

HEALTHY, WEALTHY & WISE

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The Fourth of July is one of the busiest days of the year for house fires. Sure, it's a celebration and, yes, fireworks are traditional and they can be used safely. Nonetheless, nearly 20,000 fires annually are blamed on fireworks, according to the National Fire Protection Association. Even the most common fireworks, such as a sparkler, can start a fire.

You think it will never happen to you, but it makes sense to be prepared. The most important thing you can do is to have working smoke detectors on every level of your home. An early warning is your best defense against a house fire.

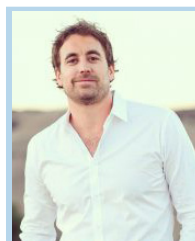
Taking the right steps in the event of a house fire could save your home and even your life.

Make sure that all adults and older children understand how to RACE and PASS if there is a fire. This doesn't mean RACE around the house in a panic and PASS your spouse on your way out the door! RACE and PASS are simply memory aids for what you should do in case of a fire.

See "Home Fire SAFETY GUIDE" on next page



WATER | MOLD | FIRE | PLUMBING | REPAIRS



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R.A.C.E.

R is for Remove. Remove all occupants from the area of the fire.

A is for Alert. Alert the authorities; call 911.

C is for Contain. Close windows and doors to contain and smother the fire.

E is for Extinguish or Evacuate. Which one? That depends on the stage of the fire.

A house fire goes through 4 stages:

Stage 1: Incipient. The fire is just starting and there is a good chance of extinguishing it.

Stage 2: Growth. The fire spreads to other combustible materials. You should evacuate.

Stage 3: Developed. The hottest, most deadly stage; evacuation is your primary objective.

Stage 4: Decay. The fire is running out of fuel or oxygen but still smolders; a deadly backdraft is possible.

If the fire is beyond the incipient stage and spreading rapidly, you should evacuate and let the fire department handle it. If you are confident that you can safely extinguish the fire, do so only after you have gotten people out of the area, called 911 and contained the fire if possible.

Make sure you have an escape route. Then use a portable fire extinguisher to put out the fire using the PASS method.

P.A.S.S.

P is for Pull. Pull the pin out of the handle.

A is for Aim. Aim the nozzle at the base of the fire.

S is for Squeeze. Squeeze the handle to discharge the fire extinguisher.

S is for Sweep. Sweep from side to side at the base of the fire.

Keep portable fire extinguishers in strategic locations of your home such as the kitchen, utility areas, garage and storage rooms.

After a home has suffered even a small fire, proper cleanup needs to be done. There may be fire extinguisher residue, charred materials and smoke residue to clean up. Water-damaged contents, floors, walls and structural materials need to be dried and cleaned. Strong, lingering odors often require a combination of techniques for successful treatment.

ServiceFirst Restoration will work directly with your insurance company to make sure your house is clean, dry and odor-free. We hope you never have to make that call, but if you do, we'll be there with you to help every step of the way.

The Good Life



Good Clean Funnies

What goes tick-tock and woof-woof?
A watchdog.

What do you call a flower that runs on electricity?
A power plant!

How do you keep a bull from charging?

Take away its credit card!



Ingredients

- 1/4 cup lemon juice
- 2 tablespoons vegetable oil
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dried oregano
- 6 (4 ounce) boneless pork loin chops

Prep Time: 10 mins

Cook Time: 15 mins

Additional Time: 2 hrs

Total Time: 2 hrs 25 mins

Grilled Lemon Herb PORK Chops

Directions

In a large resealable bag, combine lemon juice, oil, garlic, salt, oregano, and pepper. Place chops in bag, seal, and refrigerate 2 hours or overnight. Turn bag frequently to distribute marinade.

Preheat an outdoor grill for high heat. Remove chops from bag, and transfer remaining marinade to a saucepan. Bring marinade to a boil, remove from heat, and set aside.

Lightly oil the grill grate. Grill pork chops for 5 to 7 minutes per side, basting frequently with boiled marinade, until done.

Recipe courtesy allrecipes.com



Are You Eating Enough FRUITS and VEGGIES?

According to World Health Organization, eating the recommended intake of fruits and vegetables as part of a healthy diet improves overall health and reduces risk of certain diseases including cardiovascular diseases and certain types of cancer.

Many fruits and vegetables are plentiful in soluble fiber, which can lower LDL cholesterol, blood pressure and inflammation.

Even the colors of fruits and vegetables play a key role in health. The variety of colors within produce are known as "phytochemicals" that have been shown to potentially reduce the risk of certain cancers, heart disease and diabetes.

Here are three tips for getting started:

1. Start small - Don't bite off more than you can chew with an extremely aspirational goal. Stir fruit into cereal or yogurt, add

bagged salad to pizza night, top sandwiches with extra veggies, throw greens into your favorite pasta dish. Small wins build momentum and positive habits.

2. Make it easy - Cut and prep fruits and vegetables up right away so they are quick to grab. Keep all forms of produce on hand for low- and no-cook ways to add fruits and vegetables to the meals and snacks you already have planned. The easier it is, the more likely it will get eaten.

3. Focus on the flavor - When something makes you feel good, you want to do it again. When something tastes good, you want to eat it again. Utilize dips, herbs, spices and juices to add flavor and enjoyment to fruits and vegetables. Eating healthy doesn't have to be boring!

Most people know that fruits and vegetables are key to a healthy diet, but they may not know exactly how many, and the amounts, they should be eating daily.

The grill that is best for you depends on your space, what you like to cook and how you like to prepare it. Consider the following:

Space matters! For a big backyard, a larger grill with a kitchen island is a focal point for entertaining. A premium portable or compact grill is your best option if you live in a condo or apartment, or a place with limited space.

What do you love to cook? Think rotisseries for roasted chicken, or side burners for soups and stews. Consider a grill with ample space for pizza stones.

Below are the features of five major grill types to consider when making your choice.

Gas: For convenience and faster meal prep, a gas grill may be right for you.

Charcoal: If you love being hands-on with

the nuances of outdoor grilling, a charcoal grill is for you. Use your charcoal grill for classic low and slow cooking - and high heat searing.

Pellet: This is a great option for optimal flavor. Pellets are available in hickory, mesquite, and oak, for a truly flavorful cooking experience.

Electric: If you're looking for simplicity, an electric grill may be your best bet. Designed to produce constant heat and operate without an open flame - without charcoal or propane - they're especially suited for apartment or condo dwellers.

Kamado: For people who love cooking all styles and grilling year-round, Kamado Grills' excellent insulation works perfectly for both grilling and smoking. They're very versatile, use wood and charcoal, and can also roast or bake.



Few products come in as wide an array of price ranges as grills, so almost anyone who wants a grill can find one that's within their budget.



Escape the EVERYDAY Routine and Make MEMORIES

Are you ready to start planning your vacation? Check out these three family vacation ideas that are perfect for making memories together this summer.

1. Explore a new city - Exploring a new city together can be a fun and exciting adventure! Choose a destination and make a list of must-see spots and activities so you can plan accordingly, but don't overload your itinerary! Remember, your family should come back from vacation feeling refreshed. Build in downtime. Quiet, relaxing moments together allow everyone to recharge for the next activity.

2. Take a road trip - A family road trip is the quintessential American vacation experience and for good reason.

Where you decide to stop is completely up to your family, making each road trip a unique experience.

Plan for pit stops along the way that pique your interest. Remember the best part of a family road trip is that quality time is built into it. Spending time together in the car gives you plenty of opportunities to connect and talk about what you're most excited to see.

3. Stay at a resort - A family vacation at a resort is a great way to have fun while taking the stress out of trip planning. Instead of going out to several locations in one city, you can adventure, shop, eat and relax all in one place.

Don't let this summer slip by getting lost in your day-to-day routine. Let these three ideas inspire your family vacation so you can start planning your trip to make memories and have fun together this summer.



With the kids out of school, and the weather warming up, take advantage of the sunshine and your family's more flexible schedule to share experiences and strengthen your family bonds.



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Need a HERO?

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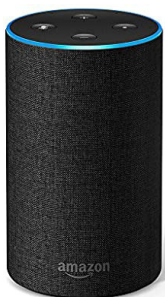
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every month!

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Cesar Chavez,
Powerstone Property Management



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