



A Twice-Monthly Newsletter for our Team. June 1, 2023

Nothing will work unless you do.

Maya Angelou

Nobody who ever gave his best
Regretted it.

George Halas

There are no shortcuts to any place worth
going.

Beverly Sills

Success usually comes to those who are too
busy to be looking for it.

Henry David Thoreau

If everybody is moving forward together,
then success takes care of itself.

Henry Ford



National Safety Month is celebrated in June when people focus on how they can keep their environment safe and free from any danger.

WHY NATIONAL SAFETY MONTH IS IMPORTANT

It focuses on all aspects of employee health and safety. Instead of focusing on a single workplace hazard, the National Safety Council selects four different health and safety issues each year and dedicates one week to each issue such as wellness, emergency preparedness, falls, and driving.

It gives us insights into the history of industrial safety. National Safety Month gives us information and statistics about industrial safety standards in the U.S. and Canada.

It offers safety tips for everyday life. National Safety Month teaches us to be proactive when it comes to anticipating potential disasters. This is something that you can implement at your workplace and home to make it safer for you and your loved ones.

5 FACTS ABOUT INDUSTRIES THAT WILL BLOW YOUR MIND

1. **The world's first assembly line factory.** Henry Ford founded the world's first assembly line factory, which manufactured cheaper cars in less time.
2. **Child labor was common in the U.S.** Nearly 150 years ago, children worked in factories until laws against child labor were created.
3. **Gold mining is hard.** More than 80% of the world's gold is undiscovered and lies deep under the Earth's surface.
4. **Early factories were located near rivers.** Before electricity was discovered, water was the main energy source of factories.
5. **Petroleum is in a lot of things.** Petroleum is found in over 5,000 everyday items including crayons and DVDs.

HOW TO OBSERVE NATIONAL SAFETY MONTH

Conduct a home fire drill

Fire is highly likely. However, taking precautionary measures can prevent severe damage. And what better time than National Safety Month to practice a fire drill. Select a safety point that's close to your house. Test your fire alarms and perform the drill.

Update your first-aid kit

Keeping an updated professional first aid kit is a simple yet effective way to keep yourself prepared for unforeseen emergencies. Make sure to stock it with dressings, bandages, tape, ointments, wipes, aspirin, gloves, scissors, and gauze pads. Make sure to check the first-aid kit regularly and remove ointments and medications that have reached their expiration dates.



HURRICANE SEASON BEGINS JUNE 1

You can't stop a tropical storm or hurricane, but you can take steps now to protect yourself and your family.

If you live in areas at risk, the Centers for Disease Control and Prevention (CDC) encourages you to be prepared for hurricane season. The Atlantic hurricane season is June 1 through November 30 each year. It's always important to be prepared for a hurricane.

Planning for hurricane season and other potential disasters can be stressful, and with COVID-19 to consider as well, it may be especially so.

Prepare to Evacuate

If you may need to evacuate, prepare a "go kit" with personal items you cannot do without during an emergency.

Find out if your local public shelter is open in case you need to evacuate your home and go there.

If you need to go to a disaster shelter, follow CDC recommendations for staying safe and healthy in a public disaster shelter during the COVID-19 pandemic.

Follow guidance from your local public health or emergency management officials on when and where to shelter.



Stay in a safe place from water & wind

Always keep a safe distance from flooded and damaged areas. When you're at risk from storm

surge or flooding, it's important to get to high ground away from bodies of water and any flood-prone areas. Evacuate if told to do so. Never drive through floodwaters or compromised bridges. Always pay attention to barriers and signage.

If your house becomes flooded and you're still there, get higher in your house to escape the flood waters. If the highest floor of your home becomes dangerous, get on the roof, and call 911.

Though rain and storm surge cause more direct deaths, wind can also be very destructive and deadly in hurricanes. Winds can be stronger higher above ground level. This can put high-rise buildings at a greater risk. To protect yourself from wind, the best thing you can do is put as many walls as possible between you and the outside. An interior room without windows is the safest place you can be in a building. You can cover yourself with a mattress and wear a helmet for added protection. If your area is under an Extreme Wind Warning, take shelter immediately. Make sure to stay sheltered until the threat is gone.

Have a way to get weather alerts and updates

Make sure to have Wireless Emergency Alerts enabled on your phone to receive Warnings and other alerts. Always pay attention to the latest forecast as conditions can change quickly and storms can rapidly intensify from a tropical storm to a major hurricane. Even small changes in the storm's track can make a big difference.

Realize that impacts can be felt far away

Remain vigilant even if you're far from the most damaging winds. Inland flooding can be felt hundreds of miles from the coast. Never drive through

floodwaters! A car can be swept away with only a foot of water, and there's no way to know if the road itself has collapsed when hidden by water.

Listen to local officials & avoid travel unless ordered to evacuate

Local officials can provide up-to-date information as the situation changes. Evacuation orders may still be given at this late stage — leave immediately if ordered! Follow recommended evacuation routes — do not take shortcuts, as they may be blocked. Be alert for road hazards such as washed-out roads or bridges and downed power lines. Never drive through floodwaters.

HURRICANE PREPAREDNESS SUPPLY CHECKLIST

- Water and Food
- Flashlights
- Battery-powered radio
- Extra batteries
- First aid kit
- Medications (7-day supply) + medical items
- Sanitation and personal hygiene items
- Copies of personal documents (medical records, proof of address, deed/lease to home, passports, birth certificates, insurance)
- List of emergency contacts
- Mobile phones with chargers
- Extra cash
- Emergency blanket
- Baby supplies (bottles, formula/food, diapers)
- Pet supplies (collar, leash, ID, food, bowl)
- Tools/supplies for securing your home
- Extra clothing and shoes
- Rain gear
- Insect repellent and sunscreen
- Printed recent photos of family + pets





GRILLED SWEET POTATO FRIES ●

A savory and tasty dish that is easy to prepare while you've got the grill going. Serves 12-15

5 lbs sweet potatoes, peeled
 1/4 cup olive oil
 1 Tbsp chili powder
 2 tsp salt
 1 tsp black pepper
 3 Tbsp chopped fresh parsley or cilantro
 1/4 cup Thai sweet chili sauce

- Cut the potatoes into wedges (or rounds).
- Blanch in boiling water a couple of minutes, until they have a rubbery quality. Don't overcook.
- Remove and place in ice water to stop cooking.
- Drain well and place in a bowl.
- Add the oil and toss to coat well.
- Sprinkle on the seasoning and toss well to coat.
- Place on the grill grates and cook until you get nice grill marks on either side of the potatoes.
- Remove and place in a bowl; toss in the Thai chili sauce to coat lightly.
- Transfer to a shallow steamtable pan for serving or serve right from the grill.



PARMESAN POTATO WEDGES ●

Try these on steak or seafood night. A quick blanching in boiling water helps to make these light on the inside, crispy on the outside. Serves 12(ish)

3/4 cup Parmesan cheese
 1 1/2 tsp salt
 2 tsp granulated garlic
 1 tsp paprika
 1/2 cup cooking oil
 4 lbs white potatoes, scrubbed

- Make a mixture of the cheese and spices. Set aside for now.
- Cut the potatoes into wedges (you can leave the skin on or peel them as you prefer).
- Blanch for about 4 minutes in boiling water.
- Remove and rinse under cool water, or put in an ice bath to stop additional cooking.
- Drain well and place in a large bowl.
- Add the oil and toss the potatoes to coat well.
- Sheet out the potatoes on a sheet pan prepared with parchment paper or food spray.
- Sprinkle on the cheese mixture to cover the potatoes evenly.
- Bake at 350 F until tender – about 25 minutes or so. Check at 20 minutes. You want a nice brown exterior but don't burn the cheese.
- Remove and transfer to a shallow steamtable pan for serving.



COOL KITCHEN HACKS

Use Your Oven as a Proofing Cabinet

Sometimes the kitchen is just too cold to get a good proof on homemade bread. If that's the case, pop the dough in the oven—**don't turn it on**. Instead, place a pan of simmering water below your dough and shut the door. The warmth and humidity from the hot water will help you get the lift you need.



In baking, it's important to use room temperature ingredients (unless otherwise specified). If you forget to take your eggs out of the fridge in time, don't worry. Just place them in a bowl of warm water for a few minutes.



Carrots take away the acidity in tomato sauce by adding a bit of sweetness. Just grate it and add in during the cooking. It will disappear into the sauce.



BACON & POTATO HASH ●

A perfect way to use those leftover baked potatoes from a steak night. And you can substitute sweet potatoes or use both. They're all good. Serves 12.

12 slices bacon (thick cut is best but any is fine)
6 each baked potatoes, cut in ½ inch pieces
2 cups yellow onion, diced
1 cup red bell pepper, diced
1 cup green bell pepper, diced
2 Tbsp fresh garlic, minced
6 cups fresh spinach
Hot sauce

- Cook the bacon until crisp; remove from pan and set aside.
- Reserve drippings for the next step.
- Add potatoes, onion, and bell peppers to the pan and sauté on a medium-high heat, tossing occasionally to prevent burning. Alternatively, you can use the grill (griddle) for this and lay them out in an even layer to cook.
- When the potatoes are crisp, remove from the pan or grill/griddle and transfer to a bowl.
- Add the spinach leaves and fold in. Let them wilt and turn a couple of times.
- Sprinkle on a few dashes of hot sauce and toss to blend the sauce into the hash.
- Transfer to a shallow steamtable pan for serving.

Note: You can omit the spinach entirely if the crew isn't big on spinach. Kale also works well in place of the spinach.

Finally, you can add Parmesan cheese at the end for a different flavor profile. Adjust salt first though.



GREEK LEMON CHICKEN & POTATOES

Serves about 10.

- 5 lbs chicken thighs, bone in.
- 7 each white potatoes, peeled and quartered
- 1 cup lemon juice
- 2/3 cup olive oil
- 3 Tbsp fresh garlic, minced
- 1 Tbsp dried oregano
- 1 Tbsp salt
- 1 1/2 tsp dried rosemary
- 1 1/2 tsp black pepper
- 2 cups chicken stock
- 1 each lemon, sliced in rings

- In a bowl, combine chicken and potatoes.
- Add in the lemon juice, oil and spices and toss or fold to coat well.
- Place chicken on a sheet pan, skin side up, and then arrange potatoes around the chicken.
- Pour 2/3 of the stock into the pan, and pour the oil mixture from the bowl over the chicken.
- Bake about 20 minutes, then turn the chicken and potatoes and bake another 15 minutes.
- Turn the chicken back to skin side up, loosen the potatoes from the pan and bake about 10 minutes or until the chicken is cooked to 165 F.
- Remove from the sheet pan and place in a shallow steamtable pan.
- Pour the remaining chicken stock over the chicken and potatoes in the steamtable pan.

CREAMED GREENS & BACON

Sort of like creamed spinach but with greens, this is a nice change from the same old stuff. Serves 15+

- 3 lbs thawed greens of your choice
- 12 slices bacon, chopped (1 1/2 - 2 cups)
- 2 cups onion, diced
- 2 Tbsp garlic, fresh, minced
- 1/4 cup flour
- 1 cup cream
- 1 cup 2% milk
- 2 cups chicken stock
- 2 tsp salt
- 1 tsp black pepper

- Squeeze out any excess liquid from the greens.
- In a saucepan, cook the bacon until it is crisp.
- Remove the bacon from the pan and set aside.
- In the remaining bacon drippings, sauté the onions and garlic until tender.
- Add the flour and cook a couple of minutes until it just starts to brown a bit.
- Add the chicken stock and whisk a bit to blend.
- Add the cream and whisk to blend in. Bring it to a boil, then reduce to a simmer.
- Stir in the milk to a somewhat creamy consistency but not too thin.
- Add the greens and bacon and cook until it is heated throughout. If the mixture is a bit thin, you can thicken with a bit of cornstarch, or cook at a simmer until the liquid is reduced.

Note: You can add half the bacon as a garnish.





MASHED POTATO CAKES ●

Finally, a great way to use those extra mashed potatoes! Easy and fantastically tasty! Serves 10-12.

- 1/4 cup cooking oil
- 1 1/2 cups green onions, sliced (green and white)
- 2 tsp salt
- 1 1/2 tsp black pepper
- 4-5 cups mashed potatoes (cold)
- 3 each eggs, lightly beaten
- 1 cup flour
- 1 cup diced Swiss cheese slices
- 4 Tbsp chopped fresh parsley or 2 Tbsp dried

- In a skillet, sauté the onions in cooking oil until just tender; transfer to a medium mixing bowl.
- In the bowl, add remaining ingredients and fold in until blended.
- This is best cooked on the grill (griddle) at 350 F, but you can also use a skillet for small batches.

- Spoon out portions onto a well-oiled grill or skillet.
- The portion should be about half a cup each. Use the back of the spoon to flatten the cakes into about 4 inch rounds.
- Cook on each side about 3 minutes or so, or until they are nicely browned.
- Remove from the grill and place on a drain grate or on paper towels to remove excess oil. To keep warm until serving, hold in a warm oven or holding cabinet.

Note: You can serve with sour cream on the side. In the Midwest, applesauce is a popular condiment.

Final note: This item is also great with added bacon, or ham, or even finely diced sausage. Just use them sparingly so they don't cause the cakes to crumble, and also so they don't take completely over the flavor of the potatoes.

Recipe Correction

In a recipe for salsa published recently, one of the ingredients was misstated, due to an error.

The correct ingredient is "2 tsp. of cilantro" instead of "2 tsp. of cement."

JAY LENO QUOTES



ON TEENAGERS, ADULT:

Statistics show that teen pregnancy drops off significantly after age 25.

Mary Anne Tebedo, Republican state senator from Colorado Springs
(contributed by Harry F. Ponce)

MONDAY DECEMBER 1999

Bugs flying around with wings are flying bugs

By Wayne Hansen
Redwood Co. Extension Educator

"I've got these bugs that look like ants with wings flying around my house. What are they and how do I get rid of them?"

bugs.
Anthraco continues to develop on many green ash, oak and maple trees. Small spots and blotches are the typical symptoms and are often accompanied by defoliation. NOTE: Do not co

"A student from the University of Washington has sold his soul on eBay for \$400. He's a law student, so he probably doesn't need it, but still, that's not very much."

"The New England Journal of Medicine reports that nine out of ten doctors agree that one out of ten doctors is an idiot."

"Marriage is grand. Divorce is twenty grand."

"If God had wanted us to vote, he would have given us candidates."

"The reason there are two senators for each state is so that one can be the designated driver."

"I went into a McDonald's yesterday and said, 'I'd like some fries.' The girl at the counter said, 'Would you like some fries with that?'"

"Nineteen percent of doctors say that they'd be able to give their patients a lethal injection. But they also went on to say that the patient would have to be really, really behind on payments."

when police received the calls.

MOUNTAIN VIEW

FRIDAY

Wal-Mart: Police receive a report of a newborn infant found in a trash can. Upon investigation, officers discover it was only a burrito.

ATHERTON

THURSDAY

