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A Note from Glen

"O say can you see, by the dawns early light..." We all know the words to the Star-Spangled Banner, the American national anthem - well at least the first line! American patriotism climaxes around the approaching July 4th celebrations. It's time again for hamburgers, hot dogs, and fireworks. Take a break and enjoy the Fourth of July festivities with friends and family. Have a safe holiday!

Fun Facts and Trivia

It is estimated that there are more than 10,000 monkeys in New Delhi, the capital of India..

Many government buildings, temples, and residential neighborhoods in New Delhi are overrun by monkeys, which scare passers-by and occasionally bite or snatch food from unsuspecting visitors.

Brain Teaser

What crime is punishable if attempted but not punishable if committed?

See page 3 for the answer.

Happy Birthday, America



The Fourth of July is the birthday of our nation. This is the day we celebrate and enjoy the freedom that comes with the event that made this day so special.

Thomas Jefferson and other discontented representatives from the thirteen colonies voted and approved the Declaration of Independence on July 4, 1776 even though it was not signed by all representatives until August, 1776. At that time it was signed by John Hancock, President of the Continental Congress to make it official.

On July 4th we enjoy the benefits of the freedom which the framers signed and ultimately fought for. For us, it is a time for baseball, hot dogs, family picnics, parades, and fireworks. Summer is in full swing and life is good.

Fireworks: A Brief History

It is thought that fireworks were originally invented by the Chinese, for entertainment purposes, as a natural extension of the Chinese invention of gunpowder. In China, they were first made by firework masters who were well respected for their knowledge of the many complex techniques used to create truly dazzling firework displays. Such important events and festivities as New Year's and the Mid-Autumn Moon Festival were, and still are, times when fireworks are guaranteed sights. China is the largest manufacturer and exporter of fireworks in the world.

John Adams, a lawyer, the first Vice President and the Second President of the United States, was one of the members of the Second Continental Congress who signed the Declaration of Independence. He wrote to his wife, *"I believe that it will be celebrated by succeeding generations as the great anniversary festival... it ought to be celebrated by pomp and parade, with shows, games, sports, guns, bells, bonfires and illuminations from one end of this continent to the other..."*

John Adams may have predicted the later Independence Day celebrations or perhaps he started traditions with his words. And so today we do celebrate the courage and valor of the men who secured our freedoms.

Tips and Techniques

Sautéing vegetables in oil or butter before adding them to a soup will seal in their flavor and help keep them firm after they are added to the soup.

Cut hard-boiled eggs smoothly by dipping the knife into a glass of cold water or run it under cold water for a few seconds before making each cut.

Potatoes will cook faster if they are soaked in salty water before they are baked.

Food Fact

Berries for Your Blood Pressure?

Don't think of them only as a treat. Berries should be a daily part of your diet, especially if you're concerned about your blood pressure.

According to a study, people with high blood pressure who ate berries daily saw a 7-point dip in their systolic blood pressure after just 8 weeks of berry love!

Berries are jam-packed with polyphenols, like flavonols and anthocyanins. They're also loaded with vitamin C, folate, potassium, and fiber. With so much in such a tiny package, it's hardly a surprise that it took just 4 ounces of a berry medley each day to boost the health of the study participants. Not only did their blood pressure go down, but their HDL ("good" cholesterol) went up, too.

The berry medley in the study contained everything from bilberries and lingonberries to strawberries and raspberries, so the juicy possibilities for getting your daily dose are infinite. Given that you can eat berries one by one, they're a perfect alternative to chips when stress calls for some hand-to-mouth action.

Radicchio: An Exotic Italian Salad Ingredient



Radicchio (ra-DEE-kee-o) is an exotic Italian salad ingredient. Although it is not in the lettuce family, it resembles lettuce in appearance. It forms tight heads of leaves furred around a central core and grows low to the ground. You'll quickly spot this bitter, pepper-flavored plant in the produce aisle because of its dramatic coloring, which can range

from magenta to maroon and is always offset by stark white veins. There are several varieties of radicchio. The two most commonly available are Verona and Treviso. Verona grows in small, loose heads with burgundy leaves and white ribs. Treviso has narrower and more pointed leaves and tighter, more tapered heads.

Radicchio adds a textural bite to salads. It is sometimes grilled or roasted, making a pleasant counterpoint to other grilled vegetables. It is growing in popularity and can be found in most produce sections. Radicchio has been in cultivation in the Mediterranean for hundreds of years and is used in a variety of Mediterranean dishes.

When picking out radicchio in the grocery store, look for larger heads with looser outer leaves. Tight small heads have probably been excessively handled and may have drier cores. Radicchio will keep in the refrigerator for up to one week. To increase its keeping time, it can be washed, spun or shaken dry and wrapped in a damp cloth. Airtight packaging will make it rot so always make sure air can circulate around the leaves.

If you plan to grill radicchio separately, quarter the heads lengthwise and sprinkle with olive oil and salt. Grill until the core is tender and the outer leaves are brown. This will take approximately 8 minutes with occasional rotations. Sprinkle with asiago or a cheese of your choice directly before serving.

When using radicchio in salads you should be aware that its bitter flavor is distasteful to some people, so it should not be used to excess.

Here are three suggestions for using radicchio in salad:

1. With hearts of palm and raspberry vinaigrette
2. With feta cheese and an herb vinaigrette
3. With green vegetables, arugula, endive, olive oil, balsamic vinegar, and Parmesan shavings

The Wine Corner



Viognier, pronounced Vee-on-Yay, is a lesser known white wine grape, originally cultivated in France's Rhone Valley. This difficult-to-grow, but delightful-to-drink wine was almost extinct by the 1960s, but has made

resurgence in France and lately in California, Australia, and South Africa. It has gained increasing attention, perhaps as an alternative to Chardonnay.

At its best, Viognier shows characteristic peach and apricot aromas with distinct floral overtones. It has a fresh and aromatic quality that most experts agree shows at its best when the wine is young. Aging allows the fruity medley and the aromatic strength of Viognier to fade away. Viognier is best served a little warmer than your average white wine to make sure all of the bright floral aromatics aren't dulled by cold temperatures. It should be served at around 52F. This lets the full, rich flavors of the wine come forth.

Quotable Quotes

Life is an opportunity, benefit from it. Life is beauty, admire it. Life is a dream, realize it. Life is a challenge, meet it. Life is a duty, complete it. Life is a game, play it. Life is a promise, fulfill it. Life is sorrow, overcome it. Life is a song, sing it. Life is a struggle, accept it. Life is a tragedy, confront it. Life is an adventure, dare it. Life is luck, make it. Life is life, fight for it. ~ Mother Teresa

There are two ways of spreading light: to be the candle or the mirror that reflects it. ~ Edith Wharton

Recipe of the Month

Jan's Spinach Salad

We all know that Popeye made himself super strong by eating spinach, but you may be surprised to learn that he may also have been protecting himself against osteoporosis, heart disease, colon cancer, arthritis, and other diseases at the same time. I won't promise that this recipe will make you strong, but it will provide you with valuable nutrients for your health.

1/2 cup salad oil
1/4 cup vinegar
1/4 cup sugar
1 tablespoon red onion, chopped
1/2 tablespoon Worcestershire sauce
3 tablespoons ketchup
1 bunch spinach
4 to 6 slices bacon, crumbled
2 hard boiled eggs, chopped

Blend vinegar, sugar, onion, Worcestershire Sauce, and oil. Set dressing aside.

Chop eggs; cover and set aside. Clean spinach, removing tough stems. Drain on paper towels and pat dry. Place leaves in large bowl.

Sauté bacon until crisp. Remove bacon and sprinkle over spinach. Pour dressing over spinach and toss.

A Final Word

Thanks again for reading this newsletter and sharing it with others. If you know someone who would like to be on the mailing list, they can sign up at www.newsletter.glensplace.com.

If you are planning a summer vacation away from home, have a safe trip. Maybe the price of gasoline will go down, but I'm not holding my breath. Many of us are planning a "staycation" this year. There are lots of things to explore near our homes and our neighborhoods.

Until next time remember: Youth is fleeting but immaturity can last a lifetime.

Answer to Brain Teaser: Suicide