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A Note from Glen

Change is happening! No, I'm not being political here. I'm speaking of seasonal change. It's time for pumpkins, bales of straw, and apple cider. It's time for shorter days, longer nights, and cooler temperatures. It's time for mountain-sides across the country to be colored with beautiful reds and oranges. It's time for some animals to migrate and others to hibernate. It's time for some plants to die and others to go dormant. In some places, it's time to start looking forward to the first snowfall! Even after living in California for 45 years, I still miss the fall season as many others experience it!

Fun Facts and Trivia

A woman can consume 6 pounds of lipstick in her lifetime.

Three thousand years ago, most Egyptians lived only up to 30 years.

Brain Teaser

Take the letters ERGRO. Put three letters in front of it, and the same three letters behind to form a common English word.

See page three for the answer.

Family History Month

October is designated as Family History Month. Since the advent of the internet, more people than ever are researching family history. According to the [National Register of Historical Places](#), more than 80 million Americans are actively searching for more information about their ancestors. An increasing number of genealogies, personal documents, and memorabilia that detail the life and times of families around the world is being made available.

If you are like I was and have no idea where to start. Here are some suggested ideas.

1. Gather everything you have that might have clues. This includes papers, photos, documents and family heirlooms. Rummage through your attic or basement. Check with your relatives to see if they have any family documents to share. Don't forget to look on the backs of old photos or in family Bibles.
2. Set aside time to interview your relatives, starting with Mom and Dad. Go beyond just names and dates. Try to collect stories. Open-ended questions are best.
3. Write down everything you have learned from your family and organize the information. I use computer software called Family Tree Maker. It takes some time but it's not difficult.
4. Select a single surname, individual, or family with which to begin. This will help you stay on track.
5. Explore the Internet for information and leads on your ancestors. Be patient. You will not find your entire family tree in one place!
6. Look for the records of your ancestors including birth, marriage, and death records, immigration records, etc.
7. Visit the place where your family lived. Look at cemeteries, courthouses, and churches for information.
8. When you have gone as far as you can go, take a break then go to Step #4 and choose a new ancestor to start searching for.
9. Have fun! You will be surprised and pleased at what you find if you stick with it.

Tech Tip

If you are a word buff, it's time to rejoice. Sometimes a definition is just not enough. You may want to know more about the history of the word, or maybe how it's used and how often. [Wordnik](#) to the rescue. It's a good single stop for all that kind of data. They describe their service as an ongoing project devoted to discovering all the words and everything about them. Just enter a word and you can compare definitions from 4 different dictionaries. You can also get a spoken pronunciation, related words, and two or three dozen examples. These include real-time examples from Twitter. In addition, you can find out how many times you can expect to see the word in a year. Just go to www.wordnik.com then bookmark it because you will go back often.

Food for Thought

We stand at the crossroads, each minute, each hour, each day, making choices. We choose the thoughts we allow ourselves to think, the passions we allow ourselves to feel, and the actions we allow ourselves to perform. Each choice is made in the context of whatever value system we've selected to govern our lives. In selecting that value system we are, in a very real way, making the most important choice we will ever make. - Benjamin Franklin

Interesting Facts Benjamin Franklin 1706 - 1790

Benjamin Franklin was born on January 17 and died on April 17.

He was the 15th child of Josiah Franklin, and the 10th of his mother, Abiah Folger.

He could play guitar, harp, and violin.

He taught himself to read French, Spanish, Italian, and Latin.

It's Apple Time

It's that time of year again: apple harvest season. Now is the time that the new crop arrives at the supermarket. Or, if you live in the right part of the country, you may be able to go to the orchard and pick your own.



There are so many varieties of apples. What to choose? Just try some that you haven't had before. That's the only way to find which you like best. The Red Delicious is still the best selling variety, probably because it looks so pretty! I think there are others that are much better. This article focuses on the Braeburn.

Braeburn apples are one of the most popular eating apples, and are wonderful when baked. They are sweet with a hint of tart, and a firmness that stores well which makes them a very versatile apple. Good-quality Braeburn apples will be firm with smooth, clean skin and have good color for the variety. You can test the firmness of the apple by holding it in the palm of your hand. (Do not push with your thumb). It should feel solid and heavy, not soft and light. You should avoid ones with soft or dark spots. Also if the apple skin wrinkles when you rub your thumb across it, the apple has probably been in cold storage too long or has not been kept cool.

Braeburn apples are a good source of Vitamin C and dietary fiber. Best of all, a medium apple has only 80 calories. (You can add some calories with the following recipe!)

Braeburn Apple Crisp

3 large Braeburn apples, peeled, cored, and sliced
1 tablespoon lemon juice
1/2 cup brown sugar
1/4 teaspoon ground cinnamon
1/2 cup rolled oats
1/4 cup butter, room temperature

Preheat oven to 375° F.

In a mixing bowl, combine apples and lemon juice. Toss to combine. Layer apples in an 8 x 8-inch baking dish.

Combine brown sugar, cinnamon, and oats. Cut in butter (use your fingers) then sprinkle mixture over apples.

Bake 30 to 35 minutes or until topping looks crunchy and apples are tender. Serve with vanilla ice cream.

The Wine Corner



This month we are revisiting the topic of dessert wines. These pricey wines are potent, sweet, and full of flavor. Because of their sweet flavor the wine complements a dessert. They are sometimes served in place of a dessert. In general, dessert wines are thicker, richer, and sweeter than table wines. The grapes are picked late in the harvest from grapes that have shriveled a bit, concentrating their sweetness. Dessert wines come in small bottles (375 mL) and are served in tiny glasses.

Like dinner wines, white dessert wines are generally served chilled. Red dessert wines are served at room temperature or slightly chilled. Dessert wines are especially good with fresh bakery sweets and fruits. As a rule of thumb, a dessert wine should always be sweeter than the dessert it accompanies.

One of our favorite dessert wines is another from Paso Robles. It's the EOS Zinfandel Port '06. It's deep, dark, sweet, and ultra rich. Oh, and it also won a double gold medal at the 2008 California State Fair Wine Competition. Give it a try if you get a chance. (If you buy wines based on labels, this one would be high on your list!) If I were going to collect wine

labels, it would be my first one!

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By definition in the United States, a dessert wine must contain at least 14% alcohol by volume.

Recipe of the Month

Some good things are born out of necessity. That's the case with this recipe. About 3 months ago, my wife had oral surgery and could only eat soft foods for a few days. I thought, "Google knows soft foods." A few minutes later I found this recipe which sounded like just the right thing for the situation. It was not only easy, but was so good that I thought I should share it here. (It's delicious not low-calorie!)

Baked Potato Soup

2/3 cup butter
2/3 cup flour
7 cups milk
4 large baking potatoes, baked, cooled, peeled and cubed, about 4 cups
4 green onions, thinly sliced
10 to 12 strips bacon, cooked, drained, and crumbled
1 1/4 cups shredded mild cheddar cheese
1 cup (8 ounces) sour cream
3/4 teaspoon salt
1/2 teaspoon pepper

In a large Dutch oven or stockpot over low heat, melt butter. Stir in flour; stir until smooth and bubbly. Gradually add milk, stirring constantly, until sauce has thickened. Add potatoes and onions. Continue to cook, stirring constantly, until soup begins to bubble. Reduce heat; simmer gently for 10 minutes. Add remaining ingredients; stir until cheese is melted. Serve immediately. Serves 6 to 8.

A Final Word

Thanks again for reading the Glen's Place Newsletter. After this edition, we will be into the holiday season again. Or, if you have been to the stores lately, you might think it is already here. Christmas in October? That's the way it is around here! Good luck with your shopping!!

Until next time remember: It is better to know useless things than to know nothing.

Answer to brain teaser: UND(ERGRO)UND

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