

APRIL 2013 NEWSLETTER

THE IMPORTANT STUFF:

Here's a review of my last record!

[Roctober Reviews](#)

I hope you enjoy this month's newsletter. If you know someone who might want my FREE track at <http://www.garrettsawyer.net> OR if you know someone who might like this month's recipes OR you know someone who might enjoy a word or two about frugality OR you know someone who could use a good laugh please forward them my email!

And if you have any comments, questions, etc. about my newsletters, don't hesitate to write me at garrettsawyer@cox.net. And don't worry about damaging my fragile little ego, either. If you see something you don't like, let 'er rip!

Until next month, have a good one!

Garrett Sawyer
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THE "NOT-SO-IMPORTANT-STUFF-THAT-CAN-WAIT-UNTIL-YOU'RE SO BORED THAT YOU LOOK FORWARD TO SORTING YOUR SOCKS":

HOW TO EAT LIKE A ROCK STAR

This recipe is adapted from "[The Frugal Gourmet Cooks With Wine](#)" by Jeff Smith. It is absolute child's play. Also, I mean it when I say that these are not just recipes I pull out of a book or on the internet somewhere; they're recipes that I actually make for myself. I made this two nights ago. Enjoy!

EGGPLANT SAUCE FOR PASTA:

1 eggplant, diced into ½" pieces
2 tablespoons salt
¼ cup olive oil
2 cups spaghetti sauce (any kind, your favorite)
1 cup red wine

Put the diced eggplant into a colander and sprinkle evenly with salt (to spread it evenly you might want to sprinkle about 1 tablespoon, mix or shake the diced eggplant and then sprinkle again). Let stand for 1 hour. Rinse off the salt thoroughly with water and dry well with a towel.

Heat a large frying pan over medium –high heat. Add the oil and then the eggplant. Fry until brown. Meanwhile combine the spaghetti sauce and red wine in a large pot. When the eggplant is done add to the spaghetti sauce/wine mixture, bring to a gentle boil, lower the heat and cook gently for 15 minutes, stirring occasionally. Serve over your favorite pasta, topped with Parmesan or Romano cheese.

FRUGALITY 101

Here's a way that I saved a tremendous amount of money over the years. Frugality means patching over the old clothes instead of buying new ones. Right?

Well, I carried it to extremes with my car. I purchase a new fuel efficient Japanese mid-sized car in 1996. And I'm still driving it. Want to know how many miles it has on it Just the other day it passed **400,000** miles. Again, that's not a typo. You read right. I just passed the four hundred *thousand* mile mark!

Why does this save money? It should be obvious. Compare the cost of buying a new car against the cost of servicing one that you already own. The way I see it a couple thousand in car repairs and maintenance (lube job/oil change, etc.) is not a lot to pay as opposed to shelling out \$20,000 to \$30,000 for a new one.

You should have seen what I drove before this. My parents gave me an old car to drive when I returned from New England to begin residency training. It was a Chevy Monte Carlo, maroon with a white top. It was seven years old and already had 45,000 miles on it.

I hated this car. I didn't like the color. I didn't like the model. I didn't like the gas mileage (about 19 miles to the tankful). There's only one thing I did like.....the price, of course.

And the car hated me right back. I was so cheap it knew I wouldn't get rid of it no matter what unless it broke down. So it refused to die.

We hated each other for twelve more lovely antagonistic years. The brakes finally went and I soon got rid of it for safety reasons, around the time my first child was born.

You should have seen the looks on the faces of the dealer reps standing out front when I drove up in this dilapidated wreck for trade in. They were all snickering in their elbows, chortling silently to keep from roaring with laughter out loud.

They offered me \$50 for the trade-in. I offered them change.

Somewhere in this world there are numerous razor blades that owe their existence to the used steel obtained from melting this evil poltergeist of a car down to scrap metal. I swear I could hear the damn thing calling me dirty names when I left the lot.

Want to know how bad it really got? Years before this Car From Hell finally died I was working at an HMO. They had a huge parking structure out back of the hospital with a special section at ground level for staff physicians, who were given unique parking passes to display on their dashboards enabling them to park there.

One day the head of anesthesiology, who was a good friend of mine, reported to all of us one day in the Doctor's dining room that he just prevented us from having to get all new parking placards. Of course we asked him why. He told us that he was sitting in the Medical Executive Committee meeting when one of the administrators stood up and announced that we all needed to get new parking passes. My friend got suspicious and asked him why. The administrator told him that the passes were invalid because some of them had been stolen. When pressed as to why he knew they'd been stolen the administrator said, "Have you been to the doctor's parking section lately? There's a car there that can't *possibly* belong to a doctor!" My friend stopped him and said, "Wait! Describe the car!" The administrator promptly described my car. My friend stopped him again and said, "You don't understand. That's Garrett Sawyer's car!"

SIR LAUGHALOT

A little medical humor:

A man goes to the doctor. The doctor tells him, "I have bad news and terrible news for you." The man says, "That's awful! Give me the bad news first". "Well," the doctor says, "your tests have come back and you have only 24 hours to live."

The man says, "That's horrible! What could possibly be worse than that?!"

The doctor replied sheepishly, "I forgot to call you yesterday."