

# SHOP TALK

A Twice-Monthly Newsletter for our Team. April 1, 2024

"Leadership is not about titles, positions, or flowcharts. It is about one life influencing another."

*John C. Maxwell*

"Real leadership is leaders recognizing that they serve the people that they lead."

*Pete Hoekstra*

"There is a difference between being a leader and being a boss. Both are based on authority. A boss demands blind obedience; a leader earns authority through understanding and trust."

*Klaus Balkenhol*

"You cannot be a leader, and ask other people to follow you, unless you know how to follow, too."

*Sam Rayburn*

"The supreme quality of leadership is integrity."

*Dwight D. Eisenhower*



Stress Awareness Month is an annual designation observed in April.

Have you ever been in a situation that was a little (or a lot) overwhelming, you had deadlines approaching and a mile-long to-do list, and you were just in way over your head?! Well, you're definitely not alone. Everyone feels stressed from time to time, especially as we get older and the responsibilities really pile onto our plate.

The thing about stress is, a little bit of it isn't necessarily a bad thing, but too much of it can be detrimental to our emotional and physical health. Learning to find a healthy balance is the best way to live a productive, happy life.

# 5 Senses

## To Help Manage Stress

1



### Sight

Look at a cherished or favorite photo. Find an area with natural light. Surround yourself with warm or cool colors.

2



### Smell

Enjoy clean, fresh air. Smell your favorite flowers. Light your favorite candle. Try different scents of aromatherapy to help de-stress.

3



### Taste

Indulge in a small piece of dark chocolate. Enjoy a healthy, crunchy snack. Sip some hot tea.

4



### Touch

Wrap up in your favorite blanket. Soak in a hot bath. Pet a dog or cat. Give yourself a neck or hand massage. Wear soft clothing.

5



### Sound

Tune in to a nature soundtrack to hear the soothing sound of running water. Listen to uplifting music. Sing along to your favorite song.

Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as physical distancing, can make us feel isolated and lonely and can increase stress and anxiety.

Learning healthy ways to cope and getting the right care and support can help reduce stressful feelings and symptoms.

The symptoms may be physical or emotional. Common reactions to a stressful event can include:

- Disbelief
- Feelings of fear, shock, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty sleeping or nightmares, concentrating, and making decisions
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances

It is natural to feel stress, anxiety, grief, and worry during traumatic events such as mass shootings, natural disasters, or pandemics.

Below are ways that you can help yourself, others, and your community manage stress.

Top of Page

### **Healthy Ways to Cope with Stress**

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Here are some healthy ways you can deal with stress:

**Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed but hearing about a traumatic event constantly can

be upsetting. Consider limiting news to just a couple of times a day and disconnecting from phone, tv, and computer screens for a while.

**Take care of yourself.** Eat healthy, exercise, get plenty of sleep, and give yourself a break if you feel stressed out.

### **Take care of your body.**

- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.

**Make time to unwind.** Try to do some other activities you enjoy.

**Talk to others.** Talk with people you trust about your concerns and how you are feeling. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.

**Connect with your community- or faith-based organizations.**

**Avoid drugs and alcohol.** These may seem to help, but they can create additional problems and increase the stress you are already feeling.

**Recognize when you need more help.** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

Source: Centers for Disease Control/Prevention

Link: [\*Tips for Coping with Stress\*](#)



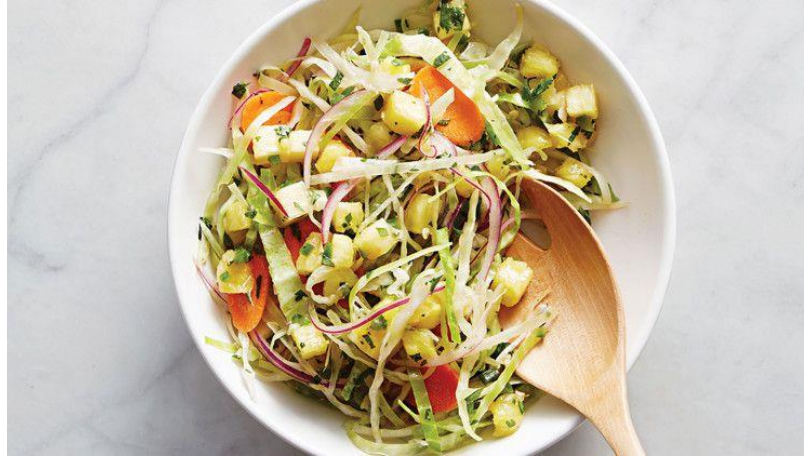


## THAI CHICKEN SATAY SKEWERS

Who Knew? Peanut butter makes this amazing dish work. Serves about 10

2/3	cup	red vinegar or cider vinegar
2/3	cup	soy sauce
1/2	cup	granulated sugar
1/2	cup	creamy peanut butter
1	Tbsp	ground ginger
4	lbs	diced chicken cubes, thawed

- Combine everything but the chicken and make a sauce / marinade.
- Combine the chicken and sauce; toss to coat.
- Skewer the chicken and place on a hot grill.
- Cook on all sides until the chicken reaches an internal temp. of 165 F. Serve.



## SPICY PINEAPPLE SLAW

Makes about 7 cups of slaw.

5	cups	shredded green cabbage
1	cups	pineapple (canned), diced smallish
1	cup	radishes, thinly sliced
1	cup	carrots, cut thinly on a bias
1/2	cup	cilantro leaves, loosely packed
2	each	jalapeno peppers, seeded, sliced
1/4	cup	pineapple juice
1	Tbsp	lime zest
1	Tbsp	fresh lemon juice
1/2	tsp	salt
1/2	tsp	black pepper
1/3	cup	olive oil

- In a bowl, toss together the cabbage, pineapple, radishes, cilantro, and jalapenos.
- Set aside.
- In another bowl, combine lime, lemon juices, zest, honey, salt, pepper, and olive oil. Blend well to make a dressing.
- Add this vinaigrette to the cabbage mixture and mix well to coat.
- Allow to stand 10 minutes or so, then toss again to redistribute the dressing. Serve.

NOTE: this will keep up to three days under refrigeration. Just stir to redistribute the dressing before serving.



## SPICY CHICKEN & SLAW SLIDERS

This can also be grilled. Makes 24 sliders.

1	cup	mayonnaise
1/4	cup	creole or brown mustard
1	Tbsp	paprika
1	Tbsp	Tony's or Slap Ya Mama
1	clove	garlic, minced and mashed
2	Tbsp	sweet relish
1	tsp	Tabasco or Sriracha
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12	each	boneless thighs, halved
2	cups	flour
As needed		salt and pepper
12	each	King's Hawaiian Rolls
1	recipe	Spicy Slaw (preceding recipe)

- Make a sauce with first group of ingredients.
- Flatten the chicken portions to about ½ inch. Dredge the chicken through seasoned flour.
- Fry at 350 F until fully cooked. Drain well.
- Toast the buns and place bottoms on a shallow steamtable pan.
- Top each bottom with 1 ½ Tablespoon sauce.
- Place the chicken on top of the sauce.
- Place a generous portion of slaw on top of the chicken and cover with the top bun.
- Place on steamtable for service.

NOTE: For a healthier version, grill the chicken.



## MEATY BREAKFAST CASSEROLE

This simple dish serves about 8-10 people.

1/2	lb	bacon, chopped
2	cups	ham, diced smallish
1	cup	onion, diced
1/2	cup	bell pepper
12	each	eggs
1	lb	thawed shredded hash browns
1	cup	milk (2%)
1	tsp	salt
1/2	tsp	black pepper
1/2	tsp	garlic powder (not salt)
1 ½	cups	shredded Cheddar cheese
1/4	cup	sliced green onion (tops only)

- In a skillet, cook bacon until crisp. Remove.
- In bacon fat, sauté onion and bell pepper until tender; remove from pan and discard the remaining bacon fat.
- In a large bowl, whip the eggs with milk and seasonings.
- Stir in the meats, hashbrowns, sauteed onions/peppers, cheese and green onions.
- Transfer to a buttered half steamtable pan.
- Bake at 350 F about 40 minutes but start checking at about 30 minutes. It is done when the eggs are set in the center (check by inserting a knife into the center).
- Remove and place on steamtable for service.

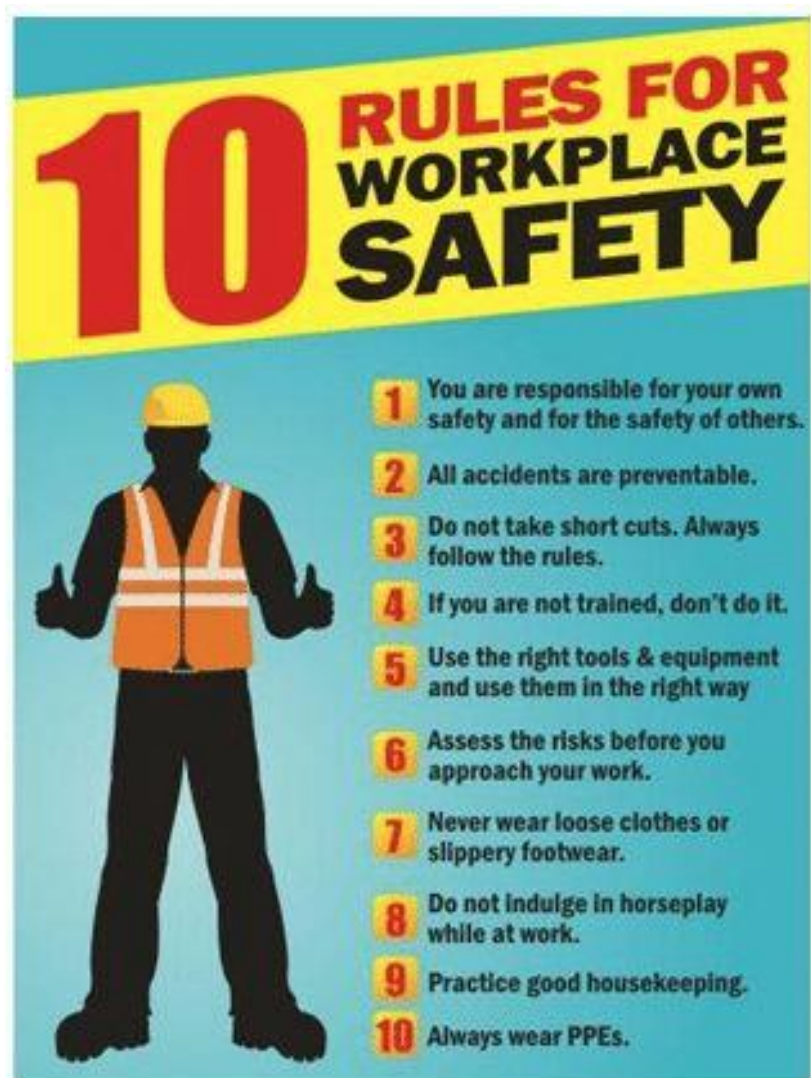


# THE TEN COMMANDMENTS OF GOOD SAFETY HABITS

In most everything we do, we find a “trick” to make the process easier and faster. After we develop these tricks, they become work habits in our everyday activities. Developing everyday safety habits can keep you injury free through the year. Here are ten safety habits to live by:

1. *Set Your Own Standards.* Don't be influenced by others around you who are negative. If you fail to wear safety glasses because others don't, remember the blindness you may suffer will be yours alone to live with.
2. *Operate Equipment Only if Qualified.* Your supervisor may not realize you have never done the job before. You have the responsibility to let your supervisor know, so the necessary training can be provided.
3. *Respect Machinery.* If you put something in a machine's way, it will crush it, pinch it or cut it. Make sure all guards are in place. Never hurry beyond your ability to think and act safely. Remember to de-energize the power first before placing your hands in a point of operation.
4. *Use Your Own Initiative for Safety Protection.* You are in the best position to see problems when they arise. Ask for the personal protective equipment or additional guidance you need.
5. *Ask Questions.* If you are uncertain, ask. Do not accept answers that contain, “I think, I assume, I guess.” Be sure.
6. *Use Care and Caution When Lifting.* Most muscle and spinal injuries are from overstrain. Know your limits. Do not attempt to exceed them. The few minutes it takes to get help will prevent weeks of being off work and in pain.

7. *Practice Good Housekeeping.* Disorganized work areas are the breeding grounds for accidents. You may not be the only victim. Don't be a cause.
8. *Wear Proper and Sensible Work Clothes.* Wear sturdy and appropriate footwear. These should enclose the foot fully. Avoid loose clothing, dangling jewelry, and be sure that long hair is tied back and cannot become entangled in the machinery.
9. *Practice Good Personal Cleanliness.* Avoid touching eyes, face, and mouth with gloves or hands that are dirty. Wash well and use barrier creams when necessary. Most industrial rashes are the result of poor hygiene practices.
10. *Be a Positive Part of the Safety Team.* Willingly accept and follow safety rules. Encourage others to do so. Your attitude can play a major role in the prevention of accidents and injuries.





## THAI CHICKEN PEANUT NOODLES

This "typical" Thai dish will serve about 12.

- 1/2 cup creamy peanut butter
- 1 cup chicken broth
- 1/2 cup lemon juice
- 1/2 cup soy sauce
- 3 Tbsp Sriracha sauce
- 1/2 tsp crushed red pepper flakes
- 1 1/2 lbs spaghetti or angel hair, uncooked
- 3 lbs diced chicken cubes, thawed
- 3 cups carrots, julienned
- 1 each red bell pepper, diced
- 1 each green bell pepper, diced
- 2 Tbsp garlic, minced
- 1 cup dry roasted peanuts, chopped
- 8 each green onions, sliced about 1/4" thick

- In a bowl, combine first six ingredients well.
- Cook pasta per directions, drain, set aside.
- In a skillet, sauté chicken, peppers, carrots until chicken is cooked and veggies tender.
- Stir in the peanut butter mixture and bring to a boil, then reduce to a simmer for 5 minutes.
- Add in the pasta, stir, and transfer to a shallow steamtable pan for serving.
- Top with the green onions and peanuts.

## THAI STYLE ROAST BRISKET

- 1 each brisket, trimmed and separated into the flat and point
- 1/2 cup cooking oil
- 3 cups chunky peanut butter
- 2 cups soy sauce
- 1/4 cup sesame oil
- 1/4 cup cilantro, chopped
- 1/4 cup lemon juice
- 1 Tbsp garlic powder
- 4 cups carrots, cut thinly on a bias
- 3 each red or orange bell peppers, sliced
- 3 each green bell peppers, sliced
- 1 cup sliced green onions

- In a roasting pan, brown brisket on high heat.
- In a bowl, combine next 7 ingredients and blend well. Pour over the brisket to coat.
- Return the brisket to the oven and cook low and slow (about 225 F until just tender (you should be able to slice it without falling apart))
- When the brisket is done, remove and allow to stand about 15 minutes before slicing.
- While waiting, sauté the carrots & peppers until just tender.
- Slice the brisket and place in a shallow pan. Add some vegetables to the brisket.
- Tighten up the drippings with a slurry of cornstarch to make a somewhat thickened sauce.
- Pour over the brisket and serve some on the side, perhaps in a 1/6 steamtable pan.





## CHICKEN PESTO SOUP

Five ingredients. Crazy easy. Makes a gallon or so.

- |     |       |                         |
|-----|-------|-------------------------|
| 1   | each  | whole fryer OR:         |
| 3   | lbs   | boneless chicken thighs |
| 3   | quart | chicken broth (stock)   |
| 5   | cups  | spinach, tightly packed |
| 1/2 | cup   | pesto                   |

- Put the chicken in a large pot and cover with the broth. Bring to a boil over medium-high heat, reduce the heat to low and simmer for 40 minutes for thighs, 1 ½ hours for a fryer.
- Transfer the chicken from the pot to a cutting board. Skim the surface of the broth with a slotted spoon to remove any skin that's floated to the surface. Remove the meat from the chicken bones and shred with two forks; discard the skin. Add the meat back to the pot along with the spinach.
- Turn the heat to medium until the spinach wilts, about 1 minute. Swirl the pesto into the soup and season with salt.
- Once hot, transfer to a soup kettle or place on the steamtable for serving.

## DUMB HEADLINES

### Rooms with broken air conditioners are hot

By HARRISON MEYER

Times News Staff Writer

When teacher Sheila Murphy opened the door to her classroom Monday morning at Bruce Drysdale Elementary School, the blast of hot air inside felt like an oven. It was 94 degrees.

Murphy teaches a self-contained classroom for emotionally handicapped children. These little ones don't adapt well to change or discomfort. So after students

said Wednesday, "I've heard they spent \$150,000 on a new press box at one of the high schools. I feel like we need to get our classrooms situated."

Bruce Drysdale is not among the seven schools administrators usually name when listing those with non-air conditioned classrooms. The school has air conditioning units in all classrooms, but not all of them work. And administrators don't know when the problem will be fixed.

### Prisoner serving 2,000-year sentence could face more time

WILLIAMSPORT (AP) — David Paul Hammer was looking forward to 2,000 years of staring at the same cement walls, the same wired fences, the same guard towers.

After going on a crime spree of kidnapping and murder attempts

him unconscious and strangling him with a cord. Prosecutors are seeking Hammer's death by lethal injection.

Closing arguments are expected to begin today in the sentencing phase of the trial. A jury will decide whether to sentence Hammer to

### The Back Page

### State population to double by 2040; babies to blame

TOM PHILP

Clatsby News Service

SACRAMENTO — In their first

Area Counties

### Miracle cure kills fifth patient

By The Associated Press

A fifth volunteer died Tuesday from an experimental drug touted as a miracle cure for hepatitis B, legend medical course even as scientists unraveled the mystery of what went grossly wrong in a clinical trial.

Aggravatingly, the first case was in plain sight, a year ago, but researchers at the National Institutes of Health didn't know enough about how the drug worked to recognize what it meant, the study's lead scientist says.

"Something terrible happened and we missed it," Dr. Jay Hoofnagle said in an emotional

interview describing the horror of realizing the drug was killing people months after they stopped taking it.

"The dreadful thing that waiting to see what will happen," he said, his voice trembling, before learning of the most recent death. "I just hope we're over the worst."

The drug, Fialdin, or FIAU, had shown great promise for fighting the hepatitis B virus, which can cause deadly cirrhosis and liver cancer. When dogs passed toxicity tests unharmed, the Food and Drug Administration approved FIAU for human trials.

Tim late, scientists would discover that in humans, FIAU steadily attacks the very building blocks of cells in bones, kidneys and nerves.

Five people treated with FIAU have died of liver and kidney failure, despite liver transplants for three of them. On Tuesday, a 57-year-old woman succumbed after two months in critical condition and two liver transplants at the University of Virginia Medical Center. One volunteer remained in serious condition there, and another is recovering from an Aug. 4 transplant at Emory University Hospital in Atlanta.

