

May 2013 NEWSLETTER

THE IMPORTANT STUFF:

This month I'm going to editorialize about an issue critical to anybody who loves music.

You see, I listen to the radio just like any of you. And I've been listening for the last 50 years, no exaggeration. I don't think I need to tell you that it's changed over the years. But I can easily remember when Top 40 radio was completely different.

I can sum it up the problem with radio ever since in two simple words: "Narrow Format". When I first started listening it was in the mid to late 60's and the Top 40 stations were all on the AM dial. I recall to this day that they didn't overplay the top hits, playing them more sparingly. Instead they gave lots of air time to lesser known songs. You could count on them to play a good tune at least once or twice if one came along, even if it wasn't in the top 40 (broad format).

Just as an example I vividly recall that when George Harrison first released "All Things Must Pass" that one of the Los Angeles stations "premiered" the record by playing the *entire* album's worth of songs, one song an hour. Contrast that to now.

Never forget that Simon and Garfunkel got their big break when a DJ at a radio station in Boston took a liking to the unplugged version of "The Sound of Silence" and kept playing it. This is what helped bring it to the attention of producer Tom Wilson, who one day (without Simon or Garfunkel knowing it) added drums, bass and electric guitar and re-released the song. It went to #1 on the Billboard charts.

Think that could happen nowadays?

So what's the solution? Well, you could try listening to College, public, or independent stations. And while you're at it you could try Internet radio stations that are willing to give people like me a chance. Who knows? You might actually like it!

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-DULL-THAT-CLEANING-YOUR-SINK-SEEMS-EXCITING-BY-COMPARISON":

HOW TO EAT LIKE A ROCK STAR

I found this recipe in the Los Angeles Times ages ago. I made this for myself a couple of weeks ago after a long hiatus. It's as outstanding as it is easy. Serve with lots of garlic bread fresh from the oven and it's a complete meal.

CABBAGE SOUP FROM THE LYON'S ENGLISH GRILL

2 Tbsp olive oil or canola oil
½ - ¾ lb. ground turkey
2-3 cloves minced garlic
1 onion, sliced
2 cups chicken broth (equals one can of commercial broth)
3 cups tomato juice (equals four small cans)
1 can cream of tomato soup or tomato bisque
1 cabbage sliced
pinch of sugar

Heat the oil in a large pot over medium-high heat. Brown the ground turkey and the garlic for 5 minutes. Add the sliced onion and continue to stir for 5 more minutes. Add the chicken broth, tomato juice, tomato soup or tomato bisque, cabbage and sugar and bring to a boil. Simmer for ½ hour. Serve.

FRUGALITY 101

By now, no doubt, you've heard of the term "staycation". All I can say is that, without knowing it, I invented the term over 20 years ago. When I first heard the term used a while back my first thought upon the hearing was, "Where have you all *BEEN*?!"

For the uninformed "staycation" simply means that when you have time off you don't spend money traveling; you stay at home, instead.

I long ago turned it into an art. The first step is you plan out the menu. You want to eat well, right? Well, as I've said, they don't call your kitchen "the best restaurant in town" for nothing. I just finished a week off and spent it making myself a Chinese feast. The menu included Empress Chicken (a Shanghai banquet dish), Szechuan shrimp, Chicken wings in oyster sauce, Fish in hot bean sauce, Szechuan eggplant, Jade fish and Home style bean curd. Next, I went biking a lot (how much can they charge me to use the road?). And I read a lot (how much can they charge me to use the library)?

Cost? Virtually nothing.

Now compare that to taking a trip with my wife and son. There's transportation costs, hotel costs, meals, recreation, etc. Do I have to work hard to convince you that the bill could easily be in the thousands?

I rest my case.

SIR LAUGHALOT

A man dies and goes to Hell for his sins during life. He's being led to his place of eternal torment by the Devil. He passes soul after soul screaming in agony in various forms of excruciating punishment.

Finally, the man passes a lawyer. And the lawyer is sitting on a sofa with the most beautiful blond woman the man had ever seen. At this he became enraged and called to the Devil behind him, "Hey!! What gives?! I'm being punished for eternity! All these other people are being punished for eternity! What's so special about that lawyer?! How come he gets off so easily?!"

And the Devil poked him in the behind with his scepter. “Keep moving!!” the Devil roared at him from behind. “How DARE you question how we choose to punish that blond!!”