



In This Issue

- Flag Day
- Bell Peppers
- The Wine Corner
- Recipe of the Month
- A Final Word

A Note from Glen

School is out this month and it's time to find constructive things for all of those kids to do. I know it's a challenge to get them away from the video games. There are lots of things to do, see, and learn about either online or offline. Here are a few: read a book, fly a kite, go camping, go on a picnic, do a zoo, build a sand castle, learn to play a musical instrument (practice if you already know how to play). There are many educational web sites so there is no reason to be bored.

Fun Facts and Trivia

The Desert Tortoise is able to live where the ground temperature may exceed 140 degrees F.

Adult tortoises may survive a year or more without access to water. Much of the tortoise's water intake comes from moisture in the grasses and wildflowers they consume in the spring.

Brain Teaser

If you were to spell out numbers, how far would you have to go until you would find the letter "A"?

See page 3 for the answer.

Flag Day



Flag Day was first observed in 1877 on the 100th anniversary of the adoption by the Continental Congress of the Stars and Stripes as the official flag of the United States. In that year Congress asked that public buildings fly the flag on June 14.

In 1916, President Woodrow Wilson proclaimed Flag Day as a national celebration. The holiday was not officially recognized, however, until 1949. Congress, by joint resolution, on August 3, 1949 designated June 14 of each year as Flag Day. President Harry Truman signed the Flag Day Bill and called for its observance and for the display of the Flag of the United States on all Federal Government buildings.

On June 14 Americans across the nation will observe Flag Day by displaying the Stars and Stripes from their homes and other suitable places.

Summer is Here!

Summer is officially here on June 21 this year. In the northern hemisphere this is the longest day of the year, when the sun is farthest north. The length of time elapsed between sunrise and sunset on this day is a maximum for the year. In the United States, there are about 14½ hours of daylight on this day.

A common misconception is that the earth is closer to the sun in summer. Actually, the earth is closer to the sun in December which is winter in the northern hemisphere.

Don't Forget Father's Day



June 15 is not only a day to honor your father, but all men who have acted as a father figure in your life - whether as stepfathers, uncles, grandfathers, or "big brothers." Mark your calendar and remember to do something special on Father's Day.

Tips and Techniques

To eliminate messy hands when greasing a baking pan, use a small plastic bag to cover your hand. Place your hand in the bag and scoop out a portion of the shortening with the covered hand and spread the grease on the pan. When finished remove the bag and throw it away. Your hands should be free of any shortening.

Fresh herbs added to soup may lose their flavor when cooked for a long period of time. Add more herbs shortly before serving to boost the flavor.

Food Fact

Plums have been the subject of repeated health research for their high content of unique phytonutrients. These substances are classified as phenols, and their function as antioxidants has been well-documented.

Plums are a very good source of vitamin C. They are also a good source of vitamin A, vitamin B2, and potassium. In addition, plums are a good source of dietary fiber.

Enforcing the Rules

A recent college graduate, now employed by the Human Development center of a corporation, was in charge of training employees in proper dress code and etiquette. One day when she was stepping on the elevator, a man casually dressed in jeans and a golf shirt entered with her. Thinking of her responsibilities, she scolded, "Dressed a little casually today, aren't we?"

The man smiled and replied, "That's one of the benefits of owning the company."

Bell Peppers: Color Your Life Healthy



Bell peppers have been called the Christmas ornaments of the vegetable world. They have a beautiful shape and a glossy exterior that comes in a wide variety of vivid colors. The familiar green bell pepper we know is really an immature pepper that is mature for its stage. In other words, it is fully developed, but not ripe. When a green pepper is left on the vine, it will eventually turn red, orange, purple, or even brown, depending on the variety. The red bell pepper is the most common mature pepper. As bell peppers mature, their sugar content increases, so they become sweeter.

Bell peppers, whether green, red, orange or yellow, are rich sources of some of the best nutrients available. They are excellent sources of vitamin C and vitamin A.

When selecting bell peppers, choose those that have smooth, firm, glossy skin with no soft spots or shriveling. They should feel heavy for their size. They like cool but not cold temperatures with good humidity. If you put peppers in plastic bags, they will keep up to five days in the refrigerator. Green peppers will keep slightly longer than the other, more ripe, varieties.

Sweet peppers should be washed before using. If they have been coated with wax, scrub well. When preparing raw bell peppers, remove the stem, seeds, and membrane before cutting into strips, dicing, or cutting into rings.

When peppers are roasted, the flavor intensifies. Roasting also eliminates the skin, which some find indigestible. One of the most frequently suggested methods of roasting peppers is to hold them over gas flames until the pepper blisters and blackens all over. This is tedious and time consuming, especially if you want to do several peppers at one time. They may be roasted, grilled, or broiled. Put peppers on a sheet pan lined with foil, and roast in a hot (500°F) oven, under the broiler, or on the grate of a barbecue grill. The more intense the heat, the more often you need to turn the peppers. They should be blackened and blistered when done. This can take anywhere from 15 to 30 minutes depending on which method you use. When done, put the peppers in a plastic bag or in a bowl covered with plastic wrap. When cooled, remove the stems, slip off the skins, and scrape off the seeds. Don't do this under running water, as water washes away flavorful oils and juices. Instead, periodically rinse your hands as you work. The roasted peppers can be used immediately, put in olive oil with garlic or other seasonings, or refrigerated to use in a number of dishes from pastas to frittatas.

The Wine Corner



When you visit your local wine shop you will find many types of wines and wine bottles. Here is a simple guide to four of the most common wine bottle shapes. You will also find other unique bottles.



The Bordeaux bottle has straight sides and tall shoulders. It is a very popular wine bottle used by most wineries for Cabernet Sauvignon, Merlot, Malbec and most or Bordeaux blends. The bottle has a pronounced punt.



The Burgundy bottle has gently sloping shoulders and a smaller punt. It has a fatter girth than other wine bottles. It is generally used for Chardonnay and Pinot Noir around the world.



The Hoch bottle is slender and narrower in style and slope in the shoulders compared with others. This bottle is used often for such wines as Pinot Gris, Riesling, and Gewurztraminer. The glass is often brown.



Champagne bottles have thick glass, gently sloping shoulders, and a pronounced punt to keep pressure inside the bottle. On average, these bottles carry three times as much pressure as a normal wine bottle.

Quotable Quote

A friend is one before whom I may think aloud. ~ Ralph Waldo Emerson

Recipe of the Month

If you are looking for a recipe that you can prepare ahead, here is the perfect one for your summer picnic in the park. (Who says it has to be for a picnic? Maybe just a get together on the patio!)

Bacon Deviled Eggs

8 hard cooked large eggs
3 slices bacon
1/3 cup mayonnaise
1 tablespoon sour cream
2 teaspoons prepared mustard
2 tablespoons thinly sliced green onions
Salt and pepper to taste

In an 8 to 10-inch frying pan, cook bacon, turning slices as needed, until browned on both sides and crisp. Remove to paper towels and drain. When cool enough to handle, crumble bacon.

Cut each egg in half lengthwise. Gently scoop out yolks and place in a bowl. Mash yolks with a fork, and then stir in mayonnaise, sour cream, mustard, green onions, and crumbled bacon. Add salt and pepper to taste.

Spoon or pipe about 1 tablespoon of yolk mixture into the hollow of each egg-white half. Serve immediately or cover and chill up to 4 hours. Makes 16 deviled eggs; 8 servings.

Tip: Isn't it disgusting to find that the egg yolk in some boiled eggs is so close to the side that it makes filling the eggs difficult. If you stand the egg carton on its side overnight in the refrigerator, the yolks will be in the center after the eggs are boiled.

A Final Word

Thanks again for reading this newsletter. Comments are always welcome and appreciated. If there is something you would like to see included in the newsletter, let me know. Send your thoughts along to [Glen's Place](#).

Until next time remember: Do not take life too seriously. You will never get out of it alive.

Answer to Brain Teaser: One thousand.