

SHOP TALK

EASTER Celebration Edition

April 2022

EASTER IS COMING...

The time of year when Christians around the world celebrate the resurrection of Christ, Easter is perhaps the most meaningful holiday to His followers. In this issue, we take a moment to give thanks along with those who believe, and with no offense intended to those who don't. Believer or not, we can all agree that any time people are able to come together for a common – and good – purpose is something we can all celebrate.

Distracted Driving Awareness Month

April is Distracted Driving Awareness Month. We'll talk about it a bit in this issue. What is it? How to avoid it, and why is it dangerous? Some of it is probably obvious and you may already know, but there will be some info that is new to you, so we hope you find it interesting, enjoyable, and informative.

Also in this issue...

- Distracted Walking. Yes, Walking...
- From the Headlines. Yes, they're pretty dumb.
- Thoughts from the Razor's Edge
- Tasty New Recipes
- Jokes

From the Headlines...

SOUTH HAVEN

City unsure why the sewer smells

By KRISTIN HAY
H-P Correspondent

SOUTH HAVEN — The tests have been inconclusive in trying to locate the source of a mysterious odor that has been detected in several downtown South Haven businesses.

Bob Stickland, the director of

Stickland said he will discuss the strategy of putting a non-toxic smoke into the sewer to detect the path of the offensive gas emanating from basement drains.

"Somebody is putting something into the sewer that is creating the odor," Stickland said in an interview after the council meeting. "We are trying to find out

Federal Agents Raid Gun Shop, Find Weapons

Store Owner Arrested Previously

Lawyers back despite use of bug spray

By Winda Benedetti
Staff writer

COEUR d'ALENE — The yellow jackets were gone and the pesticide smell was fading but the headaches



It ain't Easter without hard boiled eggs, which aren't as easy for some to cook. Here's some helpful info (and a procedure follows):

First thought: the fresher the egg, the harder it is to peel. Why, you ask? The white (albumen) in the egg has a low pH; it is acidic, which makes it tend to stick to the membrane in the shell. You know, that thin film that can be impossible to remove? That.

After about 10 in the refrigerator, the shell absorbs air and loses CO₂. The pH starts to rise as a result and as it becomes alkaline, the membrane stops being so darn stubborn. So, the takeaway is: set some eggs aside for boiling. And don't let them sit out.

Boiled Eggs:

- Fill a saucepan with eggs. Cover the eggs with cold water.
- Bring to a rolling boil.
- Remove from heat and cover.
- Let stand in the water 12 minutes.
- Drain and soak in ice water. Just toss in a bunch of ice and fill the rest of the way with cold water.
- Peel with ease.



Thoughts from the Razor's Edge...

Our job in food service involves a bit of risk, and we become so comfortable with our working environment that we may not stop to think about some common hazards: slips, trips, falls, burns from the stove, oven, fryer or just a hot pot.

And cuts. We're surrounded by sharps that present the "opportunity" for us to be injured, but they become such a normal part of our day that we may not give them the respect they certainly deserve. And then there are those things that we don't think of as being a possible hazard. For example:

About 15 years ago, a team member on a TLP was taking out the trash. The container was pretty full, and he ended up having to force the bag into the container. Unknown to him, there was a PVC film box in that bag and the cutter on the box was in exactly the right place. So, when he mashed the bag down into the container, the box popped through the bag and the man slid his palm along the box's serrated cutter. After seeing the medic, he was flown in, received 5 stitches and was in some pain for a while. He made a full recovery but if you ask him, he wished it never happened.

Or this: about 5 years ago, one of our team was working with a chef knife and it slipped out of his hand, falling to the floor. But before it hit the floor, he tried to catch it and by golly he very nearly did! Sadly, it slipped from his grip and caused him to be cut along the inside of two finger joints.

His cuts were minor: topical antibiotic and bandages were all he needed but it could have been much, much worse.

The list of things that can cause us harm is not exact, and the circumstances affect this. But consider a few simple things we can do to protect ourselves and our teammates.

Knives. Fairly obvious, but what isn't is some ways we can get hurt by them. Ask yourself, what is the safest way to hand a knife over to a co-worker?



Just put it on the counter and let your co-worker pick it up. That way, the knife is never pointing at anyone when it is handed over.

How about can openers? Not the can, but the lid that you just cut off the can. Talk about sharp! The photo at left is a bit exaggerated, but the idea isn't. A lot of sharpness is going on here.



When we open a can, never just toss it into the trash. If you leave it hinged as this one is, after you empty the can, you can then push the lid into the can.

WEAR A CUTTING GLOVE.

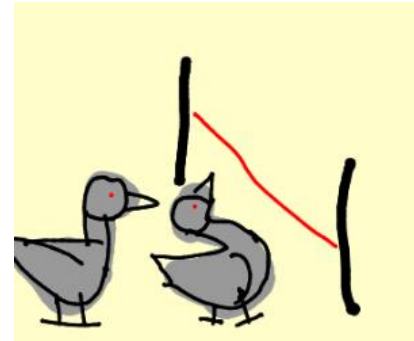
If you're emptying trash: Always wear heavy gloves and if you can avoid it, don't mash bags into the trash. You don't know what's in that bag.

When putting an empty PVC or foil dispenser box in the trash, first remove the cutter (if design permits) and either place it inside the box or wrap the cutting edge with a piece of heavy-duty tape.

Razors and Needles. Any time we are doing BR work, we should put on gloves before handling any trash. Work gloves with a leather or thick, cut resistant rubber or plastic. Be aware of the presence of anything sharp as you empty trash or remove items from bathroom counters, cabinets, or other locations. And remember; never try to manually compact the trash. You may find something that you didn't anticipate lurking in there. Remember to take care of yourself as you work. 😊

So a five-dollar bill walks into a bar, and the bartender says, "Hey. This is a singles bar."

Two guys walk into a bar. The third one ducks.



A neutron walks into a bar and orders a drink. When the neutron gets his drink, he asks, "Bartender, how much do I owe you?" The bartender replies, "For you, neutron, no charge."

A weasel walks into a bar. The bartender says, "Wow I've never served a weasel before, what can I get you?" "Pop", goes the weasel.

A sandwich walks into a bar. The landlord says, "Sorry sir, we don't serve food here."

A man walks into a bar. As he sits down, he looks up and notices three pieces of meat hanging from the ceiling.

He asks the bartender "what's with the meat?"

The bartender says, "If you can jump up and slap all three pieces at once, you get free drinks for an hour. If you miss even one, you have to pay for everyone else's drinks for the rest of the night. Wanna give it a go?"

The man takes another look at the meat, then says, "I think I'll pass. The steaks are too high".



HOT CROSS BUNS

Hot Cross Buns are an Easter tradition in some parts of the U.S. but their origin dates back to the 12th century in England. This modern take on the traditional treat makes 2 dozen buns.

1/2	cup	water
1 1/2	cups	whole milk
1	cup	sugar
3	Tbsp	yeast
1	cup	melted margarine
2	each	eggs, separated (use all)
4	tsp	vanilla extract
6	cups	flour
1 1/2	tsp	salt
1	tsp	nutmeg
1	tsp	cinnamon
1/2	tsp	ground ginger
1	cup	raisins (see notes)

- Plump the raisins by adding a bit of water and microwaving until they expand. Remove and cool.
- Separate the eggs; you'll use the yolks in the dough and the whites to make an egg wash. Set aside.
- In a bowl, combine dry ingredients (hold back 1/4 cup of sugar) and

whisk until the ingredients are evenly mixed. Set aside.

- In a saucepan, heat the milk and water to no more than 110 F. You just want it warm to activate the yeast.
- Transfer the liquid to a mixer bowl.
- Add the yeast and the reserved sugar to the liquid.
- When the yeast has proofed, add the egg yolks, vanilla, and 3/4 cup of the margarine to the bowl. Mix at a medium speed until it is incorporated.
- Add the flour mixture in 2 stages, scraping the bowl after the first addition. You will have a sticky, hard to work with dough.
- Fold in the raisins and slowly mix in for a moment. Then, mix at a low to medium speed until a uniform dough forms, and it should be pulling away from the side of the bowl. It may still be a bit tacky, and if so, turn out of the bowl onto a floured surface and knead gently a couple of minutes.
- Next, shape it into a ball and place in a buttered or oiled bowl, cover and allow it to proof until doubled – about 1 to 1 1/2 hours.
- While waiting, prepare two (2) 9 x 13 cake pans or a half sheet pan with food spray or parchment.
- Turn the dough out of the bowl and pat into a rectangle about 12 x 16 inches or so. With a bench knife or a pizza wheel, divide the dough into 24 portions.
- Round the dough into balls and place 12 in each pan if using cake pans, or all (4 x 6) if using a half sheet pan.
- Spray the rolls with food spray and cover the pan(s) with PVC film. Proof until doubled – about 45 minutes.
- Make your egg wash; whisk the egg whites with a couple tablespoons of cold water and blend well.
- Remove the food film and brush with the egg wash.
- Bake at 375 F for 20 to 30 minutes; check at 20.
- When golden brown and tested for doneness, remove and allow to cool enough that the icing won't simply melt off of the buns.
- When cool, apply a standard (thick) confectionary icing with a pastry bag and a conical tip in the form of a cross as shown in the photo.

COOL KITCHEN HACKS



Midnight Chicken

Midnight Chicken is coated in a glaze as dark as the night outside; tangy, savory, and sweet with notes of garlic, citrus, and herbs. Serves 10 to 12 (about 2 thighs each).

20 each chicken thighs

3/4 cup olive oil
1/4 cup balsamic vinegar
3 Tbsp tomato paste
1/2 cup honey
3/4 cup lemon juice
1/3 cup minced garlic
1 Tbsp dried thyme
1 Tbsp dried oregano
2 tsp paprika

- In a bowl, blend liquids together, then add remaining ingredients; whip well to combine.
- Pat the chicken dry, salt and pepper both sides.
- Add chicken to the marinade; toss to coat.
- Set the chicken aside to marinate for 2 hours.
- Preheat the oven to 425 degrees F.
- Sheet the chicken onto pans with a 2" side.
- Roast on the center rack until the chicken is fully cooked to 165 F, about 25-30 minutes.
- Transfer to an insert pan and put on serving line.

Check if eggs are still good.

Your nose alone won't always tell you if eggs have gone bad. So gently place uncooked eggs in a bowl of cold water. If an egg sinks to the bottom, it's OK. If it floats, time to toss it.

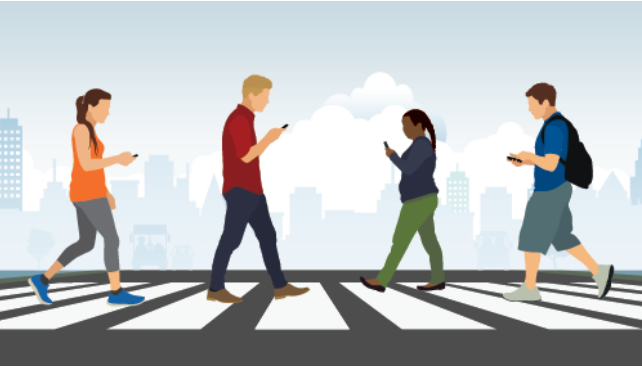
Skim the fat

Remove that excess fat floating on the top of stocks, stews, and sauces: Just put in the cooler until the fat solidifies, then remove. Or toss some ice cubes into the pot and let them harden the fat before removing it.

Easily separate eggs

Need just the whites, or yolks only? Crack your eggs into a shallow dish, then use a (clean, sanitized) water bottle to separate: Flip the mouth of the bottle over the top of the egg, squeeze out some of the air, and while you hold the bottle close to the egg, let the bottle expand. It will suck the yolk right out of the egg! Repeat for each egg.





The term [distracted driving](#) has been much-discussed, but distracted walking is becoming more of an issue. Crossing intersections; pushing shopping carts in crowded parking lots, or walking down the street, people are focused more on their phones in potentially dangerous situations than their surroundings.

There are near-misses with passing cars, twisted ankles on potholes and collisions with objects or other distracted walkers.

When distracted walking meets the workplace, our health can suffer. Workers operating machinery while texting may injure themselves or others. If we are more focused on our devices than another person as we pass in common corridors we might not see potential hazards.

while 78% of U.S. adults believe that distracted walking is a "serious" issue; three-quarters of Americans say it's "other people" who walk distracted. Only 29% of respondents admit that they, personally, have an issue.

And the sense of "it's not me, it's you" cuts across a range of distracted walking behaviors:

Distracted Walking: Seriously It's Not Me, It's You

78% of U.S. adults believe that distracted walking is a "serious" issue.



Who's Distracted?

74% of Americans say other people are "usually/almost always" and "sometimes" walking while distracted, while only 29% say the same about themselves.

Common Distractions of Walkers

What they see others do:

Includes "usually/almost always" and "sometimes" answers

- 90% Talking on the phone
- 88% Engaging in conversation
- 88% Listening to music
- 85% Using a smartphone
- 64% Generally "zoning out"



4 out of 10 Americans say they have **personally witnessed** a distracted walking incident.

26% say they **have been in an incident** themselves.



- 90% say they see walkers talking on the phone (and 37% admit doing so themselves)
- 88% listening to music (vs. 34% themselves)
- 85% percent using a smartphone (vs. 28% themselves)

And distracted walking is resulting in injuries. Nearly 4 out of 10 Americans say they have personally witnessed a distracted walking incident, and just over a quarter (26%) say they have been in an incident themselves.

Some Safety Tips:

- Don't wear headphones while working. While away from work, if you use headphone, maintain a volume where you can still hear the sounds of your surroundings.
- While you walk, focus on the people, objects, and obstacles around you.
- NEVER use stairs while talking, texting, or similar acts that take your mind off of your surroundings.
- Don't jaywalk. Cross streets carefully, at a traffic light; be aware of people, cars, and bikes in and near the road.
- Look up, not down, especially when stepping off or onto curbs or in the middle of intersections or when approaching on stairs or escalators.
- Stay alert in mall and other parking lots, and on and near streets, especially during the winter months when it gets dark earlier and drivers are not as likely to see you.
- Plan your route, especially if you are going out on deck or other unfamiliar and potentially hazardous areas.



Yes, it's a thing. Distracted driving has become a big issue and with good reason. People think nothing of texting or talking while operating a 3-ton vehicle.

But that's a subject for another time. Today's topic is distracted **cycling**. About 80 % of cyclists on the road listen to music with headphones or earbuds.

If a pedestrian wanted to shout a warning to us about oncoming danger, we likely would not hear it.

Bicycling is inherently dangerous, so we should never sacrifice our hearing: we can't hear cars coming from behind, or sirens of emergency vehicles, or voices of other cyclists.

It's become such an issue that many cities and counties have passed laws banning the use of electronic devices while cycling.

The inability to hear is just one of the dangers of cycling and it is completely within our control.

Likewise, loss of focus can be fatal, and studies show that a driver who texts while driving has the same reaction times as someone under the influence of alcohol.

Think before you get behind the handlebars; just as you would with a car, you are a danger to yourself and others if you aren't focused.

Here are some tips for your safety:

- Follow the law. They are designed with safety as the top priority (and it is the law in Louisiana to ride with traffic, not against it).
- Be predictable; signal your intentions when turning.
- Be conspicuous.
- Think ahead.



CHICKEN THIGHS CALIENTE

A little sweet, a little spicy, a lot of easy prep. For 10 thighs.

- 1 cup LA or Cholula hot sauce
- 1/4 cup Brown Sugar
- 2 Tbsp Paprika
- 1 1/2 Tbsp Cayenne
- 10 each Chicken thighs

Preheat oven to 400 F

- In a bowl, combine everything (except chicken); blend until the mixture is well combined.
- Dip each piece of chicken into the sauce and transfer to a sheet pan prepped with parchment paper.
- Discard remaining sauce.
- Cover the pan with foil and bake about 30 minutes.
- Remove the foil and bake until the chicken has cooked through to an internal temp of 165 F, and the sauce has thickened and started to brown, about 20 more minutes.
- Remove and transfer to a steam table pan (shallow) and serve.

ENCHILADA BAKED CHICKEN THIGHS

- 5 lbs chicken thighs
- 3 cups enchilada sauce (divided in half)
- 2 cups shredded Cheddar cheese
- 1/2 cup black olives, sliced into rings
- 5 each green onions, sliced
- 1/2 cup sour cream
- 1/4 cup cilantro, roughly chopped

- Preheat the oven to 400 F.
- Combine chicken and half the enchilada sauce in a bowl; toss to combine. Transfer onto a baking sheet.
- Bake in the preheated oven for 20 minutes.
- Remove baking sheet from the oven and drain liquid.
- Baste remaining enchilada sauce over chicken thighs and return to the oven.
- Continue cooking until chicken is done; remove; divide Cheddar cheese and olives evenly on top of the chicken.
- Set an oven rack about 6 inches from the heat source and preheat the oven's broiler.
- Broil chicken until cheese is melted, about 5 minutes.



Garnish with green onions, sour cream, and cilantro.

