

July 2013 NEWSLETTER

THE IMPORTANT STUFF:

I've bought hundreds of albums in my life, no exaggeration. Know what I hate most of all when I do? Simple. I absolutely *despise* it when I buy an album because of one song that I liked on the radio and find that that one song is the only decent song on the entire album. In other words the album consisted of one great song and over a dozen batches of *filler*. In other words, space-occupying muzak.

Remember 45 rpms? Vinyl with one song on each side? I've got lots of those, too. Because I loved the song but didn't want to buy the record. And the 45s were only a fraction of the price of the full album.

On a positive note the albums I admire the most is where *every* song delivers, even the lesser known ones. When you like and admire every song on the record you feel you got a great bargain when you parted with your hard earned cash.

Well, that's what I aspire to when I make an album. I don't go into the studio saying to myself, "OK, I've got one good song and 11 that are just taking up space." To me *every* song has to deliver. Obviously, I can't promise that they do (no one can) but you can trust that's what I'm always aiming for.

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-LIFE-IS-SO-HUM-DRUM-THAT-YOU -LOOK-FORWARD-TO-DOING-YOUR-TAXES":

HOW TO EAT LIKE A ROCK STAR

This recipe is adapted from "The Frugal Gourmet Cooks With Wine", by Jeff Smith. I made this earlier this month when I was having a hard time at work and needed comfort food to come home to. It was a piece of cake to throw together and the leftovers tasted as terrific as the first night

LENTILS AND ITALIAN SAUSAGES

2 Tbsp Olive oil
8 Italian sausages or Turkey Italian Sausages
1 yellow onion, peeled and chopped

2 cloves garlic, minced
2 cups lentils, rinsed and picked over
2 cups water
2 cups spaghetti sauce
¾ cup red wine
Chopped parsley, topping
Romano or Parmesan cheese, for topping.

Put the oil in a large deep saucepan or casserole. Prick the sausages and add them to the pan. Lightly brown the sausages on all sides then remove to a plate. Add the onion and garlic and sauté until clear. Cut the sausages in half lengthwise and add back to the pan. Add the lentils and water. Cover and simmer for ½ hour. Add the spaghetti sauce and wine. Bring to a simmer and simmer for 45 minutes or until the lentils are tender (if you like your gravy thin then cover it while it simmers; if you like it thicker leave the pan uncovered). Serve, topped with parsley and cheese.

FRUGALITY 101

This is just my suspicion but I think a lot of people have a hard time with the idea of being frugal because they associate frugality with deprivation. They, understandably, equate frugality with deprivation. You'll be pleased to know that for the most part that's simply inaccurate. Yes, it's true that if you really lack the necessities in life (such as adequate money for food, clothing, shelter, etc.) more money or things will definitely improve things. But beyond a certain point more things just don't make you any happier.

Don't tell that to Madison Avenue, though. Their entire livelihood, their very reason for existence is to figure out how to get us to buy more *things*. It doesn't matter whether we need them or not (or whether they're even good for us or not). God help them if you figure out that you'll be just as happy without the product they're trying to push as you would be with it so, therefore, you're not going to buy it.

Our children are especially at risk. If you want to read an outstanding book that documents how advertising has targeted our children and conditioned them to become mindlessly spending consumers go get a copy of Juliet Schor's terrific expose "Born To Buy". But make sure you take your anti-hypertensives before you begin reading...you'll need them.

SIR LAUGHALOT

Two prisoners are about to be executed. The warden goes up to them and tells them, "As is our custom you are each allowed one last wish." He turns to the first prisoner and asks him, "What is your last request?"

The prisoner replies, "I would like to hear 'Achy Breaky Heart' one last time."

The warden nods and then turns to the next prisoner. "And what is your last request?"

The second prisoner says, "Shoot me first."