

August 2013 NEWSLETTER

THE IMPORTANT STUFF:

This last month I read a book which is well worth your attention: [*The Invisible Wounds of War*](#), by Marguerite Bouvard. Published just last year this outstanding book portrays in vivid detail the terrible emotional wounds suffered by those coming back from Afghanistan and Iraq. I highly recommend it.

It will be of interest to you to know that there's a section in the book that narrates the living nightmare that the Lucey family went through with Jeffrey. You can imagine my reaction when I stumbled upon this portion of the book.

The only way to truly honor those who suffered and died in this way is to see to it that they are the last of their kind.

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!

Garrett Sawyer
www.garrettsawyer.com

THE "NOT-SO-IMPORTANT-STUFF-THAT-CAN-WAIT-UNTIL-YOU'RE-LOOKING-FORWARD-TO-TAKING-OUT-THE-TRASH"

HOW TO EAT LIKE A ROCK STAR

No doubt that everybody must be barbecuing like mad right about now. In honor of the hot summer days and the approaching Labor Day holiday here are a couple of terrific barbecue sauces. Watch out...they're deadly.

SUMMER BARBECUE SAUCE RECIPES

LADY BIRD JOHNSON'S BARBECUE SAUCE

½ C butter or margarine
½ C vinegar
½ C lemon juice
½ C Worcestershire sauce
½ C Ketchup

Melt the butter or margarine in a pot. Add the remaining ingredients and blend well. Optional: add chopped garlic and/or chopped onion to the butter or margarine before adding remaining ingredients.

Excellent with chicken. Allow meat to marinade for at least 30 minute prior to barbecuing.

CHINESE STYLE BARBECUE SAUCE

½ C Hoisin sauce
3 T soy sauce
3 T rice wine or sake
2 T sugar
2 T Ketchup
2 T minced garlic

Combine all ingredients. Marinade meat for at least 30 minutes prior to barbecuing.

FRUGALITY 101

A little philosophical point about material possessions: they don't work. This is the Unified Field Theory of materialism. And I can prove it to you beyond a shadow of a doubt right here and now.

My colleagues in psychiatry will tell you that there aren't as many hard and fast scientific rules about human behavior like there are in the rest of medicine. But they do have some. One of the most fundamental, which we share with the rest of the animal kingdom, is that it is absolutely impossible to maintain the same degree of emotional response to any fixed stimulus, whether internal or external. In plain non-Vulcan English it means that regardless of whether the event is good or bad our reaction to it diminishes over time.

Think about the moon landings years ago. The first time Neil Armstrong stepped off the lunar lander and started walking on the moon's surface half the planet was watching. The next time around there was a huge audience, to be sure, but it was less than the first time. After the third, fourth, fifth, etc. you eventually had people calling their television stations to complain that the coverage of the lunar landings was interfering with their soap operas.

Well, the same thing works for material possessions. It doesn't matter what you buy. It's immaterial how expensive it is or how long you were waiting to buy it. Once purchased, your reaction to the object (be it a book or a yacht) eventually, sooner or later, subsides until you're singing Peggy Lee..."Is that all there is?"

SIR LAUGHALOT:

Q: What do you get if you cross an elephant with a rhino?

A: Hell if I know.