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A Note from Glen

[Glen's Place](#) has been totally redesigned and updated. I knew it would be a big job, but even I had underestimated the enormity of the task! Take a look and let me know what you think.

March is one of my favorite months. I enjoy pretending to be Irish for a day whether I am or not. I hope you enjoy St. Patrick's Day as well.

Fun Facts and Trivia

The wingspan of a Boeing 747 jet is longer than the Wright Brothers' first flight.

Rhode Island is the smallest state with the longest name. The official name, used on all state documents, is "Rhode Island and Providence Plantations."

On the new hundred dollar bill the time on the Independence Hall clock tower is 4:10.

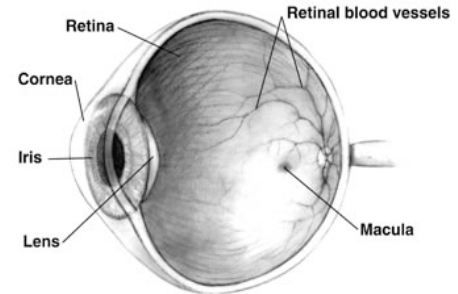
Brain Teaser

What is represented by the following?

C H I M A D E N A

Macular Degeneration: Understanding Vision Loss

Many of you know that I was diagnosed several years ago with macular degeneration. Since many people do not know much about it, here is a short attempt to explain.



Macular degeneration, often called AMD or ARMD (age related macular degeneration) is the leading cause of vision loss and blindness in Americans aged 60 and older. It is a growing problem because older people represent an increasingly larger percentage of the general population. A recent study estimated that 1.75 million U.S. residents had vision loss from advanced age-related macular degeneration. By 2020, that number is expected to grow to almost 3 million.

AMD occurs with degeneration of the macula, which is the part of the retina responsible for the sharp, central vision needed to read or drive. Macular degeneration is diagnosed as either dry or wet. The dry form is more common than the wet. About 85-90 percent of AMD patients, including me, are diagnosed with dry AMD. Gradual central vision loss may occur with dry macular degeneration but is not nearly as severe as wet AMD symptoms.

There are no FDA-approved treatments available for dry macular degeneration. A major National Eye Institute study has produced strong evidence that certain nutrients such as beta carotene (vitamin A) and vitamins C and E may help prevent or slow the progression of dry macular degeneration.

[See **Macular Degeneration**, Page 2]

Tech Tip

OMG!!! My hard drive just crashed and I don't have a backup of those photos from our last vacation! Has this ever happened to you? Well, it doesn't have to happen. To protect your data, you may want to look to an online backup service such as IDrive (idrive.com) Or Mozy-Home (mozy.com) Both services offer 2GB of free storage with an option to upgrade to unlimited storage for a fee. The real advantage of these services is that they work automatically in the background, uploading new and changed files as you work. You can also schedule times for backup such as the middle of the night.

If you don't mind taking a more hands-on approach, ADrive (adrive.com) will allow you to park up to 50 GB for free. You can get rid of the ads and add more features for a fee.

Don't Worry, B Happy

Did you know that eating plenty of foods rich in vitamin B could make you feel better? It could make you less likely to be moody, irritable, impatient, or depressed. Here's where you can get your Bs.

- B1 - peas, brown rice, lentils, pork,
- B2 - fortified cereals, milk, almonds
- B3 - tuna, chicken, salmon, peanuts
- B5 - sweet potatoes, chicken
- B6 - bananas, salmon, spinach
- B12 - chicken, turkey, milk, eggs

Quotable Quotes

Even if you're on the right track, you'll get run over if you just sit there.

~ Will Rogers

Success consists of going from failure to failure without loss of enthusiasm.

~ Sir Winston Churchill

Strawberries: Fragrant, Juicy, and Delicious



It's strawberry season here in California. There is nothing better than strawberries fresh from the field to the fruit stand. The fragrantly sweet juiciness and deep red color of strawberries can brighten up both the taste and aesthetics of any meal. It is no wonder they are the most popular berry fruit in the world.

Strawberries are a good source of vitamin C, fiber, folic acid and potassium. They contain antioxidant compounds that help you stay healthy in a variety of ways. They are also a very good source of dietary fiber and iodine

When shopping for strawberries, you should pick bright red, shiny, fully formed berries since they do not ripen after being picked. They will get a deeper red but there is no further flavor development.

The best way to keep strawberries fresh is to place them in the refrigerator in layers separated by paper towels inside a plastic container or sealed bag. This works great for short term storage- up to 3 days. Do not wash the strawberries before storing them. To ensure freshness, wait until you plan to eat them to rinse them off. To keep them longer than 3 days, the strawberries will need to be frozen in a sealed plastic bag. To freeze strawberries, first gently wash them, pat them dry, then place them in a single layer on a cookie sheet in the freezer. Once they are frozen, place them in a plastic bag. Strawberries will keep up to a year in the freezer.

[**Macular Degeneration**, from Page 1]

The AREDS study shows that taking high dose formulas of certain nutritional supplements can reduce risk of early stage AMD progression by 25 percent. Phase two of the AREDS study hopes to evaluate whether similar protective effects against AMD might be associated with other nutrients such as omega-3 fatty acids, lutein, and zeaxanthin which is found in green, leafy vegetables.

More information is available [here](#) if you are interested.

Approximately 2.5 million people in the United States are "legally blind" – meaning that even with corrective lenses, they have less than 20/200 visual acuity.

The Wine Corner



Did you ever stop to think about the wine cork, where it comes from and why it's used? The unique physical properties of natural cork have made it an ideal way to seal wine bottles since the Roman days. Cork has a unique honeycomb cell structure. Each cell is sealed, filled with air and not connected to any other cell.

Cork is elastic so it can be compressed and when released will return to its original volume. As the cork is compressed, the air in the cells is compressed. When pressure is removed the cork expands back to its original volume.

Cork is waterproof. Individual cells are sealed so they're not connected to each other. No capillary action or wicking can happen in cork.

So where does cork come from? Natural Cork is harvested from the living bark of the Cork Oak. It is harvested in a regular cycle over the lifetime of the tree. Most of the world's cork comes from the Mediterranean countries.

The first harvest of virgin cork comes when the tree is about 25 years old. More 'reproduction' cork can be harvested in the next 9 to 12 years. Then another 9 to 12 years later comes the first harvest suitable for wine bottle corks. From the time you've planted the tree till the first wine bottle cork is harvested is around 40 years so it's not a get rich quick scheme.

Cork is big business. It is estimated that cork is used for 13 billion wine bottle stoppers per year.

Recipe of the Month

This is an easy recipe if you cook the chicken ahead of time. (We usually cook several chicken breasts at the same time and keep them frozen until ready to use.) Serve these enchiladas with refried beans and our all time favorite [Mexican Rice](#) for a wonderful "south of the border" dinner for the family or guests..

Green Chili Chicken Enchiladas

2 cups cooked chicken breast, diced
1/2 cup green onions, sliced
3 tablespoons canned chopped ripe olives
2 teaspoons chili powder
3/4 teaspoons salt
12 corn tortillas
6 ounces Cheddar cheese, shredded
1/4 cup sliced ripe olives
1 (28 oz.) can Las Palmas green enchilada sauce

Combine chicken, onions, chopped olives, chili powder, and salt. Soften tortillas according to package directions. Top each tortilla with 2 to 3 tablespoons filling and 1 tablespoon cheese; roll up. Arrange tortilla rolls in a 9x13 inch baking dish, seam side down. Pour enchilada sauce over all; sprinkle with remaining cheese and sliced olives. Bake at 350 degrees for 25 to 30 minutes or until heated and bubbly. Serves 6.

A Final Word

Thanks again for reading the Glen's Place Newsletter. Your comments are always welcome and appreciated. You can express yourself [here](#).

Until next time remember: Make NEW mistakes!

Answer to brain teaser: Made in China



Happy St. Patrick's Day

If for some reason you no longer wish to receive the Glen's Place Newsletter, you can [unsubscribe here](#) If you know someone who would like to be on the mailing list, they can [subscribe here](#). Send your comments or questions to glenplace.com.