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SUMMER 2012

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Making You Think!!!

Find the answers at riverdalebodyshop.com

1. May 3rd is National Sun Day. How long does it take for the sun's light to reach Earth?
2. What was the first nickel five-cent piece minted in the United States, in accordance with the Act of May 16, 1866, called (i.e., what was the most prominent design feature)?
3. May 13th is Mother's Day this year and a big THANKS to all moms. Who would the Greek Olympian gods and goddesses give their thanks to on Mother's Day?
4. Memorial Day is May 28th and a solemn thanks to all the soldiers that made the ultimate sacrifice to protect this great country. What battle, or what war was the battle part of, is widely considered American military's most lethal (i.e., killed in battle)?
5. This famous work of architecture will celebrate its 75th anniversary this month and employs over 30 paint laborers just to maintain it. What is it?

Tom Seida / CEO Riverdale Body Shop



Is Your Car Spring Sharp?

Spring is here, it's time to get your car to shine. a few quick tips.
Dents/Scratches: Take a walk around your car. Do you see any small dents or scratches? Using a paintless dent removal service can remove those small dents from your vehicle. A nice buffing compound and glaze can make those small scratches disappear.
Wax: Nothing beats a nice hand wax on your vehicle. A soft cloth and a good wax will make your paint shine.
Interior: After a quick vacuuming, use some interior wipes to wipe down the interior. For heavy stains use an interior shampoo.
Wheels/Rims: Get a bottle of wheel cleaner to remove brake dust and road grime. It usually comes in a spray bottle making it easy to apply. Take some wheel polish and a soft cloth to make the rims shine. The last thing you should do is check all fluid levels, tire pressure and try your air conditioning to make sure it's working for summer.

Gary Prestia
Our new estimator at Alsip IL
Welcome Gary to Our Family



PHILosophy Corner

Business Management



What are you doing, right now, to improve your business? Managing your business requires attending to the stoppage of something not helpful or implementation of something better. Are you? Well, are you?
 If you're not working on one of these things, what does that say about your management? Schedule yourself an uninterrupted half hour this week to review the flow of your business days. Identify one or two "to-do's," and get cracking.

Phil Maser / Riverdale Body Shop



Crash's Dog Treats

- Is suffering from "but-first" syndrome. You know, I need to do this, oh, BUT FIRST I need to do this entirely other thing, BUT FIRST, I need to be outside
- I didn't say it was your fault. I said I was going to blame you
- I let my inner child out for a while and she just got into trouble and blamed it all on me!
- Life is short, smile while you still have teeth .:)
- Got up today and my world was a big blur and I didn't understand it. Thank goodness I found my glasses.
- If an ice cube drops on the floor I see it as a time released cleaning agent.
- It sucks when you're trying to eat cereal and the last 5 pieces are just like "try and catch me"
- Tried to sing like Snow White... must be off-key though...no animals came to help clean house!
- I don't have attitude I just have sassy vocabulary.
- You're only as old as you remember you are.
- I'm not a control freak, I just manage a situation when others lack proper judgment
- Every time a bird poops on my car, I eat a plate of scrambled eggs on my porch, just to show them what I'm capable of.
- Just ordered a chicken and an egg off of Amazon to see which comes first. I'll keep you posted
- Exercise? Oh I thought you said accessorize.
- Thought on exercising: If God had wanted me to bend over, He would of sprinkled the floor with diamonds.
- Don't be jealous now... but I can still fit into the same pair of gloves i wore back in high School:)
- Was not done with her weekend :(
- I'm so tired that my tired is tired.
- I a mentally dating a movie star that doesn't know I exist
- your body has the correct number of holes in it , Don't make anymore...(except pierced ears)
- Don't throw a brick straight up. ☺
- No matter how tempting it is to be one with nature, stay on the outside of all fences at the zoo.
- Think of her not as a bad influence, but rather your partner in crime.
- Note to self ... you never grow up ... you just learn how to behave in public ...
- I LOVE rumors! I find so much neat stuff out about myself that I never knew!
- I should just change my VM, to just hang up and text me..
- Chocolate is catnip for women...
- You couldn't handle me even if I came with instructions!
- Name 3 items you cannot possibly live without ???
- We are all mature until we see bubble wrap.
- Can we just agree to ignore what ever comes after Blue Ray? I do not want to start my collection again
- Is wondering how I can remember that I forgot something but can't remember what the heck I forgot?
- Have u ever noticed the automatic flush sensors on toilets look an awful lot like hidden cameras? Makes u wonder huh?
- Life is funny, especially if you have the right friends.



RIVERDALE REMEMBERS OUR FALLEN SOLDIERS



Cinnamon Apple Pork Chops

- 4 boneless pork loin chops (4 ounces each)
- 2 tablespoons reduced-fat butter, divided
- 3 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 4 medium tart apples, thinly sliced
- 2 tablespoons chopped pecans



In a large skillet over medium heat, cook pork chops in 1 tablespoon butter for 4-5 minutes on each side or until a meat thermometer reads 160°. Meanwhile, in a small bowl, combine the brown sugar, cinnamon, nutmeg and salt. Remove chops and keep warm. Add the apples, pecans, brown sugar mixture and remaining butter to the pan; cook and stir until apples are tender. Serve with chops. **Yield:** 4 servings.

Muffin in a Minute

- 1 tsp. Olive oil
 - 1/4 cup Flax meal
 - 1 tsp flaxseed
 - 1 tsp.cinnamon
 - 1 tsp. Raw or brown sugar
 - 1 tsp. Honey
 - 2 tsp. Walnuts (chopped)
 - 1/2 tsp. baking powder
 - Splash vanilla
 - 1 egg
- Mix together ,put large coffee cereal bowl
Microwave 1.20 minutes...Oh my gosh good



Dale Terpstra
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Taste like Elephant Ears

- 6 FLOUR TORTILLA
- 3 tbl. BUTTER
- 2 1/2 tBL BROWN SUGAR
- 2 1/2 TSP. CINNAMON



Lay tortilla on a cookie sheet and spread 1/2 Tbl butter. sprinkle with 1/4 Tb brow sugar and cinnamon. Bake at 350 deg. for 5 minutes or until brown and crispy ...yum

Crab Meat Salad

- 1 (16 ounce) package imitation crabmeat
- 3/4 cup creamy salad dressing
- 3 stalks celery, chopped
- 5 tablespoons finely chopped onion
- 1 carrot, shredded



Shred imitation crab meat into bite sized pieces. Combine with salad dressing, celery, onions and carrot. Chill for 1 hour before serving.

Breakfast Day Bread Pudding

- 12 slices white bread
- 1 package (8 ounces) cream cheese, cubed
- 12 eggs
- 2 cups milk
- 1/3 cup maple syrup
- 1/4 teaspoon salt



Remove and discard crusts from bread; cut bread into cubes. Toss lightly with cream cheese cubes; place in a greased 13-in. x 9-in. baking pan. In a large bowl, beat eggs. Add milk, syrup and salt; mix well. Pour over bread mixture. Cover and refrigerate 8 hours or overnight.

Remove from refrigerator 30 minutes before baking. Bake, uncovered, at 375° for 40-45 minutes or until a knife inserted near the center comes out clean. Let stand 5 minutes before cutting. 6-8 servings.

Easy Tiramisu

- 1 package (10-3/4 ounces) frozen pound cake, thawed
- 3/4 cup strong brewed coffee
- 1 package (8 ounces) cream cheese, softened
- 1 cup sugar
- 1/2 cup chocolate syrup
- 1 cup heavy whipping cream, whipped
- 2 Heath candy bars (1.4 ounces each), crushed



Cut cake into nine slices. Arrange in an ungreased 11-in. x 7-in. dish, cutting to fit if needed. Drizzle with coffee. In a small bowl, beat cream cheese and sugar until smooth. Add chocolate syrup. Fold in whipped cream. Spread over cake. Sprinkle with crushed candy bars. Refrigerate until serving. **Yield:** 8 servings

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Thank You Paulette Young
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