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Nuts for Health

Nuts are excellent sources of protein, minerals, monounsaturated fats and other nutrients. It only takes a small handful of nuts to satisfy hunger (and help you stay full longer). There are many varieties to choose from. Here are some of the healthiest.

Elucidations & Elaborations

Here are a couple of things I have always wondered about. Why do people listen to the TV, believe what they hear, and do as told? Why do people ask their doctor if they need (fill in the blank)? The latest one is Sensa. What makes people think they can just sprinkle a magic potion on their food which makes them feel full and not eat so much. A gym body without going to the gym? Hmm. I think there are questions about the study on which they base their weight loss claim. Call me a skeptic, but I think it takes more than some added chemical to lose weight. A lifestyle change perhaps? Maybe that's why I have not lost those last 10 pounds!

Brain Teaser

Rearrange the following letters to form two different eight-letter words.

C E L N O O S S

- ❖ **Walnuts** Walnuts not only taste great but are a rich source of heart-healthy monounsaturated fats and an excellent source of those hard to find omega-3 fatty acids. Like most nuts, they can easily be added to your diet. Just chop and add to your favorite salad, vegetable dish, fruit, or dessert.
- ❖ **Almonds** A high-fat food that's good for your health? That's not an oxymoron, its almonds. Almonds are high in monounsaturated fats, the same type of health-promoting fats as are found in olive oil, which have been associated with reduced risk of heart disease. In addition, a quarter cup of almonds has almost as much calcium as a quarter cup of milk.
- ❖ **Cashews** Cashews pack a mix of nutrients and minerals not found in many common foods. It is sometimes called "nature's vitamin pill," They are jam-packed with nutritional content. One ounce of cashews contains 5 grams of protein and high levels of iron, magnesium, phosphorus, zinc, copper and manganese.
- ❖ **Pecans** Pecans have it all. Besides being one of the most elegant, versatile and rich-tasting nuts you can put on your plate, they offer up a package of health benefits. They contain more than 19 vitamins and minerals. One ounce of pecans provides 10 percent of the recommended Daily Value for fiber.

Civil Ignorance: What We Don't Know

I know this will not offend or embarrass any reader of this newsletter because I know the readers of this publication are among the most intelligent and well informed citizens!

In his letter to Edward Carrington in 1787, Thomas Jefferson warned: "If once they [the people] become inattentive to the public affairs, you and I, and Congress, and Assemblies, Judges, and Governors shall all become wolves."

In other words, self-government is and can be only as good as the people. If the people choose to be uninformed and ignorant of the founding principles and the Constitution, then democracy is in jeopardy.

That is exactly what Newsweek found in a recent survey. As many as 70% of Americans do not know what the Constitution is and 6% could not circle Independence Day on the calendar.

Newsweek recently asked 1,000 U.S. Citizens to take America's official citizenship test and 38% of them failed. Forty-four percent could not define the Bill of Rights. Here are some more statistics from Newsweek's Survey:

- ▶ 29% *could not* name the vice president of the United States.
- ▶ 73% *did not know* the main concern of the U.S. during the cold war.
- ▶ 44% *were unable* to define the Bill of Rights.
- ▶ 27% *did not know* who is in charge of the Executive Branch of government.
- ▶ 63% *did not know* how many justices are on the Supreme Court.
- ▶ 65% *did not know* what happened at the Constitutional Convention.
- ▶ 61% *did not know* for how many years we elect U.S. Senators.

I know we have watched Jay Leno interview people on the street, asking them what would really seem obvious and we laughed at the answers. Yes, many of those answers are funny but they are sad at the same time. As a retired teacher, I have real concerns about where this nation is headed. Just hoping for the best is not good enough. We must do something. But what?

Sample Questions

Q. What happened at the Constitutional Convention?

A. The Founding Fathers wrote the Constitution.

Q. Who did the United States fight in World War II?

A. Japan, Germany and Italy.

Q. What did Martin Luther King Jr. do?

A. Fought for civil rights and equality for all Americans.

Q. Circle Independence Day on the calendar.

A. July 4.

Words about Wine



Know me, stranger, for I am
thy blood and thy nectar.
I shall wet thy lips, parched
by the winds of deprivation.
And nourished shall be thy
body, desiccated by the
scorching inferno of
temperance.

Rest thy head upon my
bosom,

Lose thyself in the ecstasy of
my caresses,
And know me, For I am ZINFANDEL!
~ Author Unknown

Words of Wisdom from Plato

Music gives soul to the universe,
wings to the mind, flight to the
imagination and life to everything.

This Month in History

- ✓ May 1, 1841 - The first wagon train left Independence, MO for California.
- ✓ May 4, 1626 - Manhattan Island is sold! Indians agreed to the deal in exchange for \$24 in cloth & buttons.
- ✓ May 5, 1893 - The New York Stock Exchange crashed, causing the "Great Panic of 1893".
- ✓ May 7, 1945 - Germany signed an unconditional surrender at Rhims, France, ending WWII in Europe.
- ✓ May 17, 1875 - The first Kentucky Derby was held at Churchill Downs.
- ✓ May 20, 1990 - The Hubble Space Telescope transmitted photographs from space
- ✓ May 21, 1881 - The American Red Cross was formed.
- ✓ May 22, 1967 - "Mister Rogers' Neighborhood" debuted,

Garlic Shrimp with Linguine

Do you like shrimp? Do you like pasta? You can combine the 2 in this simple and quick recipe.

8 ounces linguine
1 tablespoons butter
1 tablespoons olive oil
2 cloves garlic, minced
1/2 teaspoon crushed red pepper
1/2 pound medium shrimp (31-40 count), shelled and deveined

Cook the linguine according to the directions on the box until al dente.

While the linguine is cooking, combine the butter, olive oil, garlic, and red pepper. Sauté the garlic for about 1 minute. Add the shrimp and sauté about 3 minutes, or until they are pink in color.

Drain linguine and place in a large bowl. Add the shrimp, along with the butter, olive oil, garlic, and red pepper, and toss.

Serve with freshly grated Pecorino Romano or Parmesan cheese. Makes 4 servings.

A Final Word

Thanks again for reading the May edition of the newsletter. Pass it along if you know someone who might enjoy it. Send ideas, comments, and questions to Glen@Glen's Place. No, we are not moving!

Until next time remember: It's easier to resist temptation when you know it'll still be there later.

Answer to brain teaser: Consoles, Coolness

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