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### A Note from Glen

School will be out soon in many places and summer will be here soon. For many, it's time to plan that summer vacation if you haven't already. Have you been saving your money for the \$4.00 per gallon gasoline? Or maybe you are psyching yourself up for a flight on those unpredictable airlines. At any rate you should enjoy some time off. Too many Americans let vacation time go unused!

**MOTHER'S DAY** is Sunday March 11. Don't forget to express love, affection, and appreciation to your mom on this special Day by doing something special for her!

### Fun Facts and Trivia

The best estimates suggest that the Milky Way contains about 500 thousand million stars and a total mass equivalent to 1.9 million million Suns.

### Brain Teaser

What number gives the same answer when added to or multiplied by 1.5?

See page 3 for the answer.

### Thank a Teacher

National Teacher's Day is always the Tuesday of the first full week in May. This year Teacher's Day falls on May 6th. On this day thousands of communities will take time out to honor those hard working, patient, and understanding people to whom we entrust our children.



Teachers mold our kids in a positive direction, and affect who they are and who they become. From kindergarten through college, teachers are an important part of our children's lives. So, take time to say thank you to a teacher. No gift is necessary. In fact, last year NEA conducted an online poll asking teachers what kind of gift would most make them feel appreciated. The answer? A simple "thank you," according to nearly half (48%) of all poll respondents. Educators know that our children will always be our future and because of a teacher that future looks bright

### Feliz Cinco de Mayo



Are you looking for a reason to celebrate this month? There is no better day than Cinco de Mayo.

Cinco de Mayo marks the victory of the Mexican Army over the French at the Battle of Puebla on May 5, 1862. This "Batalla de Puebla" came to represent a symbol of Mexican unity and patriotism. Over the years Cinco de Mayo has become very commercialized and many people see this holiday as a time for fun and dance. Today Cinco de Mayo is a joyous holiday celebrated with food, fun, parades, and plenty of cerveza or tequila. Oddly enough, Cinco de Mayo is celebrated on a much larger scale here in the United States than it is in Mexico.

The best and most authentic Cinco de Mayo celebrations occur in locations with the highest concentration of Mexican people. Similar to St. Patrick's Day for the Irish, Cinco de Mayo is one of those special times when everyone feels a little bit Mexican in their soul!

## Tips and Techniques

To freshen a smelly garbage disposal, grind up some lemons, oranges, or grapefruits. Save lemon and orange rinds in a plastic bag in the freezer to use for this purpose. When the disposal begins to smell, take a rind from the freezer and throw it down the disposal.

Toss pasta with a dry grated cheese, such as parmesan, before adding the sauce. The grated cheese will stick to the pasta and allow the sauce to cling to the pasta better.

When cutting onions and only half the onion will be used, use the top half and store the root end. The root end will stay fresh for a longer period of time.

## Martini Magic

Each bartender has his or her own way to make martini magic. Here are some tips for making your own perfect martini.

- ❖ Use the freshest ice possible.
- ❖ Buy the best vodka or gin you can afford.
- ❖ Buy good mixers and use fresh garnishes.
- ❖ Keep your glasses and shaker in the freezer until you are ready.
- ❖ Use only stainless steel shakers and glasses made from glass.
- ❖ Shake your martini a lot but not too long.
- ❖ Experiment with different gins and vodkas. Have fun.

## Food Fact

**Go Mango** Nature packs a lot of vitamins A and C into these low-calorie appetizers. Half a medium-sized mango supplies 40% of the vitamin A and 50% of the vitamin C that most of us need daily. All for a mere 67 calories. And it tastes great!

## Rhubarb: King of Tart



Rhubarb is often commonly mistaken to be a fruit but it is actually a vegetable with a unique taste that makes it a favorite in many pies and desserts.

Rhubarb stalks are commonly found in supermarkets. It looks like a pink or red stalk of celery. When buying rhubarb choose fresh crisp stalks, and peel off any stringy covering before use. (Rhubarb leaves must be removed before cooking, and must never be eaten, raw, or cooked, as they are toxic.) Stand the stalks in cold water for an hour or so to refresh them before cooking. A 1 pound bunch contains 3-5 stalks. Unused rhubarb will keep well in the refrigerator for two to three weeks in sealed plastic bags. It can also be frozen. Cut stalks into 1-inch pieces and put them on a baking sheet in the freezer. When frozen, put pieces in a freezer bag for up to nine months.

Stewing rhubarb is easy but it is difficult to know how much sugar to add since tastes vary. Begin by adding about 1/4 cup water and 1/4 cup sugar to each pound of cut-up rhubarb. Cover and cook gently, in a non-aluminum saucepan for 5 to 10 minutes. You can add a variety of seasonings to stewed rhubarb. Orange juice or orange liqueurs go nicely with it as do lemon, vanilla bean and fresh ginger. Stir to combine your favorite additions. Bring to a boil; reduce the heat, and simmer, stirring occasionally. When finished, feel free to add additional sugar to taste, and cook for another 5 minutes to insure that the sugar dissolves. Spoon the rhubarb over ice cream, waffles, or pancakes.

Strawberries are the most favored companions to rhubarb, which is why you see so many strawberry-rhubarb pies. If you don't want to mess with it yourself, go on over to your local Marie Callender's and pick up a pie. Warm it a little and add a dollop of vanilla ice cream. Yummy!!!

### Rhubarb Citrus Fruit Sauce

2 cups rhubarb, diced	1 medium apple, cored and diced
1 cup strawberries, sliced	1 tablespoon orange zest
2/3 cup sugar	1/3 cup orange juice
1 tablespoon cornstarch	

Combine rhubarb, apple, strawberries, and orange zest in a medium pot. Cook over low heat until fruit softens. Stir in sugar until dissolved. Whisk in orange juice and cornstarch in a cup. Add to fruit mixture. Cover and simmer 20 minutes. Serve over poultry or pork or on top of pancakes or waffles.

## The Wine Corner



Did you ever wonder about that “dimple”, that indentation in the bottom of a wine bottle? It actually has a name but probably has no purpose. It’s called a **punt**. (yes, just like the kick on fourth down in American football). The earliest origins of the punt are lost in history but there is much conjecture.

One theory is that in the early days of modern bottle making, glass blowers learned that when flat-bottomed bottles were hand-blown or produced with early casts, they would sometimes result in deformities or bumps on the bottom which would prevent the bottle from standing up straight, and make it prone to tip over. With the use of a punt, wine bottles could have a stable, circular base on which to stand. Any deformities found in the center of the base would be “pushed” up into the punt, where they would be hidden from view, as well as prevented from upsetting the bottle.

A somewhat similar explanation is that the mechanism that glass blowers used to hold the bottle while it was being made left this indentation when the job was done. Some say bottles were made this way intentionally so the sharp crease around the conical shape would form a crevice where the sediment from the wine could collect.

Perhaps most importantly, the punt makes you curious to learn more about it, which is why you chose to read this article!

## Quotable Quote

No man needs a vacation so much as the person who has just had one.

~ Elbert Hubbard

## Recipe of the Month

Here is a good Cinco de Mayo recipe for you. You can find a complete menu at <http://glensplace.com/MexicanFood.html>

### Mexican Style Chicken Kiev

8 chicken breast halves  
1 7-ounce can diced green chiles divided into 8 portions  
1/4 pound jack cheese cut into 8 strips  
1/2 cup fine dry bread crumbs  
1/4 cup grated Parmesan cheese  
1 tablespoon chili powder  
1/2 teaspoon salt  
1/4 teaspoon cumin  
1/4 teaspoon pepper  
4 tablespoons butter, melted  
Tomato Sauce (recipe follows)

Pound chicken pieces to about 1/4 inch thickness. Put chiles and jack cheese strip in center of each chicken piece. Roll up and tuck ends under. Combine bread crumbs, Parmesan cheese, chili powder, salt, cumin, and pepper. Dip each stuffed chicken in shallow bowl of 4 tablespoons melted butter and roll in crumb mixture.

Place chicken, seam side down, in oblong baking dish and drizzle with a little melted butter. Cover and chill 4 hours or overnight. Bake uncovered at 400 degrees 30 to 40 minutes or until done. Serve with Tomato Sauce, if desired. Makes 8 servings.

### Tomato Sauce

1 15-ounce can tomato sauce  
1/2 teaspoon cumin  
1/3 cup sliced green onions  
Salt and pepper to taste  
Hot pepper sauce

In small saucepan, combine tomato sauce, cumin, and green onions. Season to taste with salt, pepper, and hot pepper sauce. Heat well.

## A Final Word

Thanks again for reading this newsletter. If you know someone who would like to receive this publication, they can sign up to be on the mailing list at <http://glensplace.com/newsletter>. Comments are welcome. Send them along to [glendal@glensplace.com](mailto:glendal@glensplace.com).

Until next time remember: Reality is **not** on TV.

**Answer to Brain Teaser: 3**     $3+1.5 = 4.5$      $3 \times 1.5 = 4.5$