

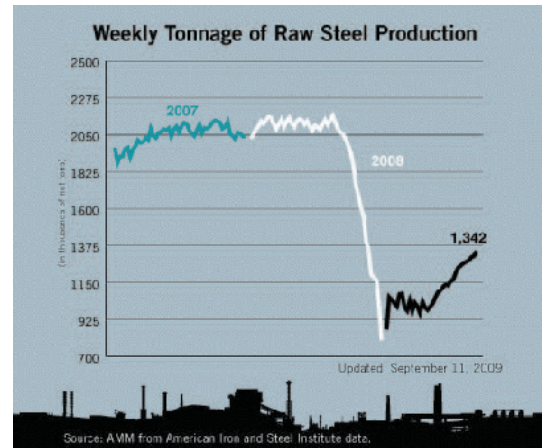


The Scrap Reporter

It is ON!?!??

Recently, Federal Reserve Chairman, Ben Bernanke, said that the recession is “very likely over”, but detailed that there is a tough road ahead for the economy. One year after the collapse of Lehman brothers and a housing crisis which forced millions into foreclosure, we now stand at 10% unemployment. Liquidity has returned to credit markets, housing has stabilized, and factory orders have begun to see increases in production levels. Good news, yes, but looking at Bernanke’s statement, one needs to be cautiously optimistic. We will not see an immediate return to 5% unemployment levels nor will we all see dramatic increases in manufacturing and rising levels of home prices. We dropped far and fast in this “Great Recession” as it will be remembered. Were levels of homes, stocks, and incomes out of whack with a normal growth economy? Yes, the levels of all of these did rise at a rapid rate and may have gone up too much too fast. This rings true for the price levels of certain metals as well. Both raw material and scrap costs remained at dramatic levels thru the first 3 quarters of 2008. These of course fell off the cliff and remained there through the first half of 2009. Almost exactly 1 year later we have now begun to see the precursor signs to a recovering economy. The stock market has risen 50% off its lows seen earlier this year, the housing market has begun to see, albeit anemic, signs of life, and most metals have seen dramatic increases in price levels. Pricing for COMEX copper has risen from the low of around \$1.40 to almost \$2.90 per pound. In addition, the graph illustrates the steady increase of steel produc-

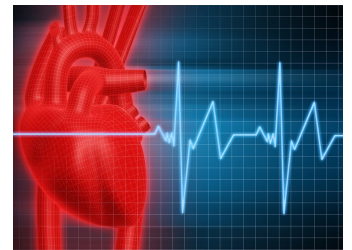
tion over the past several months dictating increased need for steel. While in no way are we close to levels seen in 2008, it is important to recognize how we are climbing back up...now down. Yes, the recovery is on, and consider yourself extremely fortunate if you are reading this article, many companies did not make it through. We still have a journey to get back to an expanding economy, and we may not see GDP levels of 2008 for several years. What one needs to do is take note of what one did right since eventually we will experience another recession. While it probably will not be as severe, we pray, it will not be fun. So prepare and be ready.



Ask the Greeks.....

There is a saying which dates back to the ancient Greek Empire in that “Moderation is the key to virtue”. This legend is from Bacchus, the wine God, and stems from lore that wine used in moderation can be beneficial for man and make him happier. This went further into their culture and encompassed not only wine but all aspects of their life. Eating, drinking, working, etc. Many aspects of our lives in this world, however, resound in excess instead of moderation. The obesity epidemic is one of the country’s most serious health problems. Adult obesity rates have doubled since 1980 and childhood obesity has almost tripled. Obesity contributes to many serious health concerns and puts an unnecessary burden on our already strained health care system. Diabetes, high blood pressure, heart disease, etc. are only some of the potentially life threatening illnesses which can result from it. The rise in obesity rates are a simple result of eating too much food and not exercising enough. Unfortunately this is in direct correlation to the lifestyles that have evolved and the increase and availability of processed foods. Education and moderation on what to eat and how much while increasing exercise rates are crucial to fighting this problem. Think twice before you dismiss this article because one believes that being obese is the 500 pound person trapped in their room. A person is

defined to be obese if they are more than 20% above their ideal weight when taking into account the person’s height, age, sex, and build. One doesn’t need to run 10 miles a day or cut out cheesesteaks altogether, but moderation is key. Limiting oneself to processed and/or fast food, thinking about what you put in your mouth, and walking or biking couple times a



week will make huge differences. These simple acts will not only benefit a persons own health, but will also help a beleaguered and outdated health care system which needs help as well.

Every adversity, every failure, every heart-ache carries with it the seed of an equal or greater benefit....

- Napoleon Hill

Shallow men believe in luck...Strong men believe in cause and effect.

- Ralph Waldo Emerson



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Chowin' down @ the Copper Kettle



A relatively new cut of steak which is misunderstood by most people is the flat iron steak. Its name is derived from its shape in that it resembles the shape of an iron. There is mucho flavor to this cut, but there are several key factors so that you are not chewing on a piece of leather when you sit down to eat. These are marinating, cook temp and time, rest time after cook, and lastly the manner in which you cut the steak for service. You must cut the steak thin and on the diagonal across the meat. Try this cut and you will wonder why you have been paying so much for filet all of these years!

Flat Iron Steak Ole'

1 piece of Flat Iron Steak (Appx 1 1/2 lb)
1/4 c Honey
1 tsp Garlic Powder
1 tsp Onion Powder
1 tsp Chili Powder
2 Tbs Soy Sauce
1 tsp Black Pepper
Shot of Tabasco
3-4 shots of Worcestershire sauce
Handful of fresh chopped cilantro
1/4 c Orange Juice
Juice of 1 lime

Mix together ingredients in a plastic gallon bag and put aside.

Rinse off steak and cut 3 or 4 small slices, appx 1/8" deep, on each side of the steak and pat dry. Place steak in marinade and put in refrigerator to marinate for a minimum of 3 hours, but 6 hours is preferred.

1 hour before grilling take steak out of refrigerator to bring up to room temp. Get your grill, charcoal preferred, ready and grill steak appx 4-5 minutes until it is medium rare. (Don't kill the meat by cooking it further!) Take it off the grill and let rest for 10 minutes on a cutting board so the juices remain in the meat. Once rested, cut the steak with a sharp knife on a diagonal cut across the bias as thin as you can get it.

Serve with some fresh salsa, crisp tortilla chips, wild rice, and a little red sangria with fruit to complete the atmosphere and say Ole'!

Buen Provecho !!!

