



*Experience the advantages of  
working with an Executive.*



**POWERHOUSE**

# NEWSLETTER



**POWERHOUSE**



**Summer 2017 Issue**

**FREE  
NEWSLETTER**

**Realty Executives Powerhouse  
244-06 Jericho Turnpike  
Floral Park, NY 11001  
Office: 516.437.8080  
Fax: 516.437.8074**

## OUR COMPANIES MISSION STATEMENT

**AT REALTY EXECUTIVES POWERHOUSE, WE DEDICATE OURSELVES IN REPRESENTING BOTH SELLERS AND BUYERS WITH THE MOST ETHICAL BUSINESS PRACTICES IN THE INDUSTRY WITH UPDATED TECHNOLOGY TO PROCESS A SMOOTH TRANSACTION. THE BEST INTERESTS OF OUR CLIENTS WILL ALWAYS COME FIRST AND WE WILL PLACE THE CLIENTS' CONCERNS AHEAD OF OUR OWN IN EACH AND EVERY TRANSACTION, AS WE ARE DEDICATED TO THE DEVELOPMENT OF LONG TERM CLIENT RELATIONSHIPS! OUR TEAM-APPROACH PHILOSOPHY ENSURES YOUR NEEDS ARE IMPORTANT TO EACH AND EVERY MEMBER OF OUR ORGANIZATION.**



If you enjoy reading our newsletters, please call or drop me a line regarding any question you might have related to real estate or home ownership, or just drop by for a friendly cup of coffee. You can contact me at 516.437.8080 or cell 516.695.2395

If you would like to receive our newsletter email us at [realtyexecutivespowerhouse@gmail.com](mailto:realtyexecutivespowerhouse@gmail.com)  
[www.realtyexecutivespowerhouse.com](http://www.realtyexecutivespowerhouse.com) - [www.realtyexecutivespowerhouse.com](http://www.realtyexecutivespowerhouse.com)



*Experience the advantages of  
working with an Executive.*



## **Signs and Symptoms of Untreated Lyme Disease**

Untreated Lyme disease can produce a wide range of symptoms, depending on the stage of infection. These include fever, rash, facial paralysis, and arthritis. Seek medical attention if you observe any of these symptoms and have had a tick bite, live in an area known for Lyme disease, or have recently traveled to an area [where Lyme disease occurs](#).

### **Early Signs and Symptoms (3 to 30 days after tick bite)**

- Fever, chills, headache, fatigue, muscle and joint aches, and swollen lymph nodes
- Erythema migrans (EM) rash:
  - Occurs in approximately 70 to 80 percent of infected persons
  - Begins at the site of a tick bite after a delay of 3 to 30 days (average is about 7 days)
  - Expands gradually over a period of days reaching up to 12 inches or more (30 cm) across
  - May feel warm to the touch but is rarely itchy or painful
  - Sometimes clears as it enlarges, resulting in a target or “bull’s-eye” appearance
  - May appear on any area of the body
  - See [examples of EM rashes](#)

### **Later Signs and Symptoms (days to months after tick bite)**

- Severe headaches and neck stiffness
- Additional EM rashes on other areas of the body
- Arthritis with severe joint pain and swelling, particularly the knees and other large joints.
- Facial palsy (loss of muscle tone or droop on one or both sides of the face)
- Intermittent pain in tendons, muscles, joints, and bones
- Heart palpitations or an irregular heart beat ([Lyme carditis](#))
- Episodes of dizziness or shortness of breath
- Inflammation of the brain and spinal cord
- Nerve pain
- Shooting pains, numbness, or tingling in the hands or feet
- Problems with short-term memory

## **Notes**

- Fever and other general symptoms may occur in the absence of rash.
- A small bump or redness at the site of a tick bite that occurs immediately and resembles a mosquito bite, is common. This irritation generally goes away in 1-2 days and is not a sign of Lyme disease.
- A rash with a very similar appearance to EM occurs with [Southern Tick-associated Rash Illness \(STARI\)](#), but is not Lyme disease
- Ticks can spread [other organisms](#) that may cause a [different type of rash](#).



*Experience the advantages of  
working with an Executive.*



## **Post-Treatment Lyme Disease Syndrome**

It is not uncommon for patients treated for Lyme disease with a recommended 2 to 4 week course of antibiotics to have lingering symptoms of fatigue, pain, or joint and muscle aches at the time they finish treatment. In a small percentage of cases, these symptoms can last for more than 6 months. Although sometimes called “chronic Lyme disease,” this condition is properly known as “Post-treatment Lyme Disease Syndrome” (PTLDS).

The exact cause of PTLDS is not yet known. Most medical experts believe that the lingering symptoms are the result of residual damage to tissues and the immune system that occurred during the infection. Similar complications and “auto-immune” responses are known to occur following other infections, including *Campylobacter* (Guillain-Barre syndrome), *Chlamydia* (Reiter’s syndrome), and Strep throat (rheumatic heart disease). In contrast, some health care providers tell patients that these symptoms reflect persistent infection with *Borrelia burgdorferi*. Recent animal studies have given rise to questions that require further research. Clinical studies are ongoing to determine the cause of PTLDS in humans.

Regardless of the cause of PTLDS, [studies](#) have not shown that patients who received prolonged courses of antibiotics do better in the long run than patients treated with placebo. Furthermore, long-term antibiotic treatment for Lyme disease has been associated with [serious complications](#). The good news is that patients with PTLDS almost always get better with time; the bad news is that it can take months to feel completely well.

If you have been treated for Lyme disease and still feel unwell, see your doctor to discuss how to relieve your suffering. Your doctor may want to treat you in ways similar to patients who have fibromyalgia or chronic fatigue syndrome. This does not mean that your doctor is dismissing your pain or saying that you have these conditions. It simply means that the doctor is trying to help you cope with your symptoms using the best tools available.

It is normal to feel overwhelmed by your ongoing symptoms. Some things that may help you manage your PTLDS include:

- Check with your doctor to make sure that Lyme disease is not the only thing affecting your health.
- Become well-informed. A lot of inaccurate information is available, especially on the internet. Learn how to sort through this maze.
- Track your symptoms. It can be helpful to keep a diary of your symptoms, sleep patterns, diet, and exercise to see how these influence your well-being.
- Maintain a healthy diet and get plenty of rest.
- Share your feelings. If your family and friends can’t provide the support you need, talk with a counselor who can help you find ways of managing your life during this difficult time. As with any illness, Lyme disease can affect you and your loved ones. It doesn’t mean that your symptoms are not real. It means that you are a human being who needs extra support in a time of need.

For more information go the website for CENTER FOR DESEASE CONTROL AND PREVENTION at <https://www.cdc.gov/>



*Experience the advantages of  
working with an Executive.*



As such, the NAR has come up with a [number of suggestions](#) for home buyers looking to navigate today's extremely competitive market:

#### **1. Create a budget and stick to it**

Buyers should get pre-approved by one or more lenders to ensure no delays. In addition, budgeting also means taking into account the additional costs such as taxes, utilities and insurance. Buyers should be aware that when listings are scarce the possibility of a bidding war becomes much higher, which means they should be prepared to walk in the event the bidding exceeds their budget.

#### **2. Identify your wants versus needs**

Wish lists might need to be compromised on if competition is too intense. For example, you might want a stainless appliance or hardwood flooring, but do you really need it? These can always be added later, the NAR points out.

"However, if a buyer wants to be in a specific school district or have a decent-sized backyard, those cannot be addressed later and must be taken into account during the house hunting process," the NAR said.

#### **3. Decide quickly**

Properties rarely stay on the market for long when things are so competitive. As such, [buyers need to learn](#) not too hesitate if they find a house that suits their needs.

#### **4. Make sure your offer is competitive**

In a seller's market a lowball offer just won't work, the NAR advises. As such buyers should go ahead and make their best offer right away or risk losing out. Still, the NAR warns that when multiple bidders are competing for the same property the highest bid may not always win, but says bids with fewer contingencies will surely be very attractive.

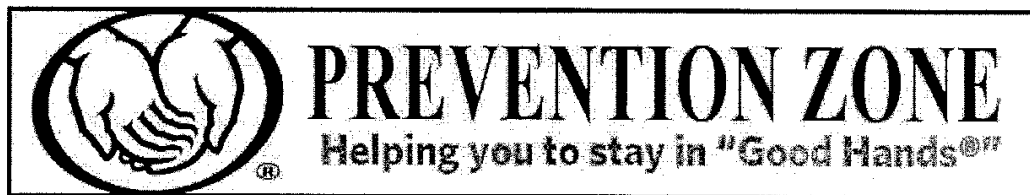
"Removing restrictions related to the sale of a current home and being flexible with things like the move-in date can make a bid stand out to a seller," the NAR said.

#### **5. Use a realtor**

The NAR also urges buyers to work with a real estate professional, as they are more likely to be familiar with suitable neighborhoods they're looking for.



*Experience the advantages of  
working with an Executive.*



### Protect Your Home While You're Away

Many families plan their vacations around the summer school break. If your vacation will take you away from your home for more than a long weekend, please consider these tips.

- ☒ The key to protecting your home from burglars is to make it appear as if you've never left.
    - Either stop your mail and newspaper or make arrangements for someone to take them in
    - Postpone any parcel deliveries until after your return
    - Have someone mow the lawn
  - ☒ Enlist the neighbors! Encourage them to park in your driveway. And don't forget to provide them with:
    - House keys
    - Alarm codes
    - Keys to any cars left at home
    - Emergency contact information
- Ask them to watch your home and take care of small tasks such as:
- Taking in flyers or door hangers left on the front porch
  - Opening and/or closing drapes and curtains
  - Checking for phone messages
  - Placing your garbage can at the curb on garbage pickup day
- ☒ Alert the police department and, if you have a security system, your alarm company, that your home will be unoccupied
  - ☒ Set up timers to lamps and a radio, and schedule them so that they lights and sounds mimic your normal routine
  - ☒ Disconnect small appliances, computers, televisions and media centers to protect them from power surges
  - ☒ Turn off the water to the washing machine and any other appliances as appropriate
  - ☒ Check that the toilets are not running water
  - ☒ Adjust the furnace and water heater
  - ☒ Turn down the ringers on the phones
  - ☒ Do not change the greeting on your answering machine to reflect that you're away
  - ☒ Lock up valuables, important papers and firearms
  - ☒ Move expensive items out of sight of the windows
  - ☒ Double check locks on all doors and windows, including the door to the attached garage
  - ☒ Don't forget the social media!
    - Don't use social media to announce to the world that you're on vacation – caution your family that they should not include any discussion of their pending vacation in their online chatter
    - Don't change your status to reflect that you are away and don't upload vacation pictures until your return

Visit [Allstate Be Aware and Prepare](#) and the [Insurance Institute for Business & Home Safety](#) for more, helpful information.





*Experience the advantages of  
working with an Executive.*



### Very Useful Websites

**For information on flood insurance and rates visit:**

<https://www.fema.gov/national-flood-insurance-program>

**Health insurance for the uninsured:** Four unique ways to help you find health coverage and determine eligibility for public and private health plans in every state.

[www.coverageforall.org](http://www.coverageforall.org)

**Mature travelers with special needs:** Information on the accessibility of accommodations...attractions...cruise ships...public transportation...etc.

<http://access-able.com>

**Summer jobs:** Search seasonal opportunities for high school and college students, as well as adults, at camps, amusement parks, resorts, hotels, national parks and more.

[www.summerjobs.com](http://www.summerjobs.com)

**Ask any questions:** Reliable, instant answers on more than four million topics.

[www.answers.com](http://www.answers.com)

**Calorie counters:** Calories in various foods-  
[www.thecaloriecounter.com](http://www.thecaloriecounter.com).  
Calories burned through different activities-

<http://nutribase.com/exercala.html>

### **CHANGE THE LOCKS! AND OTHER MOVING-IN-TIPS**

You've bought someone else's home and now it's time to turn it into your own comfy castle a safe and sound place where you can move your stuff in and settle down as a happy homeowner.

Before you unpack and bed down for your first night in your new home, however, you need to change the locks, say real estate experts.

"You don't know who the prior owner gave keys to!" says Licensed Associate Broker Laura Copersino. A past president of the Long Island Board of Realtors.

Real estate agents and maintenance people could have a set of keys to your home, according to realtytimes.com, which recommends installing deadbolt if the home doesn't have them.

#### **Keep Track of Your Stuff**

If you want to avoid a frantic search for the frypan or your bedroom slippers on your first night, make an inventory of your belongings.

Copersino says that to avoid losing some of your belongings when you move, label the boxes and indicate which room you want the movers to put them in. Be especially careful with irreplaceable items.

"Place away your important papers and documents and be sure you know where they are at all times. Copersino says. "Moves can be hectic, so it is even a good idea to have a close relative or friend hold on to the box until you are in the home and have secured a new safe place for your documents".

#### **Find the Leaks**

You had a plumbing inspection and a walk through, but things change, so recheck all plumbing for leaks, Copersino says. One way to check for a plumbing leak is to note the reading on the water meter. Avoid using the water for two hours, then check the meter again. "If the reading is changed, there is a leak somewhere," Copersino says.

#### **More Pre-Move Ideas:**

- Change the filters on air-conditioning units because clogged filters can lead to an unhealthy environment.
- Check the basement and garage for wild animals that may have moved in while the house was vacant.
- Familiarize yourself with the electrical panel. Make sure the circuit breakers are marked, and put a flashlight near the breaker panel.

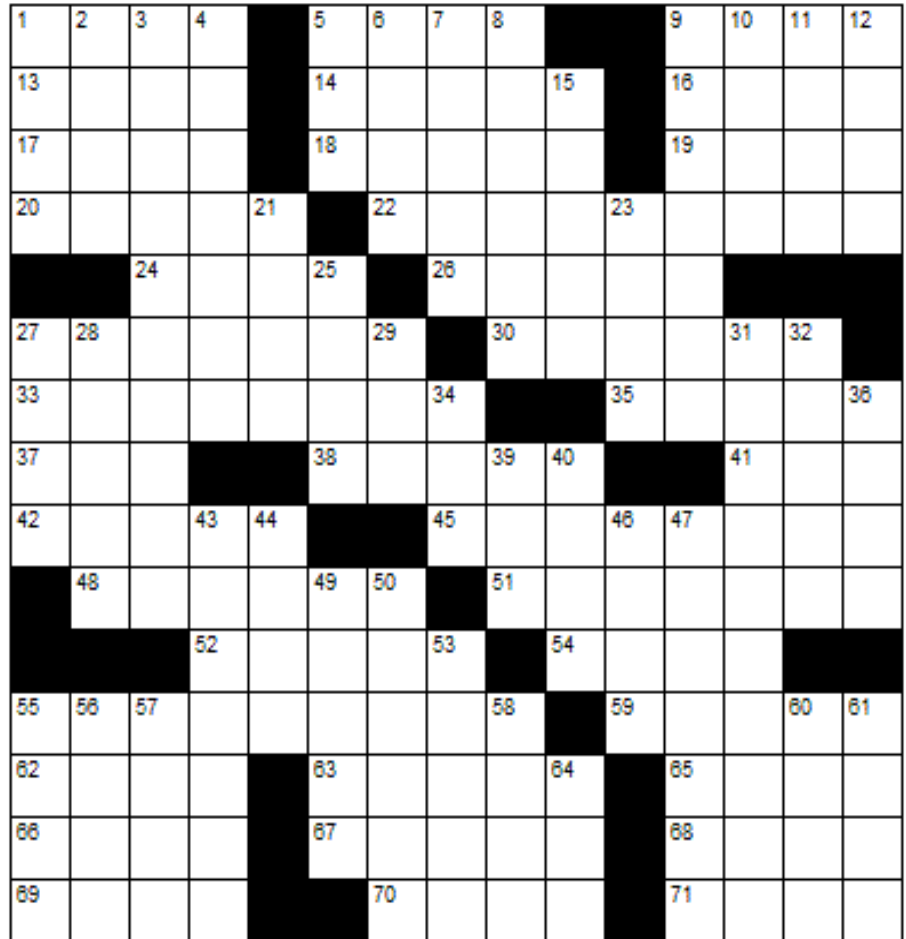


Experience the advantages of  
working with an Executive.



## ACROSS

1. Pear variety
5. Damage
9. Writing fluids
13. "Do \_\_\_ others..."
14. A part of the small intestine
16. Ark builder
17. Flower stalk
18. Devilfish
19. Wicked
20. Overly sentimental
22. Strolled
24. Plunder
26. Hawaiian veranda
27. Quantify
30. Chuckles
33. Issuing commands
35. 8th Greek letter
37. What we sleep on
38. Willow
41. 59 in Roman numerals
42. Smell
45. An edible sunfish
48. Wound
51. Fundamental or central idea
52. Utilizing
54. "Darn!"
55. More important
59. Barb
62. Carve in stone
63. Master of ceremonies
65. Corporate image
66. Cooking fat
67. Purposes
68. Type of sword
69. Neat
70. Garret



## DOWN

1. Kiss
2. Savvy about
3. Folding portable ladder
4. Write
5. Not her
6. "What a shame!"
7. Kidney-related
8. Bilateral
9. Complain
10. French for "Black"
11. Cabbagelike vegetable
12. Outbuilding
15. Bread from Heaven
21. Not mine
23. Tight
25. Threesome
27. Gangs
28. Construct
29. N N N N
31. Green chalcedony
32. Supporting column
34. A castrated tomcat
36. Spindle
39. Antlered animal
40. Regretted
43. Risqué
44. Backside
46. Tropical American wildcat
47. Twisted into deformity
49. Specks
50. Beast
53. Small lizard
55. Toward sunset
56. Decorative case
57. Frozen
58. Coral barrier
60. Curved molding
61. Troubles
64. Eastern Standard Time





*Experience the advantages of  
working with an Executive.*



## Grilled Lime Salmon with Mango-Avocado Salsa And Coconut Rise



Here you have one of the ultimate summer meals! The first week of summer requires a little celebrating, right? So why not go all out with dinner tonight

Recipe from  
[cookingclassy.com](http://cookingclassy.com)

### Ingredients

#### Lime Salmon

4 (6 Oz) skinless salmon fillets  
3 tbsp olive oil, plus more for grill  
2 tsp lime zest  
3 tbsp fresh lime juice  
3 cloves garlic, crushed  
Salt and freshly ground black pepper to taste

#### Coconut Rice

1 ½ cups Coconut Water  
1 ¼ cups canned coconut milk  
1 ½ cups jasmine rice, rinsed well and drained well  
½ tsp salt

#### Avocado-Mango Salsa

1 large mango, peeled and diced  
¾ cup chopped red pepper (1/2 large)  
¼ cup chopped fresh cilantro  
1/3 cup chopped red onion, rinsed under water and drained  
1 large avocado, peeled and diced  
1 tbsp fresh lime juice  
1 tbsp olive oil  
1 tbsp Zico Coconut Water  
Salt and pepper to taste

### Directions

#### For the salmon:

In an 11x7 inch baking dish whisk together olive oil, lime zest, lime juice, garlic and season with salt and pepper to taste (affair amount of each). Place salmon in backing dish, cover and allow to marinate in refrigerator 15-30 minutes, then flip salmon to opposite side and allow to marinate 15-30 minutes longer. Preheat grill over medium-high heat during last 10 minutes of marinating. Brush grill with oil. Place salmon on grill and grill about 3 minutes per side or until just cooked through (turn carefully as the salmon is fragile).

**For the coconut rice:** While the salmon is marinating prepare coconut rice. In a medium saucepan bring coconut water, coconut milk, rice and salt to a full boil. Cover and simmer until liquid has been absorbed (there may be just a little bit of excess liquid in center which you can drain off), about 20 minutes. Fluff with a fork, then let rest 5 minutes.

**For the avocado-mango salsa:** While the salmon is grilling prepare salsa. In a medium bowl toss together mango, bell pepper, cilantro, red onion, avocado, lime juice, olive oil and coconut water. Season with salt and pepper to taste. Serve warm with coconut rice top with avocado mango salsa.





*Experience the advantages of  
working with an Executive.*



## **For What Is Happening In Floral Park Visit One Of The Following WEB Sites For A List Of Events**

### **Floral Park NY, Community Events, Event Calendar, ...**

[www.townplanner.com/11001/NY/Events](http://www.townplanner.com/11001/NY/Events)

### **Incorporated Village of Floral Park**

[www.fpvillage.org](http://www.fpvillage.org)

### **Floral Park Events, Concerts, Film, Nightlife, Festivals ...**

[www.yelp.com/events/floral-park-ny-us](http://www.yelp.com/events/floral-park-ny-us)

Yelp Events, Floral Park Things Concerts, Festivals, Art, Film & More

### **Floral Park Concerts Events | Find Concerts Events in ...**

[www.local.com/events/category/music/floral-park-ny.aspx](http://www.local.com/events/category/music/floral-park-ny.aspx)

Search for music events in Floral Park, NY. Find concerts, festivals, performances and more in Floral Park, NY.

### **Village Calendar Of Events | The Incorporated Village of ...**

[www.southfloralpark.org/?programs=village-calendar](http://www.southfloralpark.org/?programs=village-calendar)

For a monthly calendar view of specific events, visit our Events Calendar page.

### **All events in Floral Park - Page 1 of 1 - EventViva**

<https://eventviva.com/events/floral-park>

Find information and tickets of upcoming events in floral park like parties, concerts, meets, shows, sports ...

### **Floral Park Chamber of Commerce**

[www.floralparkchamber.org](http://www.floralparkchamber.org)

Floral Park Chamber of Commerce is the best place to find an event in the Floral Park, NY area.

### **The Incorporated Village of South Floral Park**

[www.southfloralpark.org](http://www.southfloralpark.org)

### **Joint Bellerose Business District Development Corp**

[www.bellerosebusiness.com](http://www.bellerosebusiness.com)

Welcome to the online home of the Joint Bellerose Business District Development Corporation, a non-profit Business assistance and local development corporation



*Experience the advantages of  
working with an Executive.*



## Grill a 5-star **steak** at home with these pro tips!

**Cooking** the perfect steak on the grill is both an art and a science—it can take years for even the most talented chefs to learn the tricks they need to succeed. To help you become a steak master in your own home, we asked some of the country's best chefs to give us their secrets to grilling the most perfect steak ever—and a few of their secrets will definitely surprise you!

### PICKING THE PERFECT STEAK

**1. GO TO THE BUTCHER WHENEVER POSSIBLE**-You can find steaks at any grocery store, but you don't necessarily know where they came from—or how long ago they were cut. Instead, opt to go to a butcher for all your steaks. And if that's not feasible? Shop at a grocer that cuts meat in the store.

**2. WHEN IN DOUBT, PICK THE RIBEYE**-The best steaks for home grilling are marbled beef ribeye steaks or bone-in ribeye steaks often called Cowboy Steaks, says Michael Vignola, Corporate Executive Chef at Strip House and Bill's Bar & Burger. "The marbling enhances the flavor of these cuts while basting the meat in the cooking process to ensure a juicy steak," Vignola says. Not sure what marbling is? It's the little white flecks of fat in the meat.

**3. LOOK FOR THICKNESS**-When selecting your steaks, try to get one that is at least an inch thick, if not 1.5 or 2 inches. "The thickness will help in achieving that bullseye red center of perfection," says Vignola. "I prefer buying a larger, thicker cut steak and carving for my friends and family."

**4. GET THE CENTER CUT**-Always get a uniform cut of meat from the center, advises Chef Phil Yandolino, founding chef at BRIO Tuscan Grille. "Whether cooking a New York strip steak, a porterhouse steak, or a tenderloin, the uniformity that a center cut provides can help to maintain the quality of the end result and will ensure even cooking."

**5. GO FOR GRASS-FED**-[Grass-fed beef](#) is not only higher in omega-3s, it's better tasting, too. "Now that I've gotten used to the cleaner, fuller taste of grass-finished beef, grain-fed beef tastes really one-note to me," says Kim Brauer, chef and recipe developer at Marx Foods.

**6. THINK OUTSIDE THE RIBEYE**-Don't want to drop a bunch of cash on an expensive steak? You can still find a good piece of steak. "Choosing less common cuts is a good way to get a great steak at a better price point". "The teres major (the shoulder), for example, is almost as tender as a filet mignon at a third of the price, and I think it's even tastier."

**7. AVOID ENHANCED BEEF**-Skip the steaks that say "enhanced" on the label. This means the meat has been injected with additives. Some of these additives affect the taste, like marinades and meat tenderizers. Another common enhancer is saline solution that's meant to increase the steak's size and moisture levels.

### PREPARING THE PERFECT STEAK

**8. DON'T TRIM THE FAT**-Fat might look gross on the sides of an uncooked steak, but don't cut off all of it. The reason: fat gives taste to steak, so leaving a little bit on there—in addition to the marbled bits mentioned earlier—can give your bites a little extra oomph.

**9. BUT DO TRIM THE SKIN**-That said, you don't want to just leave everything on. Depending on which cut you choose, you may need to trim off some silver skin. "This looks just like it sounds—silvery, slightly-shimmery bands running along the side of some steaks that don't soften in cooking, and hang around as gristly bits."



*Experience the advantages of  
working with an Executive.*



**10. OIL IT UP** - Use a canola and olive oil blended oil to coat the steak before seasoning it.

"Either an 80/20 or 90/10 ratio [of canola to olive] will get the job done," advises Vignola. "Be sure to lightly coat the steak. The oil will allow the surface temperature to get seared fast, ensuring a juicier final product as well as greatly aiding the charring of the meat's surfaces." Save your expensive olive oils for salads in which their subtle flavors will shine brightest. Plus, some oils can't handle high heat and can actually hurt your health!

**11. SKIP THE FANCY MARINADES** - In addition to oil, a well-marbled steak only needs coarsely ground black pepper and kosher salt to bring it flavor perfection, adds Vignola. "Be sure to season a bit more than you might regularly season a sautéed item. Some of the steak's seasoning will be lost in the grilling process; you want to be sure to have enough on the steak to get the job done."

**12. UNLESS YOU HAVE A LESSER CUT** - Add a marinade to make lesser cuts like tri-tip and flank steak tastier. "This will help in providing more flavor and help break down its fibrous structure," says Albert Balbas, executive chef at d.k Steak House in Waikīkī, Hawaii. An easy one to try? Mix some olive oil, balsamic vinegar, Worcestershire sauce, soy sauce, dijon mustard, and garlic.

## **COOKING THE PERFECT STEAK**

**13. START WITH A CLEAN GRILL** - Clean your grill with a wire brush after every use—and make sure to do it while it's hot. "When preparing the grill for a cut of steak, heat it for about 30 minutes or so, allowing it to heat to approximately 600° F". As it is heating up, brush the grill grates with oil to prevent any sticking. But be careful about using a cheap or old brush in which the wires get caught on the grill; believe it or not, but this is the very cause for an uptick in hospital visits in the summer months.

**14. LIGHT UP WITH CHARCOAL** - Gas grills might be popular, but master chefs prefer to use charcoal grills. Use a chimney starter to light up, advises Anthony Chin and Wade McElroy of Horse Thief BBQ. "This eliminates the need for lighter fluid, which can impart a bad taste onto your meat," Chin says. And wait, did someone say master chef?

**15. MAKE SURE IT'S HOT BEFORE YOU START** - High heat sears the cooking surface of the meat, which translates to a juicier steak and allows the delicious char to happen.

If you're cooking on charcoal, make sure you wait until the charcoal turns white and is evenly spread out, adds Robert Liberato, executive chef at STK LA. "Don't rush the process with extra lighter fluid or throw a steak on the grill when there is an open flame". "That only immediately burns the meat." And it's a bad flavor, not the "I like it burnt" kind.

**16. BUT DON'T LET IT GET TOO HOT** - A little flame is your friend, but a lot is your enemy. "Keep two sides of the grill hot and move the steak to the second hot spot if the first grilling area is aggressively flaming up".

Dousing with water is a last resort. "You want to keep the grill as hot as possible, but if it's between the house going up and a well-charred steak, I'd give a nod to keeping the house intact".

**17. FORGET THE FORK, PLEASE** - It might be easy to stab your meat with a fork to turn or flip it, but resist the urge unless you want an unevenly cooked steak. "Fork punctures allow juices to escape and can lead to drying, less flavorful protein," says Liberato. "Always use a spatula or tongs." It sounds minor, but these are the little things that add up to cooking the best steak ever!

**18. DON'T BE A DRAG** - Don't drag the steak over the grill when turning; simply pick it up in one motion and place it back with the same motion. "Once you have started the steak on the hot spot leave it be, allow it the meat to sear evenly," says Vignola. "Once the meat is charred, pick it up and flip onto the cooler spot of your grill. Flipping the steak too often can sabotage the charring of the meat and eliminate most of the seasoning on the steak".



*Experience the advantages of  
working with an Executive.*



**19. KEEPTABSONTHETEMP--**Always keep an instant read thermometer handy while grilling. It takes the guesswork out of determining its cooking status, especially when cooking for a group of people who want theirs prepared at different temperatures. A rare steak should hit 120 degrees, while a medium steak should top 140 degrees and a well-done should hit at 160.

**20. ADDGRILLMARKSLIKEAPRO-**Those perfect grill marks are like a stylish garnish to your meal. They're pretty simple to do, too. "To make diamond grill marks on the meat, sear it on an angle and then turn before flipping the steak to the other side".

## **EATINGTHEPERFECTSIEAK**

**21. BE PATIENT-**We know you can't wait to devour your creation, but be patient! Once any piece of meat is cooked, it's important to let it rest for seven to 10 minutes (depending on the cut) before slicing, advises Liberato. "Since the juices get squeezed to the outside during the cooking process, allowing it a chance to sit will help the juices disperse evenly throughout the center of the [meat](#)."

**2. GIVE IT A GRILLENCORE-**After the steak has rested, put it back on the grill for about 30 seconds on each side just before serving to get a surface sizzle going. "A little sprinkle of a gray sea salt on the steak allows for a gentle and focused re-seasoning of the steak".

**23. ADD A BIT OF SEASONING -**"Pink Himalayan Sea Salt, pink and white peppercorns, cinnamon, brown sugar, chili and chipotle powders, and espresso powder-based rubs will all elevate the meat's natural flavor.

**24. PAIR IT WITH A RED -**It's finally time to eat! How can you make the experience even more amazing? Just add wine. It's a well-known fact that the right pairing of red wine and steak can elevate the flavors of *both*. You'll want to stick with red over white or rosé because red wines have more tannins that complement the fats in your steak. Not feeling very confident about your wine choice? You really can't go wrong with a Cabernet Sauvignon or even a Malbec. Bonus: red wine has antioxidants, which is one of the [23 Surprising, Healthy Benefits of Alcohol!](#)



What Better Way Too Show Support For Our Troops And Vets Then  
Right Here At Home

Dennis Winnie and Anna Gaetano of Realty Executives Powerhouse  
are proud to announce we will be donating out of each closing a  
portion of our commission to a Veterans Organization of your  
choice.

The men and women of our armed services have devoted their lives  
for our freedom. Please help us to thank them.



*Just A Common Soldier*, also known as *A Soldier Died Today*, is one of the most popular poems on the Internet. Written and published in 1987 by Canadian veteran and columnist A. Lawrence Vaincourt, it now appears in numerous anthologies, on thousands of websites and on July 4, 2008 it was carved into a marble monument at West Point, New York. Please enjoy this tribute to the Soldiers, Sailors, Marines, and Airmen who have given so much for our country.

<http://www.justacommonsoldier.com/>



Dennis Winnie and Anna Gaetano  
Realty Executives Powerhouse  
244-06 Jericho Turnpike  
Floral Park, NY 11001



(516) 695-2395 - (516) 395-9271 - Fax: (516)-437-8074





**POWERHOUSE**

### **WORK WITH REALTY EXECUTIVES POWERHOUSE**

In today's competitive real estate market, it can be difficult as well as stressful, to sell your home. What happens if an appliance or even a mechanical system breaks down before you sell or right after the new buyers move in?

When you list your home, I will provide you with a HWA Home Warranty Plan which will protect your eligible appliances, homes systems and components, giving you and your home a competitive selling advantage. HWA's Home Warranty, as a home seller or buyer provides coverage for repair and/or replacement with a network of authorized contractors 24/7 (subject to contract terms and conditions).

Having a HWA Warranty on your home during the listing period will help minimize your out of pocket expense, and make your home more attractive to the potential buying public. When you close on your home we will provide the buyer 13 months of coverage helping to decrease conflicts and post-sale liability.

One of the many reasons to list your home with Realty Executive Powerhouse and having a HWA Home Warranty in place is that it's **FREE!** that's right **FREE!** I will pay the cost of the HWA Warranty Plan at closing and then provide it to the buyer as well for an additional 13 MONTHS.

Contact the experienced franchise team of Dennis Winnie and Anna Gaetano at either 516.695.2395 or 516.395.9271 for all your real estate questions, and get your FREE HWA Warranty Plan.



*Experience the advantages of  
working with an Executive.*



## **Membership In The Following**

Bellerose Terrace Civic Association  
Community Center, Floral Park, NY 11001

Bellerose Business District  
50 Superior Road  
Bellerose Village, NY 11001

Queens Village Civic Association  
Queens Village, NY 11428

Kiwanis International  
Floral Park Chapter

If you are interested in becoming a member please contact me: Dennis Winnie  
516-437-8080 or 516-695-2395.

[Download the Kiwanis International fact sheet.](#)



*Experience the advantages of  
working with an Executive.*



## NOTES

If you have any suggestions or would like to see certain articles in our newsletter please call us at 516.437.8080 or email at [realtyexecutivespowerhouse@gmail.com](mailto:realtyexecutivespowerhouse@gmail.com) and we will be happy to review any suggestions you might have.