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### A Note from Glen

It's that time of year again -- the month for presidents and lovers. The conversation heart candies are always fun on Valentine's Day!

The recipe this month is one that has become a tradition at our house. It's a beautiful and delicious no-bake cherry cheesecake. Give it a try and let me know what you think. You can find many more dessert recipes at Glen's Place [on this page](#).

### Brain Teaser

Every other letter is missing in the ten words below. See if you can fill them in.

- |        |        |
|--------|--------|
| _s_e_d | _p_a_g |
| _r_f_r | _y_r_d |
| _r_f_e | _a_b_n |
| _a_e_a | _o_d_g |
| _s_f_l | _i_s_e |

See page 3 for the answer.

### You Can Only Change Yourself

Some people spend a lot of time wondering why certain other people do what they do. They have questions like, "Don't they realize the consequences of their actions?" "How can they do such a thing?" "What are they thinking?" These are emotional reaction to someone else's behavior or words; reactions which we don't even think about. We often react in this way because emotions are a part of most people's innate decision-making skills. We react and respond emotionally to emotional needs of our own, rather than in a logical, rational manner.

Many people spend an inordinate amount of time and energy upset, angry, or frustrated by other people's thoughts and behaviors. But to what end? You can grumble about the rain or snow, but there's not a whole lot you can do about it. Why should we, by default, believe we can change another person's behaviors and thoughts. They are independent, thinking people just like us. If you think about it for a minute, it sounds kind of ridiculous.

There's no magic to stopping trying to change other people's behavior. Catch your thoughts when you find yourself saying something like, "I wish she wouldn't do.." or "I can't believe he thinks that..." — things like that. Save yourself some frustration today and try to learn to stop trying to change others. Focus instead on changing your own faults and you may find yourself living a happier and more peaceful life.

(This is a synopsis of an article by John M. Grohol, Psy.D. on November 14, 2008. You can read the entire article [HERE](#).

 *Happy Valentine's Day!* 

## Tech Tip

If you have trouble remembering important events, here is a solution. You can set up scheduled email reminders using Google Calendar, Yahoo Calendar, or other web-based calendars. You can choose to get not only email reminders, but also a text message reminder. You can choose how many days before the event that you want to be reminded. So there is never an excuse for not getting Mom's flowers on time!!

## Drink More, Eat Less

You can save yourself that bathroom-scale jolt by drinking lots of water every day. Doing so could save you from consuming an extra 200 calories a day! It turns out that people who regularly quench their thirsts with water consume a whopping 9 percent fewer daily calories than non-water drinkers. according to a recent study not only do water drinkers seem to drink fewer sugary and calorie-heavy beverages, but they also have healthier eating habits overall. So tip the balance in your favor by sipping water throughout the day.

## Fun Facts and Trivia

Are you concerned about the national debt? If you were to count continuously every moment of every day, it would take 31,688 years to count to one trillion.

The number 2,520 can be divided by 1, 2, 3, 4, 5, 6, 7, 8, 9, and 10 without having a fractional leftover.

A two-inch garden hose will carry four times as much water as a one-inch hose.

## Cauliflower: A Cruciferous Wonder

Cauliflower is a member of the cruciferous family of vegetables which also includes broccoli, cabbage and kale. They get their name from their four-petaled flowers, which look like a crucifer, or cross.



Cauliflower is very similar to its broccoli cousin in appearance. The compact head, called a curd, is made up of a central stalk with offshoot stems. Each cluster, or floret, is formed from unopened buds. It is the "jacket leaves" that protect common cauliflower's white color. As the plant grows, the outer leaves encase the head, protecting it from the sun and preventing chlorophyll development.

Cauliflower has a sweet, almost nutty flavor and is at its best from December through March when it is in season and most plentiful in your local markets.

Cauliflower is an excellent source of vitamin C, folate, and dietary fiber. It also serves as a very good source of vitamin B5, vitamin B6, manganese and omega-3 fatty acids.

Fresh cauliflower will be creamy white with bright leaves and a firm stem. The florets should be tightly closed with no signs of flowering. Green shoots emerging on the head are acceptable. The large outer leaves are commonly trimmed before shipping.

Cauliflower can be stored in the refrigerator in the original wrapper or in an open plastic bag, stem side down. It should be used within 5-7 days. Pre-cut florets should be used within 2-3 days.

## Quotable Quotes

It is the mark of an educated mind to be able to entertain a thought without accepting it. ~ Aristotle

Conversation enriches the understanding; but solitude is the school of genius. ~ Ralph Waldo Emerson

## The Wine Corner



It is now common to find American Oak as well as that of several other countries in the construction of wine barrels. Barrels made from American Oak typically cost less than half the price of French Oak Barrels and are now capable of achieving similar results.

An important step in construction of a barrel is the "toasting". This is where the partially assembled barrel is placed over a small wood fire. The amount of char in the barrel has an effect on the wine that is aged in it. Winemakers can normally order their barrels with Light Toast, Medium Toast or Heavy Toast. The 'toast' decision is made based on the grape variety to be used in the barrel as well as the style of wine to be produced.

There are a wide variety of additional options available to the winemaker when it comes to wine barrels. There are many sizes of barrels as well as variations in the thickness of the staves and the way the barrels are finally constructed. Since new barrels impart more flavors to the wine than previously used barrels, the percentage of new barrels used by a winery each year is an important piece of information. By the time a barrel is about 5 years old, it is virtually neutral as far as its influence on the taste of the wine.

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Eat thy bread with joy, and drink thy wine with a merry heart.

~ Ecclesiastes 9:7

## Recipe of the Month: Cherry Cheesecake

1 1/2 cups finely crushed vanilla wafers  
6 Tablespoons melted butter

1 8-ounce package cream cheese, softened  
1 cup confectioner's sugar  
1 8-ounce container Cool Whip



1 21-ounce can Comstock Red Ruby cherry pie filling

Preheat the oven to 325 degrees.

Combine the vanilla wafers with the melted butter. Mix well. Place the mixture into a 9-inch pie plate. Press firmly into the bottom and up the sides of the plate. Place crust in preheated oven and bake for 8 minutes. Cool.

Combine the cream cheese with the confectioner's sugar and mix until smooth. Fold in the Cool Whip. Pour the mixture into the crust and spread evenly. Chill for about an hour.

Spread with the cherry pie filling and chill until ready to eat. Makes 6 to 8 servings.

### A Final Word

Thanks again for reading this newsletter. Comments or questions are welcome and appreciated. You can express yourself [HERE](#).

Enjoy your Presidents' Day weekend if you are lucky enough to have time off!

Until next time remember: When all think alike, no one is thinking. ~Walter Lippman

**Answer to Brain Teaser:** ascend, sprang, prefer, hybrid, trifle, carbon, camera, hotdog, useful, tissue.

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