



# THE D.R.I. INSIDER

Fall Issue 2003



We would like to introduce to you the newest member of the Derr Family, Katie Alexandra Young. Katie was born to Tracy and Steve Young on July 7, 2003 at 7:02 p.m. Katie weighed 7 pounds 8 ounces at birth and measured 20 inches long. Congratulations!!



# NEWSLETTER

Imagine there is a bank that credits your account each morning with \$86,400.00. It carries over no balance from day to day. Every evening it deletes whatever part of the balance you failed to use during the day.

What would you do? Draw out every cent, of course!!!

Each of us has such a bank. Its name is *TIME*. Every morning, it credits you with 86,400 seconds. Every night it writes off, as lost, whatever of this you have failed to invest to good purpose. It carries over no balance. It allows no overdraft.

Each day it opens anew account for your. Each night it burns the remains of the day. If you fail to use the day's deposits, the loss is yours. There is no going back.

There is no drawing against the "tomorrow".

You must live in the present on today's deposits. Invest it so as to get from it the utmost in health, happiness, and success!

The clock is running. Make the most of today.

To realize the value of **ONE YEAR**, ask a student who failed a grade.

To realize the value of **ONE MONTH**, ask the mother of a premature baby.

To realize the value of **ONE WEEK**, ask the editor of a weekly newspaper.

To realize the value of **ONE HOUR**, ask the lovers who are waiting for meet.

To realize the value of **ONE MINUTE**, ask a person who missed the train.

To realize the value of **ONE SECOND**, ask a person who just avoided an accident.

To realize the value of **ONE MILLISECOND**, ask the winner of a silver medal in the Olympics.



Treasure every moment that you have! And treasure it more because you shared it with someone special, special enough to spend your time. And remember time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift, that's why it's called the present!!!

# 20 Quick Tips to Help You Quit Smoking

1. Believe in yourself. Believe that you can quit. Think about some difficult things you have done in your life and realize that you have the guts and determination to quit smoking.
2. After reading this list, sit down and write your own list, customized to your personality and way of doing things. Create your own plan for quitting.
3. Write down why you want to quit (the benefits of quitting): live longer, feel better, for your family, save money, smell better, find a mate more easily, etc. You know what's bad about smoking and you know what you'll get by quitting. Put it on paper and read it daily.
4. Ask your family and friends to support your decision to quit. Ask them to be completely supportive and non-judgmental. Let them know ahead of time that you will probably be irritable and even irrational while you withdraw from your smoking habit.
5. Set a quit date. Decide what day you will extinguish your cigarettes forever. Write it down. Plan for it. Prepare your mind for the "first day of the rest of your life". You might even hold a small ceremony when you smoke your last cigarette, or the morning of the quit date.
6. Talk with your doctor about quitting. Support and guidance from a physician is a proven way to better your chances to quit.
7. Begin an exercise program. Exercise is simply incompatible with smoking. Exercise relieves stress and helps your body recover from years of damage from cigarettes.
8. Do some deep breathing each day for 3-5 minutes. Breathe in through your nose very slowly, hold the breath for a few seconds, and exhale very slowly through your mouth.
9. Visualize your way of becoming a non-smoker.
10. Cut back on cigarettes gradually. Ways to cut back gradually include: plan how many cigarettes you will smoke each day until your quit date, making the number you smoke smaller each day; buy only one pack at a time; change brands so you don't enjoy smoking as much; give your cigarettes to someone else, so that you have to ask for them each time you want to smoke.
11. Quit smoking "cold turkey". Many smokers find that the only way they can truly quit once and for all is to just quit abruptly without trying to slowly taper off.
12. Find another smoker who is trying to quit, and help each other with positive words.
13. Have your teeth cleaned. Enjoy the way they feel and look and plan to keep them that way.
14. After you quit, plan to celebrate the milestones in your journey to becoming a non-smoker. After two weeks of being smoke free, treat yourself to a movie. After a month, go to a fancy restaurant, and so on.
15. Drink lots of water. Water is good for you anyway, and most people don't get enough. It will help flush the nicotine and other chemicals out of your body.
16. Learn what triggers your desire for a cigarette, such as stress, the end of a meal, arrival at work, entering a bar, etc. Avoid these triggers or if that's impossible, plan alternative ways to deal with the triggers.
17. Find something to hold in your hand and mouth to replace cigarettes.
18. Write yourself an inspirational song or poem about quitting and what it means to you to quit. Read it daily.
19. Keep a picture of your family or someone very important to you with you at all times. On a piece of paper, write a the words "I'm quitting for myself and for you" Tape your message to the picture. Whenever you have the urge to smoke, look at the picture
20. Whenever you have a craving for a cigarette, instead of lighting up, write down your feelings or whatever is on your mind. Keep this "journal" with you at all times.

**Good luck in your efforts to quit smoking. It's worth it!**

## HAPPY BIRTHDAY!!!

Frank Diamente	10/30
Sean O'Connell	10/31
Kim Picciotti	12/26
Dan Lancenese	02/18
Kristen Diamente	02/18
Cheryl Derr	02/19
Don Rohrbaugh	03/04
Matt Harman	05/12
Gary Derr	06/05
Bill Blade	06/21



**DONATIONS  
HAVE BEEN  
MADE TO.....**

- Burlington County Institute of Technology
- Dublin Volunteer Fire Company

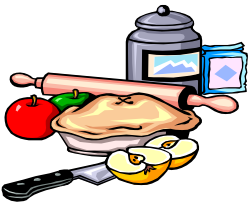
## UPCOMING HOLIDAYS

Rosh Hashanah	09/26/03
Yom Kippur	10/06/03
Columbus Day	10/13/03
Halloween	10/31/03
Election Day	11/04/03
Veteran's Day	11/11/03
Thanksgiving	11/27/03



# Welcome....

1. Lemon Grass
2. Gavin's Clowning Around
3. Chic-Filea
4. Buckingham Seafood
5. Savona
6. N.S.T.L.
7. Borough of Perkasio
8. Café Alessio
9. Toscana



# Recipes from Cheryl Derr's Kitchen.....

## Zucchini Appetizers

3 cups thinly sliced unpeeled zucchini (4 small)  
1 cup Original Bisquick mix  
1/2 cup finely chopped onion  
1/2 cup grated parmesan cheese  
2 Tbsp chopped fresh parsley  
1/2 tsp salt  
1/2 tsp seasoned salt  
1/2 tsp dried marjoram or oregano leaves  
1/8 tsp pepper  
1 garlic clove, finely chopped  
1/2 cup vegetable oil  
4 eggs, slightly beaten

**Prep:** Heat oven to 350 deg. Grease bottom and sides of rectangular pan, 13x9x2 inches. Stir together all ingredients. Spread in pan. Bake about 25 minutes or until golden brown. Cut into 2-inch squares; cut squares diagonally in half into triangles and serve.

## Hearty Chicken Pot Pie

1 package (16 oz) frozen mixed vegetables, thawed  
1 cup cut-up cooked chicken  
1 can (10-3/4 oz) condensed cream of chicken soup  
1 cup Original Bisquick mix  
1/2 cup milk  
1 egg

**Prep:** Heat oven to 400 deg. Mix vegetables, chicken, and soup in ungreased 2-quart casserole dish. Stir Bisquick, milk, and egg in a small bowl with a fork until blended. Pour into casserole. Bake 30 minutes or until golden brown.

## Baked Ziti

1 jar (26-28 oz) spaghetti sauce  
1 container (15 oz) ricotta cheese  
1 pkg. (16 oz) ziti pasta, cooked, drained  
2 pkg. (8 oz each) shredded mozzarella cheese, divided  
salt and pepper to taste  
1/4 cup grated parmesan cheese

**Prep:** Mix sauce and ricotta cheese on large bowl. Add ziti, 3 cups of the mozzarella cheese, salt and pepper. Place in lightly greased 13x9 inch baking dish. Sprinkle with remaining mozzarella and parmesan cheese. Bake at 350 deg. For 40 minutes or until thoroughly heated.

## Pumpkin Pie

2 graham pie crusts (9 inch each)  
3 eggs, lightly beaten, divided  
1 can (29 oz) solid pack pumpkin  
1-1/2 cups half-and-half or light cream  
1/2 cup granulated sugar  
1/2 cup firmly packed light brown sugar  
1-1/2 tsp. pumpkin pie spice  
1 tsp. ground ginger

**Prep:** Brush crusts with some of beaten egg. Bake at 400 deg for 4 minutes; set aside. Blend pumpkin, remaining eggs, half-and-half, granulated sugar, brown sugar, pumpkin pie spice, and ginger in bowl until smooth. Divide and pour filling into prepared crusts. Bake at 400 deg for 15 minutes. Reduce temperature to 350 deg. Bake an additional 40 to 45 minutes or until toothpick inserted in center comes out clean. Cool completely on wire rack.

## FUN FACTS:

- 5 Billion crayons are produced each year.
- The human head contains 22 bones.
- The tomato is the world's most popular fruit, selling more than oranges and bananas.
- A fresh egg will sink in water, but a stale one won't.
- Everyday, 20 banks are robbed and the average take is \$2,500.
- Cows do not have upper front teeth.
- A Boeing 747 airliner holds 57,285 gallons of fuel.
- Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!
- One in every 10 people in the world lives on an island.

OUR GOAL AT DIVERSIFIED REFRIGERATION, INC. IS TO PROVIDE THE HIGHEST STANDARD OF SERVICE WITH A GENUINE SENSE OF CONCERN RESULTING IN PERSONAL AND PROFESSIONAL SATISFACTION, STRIVED FOR THROUGHOUT LIFE FOR ALL PARTIES.



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