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Elucidations & Elaborations

It's that time of year again. School is out for the summer, or will be soon, and the same question enters my mind. Where are the kids? It's not that I want to see or hear them, but where are they?

When I was growing up, we went outside to play, create, or to just get out of the house. We didn't have flat screen TVs, movies on demand, computers with internet, or smart phones. In fact, we had no TV or phone of any kind!

Oh, you say that's where the kids are? They're inside playing games, watching TV, and snacking! How times have changed--and maybe not for the better!

Brain Teaser

What do the following words have in common?

CHILDHOOD HAND NATURE WIND FIDDLE

See page 3 for the answer.

Snack Smart

Eating between meals can help you lose weight if you choose the right foods. It seems that snacks have become so big they are almost like a meal. Americans get about 25 per cent of their calories each day from snacks.

Snacking is not all bad. Eating every few hours can help stabilize blood sugar, which is essential for diabetics.

Here are some strategies to get the most from between-meal munching:

- Limit snacks to 100 to 200 calories.
- If you eat more than that, eat less at your next meal.
- Make every snack count. Think of snacks as a chance to include nutrient-rich foods.
- Plan snacks in advance. Have some healthy snacks on hand so you won't be tempted to grab a doughnut or milk shake at the drive-through.
- Add a little protein. Snacks that are high in protein reduce hunger and increase fullness, more than high-fat snacks.

Here are some healthy snack ideas:

- A small banana and 7 walnut halves
- Baby carrots with 2 tablespoons hummus
- 1 cup fat-free Greek style yogurt with 1/2 cup blueberries
- 2 celery sticks with 1 tablespoon peanut butter

From the Kitchen

There are times when the look of meat after it's sliced is important. To make meat slicing easier, simply place the wrapped raw meat in the freezer just long enough to firm it up before slicing and dicing. If it's already frozen, slice it before it is completely thawed. Not only will you get cleaner slices and better edges than trying to slice through a soft cut or fillet, but you'll also find the slicing is much easier.

Coffee Stain Removal

If you are a coffee drinker, I know you have spilled some at least once. Here are 6 steps that will remove those stubborn coffee stains.

Step 1 Blot the area with a clean, white cloth to absorb all the liquid you can. Blot from the outside of the stain in to avoid spreading the stain.

Step 2 Mix 1 teaspoon clear, mild liquid dish washing detergent with 1 cup lukewarm water.

Step 3 Sponge the area with the detergent solution. Blot again with a clean, white cloth.

Step 4 Mix 1/3 cup white vinegar with 2/3 cup lukewarm water.

Step 5 Sponge the area with the vinegar solution. Blot with a clean, white cloth.

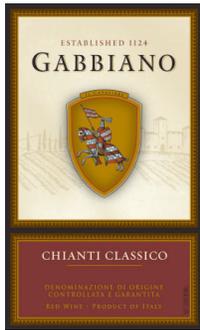
Step 6 Sponge the area with clean water. Blot with a clean, white cloth.

Toss It Today

Want to get rid of the clutter, but not sure where to begin? Experts say these items are a must-toss for any household.

1. **Computer printouts** Don't let mounds of paper pile up when you have so many digital storage options. If you really like something, an article, a recipe, etc. — use websites like -Delicious, Instapaper, or Pinterest to virtually hold on to it.
2. **Paper copies of paid bills** Don't toss documents you obviously need — leases, licenses, things like that — but the Macy's bills from 1985? Those can go.
3. **VHS tapes, cassette tapes, or old video games** There's no reason to cling to outdated media. If there's something you really cherish — a wedding video etc. — digitize it. There are companies that will do this for you and the fee is not usually exorbitant.
4. **Worn-out linens** Throw away threadbare towels and mismatched bed linens in favor of a few well-made items. Have two sets of sheets per bed — and don't forget the air mattress or sofa bed.
5. **Hair accessories from years past** Is your bathroom cabinet overflowing with hair dryers, irons, hot combs, and rollers? Unless you use it daily or weekly, toss it.
6. **Reminders of past hobbies** Your interests change over time, but not the things connected to them. Hand these dust-gathering items off to friends or relatives.
7. **Home gym equipment** You and your family may work out regularly, but you probably still have little-used exercise gear lurking in a closet or the garage. Ditch anything you haven't touched in the past year. That also goes for yoga mats and workout clothes.

Wine Selection of the Month



The consideration of Chianti is often a generational thing for many Americans. Wine drinkers of a certain age remember Chianti as a thin, acidic red wine in a straw-covered flask that was the traditional partner with pasta and pizza. Today's Chianti consumers, however, understand there's little resemblance between the original blend for Chianti and that in today's market, especially that labeled as Classico or Reserva.

Gabbiano Chianti Classico has rich flavors of berry and pepper. It still goes well with pasta, pizza, or all by itself. Gabbiano was established in 1124. They've had a many years to get it right!

You can get your Gabbiano Chianti Classico 2008 at your favorite wine store for about \$11.

Eat Less from a Dark Plate

The Cornell Food and Brand Lab found that buffet diners served themselves about 24% more when offered white pasta on white plates as opposed to white pasta on red plates. Contrasting colors increase our awareness of how much we consume. Eat less by serving rice, potatoes, and pasta on dark plates.

Featured Recipe: Frozen Blueberry Lemonade

It's time for a refreshing drink on a hot evening. Here is one that is not only refreshing, but elegant. If you prefer not to drink alcohol, just leave out the vodka!

Keep some frozen blueberries on hand just in case you don't have fresh ones.

Frozen Blueberry Lemonade

1 1/2 cups blueberries
1 cup lemonade
1/2 cup vodka
1/4 cup confectioners' sugar
1/2 cup fresh mint leaves, plus more for garnish



Place the blueberries, lemonade, vodka, mint, confectioners' sugar, and 3 cups ice in a blender. Puree until smooth. Garnish with mint sprigs. Makes 4 delicious servings.

A Final Word

Thanks again for reading the Glen's Place Newsletter. Pass it along if you know someone who might enjoy it. Send ideas, comments, and questions to Glen@Glen's Place.

Until next time remember: Never use a big word when a diminutive alternative would suffice.

Answer to brain teaser: Each may be preceded by SECOND to make a common phrase.

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