calorie foods, including refined sugars and fat from animal sources.
- **If you drink alcohol, be moderate** The risk of cancer including cancer of the breast, colon, lung, kidney and liver, increases with how much alcohol you drink and how long you've been drinking.
- **Limit processed meats.** A report from WHO states that eating large amounts of processed meat can slightly increase the risk of certain types of cancer.

## Maintain a healthy weight and be physically active

Maintaining a healthy weight might lower the risk of some types of cancer: cancer of the breast, prostate, lung, colon, and kidney.

Physical activity counts, too. In addition to helping you control your weight, physical activity on its own might lower the risk of breast cancer and colon cancer.

Adults who participate in any amount of physical activity gain some health benefits. But for substantial health benefits, strive to get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity.

## Protect yourself from the sun

Skin cancer is one of the most common kinds of cancer — and one of the most preventable. Try these tips:

- **Avoid midday sun.** Stay out of the sun between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- **Stay in the shade.** If you're outdoors, stay in shade as much as possible. Sunglasses and a broad-brimmed hat help, too.
- **Cover exposed areas.** Wear tightly woven, loose-fitting clothing that covers as much of your skin as possible. Choose bright or dark colors, which reflect more ultraviolet radiation than do pastels or bleached cotton.
- **Don't skimp on sunscreen.** Use a broad-spectrum sunscreen with an SPF of at least 30, even on cloudy days. Apply sunscreen generously and reapply every two hours — or more often if you're swimming or perspiring.
- **Avoid tanning beds and sunlamps.** These are just as damaging as natural sunlight.

## Get vaccinated

Cancer prevention includes protection from certain viral infections. Talk to your doctor about vaccination against:

- **Hepatitis B.** Hepatitis B can increase the risk of developing liver cancer. The hepatitis B vaccine is recommended for certain adults at high risk: sexually active adults not in a monogamous relationship, people with STD / STIs; who use intravenous drugs; and health care or public safety workers who might be exposed to infected blood or body fluids.
- **Human papillomavirus (HPV).** HPV is a sexually transmitted virus that can lead to cervical and other genital cancers as well as cancers of the head and neck. The HPV vaccine is recommended for girls and boys ages 11 and 12. The U.S. FDA recently approved the use of Gardasil 9 for males and females ages 9 to 45.

## Avoid risky behaviors

Another effective prevention tactic is to avoid risky behaviors that can lead to infections that may increase the risk of cancer. For example:

- **Practice safe sex.** The more sexual partners you have, the more likely you are to contract a sexually transmitted infection. People with STDs have a higher risk of cancer.
- **Don't share needles.** Sharing needles with people who use IV drugs can lead to HIV, as well as hepatitis B and hepatitis C — which can increase the risk of liver cancer. If you're concerned about drug misuse or addiction, seek professional help.

## Get regular medical care

Regular self-exams and screenings for cancers — such as cancer of the skin, colon, cervix, and breast — can help find cancer early, when treatment is most likely to be successful. Ask your doctor about the best screening types and schedule for you.

Source: The Mayo Clinic



## Versatile Cookie Dough

You probably know by now that the cookie dough we stock is in short supply. Here is a cookie dough recipe you can use for several varieties.

Makes about 5 dozen

2 1/4	cups	flour
1	tsp	baking <u>soda</u>
1	tsp	salt
1	cup	margarine, softened
3/4	cup	granulated sugar
3/4	cup	brown sugar (packed)
1 1/2	tsp	vanilla extract
2	each	eggs

- In a bowl, combine flour and baking soda. Set aside.
- Cream the oleo, sugars, and salt in mixer until blended and creamy.
- Add eggs one at a time, beating well after each egg is added.
- With mixer on medium-low, add flour in 2 stages: mix and scrape bowl between additions.
- When all flour is blended, add the tasty bits you like. About 2 cups per batch, and fold in gently.
- Bake at 350 until light brown at the edges, about 10 minutes.

### THE TASTY BITS?

Chocolate or White Chocolate chips  
Butterscotch chips  
Peanut Butter chips  
Crushed Butterfingers (really good!)  
Pecans or Walnuts  
M&M Candies  
Orange Zest & Dried Cranberries  
Honey roasted peanuts  
Honey roasted nuts (chopped a bit)  
Dried fruit  
Chocolate bars in BIG chunks  
S'Mores: marshmallows, chocolate and chopped graham crackers.



## Top 10 Worst Valentine Gifts

10. An Expired Coupon to the Meat Loaf and Liver Hut
9. An actual stuffed animal from the local taxidermist
8. A heart made of meat. Nothing says true love like raw meat.
7. That leftover perfume from grandmother's estate sale
6. A romantic candlelight dinner at McDonald's
5. Pre-arrangements for two with the funeral home
4. Jumper cables
3. A picture frame filled with your hair
2. Crabs
1. Anything you can buy at a gas station



## Key guideline recommendations



150 to 300 minutes of moderate physical activity or 75 to 150 minutes of vigorous activity per week



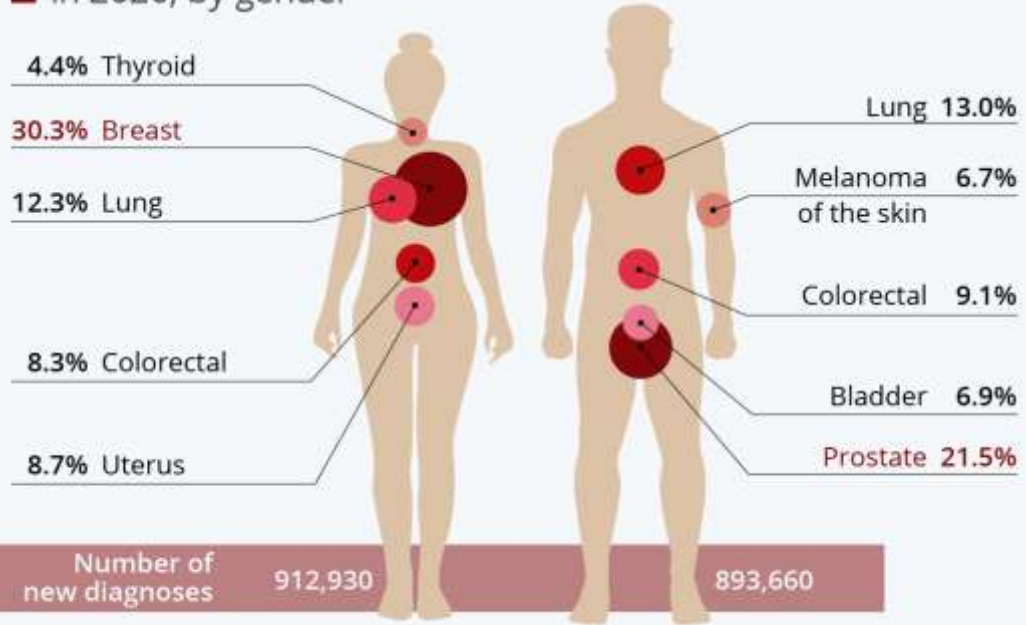
Eat a variety of vegetables, fruits and whole grains. Limit or avoid red or processed meats, sugar-sweetened beverages, highly processed foods and refined grain products.



Do not consume alcohol. For those who do, maximum daily consumption should be one drink for women and two for men.

## The Most Common Types of Cancer in the U.S.

Projected share of new cancer diagnoses in the U.S. in 2020, by gender



Source: American Cancer Society



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