

September 2013 NEWSLETTER

THE IMPORTANT STUFF:

It's funny how sometimes you can be going along and nothing happens when suddenly everything will happen all at once (I'm reminded of Shakespeare's great line from Hamlet, "When troubles come they come not single spies but in battalions.")

Something like that happened earlier this month. All at once I saw several articles that beautifully captured the suffering of soldiers who came back from battle. The first is from The New Yorker. There was a terrific article in their September 9 edition about the treatment of traumatized veterans, titled "[The Return](#)." It's a harrowing description of one soldier's treatment in an inpatient facility in Pueblo, Colorado. You'll only be able to read the first part of the article because it's for subscribers only but I warmly recommend you find this article in your local library. Believe me, it's worth the effort.

That very day we received The Orange County Register. The cover story was called "[A Hero To The Very End](#)." It's a heartbreaking story of an Orange County veteran who suffered from PTSD and died of heart failure (at the age of 30!). He had agreed to become an organ donor after returning from Iraq. It was his last act. Again, only the first part of the article is available but if you can find the full article it's well worth it.

Then around the same time the Los Angeles Times ran two memorable articles which you can read in full on their web site. The first is titled "[A Soldier's Wife](#)". Like The New Yorker article it describes how a soldier came home and the war followed him. The second article is titled "[Looking closer at the role of life insurance in military suicides](#)."

I hope you found this month's newsletter informative and useful. 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 hurting my feelings. If you see something you don't like, tell me!

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THE "NOT-SO-IMPORTANT-STUFF-THAT-CAN-BE-POSTPONED-UNTIL-YOU'RE-EXCITED-BY-THE-IDEA-OF-GIVING-YOUR-CAT-A-BATH:

HOW TO EAT LIKE A ROCK STAR

This recipe might seem simple but the results are spectacular. Before you even open the oven your kitchen will be filled with the aroma of a Chinese restaurant.

CHINESE BARBECUED CHICKEN:

1 fryer or broiler chicken, about 3 1/2 pounds, split in half

1/2 Cup Hoisin sauce

3 Tbsp soy sauce

3 Tbsp rice wine or sake

2 Tbsp sugar

2 Tbsp Ketchup

2 Tbsp minced garlic

Rinse the chicken and drain thoroughly. Remove any fat deposits from the neck and the inside and place the chicken halves in a bowl. Combine the barbecue sauce ingredients and pour over the chicken. Toss lightly to coat and spread the mixture all over the outside and inside of the chicken. Cover and refrigerate for at least 1 hour, or overnight if possible.

Preheat the oven to 375. Arrange the chicken halves skin side down on a baking sheet lined with aluminum foil. Bake for 30 minutes, turn over, and bake for another 30 minutes, until crisp and brown. Let the chicken cool slightly, and remove to a cutting board.

Using a sharp knife, cut away the wings. Cut off the legs and thighs and split them in half at the joint. Cut the thighs into 2 to 3 pieces. Cut the breast into thin slices and arrange on a serving platter. Arrange the remaining pieces on the platter and serve.

FRUGALITY 101

I think it's only fitting that as I write this it looks like the government of the United States is, barring any last minute agreement, headed for a shutdown. I find it interesting that we had enough money to afford what Nobel Prize winning economist Joseph Stiglitz has described as a three trillion dollar war (i.e. the 2003 invasion of Iraq) but we don't have enough money to properly care for the soldiers who fought its battles. I find it fascinating that we have enough money to subsidize huge corporations and bail out banks that are "too big to fail" but we haven't got enough money to provide decent healthcare for tens of millions of our fellow citizens.

As Benjamin Franklin wrote in "The Way To Wealth", *The Indies have not made Spain rich, because her Outgoes are greater than her Incomes.* Away then with your expensive follies....

SIR LAUGHALOT:

This one has to be the best comeback line I've ever heard. It can be found in a wonderful book, A Treasury of Jewish Folklore:

A Jew was walking on the Bismarck Platz in Berlin when unintentionally he brushed against a Prussian Officer.

"Swine!!" roared the officer.

"Cohen!!" replied the Jew with a stiff bow.