

# SHOP TALK

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

*“Patience, Persistence and Perspiration make an unbeatable combination for success.”*

*Napoleon Hill*

*“Ambition is the path to success. Persistence is the vehicle you arrive in.”*

*Bill Bradley*

*“Success is the result of perfection, hard work, learning from failure, loyalty and persistence.”*

*Colin Powell*

*“Knowing trees, I understand the meaning of patience. Knowing grass, I can appreciate persistence.”*

*Hal Borland*

*“I’ve trained my whole life to be a winner and if I know two things it’s that to be the best takes passion and persistence.”*

*Jay-Jay Okocha*



October is Breast Cancer Awareness Month, an annual campaign to raise awareness about the impact of breast cancer.

- In 2022, an estimated 287,500 new cases of invasive breast cancer will be diagnosed in women in the U.S.
- 65% of breast cancer cases are diagnosed at a localized stage (there is no sign that the cancer has spread outside of the breast), for which the 5-year relative survival rate is 99%.
- This year, an estimated 43,550 women will die from breast cancer in the U.S.
- Although rare, men get breast cancer too. In 2022, an estimated 2,710 men will be diagnosed with breast cancer in the U.S. and approximately 530 men will die from breast cancer.
- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime
- There are over 3.8 million breast cancer survivors in the United States.

Read on for more on breast cancer, signs and symptoms, and steps to take to minimize risks.

## RISK FACTORS THAT CANNOT BE CHANGED



- **Certain Genome Changes:** Mutations in certain genes, such as BRCA1 and BRCA2, can increase your risk for breast cancer. This is determined through a genetic test, which you may consider taking if you have a family history of breast cancer. Individuals with these gene mutations can pass the gene mutation onto their children.

## AVOIDABLE RISK FACTORS



SEDENTARY LIFESTYLE



ALCOHOL CONSUMPTION



COMBINED HORMONE REPLACEMENT THERAPY

## Breast Cancer: How Did This Happen?

Women with certain [risk factors](#) are more likely than others to develop breast cancer. Some risk factors (such as drinking alcohol) can be avoided. But most risk factors (such as having a family history of breast cancer) can't. Having a risk factor does not mean that a woman will get breast cancer. Many women who have risk factors never develop breast cancer.

- **Gender:** Breast cancer occurs nearly 100 times more often in women than in men.
- **Age:** Two out of three women with invasive cancer are diagnosed after age 55.
- **Race:** Breast cancer is diagnosed more often in Caucasian women than women of other races.
- **Obesity:** Obesity is a risk factor for both men and women.
- **Family History and Genetic Factors:** If your mother, sister, father or child has been diagnosed with breast or ovarian cancer, you have a higher risk of being diagnosed with breast cancer.
- **Personal Health History:** If you have been diagnosed with breast cancer in one breast, you have an increased risk of being diagnosed with breast cancer in the other breast in the future.
- **Menstrual and Reproductive History:** Early menstruation (before age 12), late menopause (after 55), having your first child at an older age, or never having given birth can also increase your risk for breast cancer.

- **Lack of Physical Activity:** A sedentary lifestyle can increase your risk for breast cancer.
- **Poor Diet:** A diet high in saturated fat and lacking fruits and vegetables can increase your risk for breast cancer.
- **Being Overweight or Obese:** can increase your risk for breast cancer. Risk is increased if you have gone through menopause.
- **Drinking Alcohol:** Frequent use of alcohol can increase your risk for breast cancer. The more you consume, the greater the risk.
- **Radiation to the Chest:** Having radiation therapy to the chest before the age of 30 can increase your risk for breast cancer.
- **Hormone Replacement Therapy:** Taking combined hormone replacement therapy (HRT), as prescribed for menopause, can increase your risk for breast cancer and increases the risk that the cancer will be detected at a more advanced stage.

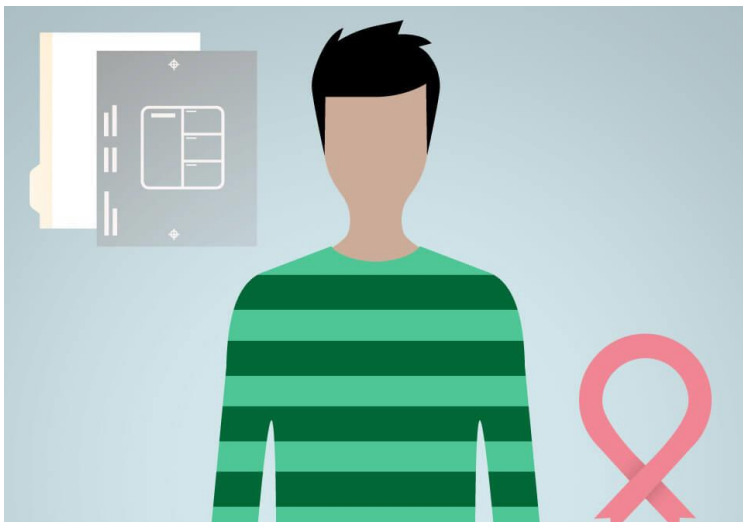
# Male Breast Cancer

All people, whether male or female, are born with some breast cells and tissue. Even though males do not develop milk-producing breasts, a man's breast cells and tissue can still develop cancer. Even so, male breast cancer is very rare. Less than one percent of all breast cancer cases develop in men, and only one in a thousand men will ever be [diagnosed](#) with breast cancer.

Breast cancer in men is usually detected as a hard lump underneath the nipple and areola. Men carry a higher mortality than women do, primarily because awareness among men is less and they are less likely to assume a lump is breast cancer, which can cause a delay in getting treated. The majority of men diagnosed are over the age of 50.

## Risk Factors

- Radiation exposure
- High levels of the hormone estrogen
- Family history of breast cancer, especially that which is related to the BRCA2 gene.



Nearly all breast cancer in men is estrogen receptor positive with treatment including hormonal therapy, just as it does for 70% of women. Survival rates and treatment for men with breast cancer are very similar to those for women. Early detection of breast cancer increases treatment options and often reduces the risk of dying from breast cancer.



## Spinach/Strawberry Chicken Salad

1	lb.	boneless chicken thighs, diced
1/2	tsp	salt
1	tsp	thyme, dried
1/2	tsp	black pepper
10	cups	fresh spinach
5	cups	fresh strawberries, sliced
1/2	cup	chopped walnuts, toasted, cooled
1/2	cup	standard balsamic vinaigrette

- Grill the chicken until browned and remove.
- Toss in seasonings and coat chicken well.
- In a bowl, combine spinach, walnuts and strawberries; add in vinaigrette and toss to coat well.
- Transfer to serving pan or bowl, top with the chicken.

## Vinaigrette

1/2	cup	olive oil
1/2	cup	balsamic vinegar
1/4	cup	finely minced onion
1	tsp	garlic, mashed
1	Tbsp	Dijon mustard (or omit)
1/2	tsp	Italian seasoning
1/2	tsp	salt

- Mix together in a blender at high speed, chill.

## Chicken, Pepper & Tomato Balsamic Salad

A crisp and hearty salad that works as a meal.

- 2/3 cup balsamic vinegar
- 1/4 cup olive oil
- 1 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp Italian seasoning
  
- 1 cup onion, halved and sliced thin
- 1/2 cup chopped fresh parsley
- 2 cups green bell pepper, julienne cut
- 6 cups grape tomatoes, halved
- 4 cups cooked chicken, diced or sliced

- Combine the vinegar, oil and seasonings in a large bowl. Whip until blended.
- Add in the remaining ingredients and toss gently to coat well.
- Cover with wrap and place in refrigerator for at least an hour.
- Remove, transfer to serving bowl or salad bar and serve.



## Chicken & Sweet Potato Salad



A blend of sweet and slightly savory with the toasted seeds, this is a very refreshing salad.

- 6 cups romaine lettuce, chop coarsely
- 6 cups iceberg lettuce, chop coarsely
- 2 cups cooked, diced sweet potato
- 1 lb chicken, cooked and shredded
- 1 cup apple, diced
- 1/2 cup balsamic vinaigrette
- 1 Tbsp honey
- 1 cup avocado, diced (optional)
- 1/4 cup sunflower or pumpkin seeds, Toasted and cooled
- 1 cup cubed Cheddar cheese

- Soak the apple cubes in water with lemon juice to prevent browning.
- In a bowl, toss the vinaigrette and honey.
- Add the lettuce and toss to coat well.
- Drain the apples and add – along with chicken and sweet potato – to the lettuce. Toss to coat well.
- Transfer to a serving pan or bowl. Top with the seeds, cheese and avocado if using.

# Taco Soup

- 2 lbs ground beef
- 1 each onion, diced
- 2 tsp garlic, minced
- 2 cans Ro-Tel tomatoes (or whole tomato)
- 2 pack taco seasoning (or 2 ½ ounces)
- 2 quart chicken stock or broth
- 2 cups pinto beans, cooked and drained
- 2 cups black beans, drained & rinsed
- 2 cups whole kernel corn
- 2 each fresh jalapeno, sliced (optional)

- In a large saucepan or stockpot brown the beef and add the onion
- Cook the onions until tender, then add the garlic and cook another minute or two.
- Add the stock, tomatoes and seasoning and bring to a boil. Reduce to a high simmer.
- Add the corn and beans (and jalapeno if using) and cook until the flavor develops, about 20 to 30 minutes.
- Check salt and pepper, adjust as needed
- Remove and place in soup kettle or steam table pan for service.



# Broccoli Cheese Soup

Serves about 12

- 1 each onion, diced
- 1 Tbsp garlic, minced
- 1/2 cup margarine
- 1/2 cup flour
- 1 ½ qt milk
- 2 cup half and half
- 3 lbs broccoli (leftover, or thawed)
- 1/4 tsp nutmeg
- 3 cup grated Cheddar
- 1 cup Swiss cheese slices
- 2 cup chicken stock
- 1 tsp black pepper
- Salt, as needed

- In a large pot, sauté onions in oleo til wilted.
- Sprinkle flour in, stirring constantly. Cook about 2 minutes to make a blonde roux – don't overcook it.
- Add the liquids, garlic, and nutmeg; cook at a simmer, covered, about 15 minutes.
- Add the broccoli and simmer another 15 to 20 minutes, until broccoli is tender.
- Add the cheese and stir to blend in. Note: If you have leftover cheese sauce, you can add it in at this point.
- Remove, and necessary, break up broccoli with a slotted spoon or potato masher.
- Transfer to soup kettle or steamtable pan.
- Serve.



## Chicken Bacon & Corn Chowder

Get out those leftovers; this is a simple and tasty soup that is perfect for that. Serves about 10

- 8 each bacon slices, cooked & chopped
- 1 each large onion, diced
- 4 stalk celery, diced
- 1 Tbsp garlic, minced
- 1 each bell pepper, diced
- 1/2 cup margarine
- 1/2 cup flour
- 2 1/2 quart chicken stock or broth
- 2 large potatoes, diced (skin on or off)
- 4 cup whole kernel corn
- 4 cup chicken, cooked, shredded
- 2 cup half and half
- 4 each scallions, sliced for garnish
- Salt and pepper to taste

- Sauté the onion, celery, garlic and bell pepper in the margarine until just wilted.
- Add the flour; cook just to form a blonde roux.
- Add the stock and potatoes; simmer until the potatoes are just barely tender.
- Add remaining ingredients – except bacon and scallions – and simmer about 15 minutes or so until the mixture is thickened and hot.
- Remove, add scallions and bacon, stir and transfer to soup kettle or steamtable pan.

## Seven Can Soup

Can't possibly be an easier soup. And it's very, very tasty!! Serves about 8

- 1 can chili, no beans
- 1 can kidney beans – not drained
- 1 can pinto beans – not drained
- 1 can black beans – not drained
- 1 can whole tomatoes, chopped
- 1 can kernel corn
- 1 can Ro-Tel tomatoes
- 1/2 lb. Velveeta, cubed

- Add everything to a stockpot or saucepan.
- Bring to a boil and reduce to a simmer.
- Cook about 15 minutes.
- Remove from heat and transfer to a soup kettle or steamtable pan for serving.
- Add the cubed Velveeta, stir in and you're done!





# SNOW CRAB LEGS

Steaming is the best way to prepare snow crab legs. It allows the meat to retain its flavor and juices because it doesn't dilute the flavor like boiling will.

## THAW YOUR CRAB LEGS BEFORE COOKING.

Set up a boiling pot:

- Use a large stockpot – the largest you have.
- In the bottom of the stockpot, place a cake pan, then set a colander on top of the pan to keep it above the water you're about to add. The colander doesn't have to be huge, as the legs will be sticking up vertically sort of like the photo, above.
- Now add the water to just below the base of the colander.
- Add your seasonings to the water – crab boil is fine, or you can add lemon and salt instead.
- Bring the liquid to a rolling boil and insert the crab legs, clustered end down, into the pot and cover immediately.
- Steam for 5 minutes, then remove and place on the serving line. Garnish with lemon slices or wedges.

Serve those delicious crab legs with one – or all – of these sauces 😊

## Lemon Butter Sauce

- 1 lb butter
- 2 tsp garlic, minced
- 1 tsp salt
- ½ cup lemon juice
- ½ tsp red pepper flakes (optional)
- 1 tsp parsley flakes (fresh or dried)

- Melt the butter then add the garlic and salt; cook until garlic is softened.
- Remove from heat and add remaining ingredients. Whisk well to incorporate.

## Remoulade Sauce

- 1 cup mayonnaise
- ½ cup chili sauce
- 2 Tbsp mustard (Creole, Dijon, Brown)
- 2 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 Tbsp Hot sauce (Louisiana or Crystal)
- 2 tsp Worcestershire sauce
- 2 Tbsp fresh parsley, chopped
- 2 Tbsp celery, very finely minced
- 1 tsp garlic, minced and mashed
- 1 tsp salt
- 1 tsp black pepper

- In a bowl, mix everything together.
- Chill for at least an hour before serving.





## News of the Weird

### Unclear on the Concept

Elizabeth Leon, 18, was hired to babysit a 4-year-old in Aventura, Florida, from 1:45 p.m. until midnight on Aug. 15, Local10 reported. When the child's mother texted Leon at 11:14 p.m. to say she was headed home, Leon texted back that she was "heading out ... because her mother paid for an Uber to take her back home and it arrived ahead of time," an arrest report said. Leon told the mother she had locked the door, and requested her \$168 payment. The mother checked her Ring doorbell recording and saw that Leon had actually left at 9:45 p.m., leaving the child alone for more than two hours. On Aug. 22, Leon was charged with child neglect and transferred to jail, where she's unlikely to be able to leave early.

### Bright Idea

Ryan Boria and Amy Schaner were really hoping for a slow night at the Wendy's where they both worked on Aug. 26. So as they drove to the restaurant in Tilden Township, Pennsylvania, they made a short stop, WFMZ-TV reported. Along the train crossing at Industrial Drive, Boria "placed a shunt on the track. He got back in the car with (Schaner) and they proceeded to Wendy's," Officer Frank Cataldi of the Tilden Township Police Department said. "They told us that their intentions were that if the gates could malfunction and they could somehow block traffic, then that would prevent people from getting to Wendy's, and they could have a slow night at work." Both were arrested on multiple charges, including causing or risking a catastrophe.

### Least Competent Victim

On July 25, a man in the Saitama Prefecture in Japan met another man in a convenience store parking lot

with the hope of selling his 18-karat gold Rolex watch, SoraNews24 reported. The potential buyer handled the watch, priced at \$47,000, for a few minutes, then suggested the seller pop into the store for a tea. Bet you can't guess what happened. Two minutes later, tea in hand, the seller emerged from the store to find the buyer, and his watch, gone. He texted the buyer, who replied, "I left it in your car" and "I don't have your watch." The victim said he "was too stupid and honest."

### Inexplicable

A backyard party in Everett, Washington, went horribly wrong on July 31 when one of the attendees started racing his SUV around the backyard "in good fun." The 59-year-old man then aimed his car at other partygoers, KIRO-TV reported, and drove over furniture in the yard, eventually pinning another man against a garage wall. The driver is still being sought by sheriff's deputies; the victim refused a trip to the hospital. Other than that, Mrs. Lincoln, how'd you like the play? [KIRO, 8/1/2022]

### Don't Try This at Home

The Daily Star reported that an unnamed man in the Campo Lindo region of Sao Paulo, Brazil, attempted a home rhinoplasty -- a nose job -- using online video tutorials. He was admitted to the emergency room on July 21 after the botched surgery, in which he used 70% alcohol to clean the cuts and didn't wear gloves. Commenting on the DIY procedure, a plastic surgeon said risks include infection and nasal obstructions, and the efforts "will only worsen the appearance because they are not effective. You cannot do this without knowing the nasal anatomy, which is very complex." [Daily Star, 8/1/2022]

*(Source: Shepherdexpress.com)*

