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A Note from Glen

The prime month for barbecues and celebrations is here so get out the hot dogs, hamburgers, ribs, or whatever you want to throw on the grill and invite the family and friends. If you are looking for different ways to make your burgers for the celebration, [here are fifty of them!](#) Enjoy!

Fun Facts and Trivia

A snail crawls about 2.5 meters in an hour.

A year is exactly 365 days, 5 hours, 48 minutes, and 54.5 seconds.

Brain Teaser

Hidden in this sentence is a word belonging to one of the categories listed. Find the hidden word, and identify the category to which it belongs.

As the mug was full, I very carefully added the cream.

- Body Organ
- Color
- Texture
- I don't know

See page three for the answer.

The Fourth of July: Feast on These Facts



Here are some interesting facts about July 4th from the [U.S. Census Bureau](#). You can find the source of the information on their website.

- ★ In July 1776, the estimated number of people living in the newly independent nation was 2.5 million.
- ★ According to the Census Bureau, the nation's population on this July Fourth is 304 million.
- ★ The chances are more than 1 in 4 that the hot dogs and pork sausages consumed on the Fourth of July originated in Iowa which was home to 17.6 million market hogs and pigs on March 1, 2008. This represents more than one-fourth of the nation's total.
- ★ Total production of cattle and calves in Texas in 2007 was 6.8 billion pounds. Chances are good that the beef hot dogs, steaks and burgers on your backyard grill came from the Lone Star State, which accounted for about one-sixth of the nation's total production.
- ★ Six states had revenue from broiler chickens of \$1 billion or greater between December 2006 and November 2007. There is a good chance that one of these states – Georgia, Arkansas, North Carolina, Alabama, Mississippi or Texas – is the source of your barbecued chicken.
- ★ The odds are about 4 in 10 that your side dish of baked beans originated in North Dakota, which produced 42 percent of the nation's dry, edible beans in 2007.
- ★ Potato salad and potato chips are popular food items at Fourth of July barbecues. More than half (52 percent) of the nation's spuds were produced in Idaho or Washington State in 2007.
- ★ More than three-fourths of the nation's head lettuce production in 2007 came from California. This lettuce may end up in your salad or on your burger.
- ★ More than 74 million Americans said they had taken part in a barbecue during the previous year. It's probably safe to assume that many of these events took place on Independence Day.

Awesome Apps

In the May newsletter, I asked you to submit your favorite iPhone apps with a short description. Even though the response was not as desired, there are still too many for this column so I have added a 4th page to this month's newsletter for them. Here are the results:

[See **Awesome Apps**, Page 4]

Food for Thought

According to an article posted in Yahoo! Health by Joy Bauer, M.S., R.D., C.D.N., If you load your plate with the typical high-fat BBQ fare - cheeseburger, one beef/pork sausage, large scoop macaroni salad, handful of chips, 16-oz glass of lemonade and apple pie a la mode, you will consume 2,260 calories, 126 grams of fat, 48 grams saturated fat, and more than 100 grams of sugar.

Here's a depressing thought. In order to burn these calories off, you'll have to do one of the following activities:

- ✓ Walk on a treadmill at 3.5 mph for 6.3 hours
- ✓ Stay on the elliptical machine for 4.7 hours
- ✓ Hit the pool and swim the breast stroke for 4.7 hours
- ✓ Grab your gloves and garden for 6.3 straight hours
- ✓ Spend 9 straight hours scrubbing and straightening your home

Quotable Quotes

Success is simple. Do what's right, the right way, at the right time.

~ Arnold H, Glasow

Who looks outside dreams, who looks inside awakes.

~Carl G Jung

Olive Oil: A Healthy Alternative



After last month's article about kinds of olive oil, some of you said, "That's good, but what are the health benefits that people are always talking about?" Here is a partial answer to that question.

Pure, extra virgin olive oil is not only a light and delicate addition to many wonderful dishes; it is one of the most health-promoting types of oils available. Olive oil is rich in monounsaturated fat, a type of fat that researchers are discovering has excellent health

benefits. It turns out that people who use olive oil regularly, especially in place of other fats, have much lower rates of heart disease, atherosclerosis, diabetes, colon cancer, and asthma.

Studies on olive oil and atherosclerosis reveal that particles of LDL cholesterol (the potentially harmful cholesterol) that contain the monounsaturated fats of olive oil are less likely to become oxidized. Since only oxidized cholesterol sticks to artery walls, eventually forming the plaques that can lead to a heart attack or stroke, preventing the oxidation of cholesterol is a good way to help prevent atherosclerosis. Note, however, that in studies, these benefits occurred when they used olive oil in place of other fats, rather than simply adding olive oil to a diet high in unhealthy fats.

Compared to diets high in saturated fat and low fat, high carbohydrate diets, a number of studies have shown that olive oil-rich diets lower blood sugar levels and decrease insulin requirements in persons with type 2 diabetes.

So here are some practical tips for enhancing the flavor of your food and greatly reducing your risk of cardiovascular disease:

- Rely on delicious, flavorful extra virgin olive oil as your first choice for dressing salads.
- Put a little olive oil and balsamic vinegar on your bread plate and use it to add flavor to crusty bread and rolls.
- Drizzle olive oil over potatoes, beans, grains, steamed vegetables, and soups.

Good oil, like good wine, is a gift from the gods. The grape and the olive are among the priceless benefactions of the soil and were destined, each in its way to promote the welfare of man.

George Ellwanger, **Pleasures of the Table** (1902)

The Wine Corner



Fermentation is the conversion of sugar into alcohol by the interaction of yeast with a by-product of carbon dioxide. Most red wines are fermented with natural yeasts that grow on the grape skins even though winemakers can use cultured yeast produced in a laboratory. The crushed

grapes ferment or soak with their skins until the yeasts have converted the sugar to alcohol. In general, warmer fermentation extracts more flavors but the goal is to find the perfect balance. Too much heat results in juice that tastes “cooked” and too little makes a fruity wine.

Sometimes the temperature of the wine is kept below the fermentation point for a day or two to allow maceration. This helps boost the extraction of flavor and color from the skins. Depending on the winemaker’s style, red wines can spend from 5 to 30 days fermenting in their skins.

During the fermentation process, the wine is usually “worked” or manipulated to maximize color and flavor. One technique is to pump wine from the bottom of the tank to the top with hoses. This leads to more even contact with the juice and skin of the grapes. Another technique is called punching the cap. The grape cap formed when the grape skins float to the top is punched down into the juice. Large wineries may use rotary tank fermenters that turn continuously like cement mixers.

No matter which method is chosen, the grape cap is broken up to encourage flavor extraction and allow more air to encourage the yeast to complete fermentation.

Recipe of the Month

Iceberg Wedges with Bleu Cheese Dressing

1 large head of iceberg lettuce, cut into quarters
1 green onion, chopped
1 small tomato, chopped
Blue Cheese dressing (recipe follows)

Arrange lettuce wedges on 4 plates. Spoon dressing over lettuce. Sprinkle with green onions, tomatoes, and additional black pepper and serve. Makes 4 servings.

Blue Cheese Dressing (makes about 2 cups)

1 cup mayonnaise
1/2 cup sour cream
1 tablespoon lemon juice
1 tablespoon white vinegar
2 tablespoons finely chopped onion
1 teaspoon minced garlic
1/4 cup finely chopped parsley
1/2 cup crumbled blue cheese (more or less to taste)
Salt
Freshly ground pepper
Cayenne pepper to taste

Note: If you like it creamy, put it in the blender for a few seconds.

A Final Word

Thanks again for reading the [Glen’s Place](#) newsletter. Comments, questions, and ideas are welcome. Send them along to [Glen @ Glen’s Place](#). Have a happy Independence Day celebration!

Until next time remember: Attitudes are contagious. Are yours worth catching?

Answer to brain teaser: Body organ: liver. As the mug was full, I VERY carefully added the cream.

If for some reason you no longer wish to receive the Glen’s Place Newsletter, you can [unsubscribe here](#). If you know someone who would like to be on the mailing list, they can [subscribe here](#). Send your comments or questions to [Glen @ Glen’s Place](#).

[Awesome Apps, from page 2]

- ❖ **IDB Free**.....A place to store EVERYTHING; credit card information.....accounts you may have.....to do list.....diary.....notes.....logs and checklists. You can get as detailed or non detailed as you wish.
- ❖ **Showtimes**.....wherever your location you can find theaters, movie listings, times and phone numbers
- ❖ **Say N Drive**.....it remembers your location. You hold button, speak city, state, business, it finds it for you and brings up number
- ❖ **Lose It**.....very detailed place to keep calorie information, exercise It has calories per food item. diary for you to record. tells you how many carbs, fats, etc.
- ❖ **Gpark**.....ever wonder where you parked your car? No more.....take a picture of it.....when you leave the store it guides you back to your car.
- ❖ **SnapTell**.....if you see a book you like anywhere, anytime, take a picture of it. It will find it for you, tell you where it is available, and the price.
- ❖ **Step Trak Lite**.....When you go for a walk it tracks how many steps (we are supposed to go 10,000 a day); categorizes pace/duration/etc. American Heart Assn. approved
- ❖ **Shazam**..... Use it to record a short bit of music you're listening to and it will tell you the artist and give you other info about it.
- ❖ **Facebook**.....What else needs to be said? Stay connected wherever you go.
- ❖ **Yellow Pages**.....uses your current location.....type in what you want to find and it brings up addresses and phone #s
- ❖ **Pandora**.....you can put in the kind of music you like/or an artist/or many artists/it will find all related songs and you can play them.
- ❖ **Around Me**.....finds anything you are looking for by category wherever you happen to be. Or use **Yelp** for similar info.
- ❖ **Vlingo**.....Press and speak what you want and it finds it for you.
- ❖ **Upcoming**..... uses calendar to instantly show upcoming events.
- ❖ **Google Voice Search**.....say what you are looking for and it will search for it.....or you can type a search just like Google on your computer.
- ❖ **ToDo**.....use this not only to create a list but to display the number of items on your list.
- ❖ **Lantern**.....displays % power remaining on your battery. And, can be used as a strobe.
- ❖ **TED**.....great for watching short geeky programs
- ❖ **QuickVoice**.....allows you to record a short message, with a title. Good sound quality.
- ❖ **Sudoku**.....excellent, if you like this puzzle game. Visually attractive and decent features.
- ❖ **Geocaching**.....Excellent, if you're into it - cost \$9.95 and worth it
- ❖ **Say Who Lite**.....allows you to voice dial, but even better, you can say an intersection or address and get directions.
- ❖ **Dial Zero**.....presents a list of businesses and shows number to dial to get a real person immediately
- ❖ **Public Radio**.....streams public radio stations from across the country
- ❖ **Shopper**.....Making and using shopping lists has never been easier or more convenient. With Shopper, you create and add to any shopping list whenever you think of things you need to buy. You can even email it to yourself and print it!
- ❖
- ❖ **Urban Spoon**.....uses you current location to find a restaurant, either randomly or by your choice of category or name
- ❖ **Dictionary**.....just enter the word and find the definition instantly. It will even pronounce it for you.
- ❖ **Flashlight**.....turns your iPhone into a bright white screen
- ❖ **Betty Crocker**.....The Betty Crocker mobile cookbook. Search for recipes or enter the ingredients you have on hand and it will suggest a recipe for you.
- ❖ **Desk Clock**.....turns your iPhone into a clock with large numbers
- ❖ **WordWarp**.....a word game