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### A Note from Glen

Summer is here, school is out, and it's time to find constructive things for the kids who can't seem to adjust to having the 'nothing to do' that they were anticipating. There are many things to do other than video games. [HERE](#) is a website with ideas.

Don't forget Father's Day on June 21. Do something nice for Dad like maybe a nice breakfast on the patio! Or maybe a pan-seared, oven roasted filet mignon! Try this easy and delicious [Filet Mignon with Brandy-Cream Sauce](#).

### Fun Facts and Trivia

Fingernails grow about 3 times faster than toenails.

The average American looks at 8 houses before buying one.

### Brain Teaser

Since some of you are eager for a more challenging one, this may be it!

What is the next number in the series?

3, 8, 15, 24, 35...

See page 3 for the answer.

### Turn Digital Photos into Lasting Memories

At this time of year people are taking more pictures than ever. Another school year is ending. There are graduations, proms and sporting events but that's not all. Don't forget about summer holidays, family vacations, reunions and weddings. Digital cameras have made it easier for people to capture hundreds of pictures of these cherished moments, but this modern marvel of technology has been both a blessing and a curse.

We all take pictures that mean something to us, but then what happens? Weeks, months, even years go by and those pictures are all but forgotten. They are held hostage in a camera, buried on a computer hard drive, or lost in cyberspace. When the time comes to share those photos, it seems they're nowhere to be found.

Some people still make their own prints, but that only solves part of the problem. Maybe you put one or two on the refrigerator, but what about the rest? Off to the shoebox they go with the forgotten promise that, "One day I'll get them in a book." If you can relate to this, you're not alone. There are other options to help you turn your photos into lasting memories.

First, you need to spend some time finding out what you have to work with. Start by paring down your photo library by deleting those you don't like or need.

Next, set up a file system and get in the habit of labeling them as soon as you download them to your computer. Be consistent with your labels. For example, for all photos related to a specific event, begin your naming scheme with the same word. Finally, back up your files to ensure that you don't lose them.

If you're drowning in a sea of shoeboxes packed with pictures, it's time to organize those also. Consider scanning older photographs to preserve them. Make copies of the more current pictures you want to keep forever.

[See **Photos to Memories**, Page 2]

## Tech Tip

When most of us think of Google, we think of search or ads, but it is much more than that. You can use Google for:

- **A calculator** To use Google's built-in calculator function, simply enter the calculation you'd like done into the search box. Example:  $(14 \times 16) + 236 =$
- **Weather** To see the weather for many U.S. and worldwide cities, type "weather" followed by the city and state, U.S. zip code, or city and country. Example: weather Denver
- **World Time** To see the time in many cities around the world, type in "time" and the name of the city. Example: time London
- **Unit Conversion** You can use Google to convert between many different units of measurement of height, weight, and volume among many others. Just enter your desired conversion into the search box. Example: 10.5 cm in inches
- **Package Tracking** You can track packages by typing the tracking number for your UPS, Fedex or USPS package directly into the search box. Example: 1Z9999W99999999999

## Quotable Quotes

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.  
~ Winston Churchill

Silence is the virtue of fools.  
~ Francis Bacon

[Photos to Memories, from Page 1]

Once your photos are organized, you may choose to make the memories permanent. There are services that allow you to design your own hardcover photo books for a little more than the cost of those inkjet cartridges or scrapbook materials. Friends and family can even create their own from your online gallery. Just upload your photos and start sharing!!

## Olive Oil: Which Should I Buy?



Olive oil is made from the crushing and then subsequent pressing of olives. It is available in a variety of grades, which reflect the degree to which it has been processed. The most common ones are extra virgin, virgin, pure olive oil, and light olive oil. The question then becomes. "Which type of olive oil should I use?"

- **Extra virgin olive oil** is the unrefined oil derived from the first pressing of the olives by mechanical or other physical means under conditions, particularly thermal conditions, that do not lead to alterations in the oil. This oil has the most delicate flavor and is considered the highest quality. Save your extra virgin expensive oils for salads, dressings, and vinaigrettes. You can also drizzle it over slices of crusty bread or onto open-face sandwiches. Use it on a baked potato or add it to mashed potatoes instead of butter. Extra virgin olive oil tastes great on cooked vegetables or brushed onto fish or meat before serving.
- **Virgin olive oil** is a slightly lower classification even though it is also derived from the first pressing of the olives. This oil has a higher acidity level than extra virgin olive oil, as well as a less delicate taste. It can contain up to 2% free oleic acid, while extra virgin can only contain up to 0.8% of free oleic acid.
- **Pure olive oil**, sometimes labeled only as olive oil, is a bit of a misnomer. Don't be fooled if you see the term "pure" on the label. It means the oil is a blend of refined and virgin olive oils. This oil is better for sautéing or frying since it has a higher smoking point and imparts less olive oil flavor to the food.
- **Extra light olive oil** undergoes considerable processing and only retains a very mild olive flavor and a light color. Light olive oil is a marketing concept, and not a classification of olive oil grades. Extra light does *not* mean it is lower in fat.

No matter which olive oil you choose, it should be stored in a closed container, away from heat or light. Correctly stored, good oil has a shelf life of 12 to 18 months. You do not need to store oil in the refrigerator, however, if you do, it should still be fine. Just leave it at room temperature for half an hour, and it will return to its previous consistency.

## The Wine Corner



The wines of Alsace (pronounced Al-zass) reflect the curious situation of a border province. It seems that nature intended Alsace to be a part of Germany, but at the time of the French Revolution, it was actually part of France. It is separated from the rest of France by the Vosges

Mountains, but only the Rhine River separates it from Germany.

The tone of the wines from Alsace is set by the climate, soil, and the choice of grapes which are all comparable to vineyards slightly down the Rhine Valley which is in Germany. The difference is in the vinification of the wines. Modern German and Alsace winemakers hold different points of view. Germans tend to look for residual sugar in the wine. Winemakers of Alsace look for strength. I know this is stereotyping, but German wines tend to be lighter in alcohol and fruitier than their French counterparts. Alsace winemakers like a dry, firm, clean flavor. They completely ferment the sugar, concentrating the essence of the German grapes into wines that are more spicy and fragrant.

The vineyards of Alsace are dotted with medieval towns of cobbled streets, half-timbered houses, and flowering window boxes. It's a fascinating mixture of French and German characteristics. After the end of the Thirty Years War in 1648, Louis XIV proffered free land to anyone willing to restore it to productivity. As a result, French, Germans, and Lorrainers poured into the region.

Alsace Rieslings, Pinot Blanc, and Pinot Gris can replace Sauvignon Blanc or Chardonnay in almost any food pairing.

## Recipe of the Month: Skillet Chicken Paella

1 1/4 pounds boneless, skinless chicken breast, cut into bite-size pieces  
1 tablespoon olive oil or cooking oil  
1 medium onion, chopped  
2 cloves garlic, minced  
2 1/4 cups chicken broth  
1 cup uncooked long grain rice  
1 teaspoon dried oregano, crushed  
1/2 teaspoon paprika  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1/8 teaspoon ground turmeric  
1 14 1/2 ounce can stewed tomatoes, cut up  
1 medium red pepper, cut into strips  
3/4 cup frozen peas

Rinse chicken; pat dry with paper towels. In a 10 inch skillet, cook chicken, half at a time, in hot oil until no longer pink. Remove chicken from skillet.

Add onion and garlic to skillet; cook until tender but not brown. Remove skillet from heat. Add broth, uncooked rice, oregano, paprika, salt, pepper, and turmeric. Bring to a boil. Reduce heat, cover, and simmer about 15 minutes.

Add undrained tomatoes, red pepper, and frozen peas to skillet. Cover and simmer about 5 minutes more or until rice is tender. Stir in cooked chicken. Cook and stir until heated through. Makes 6 servings.

## A Final Word

Thanks again for reading this newsletter. I have enjoyed and appreciated the comments I have received. Send your comments or suggestions to [Glen @ Glen's Place](#).

Until next time remember:

**NEVER RUIN AN APOLOGY  
WITH AN EXCUSE**

**Answer to Brain Teaser:** 48. Starting from 2, square each consecutive integer, then subtract 1.

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