

SHOP TALK

A Twice-Monthly Newsletter for our Team. October 1, 2022

"If you spend too much time thinking about a thing, you'll never get it done."

Bruce Lee

"If you're walking down the right path and you're willing to keep walking, eventually you'll make progress."

Barack Obama

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible."

Francis Of Assisi

"The secret of getting ahead is getting started."

Mark Twain

"Action is the foundational key to all success."

Pablo Picasso



FILIPINO AMERICAN HISTORY MONTH

Filipino American History Month in October commemorates the earliest documented evidence of Filipinos in the continental United States. The observance also celebrates Filipino heritage and the contributions of Filipino Americans.

In 1988, the Filipino American National Historical Society established Filipino American History Month to celebrate the contributions of Filipino Americans, their heritage and history. The U.S. Congress officially recognized the observance in 2009.

The first Luzones Indios, or Filipino men, in the United States arrived at Morro Bay, California on October 18, 1587. A Spanish galleon named Nuestra Senora de Buena Esperanza carried Filipino crew members, Spanish soldiers among others. However, Filipinos immigrants would not settle in the U.S. until nearly 200 years later.

Today, Filipino-Americans are an integral part of the fabric of America. Since the first settlement in 1763, Filipinos have contributed to the development of the nation. From industry to education, government and the armed forces, Filipinos infused their heritage with that of the American Dream. Notable Filipino Americans include:

- Kiwi Camara – The attorney is known for being the youngest graduate from Harvard Law School at the age of 19.
- Prince – The pop singer rose up the charts with hits like Purple Rain and Little Red Corvette.
- Thurgood Marshall, Jr. – The son of Supreme Court Justice Thurgood Marshall and Cecilia Suyat Marshall served as a White House senior staff member in the Clinton Administration.
- Jose B. Nisperos – Nisperos became the first Asian to receive the Medal of Honor. He served as a member of the Philippine Scouts during the Moro Rebellion.
- Tim Lincecum – The All-Star MLB pitcher won three World Series Championships during his career – all of them with the San Francisco Giants.
- Caterina Fake – Flickr founder. Yes, you read that right. The brilliant mind behind Flickr is a Filipina American, born in Pennsylvania in 1994.
- Jo Koy – the famously funny, world famous comedian, was born in Tacoma Washington to a Filipina mom.
- APL.de.ap - Born as Allan Pineda, his group Black Eyed Peas has bagged several Grammy awards. He was born to a Filipina mom and an American dad in Pampanga, Philippines.



Sinangag

Such a simple dish, and such a great way to elevate your rice with few ingredients.

- 1/4 cup cooking oil
- 1/4 cup minced garlic
- 4 cups rice, cooked, cooled, dry
- 1/2 tsp salt
- 2 each scallions, sliced thinly
- Black pepper to taste

- In a skillet, heat the oil over medium high heat. Reduce to medium and add the garlic.
- Stir-fry garlic until it turns a light golden color – about 2 minutes. Watch carefully so you don't burn the garlic.
- Remove the garlic; drain it on a paper towel and set aside for now.
- Add the rice to the oil and stir to coat well. Be sure to spread the rice out so it covers the pan bottom.
- Cook undisturbed for about 3-5 minutes, or until it is cooked to your preference.
- Add back the garlic, stir and cook another minute.
- Turn out of the pan, garnish with pepper and scallions and put in serving pan.

Note: You can divide into portions and place in a shallow serving pan, and top each portion with a fried egg as a traditional breakfast dish.

BEEF MECHADO

A delicious tomato-based stew that is hearty and filling, you can make with chopped ripe tomato or canned tomato sauce.

- 2 Tbsp garlic, minced and crushed
- 2 each onions, halved and sliced
- 5 lbs beef chuck roast, cubed
- 2 cups tomato sauce
- 1 each tomato, ripe, diced
- 2 ½ cups beef stock or water
- 1/2 cup cooking oil
- 3 slices lemon, with rind, halved
- 3 each large potatoes, peel and slice thick
- 5 oz soy sauce
- 1 tsp ground black pepper
- 5 each bay leaves
- To taste salt

- Heat the oil in a pan, add garlic and onion and sauté until wilted. Remove and reserve.
- Add the beef in stages and brown on all sides
- Add back onions/garlic, the stock or water, tomatoes and tomato sauce.
- Simmer until meat is tender (adding water or stock as needed) – about 90 minutes or so.
- Add soy, pepper lemon and bay leaves and simmer until the liquid starts to thicken.
- Add potatoes and cook until done.
- Transfer to a serving pan.
- Garnish with chopped parsley



A classic dish, super simple, filling and filled with bright flavor, this will soon be among the favorites you serve. Serves about 12 or so.

- 12 ounce pack of rice noodles
- 1 Tbsp cooking oil
- 1 each onion, sliced very thin
- 2 tsp garlic, minced
- 2 cups cooked chicken, diced small
- 4 each carrots, peeled, julienned
- 1 each small head of cabbage
Sliced very thin
- 1/4 cup soy sauce
- 1 each lemon, cut into 12 wedges

- Soften noodles in warm water 10 minutes.
- Drain and set noodles aside
- Heat oil in a large skillet over medium heat.
- Sauté onion and garlic until soft.
- Stir in chicken, cabbage, carrots, and soy sauce.
- Cook until cabbage begins to soften.
- Toss in noodles and cook, stirring constantly, until heated through.
- Transfer to a shallow steamtable pan and squeeze a couple of lemons into the noodles and stir.
- Arrange the remaining lemon wedges around the sides of the pan as a garnish.



STAIR SAFETY

National Safety Council statistics indicate that falls are the third leading cause of unintentional death in the U.S. The most common locations for falls include: doorways, ramps, cluttered hallways, unstable work surfaces, ladders, and stairs. Here are some of the best practices to keep your stairs safe and free of hazards:

Steps should be free of clutter and in good shape. Damaged steps or treads are major factors in trip-and-fall accidents. Inspect regularly to be sure that all parts of the steps are intact. If your steps are wood, make sure that the material is not splintered, worn or cracked. If they are concrete, be sure that there are no crumbling spots. If you do spot any, be sure to have them patched immediately.

Painted yellow steps raise visual awareness. Painting the surface edge of your steps yellow or some other contrasting color will help the user to be more aware of where the edges are. High-visibility, 2"-3" grit-surfaced treads can also be placed at the edge of each step.

Inspect the handrails. Handrails are one of the most important aspects to using stairs safely. OSHA requires that handrails are required for workers near holes, open-sided floors, floor openings, wall openings, platforms, and runways. For a complete list of requirements for handrails, [visit OSHA online](#).

5. Be sure to have plenty of light. Lights should be timed so that stairs are always lit as though it were daytime. Regularly inspect lighting to be sure that there are no dim spots anywhere surrounding the stairs, including landings.

6. Landings should be flat and level, and must also be free from clutter at the top and bottom of staircases or stairwells. Landings must always be clear, flat and in safe condition.

Best practices for using stairs

- Always use handrails.
- Avoid talking with other people or congregating on stairs.
- Be aware of the stairs and watch where you're going, ESPECIALLY when the stairway is familiar to you.
- Take one step at a time.
- Wear correct and appropriate footwear, and keep your shoes tied.
- Look where you are going.
- Do not run on stairs.
- If you must carry an item that would block your view, get an assist from a coworker so that you can see where you're going on the stairs.

Using stairs safely might seem like a no-brainer, but it's often when we become complacent that accidents happen. Remembering good practices for stairs and making sure that steps are well-maintained can prevent workplace injuries.

What is velveting?

Velveting meat is essentially a process where you coat the meat in egg white, rice wine vinegar, corn starch, and salt and leave to marinate for about 30 minutes before cooking. The meat is then briefly cooked in a mixture of boiling water and oil, then strained and dried before stir-frying.

How does velveting make stir-fries better?

The method works by locking in the juices and keeps the meat moist when you cook it over a high heat. It is a little more work, but the combination of the marinade and the quick blanching in hot water ensures moist and succulent meat.

How to velvet meats for stir-frying:

For one pound of cut up chicken, beef, or pork:

- Whisk together one egg white, 1 tablespoon rice vinegar, 1 tablespoon cornstarch, and 1 teaspoon kosher salt. Add the meat and stir to coat. Cover and marinate in the fridge for about 30 minutes.
- Bring water and oil to a boil over high heat, then reduce heat to medium.
- Strain away the marinade and discard. Add chicken pieces to the pot and boil until the chicken is white on the outside but still raw in the middle.
- Strain off excess liquid and proceed with your stir-fry recipe, or store meat in an air-tight container in the fridge for a few hours until ready to use.



- 1/4 cup cooking oil
- 5 lb boneless chicken, raw, diced, velveted
- 1 each red bell pepper, diced same as chicken
- 2 each green bell pepper, diced the same
- 5 cups chicken stock or broth
- 1/4 cup soy sauce
- 1/2 cup peanut butter
- 1/3 cup brown sugar
- 2 Tbsp garlic, minced
- 1 tsp cayenne pepper
- 5 inch piece, ginger, peeled, minced very fine
- 5 Tbsp cornstarch
- 2 bunch cilantro, chopped
- 2 bunch green onions, sliced
- 3 cups peanuts, dry roasted

- Heat half the oil in a skillet over medium heat. Place half the chicken in the pan and cook until juices run clear. Remove and cook the rest of the chicken.
- Add bell pepper, and cook until tender, then add back the remaining chicken.
- In a bowl, mix the broth, soy sauce, sugar, garlic, cayenne pepper, ginger, and cornstarch.
- Pour into the pan. Add green onions and cilantro, reserving some of each for garnish.
- Continue to cook and stir 5 minutes, until slightly thickened.
- Remove and add in peanuts.
- Transfer to serving pan and garnish with the reserved green onions and cilantro



How long do symptoms last?

Monkeypox symptoms usually start within 3 weeks of exposure to the virus. If someone has flu-like symptoms, they will usually develop a rash 1-4 days later.

It can be spread from when symptoms start until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. It usually lasts 2-4 weeks.

How It Spreads

Monkeypox can spread to anyone through close, personal, often skin-to-skin contact, including:

- Direct contact with monkeypox rash, scabs, or body fluids from a person with monkeypox.
- Touching objects, clothing, bedding, or towels and surfaces used by someone with monkeypox.
- Contact with respiratory secretions.

This direct contact can happen during intimate contact, including:

- Having sex with or touching the genitals of a person with monkeypox.
- Prolonged face-to-face contact.

If You Are Sick...

There is no specific treatment for monkeypox. Because the viruses that cause monkeypox and [smallpox](#) are closely related, drugs and vaccines developed to treat and protect against smallpox may be effective for monkeypox. However, the type of treatment for a person with monkeypox will depend on how sick someone gets or whether they're likely to get severely ill. Most people recover fully within 2 to 4 weeks without the need for medical treatment.

Taking Care of Yourself

- Use gauze or bandages to cover the rash to limit spread to others and to the environment.
- Don't lance (pop) or scratch lesions from the rash. This does not speed up recovery and can spread the virus to other parts of the body, increase the chance of spreading the virus.

- Do not shave the area with the rash until the scabs have fallen off and a new layer of skin has formed. Shaving can spread the virus and cause more lesions.
- Keep skin lesions/rash clean and dry when not showering or bathing.
- **Wash hands** often with soap and water or use an alcohol-based hand sanitizer, especially after direct contact with the rash. If you have rash on your hands, be careful when washing or using sanitizer so as not to irritate the rash.
- If you have rash on your hands, wear gloves that are non-irritating when handling common objects or touching surfaces in shared spaces. Use disposable gloves and discard after each use. If used, reusable gloves should be washed with soap and water between use.
- Wear a well-fitting mask around other people until the rash and all other symptoms have resolved.
- Eat healthy and get plenty of rest to allow your body to heal.

Medicines like ibuprofen (Advil, Motrin) and acetaminophen (Tylenol) can help you feel better. Your healthcare provider may prescribe stronger pain relievers as well.

For rash in the mouth, rinse with salt water at least four times a day. Oral antiseptics like chlorhexidine mouthwash can be used to help keep the mouth clean.

The most important thing is to try to not touch or scratch the rash.

Topical benzocaine/lidocaine gels can be used for temporary relief. Oral antihistamines such as Benadryl and topical creams such as calamine lotion or petroleum jelly may help with itching.

Soaking in a warm bath (using oatmeal or other over-the-counter bath products for itchy skin) may offer some relief to the dry, itchy sensations that can come with the rash.



Chuck Shepherd's News of the Weird

The Entrepreneurial Spirit

Over the Labor Day weekend, former boxer Mike Tyson (now a cannabis mogul, according to NJ.com) was set to debut his "bitten-ear-shaped" edibles at three New Jersey dispensaries. Tyson, you may remember, bit off part of Evander Holyfield's ear, then spit it out, 25 years ago this summer during a boxing match in Las Vegas. In an interview earlier this year, Tyson said the "bitten-ear" product is his way of controlling the narrative about the infamous moment. "They fined me \$3 million for biting his ear," he said. The edibles are a "way to flip it to the positive side."

What We Do for Fun

After a punishing two-year hiatus because of COVID, the World Gravy Wrestling Championship returned to Rossendale, Lancashire, England, on Aug. 29, the BBC reported. During the contest, entrants grapple in a pool of gravy for two minutes to raise money for East Lancashire Hospice. Carol Lowe, restaurant manager of the Rose 'n' Bowl Pub where the event took place, said people came from "far and wide" and the atmosphere was "absolutely bouncing." Competitors are encouraged to don "fancy dress" and are also graded on entertainment value. "It's very messy," Lowe conceded.

Goals

Duane Hansen, 60, has fulfilled a long-held dream of his: to paddle the Missouri River in a pumpkin, NBC

News reported. On Aug. 27, Hansen set out in an 846-pound pumpkin for a 38-mile float on the Big Muddy to celebrate his 60th birthday. "I've been dreaming about this," he said. "This has been a five-year journey to get a pumpkin that's big enough." Hansen grew the pumpkin himself; his wife named it Berta.

Bright Idea

Sean Stewart, 27, of Snohomish County, Washington, has been doing a lot of fishing lately -- but not for the aquatic specimens Washington is known for. Instead, KIRO-TV reported, Stewart has been using a rodent glue trap attached to a fishing line to take money out of night deposit boxes around the area. "This particular method is pretty unique, we haven't seen that one before," said Jason Toner, chief of the Stanwood Police Department. A Wells Fargo branch in Stanwood was able to capture video of Stewart, although he also hit more than a dozen other banks. "He was only successful a few of the times out of the many times he tried at area banks," Toner said. He faces 13 counts of burglary in the second degree.

What's in a Name?

Tempe, Arizona, Mayor Jennifer Adams is expected to recover from her injuries after being thrown from her horse, Bucky, on Aug. 28, AZCentral reported. Adams was warming up Bucky for a trail ride when the horse started running and, well, bucking. When the reins broke, Adams was tossed to the floor of the arena, resulting in broken ribs, a punctured lung and a concussion. She credits her helmet with saving her life: "If I didn't have it on, I would be dead." While recovering, she'll cover her mayoral duties remotely.

(Source: ShepherdExpress.com)

