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**Fascinations**

I am fascinated with Google Voice. I am amazed at how one Google Voice phone number can ring all phones that you associate with it. (You even get to choose the number!) That includes your home phone or one or more cell phones. And that's not all. It allows you to make individualized voice mail greetings for individuals or groups. In addition, you are in control from your computer! You want call records? They are all right there on your computer. Check it out and see if it's something you are interested in.

**Amazing Useless Information**

The storage capacity of the human brain exceeds four terabytes. That is more than 4,000 gigabytes.

It would be possible to boil about 8 gallons of water with the heat generated by the human body each day.

**Brain Teaser**

Rearrange the following letters to give the title of a popular song.

ECHO IN MUDDY LANE

See page 3 for the answer.

**Stand Up and Be Counted**

Every 10 years in this country, we undergo the arduous task of counting all the people in the country. It's called the Census, and yes, it is very important. When you fill out the census form, you're making a statement about what resources your community will receive in the future. Accurate data reflects changes in your community. The census data is used to apportion seats in the U.S. House of Representatives. It is also used to decide how more than \$400 billion per year is allocated for projects like new hospitals and schools.

The U.S. Constitution requires that electoral districts be periodically adjusted or redrawn to account for population shifts. This shift in electoral district and constituency boundaries is called redistricting. State legislatures or independent bipartisan commissions (depending on the state) are the bodies that actually redraw district lines.

The census begins in March with the mailing of the census questionnaire. Households will be given the opportunity to complete and return the form by mail. Completing it is not a difficult task. April 1 is National Census Day, the day you should use as a point of reference for returning your completed forms by mail.

From April to July, census takers will visit households who did not return the form by mail. Their goal is to get an accurate count of people in each household.

The census bureau delivers the population information to the president in December 2010 for apportionment.

In March 2011, by law, the Census Bureau completes delivery of redistricting data to each state.

So remember, when you get your census form in the mail, it's important to stand up and be counted!

## Online Backup Revisited

A year ago, in the [March 2009 Newsletter](#), I wrote a column about online backup services. Have you used one? Do you wish you had used one because your hard disk crashed?

A lot can happen in a year in this world of technology. The online backup services I wrote about a year ago still exist along with more new ones.

When you take a minute to think about it, you realize that your life really is in your computer; your photos, your music, and all your important documents. Maybe all your financial records for years. Backing up your hard drive painlessly and automatically for about 15 cents a day is actually a good deal.

I researched different providers of this service and found that [Carbonite](#) met my needs. The initial backup took several days (actually about 4 1/2 days), but I now know that my new and changed files are being backed up as I waste my time on Facebook. It's a good feeling. Maybe you should give it a second thought.

## The Wine Corner



Do you know why grapes are not grown from seeds? It's because they start out as blossoms that are fertilized from the pollen of another vine. If the vine is a different grape type, then the seed will be the "offspring" or hybrid of both vines. Cuttings are more predictable when you are trying to get the same type of grape each time you harvest.

In the United States, the regional growing areas are called American Viticulture Areas (AVA). When you see AVA on a wine label, then you know that at least 85 percent of the contents came from that area.

## Red Raspberries: Elegant and Delicious



Raspberries are known as "aggregate fruits" which means that they are made up of smaller seed-containing fruits, called drupelets, which are arranged around a hollow central cavity. The raspberry shape conveys to them a very delicate, almost "melt-in-your-

mouth" texture. They are fragrantly sweet with a subtly tart overtone. The most common type of raspberry is red-pink in color even though raspberries actually come in a range of colors including black. Both loganberries and boysenberries are hybrids of raspberries.

Raspberries are an excellent source of fiber, manganese and vitamin C. They are also a good source of vitamin B2, folate, niacin, magnesium, potassium and copper. Red raspberries are most often the source of a dietary supplement sold in many health food stores called ellagic acid. Don't forget that they are also low in calories!

Raspberries are one of the most perishable fruits. They should only be purchased one or two days prior to use. Choose berries that are firm, plump and deep in color. If you are buying berries prepackaged in a container, make sure that they are not packed too tightly, since this may cause them to become crushed and damaged. Also check to see that the container has no signs of stains or moisture, which indicates possible spoilage.

Before storing in the refrigerator, remove any berries that are molded or spoiled so that they will not contaminate the others. Place the unwashed berries back in their original container or spread them out on a plate lined with a paper towel, then cover the plate with plastic wrap. Raspberries will keep fresh in the refrigerator for one or two days.

They should not be kept at room temperature or exposed to sunlight for too long, as this will cause them to spoil.

Raspberries freeze well. Wash and pat dry, then place them in a single layer on a cookie sheet. Place in the fridge until frozen. Once frozen, transfer the berries to a heavy plastic bag and return them to the freezer where they will keep for up to one year.

## Spice It Up !



### Cardamom

Cardamom is one of the world's very ancient spices. It is native to the East and

originates in the forests of southern India, where it grows wild on the Malabar Coast. Today it also grows in Sri Lanka, Guatemala, Indochina and Tanzania. The ancient Egyptians chewed cardamom seeds as a tooth cleaner; the Greeks and Romans used it as a perfume. Vikings introduced it into Scandinavia, where it remains popular to this day.

Cardamom is an expensive spice, second only to saffron. Even though there are many inferior substitutes from cardamom related plants, *Elettaria cardamomum* is the only true cardamom.

Cardamom comes from the seeds of a ginger-like plant. The small, brown-black sticky seeds are contained in a pod in three double rows. There are about six seeds in each row. The pods are between 1/4 and 3/4 inches long. The larger variety known as 'black' is really brown and the smaller is green. White, bleached pods are also available. The pods are roughly triangular in cross section and oval or oblate. Their dried surface is rough and furrowed. The large 'blacks' have deep wrinkles. The texture of the pod is that of tough paper. Pods are available whole or split and the seeds are sold loose or ground. It is best to buy the whole pods as ground cardamom quickly loses its flavor.

Cardamom has a strong, aromatic odor yet a delicate, spicy flavor. It is used in many cuisines worldwide in both sweet and savory dishes.

## Featured Recipe: Fennel Crusted Pork with Roasted Root Vegetables

3 carrots, peeled and cut into 3 inch sticks  
2 parsnips, peeled and cut into 3 inch sticks  
1 medium red onion, cut into 1/2 inch wedges  
2 tablespoons plus 2 teaspoons olive oil  
Kosher salt and black pepper  
1 pork tenderloin, about 1 1/4 pounds  
2 tablespoons fennel seeds, crushed  
3/4 cup apple cider  
2 teaspoons honey

Preheat oven to 400 degrees.

On a large rimmed baking sheet, toss the carrots, parsnips, onion, 2 tablespoons of the oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Roast for 20 minutes.

Meanwhile, season the pork with 1/2 teaspoon salt and 1/4 teaspoon pepper and coat with the fennel seeds. Heat the remaining 2 teaspoons of oil in a large skillet over medium-high heat. Cook the pork, turning occasionally, until browned on all sides, 6 to 8 minutes.

Transfer the pork to the baking sheet with the vegetables and roast until the pork is cooked through and the vegetables are tender, 16 to 20 minutes more. Let the pork rest for at least 5 minutes before slicing.

Meanwhile, wipe out the skillet, add the cider and honey, and whisk to combine. Boil until reduced by half, 4 to 6 minutes. Serve with the pork and vegetables.

### A Final Word

Thanks again for reading the newsletter. Send comments or questions to [Glen@Glen's Place](mailto:Glen@Glen's Place).

Until next time remember: *When you're in it up to your ears, keep your mouth shut.*

**Answer to brain teaser:** Unchained Melody

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