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### A Note from Glen

It's that hectic time of year again. It seems that Thanksgiving and Christmas run together more each year. Enjoy your Turkey Day dinner then get ready to join the crowds at the mall. (Or, maybe you are one of those who did your shopping this summer!!) At any rate, I hope you enjoy the holidays.

### Fun Facts and Trivia

According to the U.S. Department of Agriculture, more than **45 million** turkeys are cooked and eaten in the U.S. at Thanksgiving.

American per capita consumption of turkeys has soared from 8.3 pounds in 1975 to 18.5 pounds last year.

The average weight of a turkey purchased at Thanksgiving is 15 pounds.

### Brain Teaser

What 5 letter word typed in all capital letters can be read the same upside down?

See page 3 for the answer.

### Eliminate Unwanted Catalogs

Is your mailbox full of catalogues that you don't need and don't want? You can do something about it—for free. [Catalog Choice](#) is a free service that helps you reduce your mailbox clutter, while helping save natural resources.



Catalog Choice is a project sponsored by the [Ecology Center](#). It is endorsed by the [National Wildlife Federation](#) and the [Natural Resources Defense Council](#). Their mission is to reduce the number of repeat and unwanted catalog mailings, and to promote the adoption of sustainable industry best practices by freely providing the Catalog Choice services to both consumers and businesses. Consumers can indicate which catalogs they no longer wish to receive, and businesses can receive a list of consumers no longer wanting to receive their catalogs.

You can begin now to manage the clutter in your mailbox and reduce the number of trees that go to the paper mill. Just go to [Catalog Choice](#) to get started. It is important to note that they do not sell, rent, or otherwise share your contact details with anyone.

### ATM Safety Tips

ATMs are a great convenience, but they can compromise your safety. A robber looking for easy prey only has to stake out an ATM in a low-traffic, dimly lighted area and bide his time.

- When possible, use ATMs with which you are most familiar. Alternatively, choose well lighted, well placed ATMs where you feel comfortable.
- If an ATM facility must be used at night, try to select one in a well lighted area or have another person accompany you.
- Scan the whole area before you approach the ATM. Avoid using the ATM altogether if there are any suspicious-looking individuals around or if it looks too isolated or unsafe.
- Do not count or visually display any money you received from the ATM. Immediately put your money into your pocket or purse and count it later.

## Get a Grip!

You know what they say. Strong hands mean better blood pressure! In a small study, hypertensive people slashed their systolic blood pressure by 15 points after doing handgrip exercises for just 8 weeks. Having trouble opening those jelly jars? Here are five handy exercises for better hands:

1. Place your palm flat on a table. Raise and lower your fingers one by one.
2. Crumble a piece of paper or cloth into a small ball.
3. Rest your hands on a table. Spread your fingers wide apart then bring them back together.
4. Make an "O" by touching your thumb to each fingertip.
5. Bend your thumb toward the base of your little finger then spread your thumb away from your index finger.

## Your Brain on Fruit

Reaching for the fruit bowl might keep your brain sharp when you get older. That's because big fruit-eaters, besides getting lots of nutrients, score high when it comes to memory and reasoning skills. The reason for fruit's brain-boosting effect? It's all about the flavonoids, those amazing antioxidants that fight disease and might be one of your best defenses against cognitive decline. In a study, people who had the highest flavonoid intake performed best throughout a 10-year period on tests of verbal fluency, logical reasoning, and visual memory.

Sneaking more fruit into your diet is one way to load up on flavonoids, but you also need vegetables like onions and broccoli. A wide variety of fruit and veggies in your diet will provide the recommended 31 milligrams of flavonoids per day.

## Bok Choy: An Alternative to Cabbage



This month we're taking a closer look at bok choy, a type of Chinese cabbage. Bok Choy is characterized by a loose, bulbous cluster of dark green leaves with firm stems. It is great for stir fries because it has a mild flavor that is a great complement to other vegetables, chicken, and fish.

Bok choy has been cultivated in China for centuries and is now commonly grown in Alberta, Canada and in California. It is available year round, except in July and August, and it is best when purchased in the Fall and Winter. Currently, you can buy bok choy in many ethnic grocery stores and in many larger supermarket chains.

When purchasing bok choy, select stalks that are pure white and firm. Additionally, look for leaves that are dark green and non-wilted. Do not select bok choy that has brown spots on its leaves, as this type of bok choy is less flavorful. Baby bok choy, which is a younger version of bok choy, should also be purchased according to these standards. Once purchased, you can safely store bok choy in your home for up to three days if you place it in a plastic bag as soon as you return home from your purchase.

Because bok choy is a member of the cabbage family, you can cook it as you would a cabbage. When cooked, it has a sweet flavor and its stalks are firm. Baby bok choy is best when cooked whole and used as a side dish to a meat entrée. However, when cooking mature bok choy, remove its leaves from their stalks and cut the stalks into pieces. Next, take the leaves that were removed and cut them into pieces as well. Both the stalks and leaves are edible. Common uses for mature bok choy include steaming or boiling it then adding seasonings such as soy sauce, ginger, or hot peppers. You can also eat the raw stalks of both the baby and mature bok choy.

Bok choy has tremendous nutritional value. One half cup of raw bok choy contains only 10 calories. Additionally, bok choy contains no fat or cholesterol and is a good source of calcium. It is also low in sodium and high in vitamins C and A. Because both the stalks and leaves can be used in salads, it also provides a delicious and healthy meal for those who are on a diet. You can microwave or steam it for a simple and quick side dish or main meal.

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For your Thanksgiving celebration, why not try one of my favorite recipes: [Pumpkin Raisin Cake](#). You can find lots of other "goodies" at [Glen's Place](#) on the [Desserts Page](#).

## The Wine Corner



**P.S. I love you!** I'm talking about Petite Sirah! If you are looking for a big, strong, muscular, full-bodied wine, this is a good one. The Petite Sirah grape is separate from the syrah/shiraz grape even though the name is similar. Petite Sirah is planted mainly in California where it does well.

In addition to being bottled as a varietal wine, it is also blended with other varietals (zinfandel for example) to add zest and complexity.

Petit Sirah tends to go well with stronger meats—game, beef, lamb, and spicy sauces. You can drink it now or save it for later since it ages well!

Try the EOS Petite Sirah '05 (Paso Robles) for under \$15. It was a Silver Medal winner at the 2008 Grand Harvest Awards Wine Competition. I think you will like it!!

### Quotable Quote

A day without laughter is a day wasted.  
~ Charlie Chaplin

### Did You Know?

There are no letters assigned to the numbers 1 and 0 on a phone keypad. These numbers remain unassigned because they are so-called "flag" numbers, kept for special purposes such as emergency or operator services.

There are more TV sets in the US than there are people in the UK.

About 50% of Americans live within 50 miles of their birthplace. This is called propinquity.

The pin that holds a hinge together is called a pintle.

## Recipe of the Month: Broccoli Supreme

- 1 10-ounce frozen chopped broccoli
- 1 pint creamed cottage cheese
- 3 eggs, beaten
- 1/4 cup soft butter
- 2 tablespoons minced onion
- 3 tablespoons flour
- 1/4 pound cheese, diced (cheddar or Swiss)
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Preheat oven to 350°.

Cook broccoli according to package directions. Drain and place in buttered 2 quart casserole. Beat cottage cheese until creamy, then stir in eggs, butter, and onion. Mix in cheese, salt, and pepper. Pour over broccoli. Bake at 350° for 1 hour or until done.

## A Final Word

Thanks again for reading the Glen's Place Newsletter. I hope you found something of value in it. Don't forget to visit Glen's Place when you are in need of a good Thanksgiving recipe!

I would like to take this opportunity to wish each of you a Happy Thanksgiving. Enjoy the feast, rest up, and hit the malls! The holiday season is upon us!

If you have comments, questions, or suggestions, you can submit them [here](#). I look forward to hearing from you.

Until next time remember: A goal without a plan is just a wish.

**Answer to Brain Teaser: SWIMS**

*Happy  
Thanksgiving*



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