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**Keep It or Toss It?**

How long will your favorite food stay safe and tasty? What's the best way to store it? These are questions posed on one of my new favorite websites. The site is called [Still Tasty, Your Ultimate Shelf Life Guide](#). You can find the shelf life of thousands of items by category. If you have questions, you will likely find the answers on the site. There is also a section called Shelf Talk that has tips for keeping food fresh and tasty.

Go to [Still Tasty](#) and bookmark it for future reference.

**Amazing Useless Information**

The top speed of the Zamboni ice-resurfacing machine is 9 miles per hour.

The billionth decimal digit of the numerical value pi is 9.

**Brain Teaser**

What do the following words have in common?

PIG PONY BOB DOVE SWALLOW COTTON

**See page 3 for the answer.**

**Magazine Clutter**

I recently looked at the kitchen counter where I often sit to read, and realized that most of the clutter was from at least two, and possibly three or more, magazines in different stages of being "looked at." I say looked at because I, and probably you, don't just sit down and "read" a magazine from beginning to end. In fact, most of the magazines I'm talking about either had pages turned down, were folded at some point to mark a place, or turned upside down in some fashion.

I began to wonder why we had so many different magazines. Was it because they always had compelling content, beautiful pictures, or because I got a "good deal" on them? Then I realized that it could be a little of each, but probably the good deal part. But what is a good deal? Is it a cheap price for the subscription? Is it value for the money? It's probably neither if you only flip through the pages and lay it aside to clutter your space.

Now, I've made a decision. As the subscription is about to expire, I will ask myself if there really is value to the magazine or have I been getting it because I have always gotten it? Then I will decide whether to continue the subscription or drop it. I can think of a few already that will be discontinued no matter how many "final offer" deals I get.

I already know, however, that I will continue my Sunset subscription when it comes due. Why? Because we have always gotten Sunset! After all we have been "valued readers" since 1976. Oh, it also has nice, glossy pictures, always items of interest, and always an interesting recipe or two. And, I think it is a good value.

Many of the other magazines are going by the wayside. I'm going to reduce the clutter on the kitchen counter. Ask me later if I did?

## Internet Images

Many people think that images found on the internet are free for anyone who wants to take them. Even though that is not the case, you can find copyright free images at [Wikimedia Commons](#). The site has a repository of over seven million freely usable media files. You can also contribute your own images for use on the site.

[Wikimedia Commons](#), a project of the [Wikimedia Foundation](#), was launched on September 7, 2004. A key motivation behind the setup of a central repository was the desire to reduce duplication of effort across the [Wikimedia projects](#) as the same file had to be uploaded to many different wikis separately before Commons was created.

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*From the Internet: Politicians should dress like race car drivers so we know who their corporate sponsors are.*  
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## The Wine Corner



If a dry wine is fully fermented, about 40 percent of the sugar will be converted to carbon dioxide while 60 percent will be converted to alcohol.

Many people assume that when a wine oxidizes that it turns to vinegar. Actually, the wine takes on a nutty flavor. Thanks to pasteurization, wine very rarely turns to vinegar.

The cost of wine is not an indicator of quality as there are many factors that affect the price of a wine.

## The Five-Second Rule: Another Look

We've all probably heard of the five-second rule of dropped food. You know, the rule that says if you scoop up dropped food from the floor within 5 seconds, it's OK to eat it. Paul Dawson, A Clemson food scientist, stirred up this controversy once more in a recent issue of National Geographic. He says the five-second rule is a bunch of baloney. Dawson and his students made a strong case for the "zero-second rule." In studies, they found that salmonella and other bacteria can live up to four weeks on dry surfaces and be transferred to food immediately.

Most researchers still agree that the critical thing is not time but location. Dropping food on the kitchen floor is not the same as dropping it on the sidewalk or in the street. The pavement is cleaner than the kitchen floor in terms of the types of germs that cause illnesses, according to Dr. Harley Rotbart, a professor of microbiology and pediatric infectious diseases at the University of Colorado School of Medicine. He says, "The kitchen floor is probably a zero-second zone because the bacteria from uncooked meat and chicken juices are more hazardous than the 'soil' bacteria outside." The bathroom floor is another zero-second zone because "it's a great potential source of bacteria and shorter-lived viruses that can cause gastrointestinal illness if ingested."

## By the Numbers

- ◆ 100 billion: The number of bacteria in our mouths
- ◆ 100 trillion: The number of bacteria in our gastrointestinal tracts
- ◆ 2.5 billion: The number of bacteria found in one gram of garden soil
- ◆ 7.2 billion: The number of germs in the average kitchen sponge
- ◆ 25,000: The number of germs, per square inch, on an office telephone
- ◆ 49: The number of germs, per square inch, on a toilet seat

Source: "The Germ Freak's Guide to Outwitting Colds and Flu"; "Germ Proof Your Kids"

## Spice It Up!



### Turmeric

Turmeric is native to Indonesia and southern India. It has been harvested there for more than 5,000 years.

It has served an important role in many traditional cultures throughout the East, however, it has only recently become popular in Western cultures.

Turmeric comes from the root of the *Curcuma longa* plant. It has a tough brown skin, a deep orange flesh, and an interesting taste and aroma. The flavor is peppery, warm, and bitter while its fragrance is mild yet slightly reminiscent of orange and ginger, to which it is related.

Turmeric is widely used as a food coloring and gives Indian curry its distinctive flavor and yellow color. It is also used in mustard and to color butter and cheese.

Turmeric has been used in Chinese medicine as an anti-inflammatory, to treat digestive and liver problems, skin diseases, and wounds. The curcumin in turmeric has been shown to stimulate the production of bile by the gallbladder. Curcumin is also a powerful antioxidant.

When using turmeric you need to be careful since its deep color can easily stain. To avoid a lasting stain, quickly wash any area with which it has made contact with soap and water. To prevent staining your hands, you might consider wearing kitchen gloves while handling turmeric.

## Featured Recipe: Arroz con Pollo

2 tablespoons olive oil  
1 pound boneless, skinless, chicken breasts cut into bite size pieces  
1 medium onion, chopped  
1 medium green pepper, chopped  
1 medium red pepper, chopped  
2 cloves garlic, minced  
1 teaspoon chili powder  
1/2 teaspoon ground cumin  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 teaspoon turmeric  
1 cup uncooked rice  
1 medium tomato, seeded and chopped or 1 can diced tomatoes, drained  
2 cups chicken broth

Heat oil in large skillet over medium heat. Add the chicken and cook 6 to 8 minutes or until brown on all sides. Remove chicken from pan and set aside. Add rice and sauté until rice is golden brown. Add onion, green pepper, red pepper, garlic, tomato, chili powder, cumin, salt, pepper and turmeric. Cook 2 to 3 minutes or until vegetables are tender. Add broth; bring mixture to a boil. Return chicken pieces to pan and stir. Cover and simmer 20 minutes. Makes 4 servings.

### A Final Word

Thanks again for reading the newsletter. If you have an idea for something to include in future editions, please let me know. Submit suggestions, comments, or questions to [Glen@Glen'sPlace](mailto:Glen@Glen'sPlace)

### Until next time remember:

Never make someone your priority  
when you are merely their option

**Answer to brain teaser:** Each can be followed by TAIL to make a new word.

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