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Fascinations

You may have had a different experience, but I am fascinated by the quality of customer service provided by Amazon.com. Of all the orders I have placed with them, I have had problems only 3 times. The first two involved an order which did not arrive according to the tracking. Both orders were replaced immediately.

The third was a problem of my own creation. I ordered the wrong stuff. Not to worry. Just print the return form and put it in the mail. Postage was deducted from the refund. How easy is that?

Amazing Useless Information

Dalmations originate from the Dalmation coast of Croatia. Dalmations are born pure white. Their spots don't appear until they are three or four days old.

Saint Bernard dogs do not carry kegs of brandy and never have.

Brain Teaser

What three letters can be placed in front of each of these words to form a new word?

Sport Sword Sage Sable Time

See page 3 for the answer.

Flag Day



On June 14, 1777, the Continental Congress replaced the British symbols of the Grand Union flag with a new design featuring 13 white stars in a circle on a field

of blue and 13 red and white stripes, one for each state. Although it is not certain, this flag may have been made by the Philadelphia seamstress Betsy Ross, who was an official flag maker for the Pennsylvania Navy. Over the years, the number of stars increased as new states entered the Union. The number of stripes remains at 13.

On June 14, 1916, President Woodrow Wilson issued a proclamation calling for a nationwide observance, even though Flag Day did not become official until August 1949, when President Harry Truman signed the legislation and proclaimed June 14 as Flag Day. In 1966, Congress also requested that the President issue annually a proclamation designating the week in which June 14 occurs as National Flag Week.

June Bugs

It's that dreaded time of year again--time for the June Bugs to come out. June Bugs may appear and swarm in great numbers in early summer and are attracted to lights. They feed by night on the foliage of deciduous trees and hide during the day. The eggs are laid in the soil, where the larvae, called white grubs, remain for two or three years, eating the roots and other underground parts of grasses, grains, and trees. The grubs cause great destruction to lawns and fir trees. The insects pupate underground in the fall and emerge as adults the following spring.

Did You Know.....No other month begins on the same day of the week as June. This year, that day is Tuesday.

Easy PDF Creator

Have you ever had the need to make a PDF but didn't want to spend an arm and a leg? I've been using Easy PDF from BCL Technologies for several years. You can purchase the software for \$29.95. It's easy to install and simple to use. Customer support is great also if you should ever need it.

You can also use the online version for free. Just go to their website, choose the file you want to make into a PDF, and click convert. You can then download the document to your computer.

BCL now has a Premium PDF Online Service in beta. You can convert up to 20 documents per day while it's in beta form. Terms may change later. The service also allows you to merge 2 PDF documents or add a watermark to your document.

Check it out at [BCL Online Premium](#).

The Wine Corner



“Brix” is the term used to designate the percentage of sugar in the grapes before fermentation. For example, 23° brix will be converted by yeast to 12.5% alcohol, more or less, depending on the conversion efficiency of the strain of yeast used.

In the production of port, the crushed grapes are fermented for about two days. Then the fermentation is halted by the addition of a neutral distilled spirit or brandy. This raises the alcohol level and retains some of the grapes' natural sugar.

American wine drinkers consume more wine on Thanksgiving than any other day of the year.

Sweet Tooth? Watch Your Heart

For the last two months in this column, I wrote about the harmful effects of too much sodium in our diets. This month, the focus is on added sugar and possible negative effects.

According to a recent study published in the Journal of the American Medical Association, feeding a sweet tooth may lead to more than weight gain and a mouth full of cavities. A diet high in added sugars can also alter levels of important blood fats and increase the risk of cardiovascular disease. The study found that:

- People who got at least 25% of their daily calories from added sugars of any kind were 3.1 times more likely to have low levels of so-called good cholesterol in their bloodstream than people who got less than 5% of their calories from added sweeteners.
- Those who consumed more than 17.5% of their calories from the sugars, whether from ordinary table sugar derived from sugar cane or sugar beets, high fructose corn syrup or any other caloric sweeteners, were 20% to 30% more likely to have high levels of blood fats called triglycerides than people with the low-sugar diets.
- The association between sugar intake and blood lipids was independent of the harmful effects of other components of sugary processed foods, such as fat and cholesterol.

To reach their conclusions, researchers at Emory University and the Centers for Disease Control and Prevention examined data from 6,113 American adults who participated in the CDC's National Health and Nutrition Examination Survey between 1999 and 2006. Survey workers took measurements of height, weight and blood pressure, drew blood samples and asked participants detailed questions about everything they ate in a 24-hour period.

Researchers then calculated the amount of added sugars, defined as all caloric sweeteners used to enhance prepared and processed foods, and total calories in all of those meals and snacks. They determined that Americans eat an average of 21.4 teaspoons of added sugars each day. This translates to 359 calories and 16% of the average daily total. This is 5% more than the average consumption in the 1970's.

Spice It Up!



Rosemary

Rosemary is a woody evergreen shrub with fragrant evergreen needle-like leaves. It is a member of the mint family and is native to

the Mediterranean region. Forms range from upright to trailing. The upright forms can grow up to 5 or 6 feet tall, but standard varieties are usually around 3 feet and bushy. The small, gray-green leaves look similar to small pine needles and have a bitter, astringent taste, which complements a wide variety of foods.

Rosemary has small flowers ranging from white to pale blue to dark blue. It usually flowers in late spring.

Usage of Rosemary dates back to 500 B.C. when it was used as a culinary and medicinal herb by the ancient Greeks and Romans.

Most of the dried rosemary comes to us from Spain, France, and Morocco, but it is easy to grow your own in temperate climates.

Rosemary is indeed a versatile, aromatic herb which you will find delightful in both savory and sweet recipes. It is used in a wide variety of dishes, including fruit salads, soups, vegetables, meats (especially lamb), fish, eggs, stuffings, and dressings.

If you live in a frost free area, you can grow rosemary in the ground year round. It does best in a sandy, well draining soil with 6 to 8 hours of full sunlight.

Featured Recipe:

Romaine Salad With Tomatoes and Bacon

4 slices bacon
1 head romaine lettuce, cut into strips (6 cups)
1 cup grape tomatoes, halved
4 scallions, sliced
4 to 6 tablespoons Creamy Parmesan Dressing (recipe follows) or bottled Caesar dressing

Cook the bacon over medium heat until crisp. Transfer to a plate lined with paper towels. Break into pieces when cool.

Toss the lettuce, tomatoes, scallions, and bacon with the dressing in a large bowl. Makes 4 servings

Creamy Parmesan Dressing

1/4 cup olive oil
1/4 cup grated Parmesan
2 tablespoons sour cream
1 tablespoons white wine vinegar
1 tablespoons water
Kosher salt and black pepper to taste

In a small bowl, whisk together the oil, Parmesan, sour cream, vinegar, water, salt and pepper. Makes about 3/4 cup (4 servings).

A Final Word

Thanks again for reading the Newsletter. If you have ideas or suggestions, send them along to Glen@Glen's Place. If you have friends that might be interested in the newsletter, forward it on to them.

Until next time remember: *The librarian was the original search engine.*

Answer to brain teaser: PAS

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