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### A Note from Glen

There are many things to celebrate in the month of May. Don't forget Mother's Day, May 10th. Do something nice for her! Also this month is National Teacher Day. No present necessary. Just take time to acknowledge the contributions they make to our lives. A short note will suffice! This year's event takes place on Cinco de Mayo (May 5th.)

### Fun Facts and Trivia

Europe is the only continent without a desert.

More redheads are born each year in Scotland than any other place in the world.

### Brain Teaser

A common three-letter word can be added in the spaces below to create four common English words. What is the three letter word?

C \_\_\_ ED            T \_\_\_ SIT  
ST \_\_\_ D            F \_\_\_ TIC

See page 3 for the answer.

### Feliz Cinco de Mayo

Cinco de Mayo is a date to celebrate the culture and experiences of Americans of Mexican ancestry, much as St. Patrick's Day, Oktoberfest, and the Chinese New Year are used to celebrate those of Irish,



German, and Chinese ancestry respectively. Similar to those holidays, Cinco de Mayo is observed by many Americans regardless of ethnic origin, so if you are looking for another reason to party, this could be it!!

### Watering Tips for Healthy Houseplants

Growing houseplants is a great way to decorate, but did you know that the number one reason indoor plants die is that people drown them with love? That's right. They overwater them. If your favorite plant is changing its color and losing its leaves, you may be pouring on the "love" a bit too much. Yellow, droopy leaves, mushy stems and blossoms are warning signs that are sometimes misinterpreted. Sometimes we try to bring the plants back to life by giving them more water, thinking they need a really big drink. Overwatering your plants can lead to root rot damage while under watering can cause sudden wilting.

Here are some watering tips for keeping your houseplants healthy.

- Give your plants a healthy start by choosing containers with proper drainage holes and avoid letting your plant set in water in the catch basin.
- Use a light potting soil that is porous enough to allow drainage of excess water and provide oxygen needed by the roots.
- Pour enough water until it drains out the bottom then pour off any excess water since plants don't like to have their "feet" wet.
- Water more frequently in spring and summer, preferably with room temperature water.

## Free Apps and Hidden Gems

You have heard that the best things in life are free. These days it's nice to find free stuff and there is still a lot of it available on the internet. Here are a few things from the PC World list of Best Free Stuff.

### For your iPhone:

- ☑ Shazam - This app analyzes the audio, identifies the song, and offers a link for purchasing the track.
- ☑ Box.net - This iPhone app works in conjunction with the Box.net website, allowing you to store up to 1 GB of files and documents and access them from your iPhone.
- ☑ CheckPlease - This takes the hassle out of splitting the bill at restaurants.
- ☑ Yelp - You've used this in your browser but now you can use your iPhone to find the local coffee shop, restaurant or bar and read reviews.

### Video Helpers:

- ☑ HandBrake - This download converts DVDs to PC and mobile friendly formats. <http://handbrake.fr/>
- ☑ KickYuuTube - Ever wish you could download a YouTube video and save it on your computer? This service converts YouTube videos to almost any device friendly format. All you have to do is add the word *kick* to the front of any YouTube URL. Get it at [kickyoutube.com/](http://kickyoutube.com/)

Check out the latest PC World for more.

## Quotable Quotes

Advice is what we ask for when we already know the answer but wish we didn't. ~ Erica Jong

When what we are is what we want to be, that's happiness.

~ Malcolm S. Forbes

## Papaya: A Powerhouse of Vitamins A, C, and E



Papayas are deliciously sweet and have a soft, butter-like consistency. It's no wonder it was reputedly called the "fruit of the angels" by Christopher Columbus. Papayas were once considered exotic, but they can now be found in markets throughout the year. There is a slight seasonal peak in early summer and fall, however, papaya trees produce fruit year round.

Papayas that are commonly found in the market usually average about 7 inches and weigh about one pound. Their flesh is a rich orange color with either yellow or pink hues. The inner cavity of the fruit contains black, round seeds encased in a gelatinous-like substance. The seeds are edible, although they have a bitter peppery flavor.

One papaya provides over 300% of the daily value of Vitamin C. They are also rich sources of antioxidant nutrients such as carotenes, and flavonoids. In addition, they provide potassium, magnesium, and fiber.

If you plan to eat them within a day of purchase, choose papayas that have reddish-orange skin and are slightly soft to the touch. Those that have patches of yellow color will take a few more days to ripen. A few black spots on the surface will not affect the papaya's taste, but you should avoid those that are bruised or overly soft.

Papayas that are partially yellow will ripen in a few days if left at room temperature. If you want to speed this process, place them in a paper bag with a banana. Ripe papayas should be stored in the refrigerator and consumed within one or two days, so you can enjoy their maximum flavor. For the most antioxidants, eat papaya fully ripened.



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*Raw papayas contain a milky juice which contains a protein-digesting enzyme known as papain. Papain is an excellent meat tenderizer. It is also used as an ingredient in some chewing gums.*

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## The Wine Corner



Tannins is a very common term in wine tasting (usually red wine). It refers to the astringent, bitter, mouth-puckering, compounds found in grape skins, stems and seeds as well as the oak barrels in which the wine is aged. If you want to know what tannins taste like, just bite into a grape stem or eat a cabernet grape off the vine. In young red wines, tannins taste bitter and dry, but when the wine is cellared and aged under appropriate temperature conditions, they taste silky.

Tannins are an integral part of creating a red wine. The red color and the sharp taste both come from the skins of the grape, which are left on during part of fermentation to seep into the wine itself. That color and taste is the result of tannins. Wood aging also adds some tannin to red wines.

Tannins are considered desirable in wines that are meant to be aged. Over time, the tannins soften and add to the complexity of a well-aged red wine. For wines you intend to drink right away, too much tannin can be harsh.

Tannins are polyphenols and are touted as excellent antioxidants. The tea industry is promoting this aspect of tea, as are all other industries whose foods involve tannin.

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*Wine to me is passion. It's family and friends. It's warmth of heart and generosity of spirit. Wine is art. It's culture. It's the essence of civilization and the art of living. ~ Robert Mondavi, Autobiography, "Harvests of Joy"*

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## Recipe of the Month

Add a little spice and start your Cinco de Mayo off right with this easy to prepare omelet. You will have a delicious breakfast in less than an hour.

### Fiesta Omelet

3/4 cup medium salsa  
1 cup chopped artichoke hearts  
1/4 cup grated parmesan cheese  
1 cup shredded Monterrey Jack cheese  
1 cup shredded sharp cheddar cheese  
6 eggs  
1 8-ounce carton sour cream

Preheat oven to 350 degrees.

Lightly grease a 10-inch quiche dish. Spread salsa on the bottom. Distribute chopped artichokes evenly over salsa. Sprinkle parmesan cheese over the artichokes. Sprinkle Monterrey Jack and cheddar cheese over all.

Place eggs in a mixing bowl and whisk until smooth. Add sour cream and whisk to blend. Pour egg mixture over the cheeses.

Bake uncovered for 30-40 minutes or until set.

## A Final Word

Thanks again for reading the Glen's Place Newsletter. Your comments are always welcome and appreciated. Send them along to [glen@glensplace.com](mailto:glen@glensplace.com).

I'm making a list of your *favorite apps and downloads* for a future issue of this newsletter. Email your list of "must haves" to the address above.

Until next time remember: Everyone has the power to make others happy. Some do it by entering the room, others by leaving it. ~ Unknown

**Answer to brain teaser:** The three-letter word is "RAN", which yields: Craned, Transit, Strand, and Frantic

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