

JULY 2021 • ISSUE 13

THE MONTHLY MOUTH

STRAIGHT FROM PMI



PMI FUN FACTS

PMI used to have a volleyball team at The Pines! Denny and Dave Bischel would fill in and play in their work boots and jeans!

PMI uses 9.4 million pounds a year just in aluminum for Generac!

One master coil at 12,500 lbs. could make 380,530 aluminum cans!



SHOE DOCTOR BOOT TRUCK COMING TO PMI

July 13th

2:00 PM - 4:30 PM



Questions regarding eligibility? Ask your manager or see Amy Albers, HR Department.



Bloomer, Wisconsin: Jump Rope Capital of the World

We all know Wisconsin is America's Dairyland, home to the largest musical festival (Summerfest), and the nation's largest water park (Noah's Ark). But, there is a wonderful, unique feature about PMI's hometown, Bloomer, that sets us apart.

Jump rope isn't an unusual thing in elementary school gym classes. In 1960, Bloomer Elementary P.E. teacher Wally Mohrman took it to the next level. He began a speed jump roping contest with his students that continues to this day! Whoever jumps their rope the most in the time allotted is the winner!

This annual jump rope competition brought Bloomer into the spotlight in 1980 after Wally and Bloomer native, Paul Morning, were featured on The Tonight Show Starring Johnny Carson. Since then, Bloomer has been called the Jump Rope Capital of the World! Paul also set the world record of 72 jumps in 10 seconds; a distinction the now-Eau Claire man continues to hold!

Never thought of Bloomer as the Jump Rope Capital of the World?

CLICK HERE to check out 18 other interesting capitals of the world!

SOURCES: <http://authenticwisconsin.com/bloomer.html>

https://chippewa.com/news/local/carson-show-features-bloomer-again/article_672889dc-7820-574f-a624-9821ebb21824.html

happy birthday

Dan Wubker 07/02
Jason Butterfield 07/07
Brian Seibel 07/12
Jay Tainter 07/12
Finn Larson 07/14
Jay Barlow 07/15
Mitch Weinert 07/16
Jodi King 07/17
Lyle Holub 07/17
Caleb White 07/21
Elesha Schimmel 07/23
Tom Weber 07/26
Nicole Zeman 07/27
Dillon Lauer 07/28

happy workaversary

Dana Hansen 16 Years
Kevin Bathke 15 Years
Jeremy Mitchell 11 Years
Seth Lehrke 2 Years
Angela Chandler 2 Years
Jacob Geist 2 Years

EMPLOYEE OF THE MONTH

COURTNEY LEWIS

Courtney is a great employee to the Sales Department, PMI, and to her customers! She is patient, friendly, open to challenges, and a great listener!

Thank you, Courtney, for all of your hard work at PMI!



JULY BLR TRAINING

Machine Guarding
(ALL EMPLOYEES)

Fast track to the monthly training *CLICK HERE*

BEST FOR YOU

shrimp tacos with pineapple

INGREDIENTS

- ½ small red onion, thinly sliced
- 2 tablespoons fresh lime juice
- Pinch of sugar
- Pinch of salt
- 2 cups pineapple, peeled, cored, cut
- 2 tablespoons extra-virgin olive oil, divided
- 1¼ pounds peeled shrimp
- 1 tablespoon Sriracha
- Pinch of black pepper
- 8 corn tortillas, warmed
- 1 avocado, sliced



Step 1: Toss red onion, lime juice, sugar, and a pinch of salt in a small bowl; set aside.

Step 2: Heat broiler. Toss pineapple and 1 Tbsp. oil on a rimmed baking sheet and arrange in a single layer on half of baking sheet; reserve bowl. Broil pineapple until lightly charred around the edges, 5–8 minutes.

Step 3: Meanwhile, toss shrimp, Sriracha, and remaining 1 Tbsp. oil in reserved bowl until shrimp are evenly coated; season with salt and pepper and toss again.

Step 4: Remove baking sheet from broiler and use a spatula to turn pineapple pieces over. Arrange shrimp in a single layer on empty half of baking sheet. Broil until shrimp are cooked through on top, about 2 minutes. Remove from broiler and turn shrimp (leave pineapple alone). If your shrimp are opaque and springy to the touch, they're done. Transfer shrimp and pineapple to a large bowl and season with salt and pepper.

Step 5: Drain soaking liquid from onion into bowl with shrimp and pineapple; set onion aside and toss shrimp and pineapple in pickling liquid.

Serve shrimp mixture with tortillas, avocado, jalapeño, cilantro, lime wedges, onions or other favorite taco toppings!



Joke of the Month

Why does Waldo wear stripes? So he isn't spotted.

Where's Waldo?



Live Well, Work Well

July 2021

Brought to you by Processed Metals Innovators

EWG's 2021 Dirty Dozen List Is Here

Nearly 70% of non-organic produce sold in the United States contains pesticide residue, according to the Environmental Working Group (EWG). Every year, the EWG ranks pesticide residue levels of fruits and vegetables based on samples taken by the U.S. Department of Agriculture and the Food and Drug Administration, publishing the results in the [Shopper's Guide to Pesticides in Produce](#).

Included in the report is a list of the most pesticide-tainted produce, which is known as the "[Dirty Dozen](#)." For 2021, the following were on this list:

1. Strawberries
2. Spinach
3. Kale, collard and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Cherries
8. Peaches
9. Pears
10. Bell and hot peppers
11. Celery
12. Tomatoes

In addition to the Dirty Dozen, the EWG publishes the "[Clean Fifteen](#)," highlighting the "cleanest" produce. For 2021, avocados and sweet corn topped the list.

What Can You Do?

Most Americans aren't eating enough fruits and vegetables daily. Don't let the Dirty Dozen scare you away from eating fruits and veggies—all properly handled fresh produce, whether organic or not, is believed to be safe to eat.

Only **1 in 10 adults** eat enough fruits and vegetables each day, according to the Centers for Disease Control and Prevention.



To remove any pesticide residue, simply wash your fresh produce under running tap water for 30 seconds. If you're still uneasy about pesticides, buy the frozen or canned versions of your favorite produce as an alternative option. Frozen fruits and vegetables are just as nutritious for you, so find what works best for your household.

If you have any questions or concerns, talk to your doctor.



Avocado and Corn Salsa

Makes: 5 servings

Ingredients

- 1 avocado (diced)
- ¾ cup frozen corn kernels (thawed)
- ½ cup grape tomatoes (quartered)
- 1 Tbsp. fresh cilantro (chopped)
- 2 tsp. lime juice
- ¼ tsp. salt

Preparations

- 1) Toss avocado, corn, tomatoes, cilantro, lime juice and salt in a medium bowl.
- 2) Chill one hour, and then serve.

Nutritional Information

(per serving)

Total calories	67
Total fat	4 g
Protein	1 g
Sodium	119 mg
Carbohydrate	8 g
Dietary fiber	3 g
Saturated fat	1 g
Total sugars	1 g

Source: MyPlate

Summer Picnic Safety Tips

One of the best ways to celebrate summer is to get outside and enjoy good food with friends and family. As nationwide COVID-19 cases decline, COVID-19 vaccination rates increase, and states relax their COVID-19 restrictions, picnics and barbecues will likely be a summertime staple this year.

However, if you aren't careful about handling foods during these cookouts, you're putting yourself and others at risk for potential food-related illnesses. Stay safe with these simple tips:

- Wash cooking equipment, dishes and utensils between uses. Be sure to clean the grill's surface after each use and to wash cutting boards that had raw meat on them.
- Store all perishables in a cooler with ice on top, not just underneath. Use one cooler for drinks and another for food. Never eat anything that has been left out of a refrigerator or cooler for more than two hours.
- Invest in a meat thermometer so you can make sure all meat is cooked to the proper internal temperature.

Warmer temperatures require extra attention to food safety when cooking and eating outdoors. Visit [FoodSafety.gov](https://www.foodsafety.gov) to learn more about food safety practices.

Pack the Perfect Picnic

Whether you're packing a basket for the park, a hike or your backyard, consider including these healthy and portable foods:

Fresh cheese and cured meats

Vegetables and hummus

Mason jar salads



Leave Your Shoes at the Door

You may be tracking disease-causing germs into your home if you regularly keep your shoes on inside. Research found that the outside of your shoes can be a carrier for viruses and bacteria, including E. coli.

Although this level of contamination is a low health threat for most healthy adults, you can reduce the unnecessary spread of germs in your living space by:

- Taking off your shoes at the door
- Washing your hands immediately if you removed your shoes with your hands
- Cleaning your shoes according to the manufacturer's instructions

In general, regardless if it's your home or someone else's place, it's important to remove shoes if there are young children crawling on floors or people in the home whose immune systems are compromised. When in doubt, ask the host if you should take off your shoes.