

SHOP TALK

A Twice-Monthly Newsletter for our Team. August 15, 2022



National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a vigorous regimen, or take up walking, make a small change and impact your health in positive ways:

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
- Join a yoga, walking, or aerobics class.
- Learn to meditate.

These small steps can lead to many more healthy habits in your lifestyle

In This Issue:

- 20 Tips for Your Personal Wellness
- Twisted Recipes: Pastas, Meat Loaf, Minute Steaks and more!
- Foodborne Illness: Norovirus
- Boudreaux & Thibodaux Jokes
- And the World's Dumbest Criminals 😊

You don't need a title to be a leader.

Unknown

A leader is one who knows the way, goes the way, and shows the way.

—John Maxwell

To command is to serve,
nothing more and nothing less.

—Andre Malraux

I start with the premise that the function of leadership is to produce more leaders, not more followers.

—Ralph Nader

You don't lead by pointing and telling people some place to go. You lead by going to that place and making a case.

—Ken Kesey

WELLNESS TIPS

Aspiring toward improved health in 2022? Then you may be interested in these 20 easy tips. Start the new year off on the right foot by trying some or all of these ideas. And remember that wellness is as much about our mental and emotional wellness as it is our physical body.

1. **Drink more water.** Water is a healthy, calorie and sugar-free beverage option.
2. **Add 10 minutes of exercise to your day.** If you don't already exercise, aim to do 10 minutes each day. If you do exercise, add 10 extra minutes to your routine.
3. **Get moving at work.** Stand up more often, or take a quick walk or stretch break.
4. **Go to bed 10 minutes earlier.** By the end of the week, you'll get an extra 70 minutes of sleep. Do it all year and you've slept 60 hours more. Imagine how well rested you'll feel!
5. **Commit to one healthy stress-relieving activity** per day.
6. **Transfer money to your savings account when you get paid,** rather than waiting to see what's left after monthly expenses.
7. **Each day, find a way to eat an extra serving of fruit or vegetables.** You may have more opportunities than you realize!
8. **Dedicate at least 5 minutes of your lunch break to walking.** It will help you be more active, and can also help you relieve stress.
9. **Spend more time with family and friends** to relieve stress, laugh more and relax—all of which can help you increase your well-being.
10. **Make it a habit to appreciate all you have** and the important people in your life.
11. **Work on your posture by keeping your head up,** as if you were balancing a book on your head. Avoid slouching!
12. **Skip the salty snacks or sweet treats** and go for fruit to round out packed lunches.

13. **Control your portions.** Limiting your portions is necessary for healthy eating and weight management.
14. **Reorganize your kitchen.** Throw out or donate foods that are too tempting. Place healthy foods at eye level and in front of healthier foods. Clear your counter of treats and junk food and replace them with a bowl of fresh fruits and vegetables.
15. **Always keep moving.** Even if you're already exercising, if you spend long periods of time being inactive, it can be bad for your health.
16. **Take time away from your screens** (cell phone, computer, TV, tablet, etc.).
17. **Visit your doctor for an age-appropriate preventive exam** such as a physical, blood pressure check, and more.
18. **Mind your manners.** "Please" and "thank you" can go a long way when interacting with others. It demonstrates respect and appreciation.
19. **Balance work and home life.** Leave work at work and home at home and make the most of your time in both places!
20. **Trade your dessert** for an after-dinner stroll.





Italian Sausage & Pasta in Cream Sauce

It sounds strange with cream in it, but that just enhances the flavor and texture. This is a very easy recipe. Makes about 12 servings.

2	packages	Bowtie pasta (farfalle)
2	lbs	Italian sausage, remove casing
1 ½	cups	onion, diced
1 ½	tsp	Red pepper flakes
1	tsp	Garlic powder
1	tsp	salt
2	Tbsp	minced garlic
1 ½	quarts	canned tomatoes, drained
1/2	cup	parsley, finely chopped
3	cups	heavy cream (or 1/2 and 1/2)

- Boil the pasta in salted water.
- While pasta is cooking, crumble the sausage and brown well with the red pepper flakes.
- Add the onion and garlic; cook until the onion is tender. Don't let the garlic overcook.
- Stir in the tomatoes and simmer about 5 minutes.
- Add the cream, continue to simmer another 10 minutes or so until the mixture begins to reduce and thicken.
- Remove the pasta from the water; drain and add to the sausage mixture. Heat through and remove from the heat.
- Stir in the parsley and place in a half pan.

Brown Sugar Meatloaf

Brown sugar and ginger give this a somewhat different flavor that pairs well with garlic mashed potatoes and steamed vegetables, or a savory rice pilaf and grilled vegetables. 12 servings.

1	cup	brown sugar (packed)
1	cup	ketchup
3	lbs	ground beef
1 ½	cups	milk
4	each	eggs
1	Tbsp	salt
1	tsp	black pepper
2	each	medium onion, small diced
1/2	tsp	ground ginger (or 2 tsp fresh)
1 ½	cups	cracker crumbs (or corn flakes)

- Set the oven to 350 F
- Prep a couple of loaf pans with food spray.
- Press 1/2 of the brown sugar in bottom of each pan, then top with 1/2 of the ketchup.
- Mix the remaining ingredients and shape into loaves. Place on top of the ketchup.
- Bake about an hour or until juices run clear from the center when tested (155 F).
- Remove, rest 10 minutes and slice.
- Transfer to a shallow half pan for serving.



Minute Steaks & BBQ Brown Gravy

Another twist on a traditional item, the BBQ sauce adds a depth of flavor to the brown gravy. Serve with roasted potatoes, home fries or those delicious oven baked potato wedges from the August 1 issue. Consider also serving with a loaded potato casserole and side of green beans or savory Brussels sprouts. Makes 10 servings.

10 each cube steaks
4 cups beef broth or stock
1/2 cup BBQ sauce
1 tsp Tabasco sauce
4 Tbsp cold margarine, or to taste
Salt and pepper as needed

- Season each steak with salt and pepper.
- In a bowl, combine broth, sauce and hot sauce. Set aside.
- In a skillet, sear both sides of the cube steaks and transfer to a serving pan (half size pan)
- In the skillet, pour the broth mixture and bring to a boil while scraping the pan bottom. When the butter is completely melted and incorporated into the mixture, remove from the heat.
- Pour over the steaks and place on the serving line. If you like, add some parsley for garnish.



Taco "Lasagna"

Yet another twist on a "traditional" recipe, this is a delicious entrée to serve any time. Serves 10

3 lbs ground beef (or 2 beef, 1 pork)
1 each large onion, diced
1 Tbsp minced garlic
1/2 can black olives, sliced in thirds
1 can Ro-Tel (10 oz can)
2 1/2 cups taco sauce
1 quart refried beans
12 each flour tortillas
16 oz shredded Cheddar

- Brown the beef; add onion and garlic. Cook until the onion is tender (about 5 minutes).
- Add 3/4 of the olives, Ro-Tel, refried beans and taco sauce. Simmer on low heat 15 minutes
- Spread a thin layer of mixture in bottom of a half pan, then top with a tortilla.
- Add more mixture, then some cheese and another tortilla until you put a final layer of the bean mixture on top. Add more cheese as a final topping.
- Bake at 350 F about 25 – 35 minutes or until cheese is bubbly and just begins to brown.
- Garnish with remaining black olives and some roughly chopped cilantro. Serve sour cream on the side.



Florentine Italian Sausage Penne

A twist on a twist, this is an Italian-inspired dish with a Tex-Mex kick. Serves about 10.

2	lbs	penne pasta, cooked al dente'
1/4	cup	olive oil
2 ½	lbs	Italian sausage, remove from casing
1	each	large onion, small diced
2	Tbsp	minced garlic
1	qt	chicken broth or stock
2	tsp	dried basil
2	can	Ro-Tel (10 oz cans)
1	lb	frozen chopped spinach, thaw & drain
1	cup	Parmesan cheese, grated

- In a large saucepan, brown the sausage in oil.
- Add onions and garlic, cook another 5 minutes.
- Next, add broth, basil and tomatoes with liquid.
- Simmer for about 5 minutes, or until the liquid is reduced somewhat.
- Add the spinach and cook until spinach is hot throughout.
- Add the pasta and cook until the entire mixture is hot. Remove from the heat, transfer to a half- or full-size (shallow) steamtable pan.
- Top with the grated cheese.

If you want, you can add Swiss cheese slices to make it creamier (yes, we see the irony here: an Italian dish with a Mexican twist and Swiss cheese 😊).

WORLD'S DUMBEST CRIMINALS



One of many foolish thieves to be found out by a selfie, Ashley Keast actually used a stolen SIM card to take a photo inside a house he was robbing.

He then posted the picture on WhatsApp, not realizing he had sent the picture to the victim's work colleagues. Officers soon found him at his home, also with a stolen Rolex watch hidden behind a radiator. He was jailed for two years and eight months in 2014.

Florida Man. Enough Said.

Police didn't struggle finding Mack Yearwood (wanted in connection with an assault in 2016) in Florida. After proudly uploading his wanted poster as his Facebook profile picture, one of his friends commented: "Nice mug shot," to which he replied: "Thanks buddy!".

Cops used his Facebook to track him down, and he was soon arrested. The Stuart Police Department later wrote on Facebook: "Facebook is a great way to communicate and connect with old friends and family... If you are wanted by the police, it's probably not a good idea to use the 'Wanted of the Week' poster of yourself as your profile pic." Good advice.

When 18-year-old Ruben Zarate tried to rob a muffler shop in Chicago, he soon realized that most of the money was in the safe. He decided to try again later, so he left his mobile number with the employees. You know, just so they'd be nice enough to let him know the best time to come and rob them.

Yeah, it backfired.





Foodborne Illness: Norovirus

Norovirus infection can cause severe vomiting and diarrhea that start suddenly. They are highly contagious. They commonly spread through food or water that is contaminated during preparation or through contaminated surfaces. They can also spread through close contact with a person who has norovirus infection.

Diarrhea and vomiting typically begin 12 to 48 hours after exposure. Symptoms usually last 1 to 3 days. Most people recover completely without treatment. However, for some people (young children, older adults and people with other medical conditions) this can be severely dehydrating, requiring medical attention.

Norovirus infection occurs most frequently in closed and crowded environments such as cruise ships, hospitals, nursing homes, and schools.

Noroviruses are highly contagious, and the infection can easily spread to others. The virus is shed in stool and vomit. You can spread the virus from the time you first have symptoms of illness until several days after you recover. They can stay on surfaces and objects for days or weeks.

You can get norovirus infection by:

- Eating contaminated food
- Drinking contaminated water
- Touching your hand to your mouth after it has touched contaminated surface or object
- Being in close contact with a person who has norovirus infection

Noroviruses are difficult to kill because they can withstand hot and cold temperatures and many disinfectants.

Prevention

Anyone can get norovirus infection more than once. To prevent norovirus infection:

- **Wash hands thoroughly with soap and water for at least 20 seconds**, especially after using the toilet and before you prepare food and eat or drink. Hand sanitizers **are not** as effective against noroviruses as soap and water.
- **Wash fruits and vegetables** before prepping.
- **Cook seafood thoroughly.**
- **Disinfect all work surfaces.** Wear gloves and use a chlorine bleach solution or a disinfectant that is effective against noroviruses.

To help prevent norovirus infection spread, during illness and for 2 to 3 days after your symptoms end:

- **Avoid contact with others** as much as possible.
- **Wash your hands thoroughly with soap and water.**
- **Stay home** from work.
- **Wear gloves when handling food, dishes, and items used by other people.** Disinfect contaminated surfaces with bleach or a disinfectant effective against noroviruses.
- **Avoid traveling** until 2 to 3 days after your symptoms are gone.

For most people, norovirus infection usually clears up within a few days and isn't life-threatening. But in some people — especially young children; older adults; and people with weakened immune systems or other medical conditions or who are pregnant — norovirus infection can be severe. Norovirus infection can cause severe dehydration and even death.



Pad Thai Style Pasta

2	lb	spaghetti, cooked and drained
3	bunch	green onions sliced (whites)
1/2	cup	sesame oil
2	Tbsp	fresh ginger, minced very fine
1 1/8	cup	peanut butter
1	cup	soy sauce
1	cup	hot water
1/4	cup	cider or wine vinegar
4	tsp	granulated sugar
1	tsp	crushed red pepper flakes
1/2	cup	peanuts, dry-roasted or plain

- Place the noodles in a large bowl and set aside.
- In a large skillet, combine remaining oil and onions (white parts; save the green for another use). Sauté until the onions are tender.
- Add ginger, and cook for a couple of minutes.
- Mix in the remaining ingredients (except the spaghetti). Cook for just a minute or so on low heat so the peanut butter mixes into the sauce.
- Pour the sauce over the pasta and toss well to coat the noodles throughout.
- Transfer to a shallow steamtable pan and garnish with the peanuts.

Notes:

You can also garnish with some green onion tops. This dish is excellent if a protein is added: seared beef strips, sauteed small shrimp, or seared chicken.

Roasted Parmesan-Garlic Carrots

2	lbs	carrots, peeled and cut in 1" pieces
1/4	cup	olive oil
1/2	tsp	salt
1/2	tsp	garlic powder (or granulated)
1	cup	grated Parmesan cheese (or to taste)

- Combine oil, salt and garlic in a bowl.
- Add the carrots and toss to coat well. Put on a baking sheet; bake for 45 minutes.
- Pull from oven and top with the parmesan cheese
- Return to oven and bake another 5 minutes or so.



Quick Brussels and Bacon

2	lbs	Brussels sprouts, thawed and halved
14	slices	bacon
1	each	onion, small diced
		Salt and pepper to taste

- Cook the bacon crisp; remove and drain
- Add onion to the drippings and cook until soft.
- Add the sprouts and cook until they brown a bit.
- Add the bacon back in, toss and put in serving pan.





Lemon Garlic Broccoli

This pairs well with a variety of main dishes: roasted chicken, grilled steak, crispy fish fillets, and almost any pasta recipe. Although delicious as is, you can spice up this broccoli with some crushed red pepper flakes, or add another layer of flavor with finely chopped red onion or scallions.

- 2 lbs broccoli florets, thawed
- 1/3 cup margarine
- 2 Tbsp minced garlic
- 1/3 cup lemon juice
- Salt and pepper as needed

- Steam the broccoli until tender but still firm.
- Heat the margarine in a skillet and add the garlic. Sauté for one or two minutes.
- Add the lemon juice and broccoli, and toss to coat well. Add salt and pepper; adjust to taste
- Remove and place in a steamtable pan for service.

Italian Peas

- 2 lbs frozen peas
- 1/4 cup olive oil
- 1 each onion, diced
- 4 tsp garlic, minced
- 2 lbs frozen peas
- 1/4 cup chicken stock
- To taste Salt and pepper

- Sauté onion in olive oil until wilted, then add garlic.
- Add the stock and then peas; cook until hot; serve



Boudreaux and Thibodeaux decided to go fishing one morning at the pond in back of Boudreaux's house. It was dark and when they reached the pond they realized they wanted to cross to the other side. But they couldn't walk around and had no boat or pirogue to cross in. Thibodeaux turned to Boudreaux and said, "Mais Boudreaux, how in the heck we gonna get across." Boudreaux said, "No problem, I'm gonna shine this here flashlight across the water and you gonna walk on the beam of light all the way across." Thibodeaux then says, "Mais, Boudreaux, you must think I'm stupid or something, cause just when I get halfway across you gonna turn off the light."

You heard that Boudreaux and Thibodeaux got fired by BP for working cleanup? Boudreaux was cleaning the pelicans and Thibodeaux was making the roux...

"Marie," Boudreaux whispered to his wife late one night, "if I died, would you get married again?" "Mais, yeh, I guess," she replied. "Would you sleep in de same bed with him?" "Well, it's de only bed in de house, so I guess I'd have to." "Would you make love to him?" "Cher," Marie said patiently, "I guess, since he'd be my husband." "Would you give him my pickum-up truck?" "No, Boudreaux. I wouldn't never give him your pickum-up truck." she yawned, "Besides, he don't know how to drive a stick shift."

Boudreaux & Marie were having their first fight, and it was a big one. After a while, Boudreaux said "When we got married, you promised to love, honor and obey." Marie replied, "I know. But I didn't want to start an argument in front of all dem people at the wedding."

