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A Note from Glen

School is back in session and I didn't have to go....again!! I wish all teachers a good year. I salute you for the job you do each day. No one understands how difficult the job is unless you've been there! Those 32 1/2 years for me were enough.

Now for the parents! Your kids are out of your hair for a few hours each day. Enjoy that time because we know *you are going to have to do homework (help do homework??)* when they come home from school!

Fun Facts and Trivia

Sicily is the largest island in the Mediterranean Sea.

Leonardo da Vinci could write with one hand and draw with the other at the same time.

Brain Teaser

What do the following words have in common?

WORK HOBBY WAR SEA RACE

See page three for the answer.

September Celebrations

One objective of this newsletter is to expand the knowledge of its readers, albeit much of it is trivial. In that vein, we shall expand September celebrations beyond that of Labor Day.

Did you know that **International Literacy Day** is celebrated on September 8? This celebration has been an annual occurrence since 1966 when it was first established by the United Nations Educational, Scientific, and Cultural Organization (UNESCO). Many organizations and governments throughout the world take advantage of the day to consider the status of adult and child literacy.

September 13th is the peanuttiest of days. That's because it is **National Peanut Day!** Peanuts are one of America's favorite snack foods, but are more than that. Not only are peanuts the main ingredient in peanut butter, but they also star in a variety of recipes. Many Chinese recipes use peanuts in main menu items.

Peanuts once took the rap as a not so healthy food. More recent research suggests that peanuts can reduce cardiovascular disease and lower triglycerides in the body. Peanuts are high in protein and fiber, and are now believed to help curb hunger, and therefore help in diet control.

September 13 is also **National Grandparents Day.** This day was established by Marian McQuade in 1973. She was the wife of a coal miner who raised 15 children in her family. She still found time to give comfort to the old and Grandparents Day is her legacy. In 1978, Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day.

Has anyone not read *Charlie and the Chocolate Factory* or *James and the Giant Peach*? (Don't forget one of my favorites, *The Twits*.) The author of those books, Roald Dahl, was born September 13, 1916. In addition to children's books, Dahl wrote many short stories and screen plays. He died in 1990 at the age of 74 at his home, *Gipsy House*, in Great Missenden, Buckinghamshire, England.

Tech Tip

Did you ever make airline reservations then wonder what the seats were going to be like? The simplest way to tough out a long flight is to get a good seat. SeatGuru, a free service, will provide you a detailed, color coded layout of virtually any plane to help you find a seat with the best legroom while avoiding those non-reclining seats next to the john. Just go online to www.seatguru.com.

Food for Thought

"I would rather be ashes than dust! I would rather that my spark should burn out in a brilliant blaze than it should be stifled by dry rot. I would rather be a superb meteor, every atom of me in magnificent glow, than a sleepy and permanent planet. The proper function of man is to live, not to exist. I shall not waste my days in trying to prolong them. I shall use my time."

Jack London, American Author

Quotable Quotes

"Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit." - e. e. Cummings

Did You Know?

All the breakfast recipes and all the appetizer recipes on [Glen's Place](#) are available in separate PDF documents, formatted for 2-sided printing. They can easily be stapled or bound for your convenience. Use the links below to get the [Breakfast Recipes](#) or the [Appetizer Recipes](#).

There's no sales pitch here!
They're free. Really!

Peanuts: A Ubiquitous Snack

Peanuts are almost ubiquitous in the U.S. culture. They are synonymous with baseball games, circus elephants, cocktail snacks and, of course, peanut butter and jelly sandwiches. Raw, roasted, shelled or unshelled, peanuts in all forms are available throughout the year.



Contrary to what their name implies, peanuts are not really nuts but a member of a family of legumes related to peas, lentils, chickpeas and other beans. Peanuts start growing as a ground flower that due to its heavy weight bends towards the ground and eventually burrows underground where the peanut actually matures.

Even though peanuts originated in South America, they made a great gain in popularity in the U.S. thanks to the efforts of George Washington Carver. He not only suggested that farmers plant peanuts to replace their cotton fields that were destroyed by the boll weevil following the Civil War, but also invented more than 300 uses for them.

In addition to being a favorite sandwich filling, peanuts pack a serious nutritional punch and offer a variety of health benefits. Peanuts are a very good source of monounsaturated fat, the kind of fat that is deemed to be heart healthy. In addition to their monounsaturated fat content, peanuts are a good source of Vitamin E, niacin, folate, protein, and manganese. Studies have shown that frequent nut consumption is related to reduced risk of cardiovascular disease. And here's the part I like! Research published in the Journal of Neurology, Neurosurgery and Psychiatry indicates that regular consumption of niacin-rich foods like peanuts provides protection against Alzheimer's disease and age-related cognitive decline.

Here is a practical tip: Don't let weight gain concerns prevent you from enjoying the delicious taste and many health benefits of nuts!

- Spread some nut butter on your morning toast or bagel.
- Fill a celery stick with nut butter for an afternoon snack..
- Sprinkle a handful of nuts over your morning cereal, lunchtime salad, or dinner's steamed vegetables.
- Or just enjoy a handful of roasted nuts as a healthy snack.

The Wine Corner



The length of time you plan to store your wine and the extent of your investment directly affects the the quality of storage. If you drink your wine within a few months of the purchase date, simply store it away from extreme heat, light, and vibration. That means

don't leave it near the stove, in front of a sunny window, or on top of the dryer. You don't have to worry about laying the wine down on its side. It takes several months for the cork to dry out enough to let air into the bottle to spoil the wine.

If you keep a few cases around for one or two years, the wine will remain constant if it is stored at 70 - 75 degrees in a dark, relatively vibration-free area. If you plan to store wine for two or more years, you probably made quite an investment and should be prepared to spend some money to protect that investment. Keep the wine bottles on their side in a dark, cool place and maintain a constant temperature of 55 to 60 degrees with 70% humidity. Variation in temperature and exposure to bright light will accelerate deterioration of the wine.

This information was summarized from the Guide to Wine published by [Total Wine and More](#).

Glen's pick for this month is a smooth and silky Cabernet Sauvignon from Paso Robles. It's the J. Lohr Seven Oaks '07. Best of all it will not break the bank!!

*Wine makes every meal an occasion,
every table more elegant, every day
more civilized.*

~ Andre Simon, "Commonsense of Wine"

Recipe of the Month: Mexican Oven Omelet

8 eggs, beaten
1 1/4 cups milk
1 teaspoon garlic salt
1 7-ounce can diced green chiles
1/4 cup chopped green onions
1 tomato, chopped
8 ounces shredded cheddar cheese
Salsa
Sour cream

Preheat oven to 350°F.

Combine eggs, milk, and garlic salt. Mix in chiles, green onions, tomato, and cheese. Pour into a greased shallow 1 1/2 quart casserole. Bake at 350 degrees for 40 minutes. Serve immediately with salsa and sour cream. Serves 6 to 8.

Note: This is a quick and easy dish for breakfast or brunch, served with warm tortillas or muffins and fresh fruit. Add a side of bacon or sausage if you wish. Try dividing the recipe among 4 individual au gratin dishes. It's elegant and delicious.

On September 16 every year Mexicans all over the world celebrate Mexico's independence from Spanish rule. You can [read more](#) about this annual celebration [HERE](#).

A Final Word

Thanks again for taking a few minutes from your busy schedule to read the Glen's Place Newsletter. Thanks to many of you, the mailing list continues to grow! Feel free to forward this newsletter to your family and friends. Comments, questions, and ideas are welcome and appreciated. Send them along to Glen@Glen's Place.

Until next time remember: Doubt grows with knowledge.

Answer to brain teaser: Each can be followed by the word HORSE to make a new word.

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