



CafeSplendor

March 2010



This month
CafeSplendor
slides into Spring
and enjoys new
beginnings.



February 2010

on the menu



Today's Specials *Without regular mental and physical exercise, your mind and body begins to deteriorate. This month Kent Jacobson advises, "Don't Let Yourself Go!"*

In the Corner *Artists and other creative people do not have the luxury to work at their passions. How to you make the most of the time you have, "when it takes so much to get going."*

Being There *Do you see something in the world that makes you dissatisfied. Mark Silver inspires us to get fired up and change the world in "Why things remain broken."*

Letters from London *We are off the beaten path for some hidden trills at Detroit's own Los Corrales in Mexicantown.*

Quote of the Month

"The secret to a rich life is to have more beginnings than endings."

David Weinbaum



Cafe Stories *Sometimes change changes you. We find out in "Starting Over" which came first, the change or your change."*

Stanza and Meters *Just over the horizon is a magical place, "In the Land of Beginning Again."*

Morsel of Humor

Let's a few laughs with Starting Over and the New Job Lingo.



The Journey

Sooner or later we all will experience regret and disappointment. Let's find out how we move "Pass Disappointment".

Eavesdropping on Table

Six The Girl in the Mirror shares what it is like "Beginning Again".

Ramblings from a Frustrated Graduate Student *If you compared your career to the Wizard of Oz, where would you find yourself. Are you on the road to a "Powerful Career?"*

By the Cup *A little bird tells me that Los Angeles is starting a new trend. Let's celebrate by visiting Star Studded Los Angeles!*

Book it with

Amazon.com *"New beginnings are exciting! They become exciting to us because they offer the promise of hope, the anticipation of change in our lives, and the prospect that our dream will indeed come true!" Let's see what happens, "When God Winks on YOUR New Beginning."*

Controversy Au

Lait *While the most of us welcomes a do-over. President Obama rejects starting over on healthcare.*

Recipes from Chef Luis Amado

The Chef goes back to basics and teach us the perfect Omelete.

Hollywood Blend

Is "From Paris with Love" a new beginning for the action genre? Or is John Travolta taking us on a familiar ride?

Cafe Style

Spring 2010 is finally here! We are at the Dries Van Noten show. Spring colors meet exotic shapes.

Web site of the Month
MydesignShop.com

Cafe Splendor, the online magazine, began with a simple book on web and print design. Explore your creative with a bookstore that caters to the create crowd.

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Beginning Anew

I was not born an Internet writer or editor. In fact like most adults the Internet did not become part of my life until I was thirty-something. While attending the University of Michigan, my main focus was to become a FBI agent. An undergraduate in Sociology that afford me the opportunity to study Forensic Anthropology at the University of London and Cambridge University was replaced with online studies in Business Administration and Information Science. This diversion of study and mindset from what is to what could be was highlighted by the birth of my daughter. To honor my new direction in life, this month Cafe Splendor celebrates beginning anew.

From "Don't Let Yourself Go" on Today's Specials to Moving Pass Disappointment on The Journey, we have something for everyone. I hope you spend sometime with us, sharing your thoughts and experiences. I pray all of you enjoy this issue. I had a great time editing it. As I mentioned before this site has been my haven from the world. So if you need a place to spin your wheels, turn over a new leaf or just try something new, share it with us.

Yours always,

Jennifer Barrington

Editor/Head Designer





Don't Let Yourself...Go

by Kent Jacobson, a.k.a. "Mr. Success"



ave you read a book or participated in a physical activity lately? I had no idea how soft I was getting mentally and physically. Stop and look at yourself. You see what I'm talking about but do not want to believe what you see. I am right on point concerning this matter for most of us.

Think about it and be honest with yourself. I want you to stop here and take a minute to assess your mental and physical state on a scale of 1 to 10. Time's up, anything less than an honest 5 and you need to make a mental note to yourself as I have done. My mental note was simply to remind myself as I get older do not stop challenging the mind and keep the body physically active. For those of you who are physically and mentally fit, you may opt out at this point or possibly learn something, even feel free to move on to another article or just stick around.

What I mean by soft is the lack of mental or physical endurance I used to have is just not there. I'm not talking about running a 5K race or studying for your CPA exam, just an improvement in the frequency of engagement in a mentally and physically challenging activity. This will require a few basic preparation steps, because you are the only one that can change your current behavior that allowed the softness to prevail.

You have already started by simply getting this far in the article; next step is to break down your day and select times for simple mental and physical activity. I started on the mental part first by creating a brainstormed list of subject matter I wanted to read about or research. The brainstorm list for mental activity was all over the place and included improving my Internet business skills, professional education, learn a new language, mystery and science fiction books, and self-improvement websites and on-line forums. My commitment was to read for at least 15 minutes each day on one of the chosen items on my list. I found at the beginning I read books of interest such as *Birds of Prey* by Wilbur Smith and *Sahara* by Clive Cussler. After a while, 15 minutes was nothing, and I actually found my vocabulary was growing. Another part of the reading effort was to write down words I did not understand or of which I know the meaning. I kept these in a notebook that I regularly refer to and make myself find out the definition. Usually I have the word and book it was from referenced--not always for some people; this may be a little much. Here is my latest word: Turgid.

I have been in the mental activity groove regularly for 5 months now and can definitely tell a difference in my mental sharpness and attention span, not to mention I am actually learning new words and using them.

Onto physical activity...this will be up to you to get out of the chair, off the couch and computer. Get outside and do something besides trim and mow the lawn. You know your physical limitations, and I do not want to attempt to promote something beyond your capabilities. Just some level of physical activity engagement. There are chair aerobics, go for a walk, ride a bike, go visit a neighbor, play basketball with the kids or even join the local health club. Again, brainstorm and create a list of physical activities you can perform, start slow, check with your doctor and begin. I started last week by committing to a local health club three times a week to do treadmill and machine resistance work. One week in and I'm on my third trip to the gym. Guess what, I'm actually looking forward to going; soon you will also.

Kent Jacobson, a.k.a. "Mr. Success" is a trusted authority in the success field and provides valuable success information for free through his website at: <http://www.Shortcut2Success.com>. You can also read Kent's Success Blog to find more success secrets at: <http://www.Shortcut2Success.com/blog>





Hidden thrills

Off the beaten path, Mexicantown's Los Corrales is worth finding

by Todd Adams

Everyone knows the strip of Bagley Street where the majority of Mexicantown establishments are concentrated. You could easily dine, pound margaritas by the pitcher, get hot and sweaty on the dance floor with your girlfriends or boyfriends, and even do a bit of grocery shopping without leaving that relatively small area. But real neighborhoods are not defined by a sole commercial district with freeway signs guiding the way.

There are dozens of Mexican shops and restaurants scattered about southwest Detroit. Some are fairly well-known, such as El Barzón and Mexicantown Bakery. Others seem to exist merely to cater to the local population, or at least make little effort to become known as a destination. For the adventurous diner or the simply hungry, finding a satisfying meal at these places off the beaten path is a thrill. Just a few blocks from Vernor Highway, on the corner of Junction and Toledo streets, Los Corrales is one of them.

Other than one instance of an overly loud television broadcasting Mexico's equivalent of *The Jerry Springer Show* on a slow Monday evening, the atmosphere is warm and laid-back. There are two dining areas, one near the kitchen and a separate, slightly more formal section of booths. The high ceilings are painted orange and the walls are mostly brick hung with various antique farm implements. Given the height of the place, a sort of half-wall divides the main dining area from a labyrinth of video games and rather interesting restrooms decked with arched entryways and white ceramic outside walls. Through another set of doors is a billiards hall. Though it is apparent in the quality of the food, proof that they don't cook out of cans was found on the booth nearest the television in a massive box of dried chiles being seeded. On another occasion, many pounds of garlic heads were being broken down and skinned.

Every meal starts with a complimentary bowl of tortilla chips alongside a plate of condiments including sliced radish, lime wedges, a chunky, fresh tomato salsa, a green, tomatillo-based salsa with a bit of heat and our favorite and spiciest of the three, the roasted tomato salsa. The chips go farther in a *botana* with refried beans, cheese and tomatoes.

Food critics like to talk about authenticity when it comes to ethnic restaurants, but it's a bit of a false target. Just like any country that covers several different climate types, Mexico has cuisine that speaks of its region of origin. Los Corrales is literally all over the map. You'll find chiles rellenos as rich and flavorful as any in town (though a bit too soggy for our tastes) as well as the Tex-Mex invention of chimichangas, stuffed and deep-fried flour tortillas that the gringos seem to like so much. The source of super nachos is still a mystery.





Seafood dishes seem to be the anchor. If you don't mind staring your dinner in the face, a whole — meaning head, fins, tail, bones, everything except the guts — tilapia is lightly breaded and fried and plated with a salad topped with avocado slices. The advantage of cooking a whole fish is that it stays moist and tender with the added flavor and texture element of the skin; a vast improvement over most bland tilapia filets and the highlight of our meal when doused with a generous portion of roasted tomato salsa and fresh lime. There are several seafood dishes, shrimp and octopus and ceviche served on a tostada. Oysters-on-the-half-shell are a cheap \$15 per dozen.

If you like your food rustic, try the chicken soup filled with big chunks of carrot and potatoes and whole pieces of chicken. If you like your food in large quantity, go for the *molcajete ranchero*. A molcajete is a traditional Mexican mortar and pestle, usually used for grinding spices or making salsas or guacamole. This particular one is brimming with about two meals' worth of grilled beef, chicken and cactus, quesadilla, thick slices of cheese and a chorizo-heavy sauce on the bottom, as well as a container of warm corn or flour tortillas that get served to the side.

No alcoholic beverages are served so drinks are limited to the standard sodas and coffee along with a couple of aguas frescas. Horchata is a sweet, rice-based drink flavored with cinnamon and lime that tastes something like a refreshing version of eggnog. There is also a sweet, tart tamarind drink.

We could be spoiled because a good friend prepares us a homemade flan so delicate and perfect that we've yet to find its match. The flan here was cold and hard, not unpalatable but the only major disappointment of our experiences. Other than that, expect good food at honest prices. Whether you want to escape the hassle of Mexicantown's core dining district, or just want to try someplace new and a little different, Los Corrales is worth a visit.



Reprint of Metro Times article located at <http://metrotimes.com/food/review.asp?rid=25999>



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When God Winks on New Beginnings

A review by Amazon.com readers.

"New beginnings are exciting! They become exciting to us because they offer the promise of hope, the anticipation of change in our lives, and the prospect that our dream will indeed come true!"
Excerpt from book, page Viii.

When GOD winks on New Beginnings is filled with stories of God's activity in the life of people who love Him. The author coins the term "Godwinks" to highlight incidents where God enters our lives and answers our prayers in visible ways.

The stories of people seeking God's help in prayer are real. These are actual people who have faced difficulties in their life, sought help from God, and were blessed by answers to their prayers. The people range from Franklin being saved from a plane crash to Tom who, with God's help, overcame disease and disabilities to become a champion for conquering illiteracy.

Rushnell discusses the Godwinks concept in our everyday life and career. His view of God's involvement includes guidance toward worldly success and happiness. His examples include Yvonne establishing Brookwood a community that helps adults with functional disabilities to Michael, who developed a multimillion dollar business from a project he began by making his mother a Christmas present. I marveled at the transitions between stories and the unity of message among the tales. Rushnell carefully weaves the tales into spiritual lessons that relate insightful connections into God's plan. The author makes clear that God cares about us, listens to us, and answers our prayers, although not always in ways we expect.

Rushnell offers insightful thoughts. He mentions that often having every material wish "may be a disadvantage." He advises that God sends us messages that we may not see, or may not accept. He reminds us of Hebrews 11:1 "Faith is the realization of what is hoped for and evidence of things not seen".

However, this is not a "Godly book" people said. It's not a bible- by any means.. Everyone takes their own experiences the way they see fit. It's called interpretation. After reading this book, I have to say I asked for my "Godwink" and within a few days I received it. This book changed my life. I guess it could be the power of suggestion, but whatever it is, I feel the Lord spoke to me yesterday in a non-direct way. It was amazing that just at the right time, when I was thinking about this book, the "Godwink" happened. Again, people can say it's a coincidence, however that was the book's message. It makes you question coincidences. If you choose to believe or not, is the same just as it would be on any other controversial topics, including God himself. I, as a skeptical person, do believe now.

As with every other God Winks book I have read, I walked away refreshed and encouraged that God is a God that loves me and sprinkles winks along the way, showing me just how much! In this new book by Mr. Rushnell I have found hope and encouragement that God is not only a God of second chances but third and fourth and.... Reading this book you realize just how certain things you might have considered coincidence are really God re-directing your steps, pointing out the path, leading you back from wrong turns. A must read if you have weathered any storm in your life. If you doubt that there is purpose or a plan! Be ready to write down all the WINKS in your life and see that there is hope and encouragement and we are not meant to go it alone!

Buy this Book @





STAR STUDDED LOS ANGELES

The city of **Los Angeles** — also known as the "City of Angels" or simply L.A. — is the largest city in California. Located on a broad basin in Southern California, it is surrounded by vast mountain ranges, deep valleys, forests, desert, and the Pacific Ocean.

The metropolitan area is the second largest in the United States in terms of population, home to nearly 18 million people who hail from all parts of the globe and speak over a hundred different languages. The metropolitan area is centered in Los Angeles County, but stretches into Orange County, Ventura County, San Bernardino County, and Riverside County.

Los Angeles is an important center of culture, business, media, and international trade, but is most famous for being the center of the world's entertainment industry, which forms the base of its global status.

Even before O.J. drove the Bronco or "The Terminator" became governor, Frank Lloyd Wright said, "Tip the world over on its side and everything loose will land in Los Angeles."

The Los Angeles metro area has been a "boomtown" since the completion of the transcontinental railroad in 1876, first attracting "the folks" from the Midwest with a blessedly warm and dry climate- and becoming a gateway to a remarkable diversity of immigration from throughout the Pacific Rim and Latin America.

L.A. is a sprawling megalopolis; one could start in one end of L.A. and drive for more than two hours without leaving the county's influence. The metro area includes smaller cities, such as Santa Monica, Burbank, Pasadena and Long Beach, which were founded around the end of the nineteenth century and retain distinct identities. Geographically, there is no clear method as to what is part of the city of L.A. For example, Hollywood is not a separate city (it's part of the City of LA) but adjacent West Hollywood and Beverly Hills are independent cities. Nonetheless, they are all within Los Angeles County and culturally are very much a part of the city itself.

The city's primary newspapers are the **Los Angeles Times** and the **Los Angeles Daily News**. The free **LA Weekly** comes out on Thursdays and is a good source for concerts, movies and other local information. Local areas may have their own free neighborhood papers as well.

California holidays are a dream come true and best taken during March through June. Wide sweeping beaches, ideal weather and some of the best food in the world make a holiday in Los Angeles the perfect draw. The LA region is where some of the top celebrities and movie stars pound the pavements and the sight of the Hollywood sign is familiar to all.

Los Angeles accommodates nearly 25 million visitors each year who are eager to experience the 'American Dream'. Walking in the steps of the stars, visitors can get a taste of the fantasy worlds of Disneyland and Hollywood, the exclusive neighbourhood of Beverley Hills and Malibu and the famed Sunset Strip. The beach culture of Los Angeles is also a major attraction, with its miles of sea front suburbs.

Young and old alike may be thrilled by the array of attractions Los Angeles has to offer. A family holiday is not complete without a trip to the theme parks of Universal Studios and Magic Mountain as well as the many more Los Angeles tours and attractions.

Famous for fashion visitors have massive shopping opportunities such as the three storey Beverly Center. You can also shop at Rodeo Drive, renowned for its exclusive shops and star sightings or for a more leisurely shopping experience Los Angeles's Farmer's Market at the Grove offers cute shops and friendly vendors.

Stroll up Hollywood Boulevard to view all the celebrity stars on the ground, place your hands in the handprints of celebrities outside Grauman's Chinese Theater or take a walk to the Getty Museum to see the artwork on display. LA is full of wonderful museums, heritage and celebrity that there is so much to experience.

The optimum time to visit Los Angeles is in the hot sunny months of July and August. However during this period it can get busy, so if you want to avoid the crowds choose the months either side. Los Angeles is inhabited by a range of diverse backgrounds from over 140 countries speaking 96 different languages many of them attracted by the lure of fame and fortune. The variety and spice of life is reflected in its swanky boutiques, comedy clubs, poetry readings and coffee house recitals. Entertainment and attractions of every kind are played out at various venues throughout the city.

California holidays to Los Angeles will give anyone, who has ever seen a movie, stars in their eyes when they explore the many attractions and sights.



Nine Things to do for Free in Los Angeles

1. [Watch a Television Show Taping](#): If you have an advance reservation and some time, you can be in the studio audience for selected sitcoms and game shows.
2. [Hollywood Boulevard](#): If you [use our guide](#), you won't need to pay someone else to show you around.
3. [Watch the Rose Parade](#): To get a front row seat, you'll have to camp out overnight, but spaces on the sidewalk are free.
4. [Rodeo Drive](#): The shops are expensive, but window-shopping is free and so is the parking.
5. [Hollywood Bowl](#): You'll pay to get into an evening performance, but some morning rehearsals are open to the public. Call 323-850-2000 for info.
6. [Walk on the Beach](#): Los Angeles beaches are a great place for walking, people-watching and relaxing.
7. [Downtown](#): There's more to do and see downtown than most people realize.
8. [Friday Night Jazz at the Art Museum](#): Friday evenings from April to November, you can catch a free concerts in the Los Angeles Times Central Court at the Los Angeles County Art Museum.
9. Museums for Free: The [California Science Center](#) is free all the time.
The [Getty Museum](#) and [Getty Villa](#) have no admission fee (although they will charge you to park).



Starting Over?

By Henry Selzer

I did not choose to change my life. It also did not happen gradually so as to alert me to what was to come. I realized my life had changed when the alarm clock sounded this morning and I did not want to get out of bed. I had no reason to get out of bed. After all, my employment had been terminated.

I am now a statistic, a victim of the times. In between the moments of self-pity and self-loathing I feel a sense of excitement. I am starting over. I am back to square one. I have to reinvent myself and pluck up the last shreds of my self-esteem to start planning a new career. A new lease on life would be so much easier if one was only accountable on oneself. The goal posts however are further removed when you are the bread-winner of a family of four. How do you look your three and six-year old children in their eyes and tell them it is a beautiful day when inside you are dead to the world and do not know how your family will survive this set back. Picking up the pieces of my life is a bridge too far. I would rather hide indoors than venture out to seek employment.



I turn to the internet to search for answers. Hundreds of advertisers promise wealth from your living room and instant cash. I click the links in eager and renewed hope of my new start, my license to survive. My hope and aspirations soon turn to despair. The promises come with a price tag. Requests of buy an eBook or subscribe now blow away the winds of change and put end to my new start. I again wrestle with the loathing and self-pity. Is starting over supposed to yield success on your first day? I guess not. I look at my children. They are playing dress up and have no care in the world for the day of tomorrow. Their laughter echoes through the house, our house. Will we have a home if I cannot make a success of starting over? I look at my wife where she sits mending a torn children's sweater. She appears unaffected by the idea of starting over. I search for her gaze. She finds mine. What are you thinking she asks. Oh not much, I am thinking of work opportunities I mutter, stretching the truth.

A little while later my game plan for starting over comes in the most unlikely form. I am still searching the internet sites advertising job opportunities when I hear the words that change my despair. Daddy, remember that painting you painted for my teacher for parent's hobby day. She says the other parents really liked it and said you should become a painter! I am starting over. No, I have started over.

About the Author

Henry Selzer is a father of four who enjoys his time painting and writing short stories.



Spring 2010

Back in October 2009, Dries Van Noten delivered the quintessential Spring statement. With one blow of his Asian color palette, he removed all signs of depressed Winter. You must love his boldness and flowing elegance that respects a woman's body. These clothes are not the fashion of the teeny-bopper but instead highlights the sophisticated woman.

Here is what Style.com says about Dries Van Noten. "Coming off two hit collections in which he moved into the fast lane as a fashion influencer (his Bacon-inspired winter color palette—all those mustard, shrimp, and beige colors—has been replicated everywhere). That meant the anticipation surrounding Dries Van Noten's show was running high. Was he going to gift the world with a fresh set of ideas to get everyone thinking? As it turned out, no. Spring found Van Noten dropping back several gears and taking an ethnic route, which, though thoroughly in line with his house signatures, didn't forge ahead into any new territory.

Perhaps he judged it time to reinstate the print and pattern his customers love—which is fair enough, of course. After a couple of seasons of citified dressing, collectors of Dries may well be pining for his more eclectic, decorative pieces. If

so, they'll find plenty of them: coats, soft boxy jackets, wrapped dresses, and sarong skirts in a plethora of fabrics and embroideries that looked as if they'd been sourced from a trip around the markets of China and Southeast-Asia.

In among them, there were items—like the silver lamé tank with a sheer back, the khaki shorts, and the sparkly jackets—that will also allow fans to dip into trend without going overboard. Still, the extra twist of styling genius that has gone into Van Noten's recent collections was missing this time—except for one thing. The incredible necklaces—rich-looking pearl chokers dangling geometric pendants set with large semiprecious stones and crystal—made gorgeous viewing".



To View Runway Show Video click here. <http://www.style.com/fashionshows/video/S2010RTW-DVNOTEN>

Article reprint in part by Sarah Mower. Original article found on Style.com at <http://www.style.com/fashionshows/review/S2010RTW-DVNOTEN>



Obama rejects starting over on health care



[Kara Rowland](#)

President Obama on Tuesday said he is open to working with Republicans on a health care reform deal but said he is unwilling to start the legislative process over from scratch, instead arguing that on health care and much of his agenda the GOP minority is going to have to accept some ideas it does not like.

In an abbreviated, unannounced press conference — his first since July — Mr. Obama told reporters in the White House briefing room that he was willing to listen to Republican ideas and that he's already taken steps by proposing cooperation on nuclear energy and expanded drilling for oil and gas. But the president said bipartisanship will require Republicans to swallow some bitter pills.

On health care in particular, Mr. Obama said he will accept ideas at the upcoming half-day summit later this month but doesn't want to scrap the months of negotiations, hearings and deals that have already produced bills that passed the House and Senate late last year. "What I will not do, what I don't think makes sense and I don't think the American people want to see, would be another year of partisan wrangling around these issues, another six months' or eight months' or nine months' worth of hearings in every single committee in the House and the Senate in which there's a lot of posturing," he said.

• GOP skeptical of Obama's health care summit

After meeting with Mr. Obama on the morning of February 9, 2010, in a bipartisan meeting of ways to boost jobs, Republicans said they were wary of the Feb. 25 health care summit and said they're looking for assurances Mr. Obama will include state and business officials who also will be affected by the proposed overhaul. They also pushed Mr. Obama not to try to revive the health care bills Democrats had been working on, saying those measures had been rejected by voters.

"It is in the interest of the minority in the Congress to reach out, and we have continued to. But what we want to say is this: We're not interested in a dog-and-pony show to trumpet failed bills that, in fact, the Democrats can't even pass right now. We're not interested in that because the American people aren't, either," House Minority Whip Eric Cantor, Virginia Republican, said.

Mr. Obama acknowledged that Americans have "soured" on the health care reform effort, but he said that was more a result of the messy negotiating process in Congress than the substance of the Senate and House bills.

"The public has soured on the process that they saw over the last year. I think that actually contaminates how they view the substance of the bill," Mr. Obama said. "I think it's important for all of these issues to be aired, so that people have confidence if we're moving forward on such a significant part of the economy as health care, that there is complete transparency and all of these issues have been adequately vetted and adequately debated."

Mr. Obama also attacked what he described as inaccurate portrayals of bipartisanship.

"Bipartisanship can't be that I agree to all of the things that they believe in or want and they agree to none of the things I believe in or want, and that's the price of bipartisanship, right? But that's sometimes the way it gets presented," he said.

The pressure has been on the Democrats to reach out to Republicans — who have opposed just about every major piece of Mr. Obama's agenda — now that Democrats no longer have a filibuster-proof majority in the Senate. Mr. Obama's announcement Sunday of a televised, bipartisan summit on Feb. 25 is his first major attempt to revive the health care effort, which has stalled after Republican Sen. Scott Brown's victory in last month's Massachusetts special election.

Mr. Obama said he hopes the meeting "doesn't end up being political theater," but didn't directly address concerns expressed by House Republicans over who else will be invited.



"Let's establish some common facts. Let's establish what the issues are, what the problems are, and let's test out in front of the American people what ideas work and what ideas don't. And, you know, if we can establish that factual accuracy about how different approaches would work, then I think we can make some progress," he said.

Mr. Obama said the two parties may find common ground in another area ahead of the health care summit — jobs. He said Republicans could support parts of the jobs bill now being negotiated on Capitol Hill including the elimination of capital gains taxes for small businesses.

"I think that it's realistic for us to get a package moving quickly that may not include all the things I think need to be done, and it may be that that first package builds some trust and confidence that Democrats and Republicans on Capitol Hill can work together, and then we move on to the next aspect of the package, and so forth," he said.

In recent weeks, Mr. Obama has laid out several proposals he'd like to see in the jobs bill, including a new \$30 billion fund to encourage community banks to lend to small businesses and a tax credit for firms that hire new workers. The House passed a \$154 billion package in December and the Senate is currently putting together its own version.

Republicans, who continue to blast last year's \$787 billion stimulus package as ineffective, have attacked additional spending and the idea of using money from the Wall Street bailout to fund the jobs programs, which Mr. Obama hopes to do.

The president also took an opportunity to plug legislation that would overhaul the financial regulatory system, which also passed the House but has stalled in the Senate.

"The kind of certainty they need is for us to go ahead and agree on a bipartisan effort to put some rules of the road in place so that consumers are protected in the financial markets, so that we don't have banks that are too big to fail, that we have ways of winding them down and protecting the overall system without taxpayer bailouts," he said. "The sooner the business community has a sense that we've got our act together here in Washington and can move forward on big, serious issues in a substantive way,

without a lot of posturing and partisan wrangling, I think the better off the entire country's going to be."

Reprint of Washington Times article found at <http://www.washingtontimes.com/news/2010/feb/09/obama-rejects-starting-over-health-care/>
Originally published 02:26 p.m., February 9, 2010, updated 04:00 p.m., February 9, 2010



Beginning Again

By Lisa Evans

**Early morning hues.
Pink clouds dance with blue skies.
Possibilities.**



I failed miserably last year in being a writer. Oh, I wrote some, but it certainly wasn't here on this blog and it wasn't about the story I want to tell and turn into a book. Writers write every day. And that is why I failed. There were way too many days when I chose not to write anything at all.

Looking back (just for a brief moment, because this post is really about looking forward), I didn't write because sitting with the discomfort of a blinking cursor reminds me that writing a book isn't going to be easy. I didn't write because telling the story of my indiscretions and infidelities isn't going to be pain-free. I didn't write because saying yes to anything other than writing created the illusion of comfort for a short time. I didn't write because being completely honest with myself wasn't happening in some areas of my life last year. And when you want to write a book called *"The Girl Who Looked Into the Mirror"* and the girl (me) wasn't willing to do that (look into the mirror) and face up to certain things, she really has no business writing a book about the importance of loving and being honest with yourself.

Looking at life right now looks pretty damn good. It's like looking at those clouds the other morning (the ones you see in the photograph above)...they were eye-candy for the spirit, but they were also eye-opening expressions of time. As I took in the beauty of the new day beginning and watched the clouds change shape and then disappear altogether, I was suddenly and acutely aware of how fleeting one's life is. The illusion of "having all the time in the world" to write a book or read all the books I own or travel to India or to do whatever it is I want to do doesn't exist sometime in the future. It exists right now in making the time every day to move towards what I really want.

And that's what I will do this year. Every day I will be a writer. I've faced up to those things last year that stopped me. I've forgiven myself. I'm looking forward. I return to this blog and I begin to write my book. The reflection is telling the truth again.

About the Author

Lisa Evans is the writer of the blog ***The Girl Who Looked Into the Mirror...Reflections on Lying, Lust, and Love***. She lives along the [North Oregon coast](#) with her husband, James who's the love of her life and her cat, Buddy who thinks he's a dog. Affectionately known as "The Playhouse", her home is a small, cozy cabin nestled between the mountains and the ocean. It's where she writes, makes a decent meal from time to time, and tries not to run into the furniture. Follow her blog at <http://www.thegirlwholookedintothemirror.com/about-this-blog.html>



A new beginning for action flicks? From Paris with Love

by Timothy Rabb



If you're the type of person who hopes to gather some sort of profound life lesson from every film you watch, don't see "From Paris with Love." Like director Pierre Morel's previous film "Taken," the plot thread is far-fetched, the kill count is astronomical to the point of absurdity and the ending is too predictable to merit much more than a vacant sigh. Even so, "Taken" and "Paris" both share the advantage of being damn good (albeit guilty) fun.

James Reece (Jonathan Rhys Meyers, "August Rush") works as a covert operative in Paris. Though his position as a CIA errand-runner seems menial to him, he couldn't be happier with the love of his life, a French woman named Caroline (Kasia Smutniak, "Barbarossa").

After he implores the Agency to promote him, he is paired with Special Agent Charlie Wax (John Travolta, "The Taking of Pelham 123") with the promise that he'll be granted a promotion for doing odd jobs as Wax's escort. Travolta does an excellent job with his portrayal of a vigilante cop whose excessive bravado combines Dirty Harry and Elmer Fudd. And let's not forget the frequent one-line quips that would make even Bruce Willis shudder with repulsion.

Wax resembles a hybrid between a skinhead and a Prince fan — the single garish bangle earring that adorns his left ear paints a perfect picture of pastiche, but not without the aid of his multiple large rings, imposing chin strap and tight-fitting leather jacket. There's even a nostalgic reference to the "Royale with cheese," an allusion that any film lover acquainted with Tarantino will greatly appreciate.

But what really sets "Paris" apart is its ability to recognize and mock its own hyperbole. It's endearingly reflexive, and its witty self-deprecation doesn't seem desperate for laughs. At the conclusion of one of Wax's many stylized rampages, he triumphantly announces to his one surviving victim, "Just remember one thing: Wax on, wax off." Just when we're afraid that the film actually expects us to laugh at such an absurd slogan, Reece steps in to mock his partner's inapt speech.

"From Paris with Love" is in every way a buddy film, and it's rare to see such good chemistry between the buddies, especially in a genre rife with rehashing. It's really the perfect balance: Reece keeps Wax's overflowing '80s masculinity in check, and Wax acclimates Reece to the world of frenetic excitement he so passionately craves.

Though by no means worthy of widespread critical acclaim — it's just too formulaic — "Paris" continues Morel's tradition of thrillingly shallow films. If you ever find yourself feeling a bit empty-headed, enjoy a matinee discount screening of this movie and bathe in its condemnable pleasure.

Reprint of Michigan Daily article under reprint agreement. Original article **Travolta traverses 'Paris' in macho action film** printed from www.michigandaily.com on Sat, 13 Feb 2010 08:18:40 -0500 found at <http://michigandaily.com/content/paris-love>



When it takes so much to get going by Celeste Varley

Most artists I know haven't the luxury of making art full time. I know I don't. Like most of us, you probably have to fit your passion into other obligations and everyday activities. Maybe you cannot afford to work at your passion every day. But does this mean that your goals aren't real, or that your dream job has to be "merely" a hobby or frill for you?

You probably have inspirations for works you'd love to explore, and dreams of grace and beauty in the making. Swans are birds of grace and beauty, at least when they glide along on the water. But when you finally do make some delicious time for your dreams and goals, how much energy does it take before you are actually flying?

There's assembling the appropriate tools, canvas, paper, wood, clay, instruments, and other media. Then there's the long, still, contemplation period to tap into the heart of your interest. This may start you to fly.

For an elegant bird like a swan to take off and achieve flight, it takes far more effort and energy in the first few seconds than it takes for most of the time on the wing. Have you ever watched a swan, a duck, or a goose trying to overcome the drag and achieve lift-off? There's a great splashing and galloping of legs, great beating of wings lifting, lifting, fighting the water's drag.

And then, on the best of days, finally, finally, you have lift-off. Then you're flying and all is well. Some birds can ride across continents or oceans, without flapping their wings, riding thermal lifts which come from below.

As long as they trim their wings in equal balance, they can continue to glide. But if they lose the updraft, and speed slows beyond a certain point, they stall. Once stalled, they will fall unless they flap their wings again.

It's the same with the act of doing or goal setting. Once the huge effort of beginning is accomplished, it can be relatively smooth gliding. Of course, there are always places where it's good to pause on purpose, or be stalled by the work itself.

A short eye rest, looking at distant things, a walk or cup of tea doesn't interrupt the flow of your work, and you can return refreshed. You can grab another updraft, find another thermal, ride another jet stream, as long as this objective is still in the making.

You may have noticed that the longer you work, paint, draw, throw pots, write articles, play music, write poetry, the more ideas and inspirations come to you. While you're in the midst of one of these wonderful adventures, when an idea alights, grab it!

Hidden somewhere in your present work lie the seeds of your next work. It might be somewhat related, or it might come out of a challenge within the present that you want to face head-on. Or both.

Make a note of your vision or idea to make a related objective. Actually make a tiny start on this new idea, if you can. A brief note, a quick sketch, or a drawing during a break can give you the brief rest you need. Then you can return to the main work with fresh eyes.

Eventually, hours or days later, these transatlantic, transcontinental birds need to land. Landing on water looks like water skiing, with wings thrown into reverse thrust. The last bit, when they drop softly into the water takes less effort than the original take-off. But as the breast is lowered to rest, they've hit the bottom of the cycle. No more flying is possible without that great kaffuffle of lift-off.

Eventually, hours, days, weeks, or months later, your work will be finished. That's the part I dislike; when it's over. It's the let down of the end of the adventure. It's the empty nest syndrome. You'll need to sign it, clean up your media, frame it, or whatever you do with a finished piece. But these tasks only cover your mood of dropping the flow of creative energy. It's still over.

Do you know this secret to avoiding drag and drop?

There is a way to avoid the initial effort of take-off and the let down at the end too. If the greatest effort is needed to get started, then why not stay aloft? If you kept some note of all the inspirations that came to you out of the work that was in progress, then there will be no need to completely land. No need to go through that superhuman effort of fighting drag again and again.

It's a good idea to have at least two jobs, goals, works or pieces underway, or at least started at the same time. Then with a necessary break at the end of one, your next work will be waiting for you, already underway. When you next get a chance to fly, all you'll need do is start flapping your wings, and you'll soon be soaring again.





Moving Pass Disappointment

WHO has never been disappointed? Why, even our heavenly Father, Jehovah God, has experienced the pain of disappointment. For example, he delivered the Israelites from slavery in Egypt and blessed them richly. Yet, the Bible says: "Again and again they would put God to the test, and they pained even the Holy One of Israel." (Psalm 78:41) Nevertheless, Jehovah has always been "the happy God."—1 Timothy 1:11.

Indeed, many are the causes of disappointment. How can we prevent them from robbing us of our happiness? What can we learn from the way Jehovah God handled disappointing situations?

Things That Disappoint

"Time and unforeseen occurrence" befall us all, states God's Word. (Ecclesiastes 9:11) All of a sudden, a crime, an accident, or a disease can bring great distress—and disappointment. The Bible also says: "Expectation postponed is making the heart sick." (Proverbs 13:12) Eager anticipation of something good fills us with joy, but if it is not soon realized, we may feel a depressing sense of letdown. For example, Duncan,* who had his heart set on being a missionary, found that after many years in missionary service, he and his wife had to return home. "For the first time in my life, I lost all sense of direction," he said. "I had no goals. Nothing seemed important anymore." The pain of disappointment can be long lasting, as in Claire's case. She explains: "I was seven months pregnant when I lost my baby by [miscarriage](#). That was years ago, but even now, when I see a boy giving a talk on the stage, I think to myself, 'That is how old my son would be.'"

We are not failures simply because our efforts disappoint us at first

It can also be painful when someone lets you down, as when a courtship ends, a marriage fails, a child rebels, a companion is disloyal, or a friend is ungrateful. Since we live among imperfect people and in difficult times, the possibilities for disappointment are endless.

Our own failures can likewise cause disappointment. For instance, if we fail to pass an exam, get a job, or win someone's heart, we may feel worthless. We can also feel disappointed with ourselves when someone we love falters. Mary says: "My daughter seemed to be doing well. I felt that I had set a good example for her. But when she turned her back on Jehovah God and our family values, I felt that I was a total failure. None of the successes I had in other aspects of life could make up for it. I was so discouraged."

How can we cope with such letdowns? For the answer, consider the example set by Jehovah in dealing with disappointment.

Focus on the Solution

Jehovah God lovingly provided for the first human couple, yet they proved to be ungrateful and rebelled. (Genesis, chapters 2 and 3) Then their son Cain began to develop a bad attitude. Ignoring Jehovah's warning, Cain murdered his own brother. (Genesis 4:1-8) Can you imagine the disappointment that Jehovah felt?

Why did that disappointment not rob God of his happiness? Because he had purposed to fill the earth with perfect humans and he continued working to accomplish that purpose. (John 5:17) To that end, he provided the ransom sacrifice and his Kingdom. (Matthew 6:9, 10; Romans 5:18, 19) Jehovah God focused, not on the problem, but on the solution



Things may happen that can alter our life dramatically. "Time and unforeseen occurrence befall us all" states God's Word. Ecclesiastes 9:11



God's Word encourages us to focus on positive things rather than on what might have been or what we should have done. It says: "Whatever things are true, whatever things are of serious concern, whatever things are righteous, whatever things are chaste, whatever things are lovable, whatever things are well spoken of, whatever virtue there is and whatever praiseworthy thing there is, continue considering these things."—Philippians 4:8.

Proper View of Disappointment

Things may happen that can alter our life dramatically. For example, we might suddenly find ourselves without a job, without a marriage mate, or without the privileges we once enjoyed. We might lose our health, our home, or our friends. How can we cope with such changes?

Some have found that setting priorities is helpful. Duncan, mentioned earlier, says: "When my wife and I realized that we could never go back to our former way of life, we were devastated. Eventually, we established two priorities: caring for Mother and if at all possible, continuing in the full-time ministry. When faced with decisions, we consider how they will affect these priorities. This simplifies everything."

God's Word encourages us to focus on positive things rather than on what might have been.

Many of us tend to exaggerate the negative when we experience disappointment. For example, our efforts in raising a child, qualifying for a job, or preaching the good news in a foreign field may not produce the desired result. We might think, 'I am a failure.' Yet, just as the disappointing start of the human race did not prove God a failure, we are not failures simply because our efforts disappoint us at first.—Deuteronomy 32:4, 5.

It is easy for us to react with bitter resentment when people disappoint us. Jehovah does not act in that way. King David was a disappointment when he committed adultery and then had the woman's husband killed. Yet, Jehovah saw the sincerity of David's repentance and continued using David as his servant. Similarly, faithful King Jehoshaphat erred when he formed an alliance with God's enemies. Jehovah's prophet said: "For this there is indignation against you from the person of Jehovah. Nevertheless, there are good things that have been found with you." (2 Chronicles 19:2, 3) Jehovah recognized that one mistake did not make Jehoshaphat a traitor. In the same way, we can avoid losing friends if we do not overreact when they err. Friends who disappoint us may still have fine qualities.—Colossians 3:13.

God is happy, despite the failings of humans, because his purpose is sure of fulfillment.

Disappointments can be viewed as necessary experience along the way to ultimate success. We may be disappointed with ourselves when we commit a sin. Yet, we can recover if we take proper and purposeful action and move forward. When King David was painfully disappointed with himself, he wrote: "My bones wore out through my groaning all day long. . . . My sin I finally confessed to you [Jehovah] . . . , and you yourself pardoned the error of my sins." (Psalm 32:3-5) If we realize that we have not done what God expects of us, we should ask for God's forgiveness and change our ways and be determined to follow God's counsel more closely in the future.—1 John 2:1, 2

Reprint of original article *You Can Be Happy Despite Disappointment* found at http://www.watchtower.org/e/20080301/article_01.htm

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As you probably already know, the focus I have is in supporting people who want to use their business to make a difference in the world. To make things better. If you're reading this, chances are you've seen something about the world that leaves you dissatisfied, longing for something better, more true, more real, more nourishing.

This longing is, at its core, a source of your passion to act. Of course we want to see a more beautiful world, a more loving and just society. People living healthy, happy and fulfilled. When I see the pain and suffering in the world, for instance the many homeless people around the world, my heart cries.

If we have the longing, and passion, for something better, then why is it so hard to fix things? What is between us and a healthy, sustainable world? Or even just a healthier and more profitable business?

It has to do with the spiritual secret behind 'passion.'

The Sufis teach that the physical creation came into being because God (the Divine, Source, Universal Oneness, whatever you call The Big He/She/It) had 'a desire to be known.' Before all this existed, says the teaching, there wasn't anything but undifferentiated Oneness. And, without an outside perspective, without an 'other' how can you see yourself?

The creation is a mirror of the Divine. And the word 'himmā' is the Sufi term that refers to this yearning to be known that birthed the creation.

Often, when we are seeking to make something better it involves two steps: first, we judge and reject what is broken (This law is wrong! This marketing effort is miserable!), and second, the effort to replace the broken with something else (This law is finally the right one! This marketing will do the trick.)

The results of this approach? Dismal failure. Why?

Take a moment right now and think of something that looks broken to you- about your business, about the world, about your life. Notice how you feel- Angry? Upset? Agitated? Impatient? I'm guessing it's one of these natural reactions to brokenness.

Don't spend too long with it- it feels too yucko.

Okay, let's contrast it. Take a moment and feel your yearning- yearning for love, yearning for success, yearning for happiness. It's okay, give yourself 10 or 20 seconds to really feel the yearning, longing, desire for love.

Good. You can stop now. No really. Oh, it feels that good, does it?

Final step: in the afterglow of the yearning, look at the 'broken' thing. Did your attitude change? Do you feel differently? Is there any action you are inspired to take?

Here's the difference: The yearning encompasses what's painful, and adds love and expansion to it. The 'fixing' wants to play the shell game, and toss out what exists, and replace it with something else.

Are you trying to 'fix something that's broken?' Or, are you yearning to 'know, see and experience the larger truth?'



Sounds good, but does it work in the everyday world, where you're trying to pay your mortgage and keep food on the table?

Read practical steps below in Keys to Fixing Your Passion.

Keys to Fixing Your Passion

* You need a minimum in your tank.

Because it's so easy to fixate on trying to fix what's broken, it's also easy to run yourself ragged and empty. Unfortunately when you're ragged and empty, EVERYTHING looks even more broken.

If you are truly depleted, you are going to need to rest and nourish yourself before you can have any hope of connecting with your passion and yearning. For me, despite a long list of deadlines, I just spent several hours in the sun, and enjoyed some delicious gelato, and I can feel my tank beginning to refill.

* Enjoy the yearning.

It's a key distinction that the teaching talks about 'yearning' and not about 'fulfillment.' We are constantly searching for fulfillment, and overlooking the absolute gem that the yearning is.

The trouble with yearning is that our impatient human nature wants to get full already, so it attaches to material goals, which then gets us stuck in the 'broken/fix-it' loop again. Instead, allow yourself to savor the heart's yearning, and appreciate the locomotion it provides. Here's a question: How do you know when you have yearning? What does it feel like in your heart and body?

* Results come from action.

Things can, and do, change for the better, and the sweat of our brow is necessary in the equation. When you are full of yearning, what inspired action do you find in your heart? What if you were to trust and follow it, even if it made no sense? Even if it was just a baby step and you couldn't imagine what larger picture it was part of?

Can you take that step?

The best to you and your business,

Mark Silver

ABOUT THE AUTHOR:

Mark Silver is the author of *Unveiling the Heart of Your Business: How Money, Marketing and Sales can Deepen Your Heart, Heal the World, and Still Add to Your Bottom Line*. He has helped hundreds of small business owners around the globe succeed in business without losing their hearts. Get three free chapters of the book online by visiting <http://www.heartofbusiness.com/>



Start Over

When you've trusted Jesus and walked his way
When you've felt his hand lead you day by day
But your steps now take you another way,
start over.

When you've made your plans and they've gone awry
When you've tried your best and there's no more try
When you've failed yourself and you don't know why,
start over.

When you've told your friends what you plan to do
When you've trusted them and they didn't come through
And now you're all alone and it's up to you,
start over.

When you've failed your kids and they're grown and gone
When you've done your best but it's turned out wrong
And now your grandchildren have come along,
start over.

When you've prayed to God so you'll know his will
When you've prayed and prayed and you don't know still
When you want to stop cause you've had your fill,
start over.

When you think you're finished and want to quit
When you've bottomed out in life's deepest pit
When you've tried and tried to get out of it,
start over.

When the year has been long and successes few
When December comes and you're feeling blue
God gives a January just for you,
start over.

Starting over means "Victories Won"
Starting over means "A Race Well Run"
Starting over means "The Lords' Will Done"

We need not just sit there ... START OVER.

What the New Job-Lingo Means

"JOIN OUR FAST-PACED COMPANY"

We have no time to train you.

"CASUAL WORK ATMOSPHERE"

We don't pay enough to expect that you'll dress up; well, a couple of the real daring guys wear earrings.

"MUST BE DEADLINE ORIENTED"

You'll be six months behind schedule on your first day.

"SOME OVERTIME REQUIRED"

Some time each night and some time each weekend.

"DUTIES WILL VARY"

Anyone in the office can boss you around.

"MUST HAVE AN EYE FOR DETAIL"

We have no quality control.

"CAREER-MINDED"

Female applicants must be childless (and remain that way).

"NO PHONE CALLS PLEASE"

We've filled the job; our call for resumes is just a legal formality.

"SEEKING CANDIDATES WITH A WIDE VARIETY OF EXPERIENCE"

You'll need it to replace three people who just left.

"PROBLEM-SOLVING SKILLS A MUST"

You're walking into a company in perpetual chaos.

"REQUIRES TEAM LEADERSHIP SKILLS"

You'll have the responsibilities of a manager, without the pay or respect.

"GOOD COMMUNICATION SKILLS"

Management communicates, you listen, figure out what they want and do it



How to Create a Powerful Career

If you compared your career to the Wizard of Oz, would you be at the start of the path, where the Lion lacked courage, the Tin Man had no heart, and the Scarecrow had no brain? Or, would you be Dorothy when she was moving forward to find her way back home or Dorothy in the beginning of the movie when she was afraid because the wicked witch was chasing her?

What's happening to you in your career? Is your job being eliminated? Is your company merging or reorganizing? Are you on your third, fourth, or fifth boss, and you don't know what is expected of you anymore?

Sometimes in our career we feel powerless. The circumstances around us are changing and we don't believe we have a say in how things go. Maybe you do have a say. Maybe you have more control over your circumstances than you think you do. Maybe you have the ability to map out the course your career will take as well as the power and energy to complete the journey.

Where will this power come from? It will come from you. So, how do you create a powerful career? Follow these three steps below.

1. Assess Your Situation

Maybe what you are experiencing in your career currently is not as bad as you think. Then again, maybe it's worse. Either way, you will not know what you are dealing with until you can objectively look at what's happening to you and around you. Take out a piece of paper and draw a line down the middle. (You can also use an excel spreadsheet.) In the left hand column, list the pro's of your present situation. In the right hand column, list the con's. Which list is longer?

Take out another sheet of paper so you can assess how

bad the con's really are. Draw a line down the middle. In the left hand column, list what you can change. In the right hand column, list what you cannot. Which list is longer?

You are looking for an objective view of your situation; a new perspective. Feelings without facts can be disservice. Getting your thoughts out of your head and on paper will give you the ability to see your situation in a whole new way.

2. Decide To Change Your Situation

Your career can improve once you decide to improve it. You would be surprised by the number of people I speak to who are waiting for unfulfilling situations to \ magically get better on their own. These individuals play a waiting game hoping to be victorious. Sometimes this strategy works. Most of the time it does not and they are left tired, confused, and disappointed in themselves because they failed to act.

I understand that change is not easy. Trust me that working in a bad environment is much harder than taking steps to improve it.

3. Get Your Power Back

Once you know a situation is no longer working and you have decided to change it, it's time to become powerful. Power comes through movement. When you are moving forward, you are energized. You are on the court playing rather than sitting on the sidelines. You have your to-do list and you are checking off the items one by one. You have focus and direction. You are implementing your plan. Excuses and fear no longer deter you. You feel different because you are different. You have your power back.

So, what do you say? You only have one life to live, so it might as well be a life you love!

About the Author

Deborah Brown-Volkman is the President of Surpass Your Dreams, Inc. a successful career, life, and mentor coaching company that works with Senior Executives, Vice Presidents, and Managers who are looking for new career opportunities or seek to become more productive in their current role. She is the author of "Coach Yourself To A New Career" and "How To Feel Great At Work Everyday." Deborah can be reached at <http://www.surpassyourdreams.com> <http://www.career-escape-program.com> info@... or at (631) 874-2877.



Chef Luis'

The Perfect Morning Omelette

- 1/4 to 1/3 cup filling
- 1 teaspoon butter (or 2 teaspoons if sautéing filling)
- 2 eggs
- 1 tablespoon milk or water
- salt and pepper to taste
- herbs (optional)



First, prepare the filling. A basic rule of thumb is that you need one quarter to one third cup of filling for every two eggs. If you are using a filling that needs to be cooked — such as apples, mushrooms, onions, peppers, leeks — quickly sauté in a small frying pan with 1 teaspoon of the butter. If you are making a cheese omelette, either slice the cheese thinly or grate it finely and put aside.

Crack the eggs into a small mixing bowl. Stir gently with a fork until well-beaten. Add the milk or water, salt and pepper, and any herbs, and set aside.

Heat a 6- to 8-inch omelette pan over high heat until very hot (approximately 30 seconds). Add the butter, making sure it coats the bottom of the pan. As soon as the butter stops bubbling and sizzling (and before it starts to brown), slowly pour in the egg mixture.

Tilt the pan to spread the egg mixture evenly. Let eggs firm up a little, and after about ten seconds shake the pan a bit and use a spatula to gently direct the mixture away from the sides and into the middle. Allow the remaining liquid to then flow into the space left at the sides of the pan.

Continue to cook for another minute or so until the egg mixture holds together. While the middle is still a little runny, add the filling. Put in sautéed vegetables or fruit first, near the center, then sprinkle any cheese on top.

Tilt the pan to one side and use the spatula to fold approximately one third of the omelette over the middle. Shake the pan gently to slide the omelette to the edge of the pan.

Holding the pan above the serving plate, tip it so the omelette rolls off, folding itself onto the plate. The two edges will be tucked underneath.

Lowfat Fillings:

- fresh herbs such as parsley, basil, rosemary, dill, tarragon, cilantro or chives
- smoked salmon and scallions
- morel
- Yukon Gold potatoes and roasted peppers (for a "peasant omelette")
- Ratatouille
- asparagus



The Land of Beginning Again

"I wish that there were some wonderful place
In the Land of Beginning Again.
Where all our mistakes and all our heartaches
And all of our poor selfish grief
Could be dropped like a shabby old coat at the door
and never put on again.
I wish we could come on it all unaware,
Like the hunter who finds a lost trail;
And I wish that the one whom our blindness had done
The greatest injustice of all
Could be there at the gates
like an old friend that waits
For the comrade he's gladdest to hail.
We would find all the things we intended to do
But forgot, and remembered too late,
Little praises unspoken, little promises broken,
And all the thousand and one
Little duties neglected that might have perfected
The day for one less fortunate.
It wouldn't be possible not to be kind
In the Land of Beginning Again,
And the ones we misjudged
and the ones whom we grudged
their moments of victory here,
Would find in the grasp of our loving hand-clasp
More than penitent lips could explain...
So I wish that there were some wonderful place
Called the Land of Beginning Again,
Where all our mistakes and all our heartaches,
And all of our poor selfish grief
Could be dropped like a shabby old coat at the door

And never put on again."

Author: Louise Fletcher Tarkington

<http://magsweb.com/begin.html>

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We Welcome Your Comments

We would like to thank you for the time you have shared with us.

As a new e-zine your thoughts and ideas are valuable and appreciated. Please help us serve you better by commenting on our site.

Write to us at Cafesplendor@netscape.net

Thank you once again.

J. Barrington

Executive Editor

