



Getting your grill on

The backyard barbecue can survive debt settlement (and so can you).

“A BAD OR MEDIOCRE meal is more than just an unpleasant taste, it is an unnecessary negation of one of life’s pleasures – a wasted chance to refine our palates, learn about the world, and share a rewarding experience.

I’ve learned that by applying some basic economics to my food choices, I can make nearly every meal count. I’ve also realized that **a lot of the best food is cheap.** “

Tyler Cowan, economist and foodie

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Hope from a debt survivor.

Client of the Month.

With school coming to a close and the spring season bleeding into summer, don't put enjoying the weather and the company it beckons on the back burner because of debt settlement. Having a few friends over and lighting up the grill is not a summertime activity reserved for those in the black.

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This month's recipe, a few laughs and how to connect with us on online.

Cook, Laugh, Connect.

Exchange the overdone (in frequency, not temperature) bratwurst and hotdog for these fresh and intriguing grilling ideas, and remember that everyone deserves a good frank.

Say hello to summer on page 2.



Grill for less

With a few helpful tips, summertime barbecues are right inside your price range.

Cheap cuts save bucks.

Expertly marinated and grilled meats don't have to break the bank before even leaving the store.

Consider sacrificing the purchase of expensive cuts of meats, such as sirloin steaks and chicken breasts for less expensive cuts, such as round steak or chicken legs. According to the U.S. Bureau of Labor Statistics, the U.S. city average price for chicken legs currently sits at \$1.50/lb, round steak at \$4.96/lb. The reason for the low prices on these cuts is the higher composition of muscle that make them up. They typically come from older animals and may even be more flavorful.

But more muscle means tougher meat. Ever experienced a pot roast that melts in your mouth? Or shreds of turkey that drip off the bone? Then you might hesitate to venture into the lower cuts.

But with proper doctoring and various moist heat preparation methods, you can squeeze every drop of quality out of any cut.

Money marinades.

Less expensive cuts do well in slow cookers and in marinades - any method that allows the meat to soak up moisture, rather than dispel it (for example on a grill, what's considered a "dry heat" method). This means before grilling, make sure to prepare an exceptional marinade and allow enough time for the meat to steep in it.

An excellent resource for concocting a delectable marinade with any bizarre, cost

effective, or abundant ingredient in your fridge is epicurious.com. The recipe-generating site can match your specific ingredients, cooking method, and time constraints to the perfect recipe in its sprawling database.

Apple juice marinade? Maple syrup? Even Cherry Coke. You can marinate in just about anything and everything.



The Great Gas Debate

The economizing doesn't need not stop at the grill, either. There's a hot debate raging over which method, if either, is superior in grilling: charcoal or gas? This may seem like a futile argument, but the method you choose to use could save you time, taste and treasure.

Convenience

Gas/Electric: If you are a fairly casual griller looking for a quick means of roasting some chops once home from work, gas or electric grills might be the best option. Relatively

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smaller in size and flare-ups, these grills can be squeezed onto small patios for occasional use.
 Charcoal: These grills are huge. They require propane tanks and deep hoods for lighting the charcoal. Make sure you allot the proper amount of space for these monsters.

Cost

Gas/Electric: The upfront cost is significant. These machines generally cost much more than a traditional charcoal grill. However, the cost of the fuel -- the gas -- is less expensive at an average of \$0.20 per cookout.

Charcoal: While the machine may cost much less than the former, the charcoal can be expensive at an average of \$5.00 per cookout.



Client of the month

Each month we honor an SDS client who has shown commitment to the program in the face of extreme challenge. We hope this story encourages you in your own hardships.

Name and location: David, from Wyoming

Something interesting about yourself: Small rancher with miniature horses and several dogs - fell last year and broke neck seriously - four months in rehab - no more horses - miracle recovery -thank you Lord.

What brought you to Superior?
 Researched debt companies - liked Superior website and program.

How many accounts did you have when you started and about how much debt?

Ten accounts with \$145,000 in debt.

What was the hardest thing about being in debt? It was paying on all accounts with no problems - kept raising my interest rate and priced me out of market - contacted Chase, biggest problem, by letter with deal - was treated with some kind of legal letter, no phone contact - said to myself WHAT!?! - contacted Superior - unfortunately other accounts had to be included - fight was with Chase.

What has changed since you started the program?

No changes about how I felt about money. Life changes - glad to stick it to Chase - Capital One has come back with new accounts - nice to have cash for things around the ranch - everything overshadowed by neck injury.

What has your experience been like with Superior?

Superior has been friendly, helpful, and extremely cooperative - all of them have my heartfelt thanks over and over. Anytime I called and if I could not reach Marie, there was always someone who could help me. I was very impressed that everyone knew what was going on with my account. Everyone was always nice to me.

Any advice for those just starting the program?

Advice - don't let the credit merchants shove it to you - if you are the best account - they will take advantage of you ASAP - I have no guilt feelings about using this program the credit card companies made a lot more than they lost - listen to Superior they are the best at what they do - let them negotiate on your behalf.

Cooking Without Credit

Perfect Asian Chicken Skewers

Ingredients

1/2 cup (packed) light brown sugar
 1/2 cup unseasoned rice vinegar
 1/3 cup hot chili paste (such as sambal oelek)
 1/4 cup fish sauce (such as nam pla or nuoc nam)
 1/4 cup Sriracha
 2 teaspoon finely grated peeled ginger
 1 1/2 pounds skinless, boneless chicken thighs, cut into 1
 1/2-inch-2-inch pieces



Directions

Prepare grill for medium-high heat. Whisk brown sugar, vinegar, chili paste, fish sauce, Sriracha, and ginger in a large bowl. Add chicken and toss to coat. Thread 4 or 5 chicken pieces onto each skewer.

Transfer marinade to a small saucepan. Bring to a boil, reduce heat, and simmer until reduced by half (about 1 cup), 7-10 minutes.

Grill chicken, turning and basting often with reduced marinade, until cooked through, 8-10 minutes.

Laughing Matters

"A Beverly Hills podiatrist makes his living by giving women the "Cinderella Procedure," a surgery that alters the shape of feet so they can fit into designer shoes more comfortably. One day, God willing, technology will advance to where it's easier to alter a shoe than a human foot." -Seth Meyers

"Hillary Clinton is going to be a grandmother. She's very excited about it. She's home right now knitting a tiny pantsuit." -David Letterman

"Yesterday, North Korea held its annual marathon. Congratulations to first, second and third place winner, Kim Jong Un." -Conan O'Brien

Connect with Superior

For more money-saving tips and a place to give us feedback, check out our blog at <http://superiordebtrelief.com/blog> or follow us on Facebook and Twitter @SuperiorDebt.

Refer-a-Friend

Know someone who could also benefit from our services? Contact one of our member services representatives to join our refer-a-friend program and start receiving incentives today.

Stay Up-to-Date on Debt, Online

Who We Are

Established in 1998, Superior Debt Services is a debt relief company committed to ethically helping consumers lower their credit card debt while encouraging healthy financial habits. Find out more at superiordebtrelief.com.