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Elucidations & Elaborations

The end of the school year is approaching for many of you and it's time to start thinking about the summer vacation! When you plan for your vacation, do you have to do lists on multiple pieces of paper? This month, I am including a Vacation Checklist that helps us when we plan for trips and maybe it will assist you too. It's on Page 4 of this newsletter. (What's with the Page 4s lately?) There are two lists per page. You are welcome to copy it and customize it to fit your needs. Save it on your computer for later use. I hope you find it beneficial.

Brain Teaser

Here is a quotation with all the spaces and vowels removed. What is the quotation?

TRRSHMNTFRGVVDVN

See page 3 for the answer.

Password Safety

Are your passwords safe? I know this question is redundant, but it's also very important. We've been reminded often to create strong passwords and change them often. The reality is that we don't always do it. You would be surprised how many use *password*, *123456*, or *abc123* as passwords. You're not guilty, are you?

It's only common sense, but here are some tips for creating and protecting passwords.

- Create a unique password every time. When changing your password, don't use one that you have previously used.
- Change your passwords for all your accounts at least once every 6 months. I'm sure you've heard this before but haven't done it!
- Never write down your passwords. Creating a strong password and writing it down is as bad as creating a weak password.
- Don't share with anyone. Anyone includes your friends and family.
- Don't type your password when someone is looking over your shoulder. This is especially important if you type slowly and search for the letters on the keyboard and type with one finger!

If you follow these common sense tips, create strong passwords, and change them often, your internet safety will be enhanced.

From the Kitchen

Dental floss is not just for the medicine cabinet. It's also a handy item to keep in the kitchen.

Floss has a small surface area which makes it perfect for slicing small foods without damaging them.

It can be used to slice soft cheese or cleanly cut a log of dough into individual cookies. It even works wonders on cheesecake!

Remember to use unwaxed and unflavored floss unless you want to add a subtle hint of cinnamon or mint to whatever you're slicing!

The Incredible Egg

One large egg weighs about 2 ounces and has 74 calories.

The egg yolk contains about 75% of the eggs calories and nutrients.

The egg white is 90% water. The remainder is mainly protein. It cushions the yolk and will appear cloudy when fresh.

The permeable eggshell has up to 17,000 pores. This is how the egg loses moisture over time. It's also how it picks up refrigerator odors. To help prevent this, store the eggs in the carton they came in.

Bosc Pear Salad

Spring Mix Salad Greens, about a handful or so
Lemon juice
Extra virgin olive oil
Kosher salt
Fresh ground pepper

1 bosc pear
Walnuts, half dozen or so
Honey
Balsamic vinegar reduction (see below)
Feta cheese (crumbled will work but slices from a block are better)

Place the greens in a bowl. Squeeze some fresh lemon juice over them. Drizzle with olive oil and sprinkle with kosher salt and fresh ground pepper. Using a couple of forks, toss well. Place the greens in the center of a attractive salad plate.

Slice the pear in half lengthwise, trying to avoid cutting the stem since it will be part of the presentation. Using a melon baller, scoop out the seed pocket and scrape out the "stem extension" from the seed pocket toward the stem. Place the pear halves on top of the greens at an angle to each other with the pear stem toward the center.

Place a few walnuts around the plate. Drizzle a little honey around the plate, getting a little bit of it on the pears. Drizzle on some balsamic vinegar reduction in about the same place you put the honey. (Avoid getting the vinegar reduction on the pears). Place a little feta cheese on each side of the pears. Put a little olive oil on the feta, then add a few grinds of black pepper. Makes 1 serving.

[Click here for a video of this recipe.](#)

Balsamic Vinegar Reduction

Place about 3/4 cup of balsamic vinegar in a small sauce pan. Bring to a simmer and reduce by 3/4. The result will be a sweet syrupy sauce.

Wine Selection of the Month



Robert Hall winery is tucked away in the hills east of Paso Robles. They make many varieties of wine, but our favorite is the award winning red-Rhone blend. It's a perfect food wine and they call it Rhone de Robles. You can get yours from your favorite wine store for under \$20.

A Blue Diamond State

Many people think of California as beaches, traffic, Disneyland, Los Angeles, and San Francisco. Yes, we have all that and more.



It should be a requirement that visitors to this great state take a drive through the Central Valley. It's here that they would find 800,000 acres of almond orchards. That's a lot of almonds! California produces 100% of almonds grown in the U.S.

The almond tree has an average life span of 20-25 years, and does not bear fruit during the first 3-4 years after planting.

Almonds are mechanically shaken from the tree during the fall harvest and sent to handlers to be processed and marketed as a final product. Nearly two-thirds of California's almond production is exported to over 90 countries.

Hidden Spoonfuls

Maybe it's time to turn our focus from trans fat and salt to sugar. We're talking about lots of sugar, like 77 grams, or nearly 20 teaspoons. That's how much the average American consumes per day. That doesn't even count sugars found naturally in fruits, vegetables, and milk. Here are some astoundingly sweet numbers.

- 1 tablespoon of regular ketchup, 2/3 teaspoon added sugar
- 1 cup sweetened applesauce, 4 teaspoons
- 6 ounces fruit-flavored yogurt, about 5 teaspoons
- 1 shot of hazelnut coffee flavoring, 4 3/4 teaspoons
- 1 piece of frosted cake 8 1/4 teaspoons
- 1 cup of peaches in heavy syrup, 9 teaspoons
- 12-ounce can of cola, 10 teaspoons
- 2 graham crackers, 2 teaspoons
- 1 tablespoon of teriyaki sauce, 1 1/2 teaspoons
- 1 plain bagel, 1 1/4 teaspoons

Note: An 8-ounce glass of unsweetened grape juice can have 8 1/2 teaspoons of natural sugar.

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: Peace cannot be achieved through violence; it can only be attained through understanding. ~ Ralph Waldo Emerson

Answer to brain teaser: To err is human, to forgive is divine. (Alexander Pope)

If for some reason you no longer wish to receive the Glen's Place Newsletter, you can [unsubscribe here](#) If you know someone who would like to be on the mailing list, they can [subscribe here](#). Send your comments or questions to [Glen @ Glen's Place](mailto:Glen@Glen's Place).

VACATION CHECKLIST

Things to Do Early

- Stop the mail
 - Stop the newspaper
 - Get money
 - Pay upcoming bills that can't wait
 - Check supply of prescription medicines
 - Put name and address in luggage
 - Arrange travel to the airport if not driving
 - Remove non-essentials from wallet
 - Arrange for neighbor to take out trash
 - Talk to neighbor about mail etc.
 - Leave emergency phone numbers
 - Purge fridge of perishables
 - Water plants
-
-
-
-

Things to Take

- E-Ticket and hotel confirmations
 - Passport if needed
 - Maps/Guidebooks
 - Sun Screen
 - Camera
 - Camera batteries
 - Camera charger
 - Prescription medicine
 - Extra eyeglasses or lens prescription
 - Sunglasses
 - Umbrella or rain gear
 - Bag for dirty clothes
 - Phone
 - Phone Charger
 - Booze Caddy
 - Binoculars
 - iPad/Macbook and Charger
 - Money
 - Checkbook
-
-
-

Things to Do As You're Leaving

- Close and lock all windows
 - Unplug small appliances
 - Turn off water
 - Turn water heater to "vacation"
 - Check thermostat
 - Turn on light timer
 - Turn off computer and monitor
 - Take out trash
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