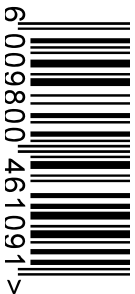


# ALWAYS TASTEFUL



**Salt & Pepper Toast: pg.6**  
**The Escape Tool: pg.14**  
**Flu Kit: pg.22**

FEBRUARY €0.0  
IT €0.00  
FR €0.00  
GB €0.00  
USA \$0.00



# WHAT'S IN HERE?



Wear Sunglasses! Sunglasses were first sold in the US in 1929 by a man named Sam Foster-  
[sunglassmuseum.com](http://sunglassmuseum.com)

## LET'S EAT TACO SOUP



## LET'S EAT SALT AND PEPPER TOAST



## LET'S EAT FROZEN PIZZA



## GO! DO! THE DOG SHOW



## BOOK BUDDY HOW TO WIN FRIENDS AND INFLUENCE PEOPLE



## LOOK TO THE SKY VENUS



## PODCAST PALS GIVE 'EM A LISTEN



## LOVE HURTS BEWARE OF THE ONLINE ROMANCE





# WHAT ELSE?

## DRIVE SAFELY

ESCAPE TOOL



## CHRONICLE: LIVING IN A LOVE STORY

PICKING PAINT



## HELPFUL HINT:

DAWN AND VINEGAR



## BEHIND THE SCENES

WHAT'S YOUR DRINK ON THE AIR?



## FOR YOUR HEALTH

FITNESS TRACKER



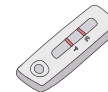
## FOR YOUR HEALTH

WALK



## FOR YOUR HEALTH

FLU/COVID TEST



## FOR YOUR HEALTH

FLU KIT READY



## FLOSSING FINDS

FABRIC FLOSS



## FINAL THOUGHT: FORGE FORWARD

# PAUL FOLGER EDITOR-IN-CHIEF

February is our short month. I wonder if that was done on purpose since it's the middle of winter? February is also the month of Valentine's Day. I really hope you look at the pages about online dating. I want to save your heart and your finances.

Also, give my pal Elizabeth Ries' podcast a listen. She and her friend Margery have lots to say and I think you'll take something with you from every podcast they produce.

The flu is strong this year. I spent much of this month recovering from it. I've some reminders to be prepared just in case.

The picture below is a project my father and I did over the holidays. We built a little hut to protect the air conditioner from falling ice.





# LET'S EAT

## Taco Soup

### Ingredients:

1 to 1.5 lbs. Ground Beef  
2 Tablespoons Olive Oil  
1 Medium onion finely chopped  
1 Can Red Kidney Beans  
1/2 tsp. to 1 tsp. Salt  
1 Pkg Taco Seasoning  
1 Can Corn  
1 Can Green Chilies  
1 Can Fire-Roasted dice tomatoes  
(don't drain)  
Toppings:  
Tortilla Chips  
Sour Cream  
Cheddar Cheese  
Fresh Cilantro

### Directions:

Over medium heat cook onions in oil. Then, add beef and brown with salt. (drain if needed and return to pot.)

Next, add Taco Seasoning mix with 1/4 cup water.

Then add drained kidney beans, drained corn, can of chilies, and tomatoes with juice.

Let this get hot. Simmer at least 10 minutes.

Serve with toppings.

"Winter Soup or for the  
Chiefs and Eagles Game"





# LET'S EAT

## SALT AND PEPPER TOAST

"So Simple!  
So Good!"

### INGREDIENTS:

2 Slices of Toasting Bread.  
1/4 cup of melted butter.  
Kosher Salt and Coarse  
Ground Pepper.

### DIRECTIONS:

Toast the 2 slices of your favorite bread to your liking.  
Then, hot out of the toaster, brush your bread with the  
melted butter. Add salt and lots of pepper.





I mentioned I had the flu at the start of the month and it took weeks to get over it. So here's what I really enjoy when I feel bad, a pizza. This is a Heggie's brand. They cook up so well at home and are very tasty, even when you are sick. Keep a frozen Heggies on hand for whenever you need a quick, easy dinner.





# GO! DO!

## Dog Show

"Going to the dogs is just fine!"

The Land O' Lakes AKC Dog Show is an interesting way to spend an afternoon. This year it was held at the River Centre in St. Paul.

These shows give you a chance to see all kinds of dogs. Dogs you've only seen in pictures.

According to the American Kennel Club, the first American dog show was held in Chicago in 1874.

You've seen them on TV so make it a point to go one day! Don't be intimidated by the owners, they love to tell you about their dogs. Always ask first if you want to touch the dog.





# BOOK BUDDY

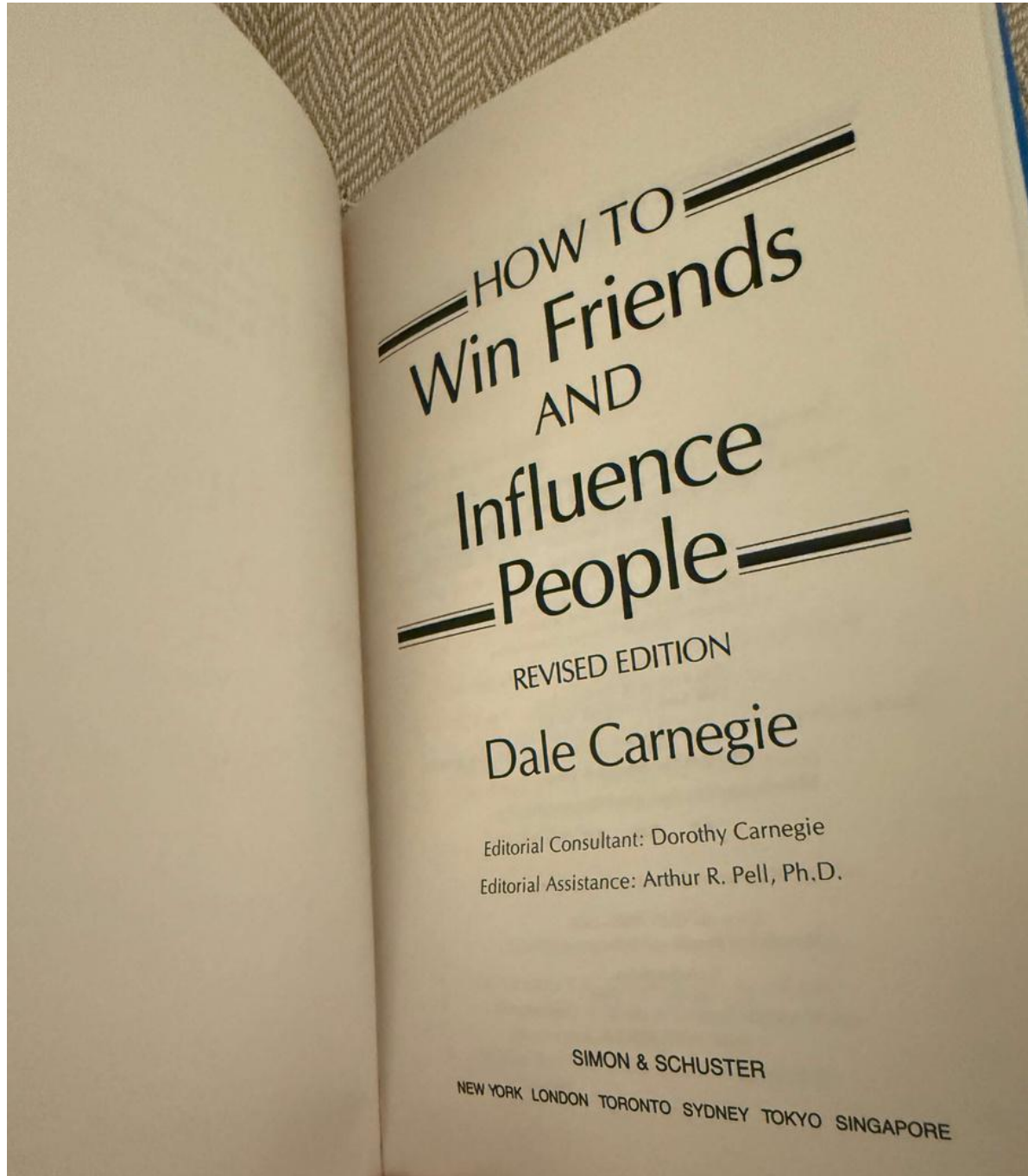
## How To Win Friends and Influence People

I know you've heard of this book by Dale Carnegie, so why don't you read it? This book gives you basic common sense on how to treat others.

Reread this every few years because we all need reminders.

Carnegie has a chapter on the power of our smile and it's just perfect. Your smile is one of your greatest assets.

Also, there's a great tool to use in being a good conversationalist in this book and you don't have to do much, just use your ears and listen. Read the book and watch how YOU start to --Win Friends and Influence People.





# LOOK TO THE SKIES

February 14th.

On Valentine's weekend make sure you look up Friday the 14th and you'll see Venus. The planet that is second closest to the sun will shine at its brightest for the year around the 14th, according to [earthsky.org](https://earthsky.org)

Look toward the west as the sun is going down.

Venus will be shining so brightly.

Make it a must-do on Valentine's Day weekend.





# PODCAST PALS

Give 'Em A Listen

"The Story of Ian..."



## MARGERY & ELIZABETH

Our friendship really began when we were asked to do a radio show together years ago. *Best to the Nest* was born out of the many off-air conversations we had about how to grow our families in a happy and healthy way, all while balancing the demands of our busy lives. We live in different cities now, but share between us four kids, two husbands, two stressful jobs in television, three houses, two dogs, one cat, three chickens, and lots of laughter.

## BEST TO THE NEST

Listen to their podcast and I bet you'll hear echos of your life! Here's the link. [Best To The Nest](#) My friend and coworker Elizabeth Ries produces a podcast with her friend, Margery. Give them a listen.

I must tell you Episode 421 has Margery talking about the 1st Thanksgiving after the loss of her husband. You'll find that day is unforgettable.



# LOVE HURTS

"Online Romance Scams"

Beware of the Online Romance





# LOVE HURTS

## Beware of the Online Romance

It always seems like February is the best time to discuss online romance.

Look at the pictures to the right, you can see someone has stolen my pictures to prey on unsuspecting people looking for love.

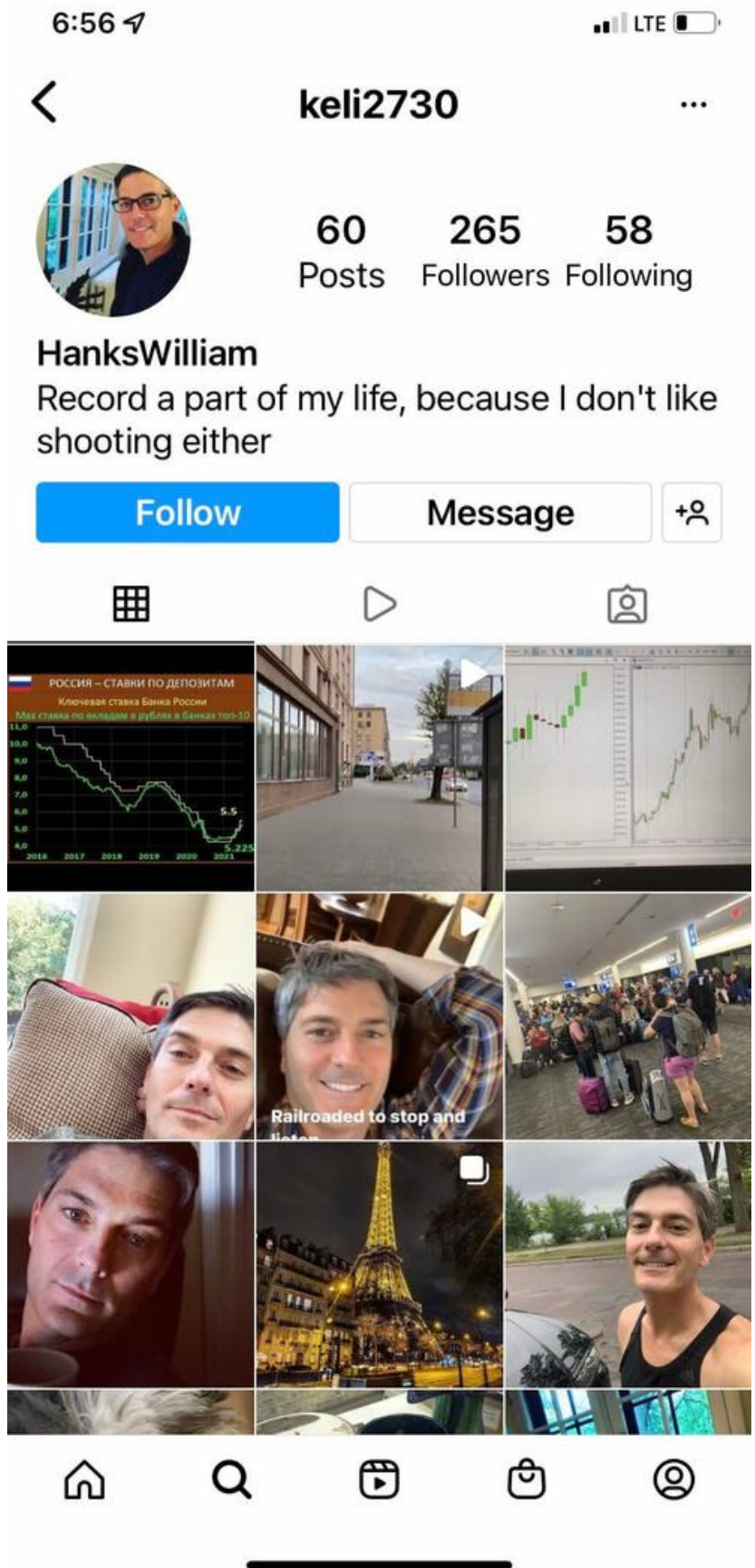
Here's some advice. Never give someone money online. Never give them your address and don't share too much.

A woman told me a man used my pictures under a different name and convinced her to give him \$5000. She then finally figured out the pictures were of me.

Even after I told her it was a scam, she wanted to give the guy more money because she'd talked to the guy using my pictures for so long.

Make it a rule for yourself, to keep online dating local. Meet the person in a public place. Tell a friend and use common sense.

Think about it, why would you want to date someone who's asking you for money anyway? You deserve better.



# DRIVE SAFELY

"Hopefully You'll Never Use It."

## The Escape Tool

This is an escape tool if you are ever trapped in a car. Not perfect, but an option. I keep this in my car because it can break a window and can cut a seatbelt. AAA looked at these escape tools and came up with mixed reviews. They can help, but AAA concluded you need to have a plan in place if you were ever to become trapped in your car. They say the type of window you have makes a difference when attempting to break it, so AAA says it's important to know what you've got in your car. Click on the Escape Tool story to read more. [Escape Tool](#)





# CHRONICLE: LIVING IN A LOVE STORY

Picking Paint



# CHRONICLE: LIVING IN A LOVE STORY

## Picking Paint



Picking paint color is a bigger commitment than it used to be because of the cost of a gallon of paint. Not too long ago, painting walls was a simple, quick and affordable way to impact a room. Now, a gallon of paint isn't cheap, so you want to make the right decision.

Here's an idea, buy a poster board and pick up a sample of the color you are thinking about using. Paint that poster board and then tape it up to the wall and look at it for a few days. You can see this bedroom is grey. Not a shade I wanted, so I taped two poster board samples to the wall to look at for a few days. After a few days, pick the final color. I'll show you next month.



# HELPFUL HINT

"Fresh Fix"

Dawn and Vinegar

If you've got a front-loading washing machine you know keeping them smelling fresh is a real hassle. We all know you should leave the loading door open after each use. But if you're like me, there's always a door to the laundry room that seems to get in the way. So here's a solution you can make that will help keep everything fresh and clean. Use 1 cup of Dawn detergent and 1 cup of white vinegar in a spray bottle together. When I've finished laundry for the day, I spray around the seals and open up the soap drawer to let it all air out and dry. It works for me.



# BEHIND THE SCENES

“What’s Your On-Air Drink?”

*“Here’s the answer”*

Sometimes you get a glimpse of a mug or cup we might have on the anchor desk with us. What’s in there? For me, it’s usually water or hot tea. Leah starts with coffee and ends with water. If you ever catch a soda can near me, that usually means I’m not feeling great. That’s my rally drink.





# FOR YOUR HEALTH

## Fitness Tracker

*"The Goal Is Sleep"*

It's February and that means if you made a New Year's Resolution it may be a memory.

Here's an idea for you that doesn't require you to do much, wear a Fitness Tracker. Something that counts your steps and tracks how long you are active. These can be relatively inexpensive and can help keep you mindful of your health. As always, talk to your doctor about any fitness program you start

## Tracker List

1. Set a Goal.
2. How many steps a day?
3. Keep the Tracker Charged.
4. Let your tracker record your day.



# HELPFUL HINT

"Clear Your Head"

## Go For A Walk

Walking is easy. In Minnesota, if it's slick out beware. Take to the mall and walk. If it's all clear and you've talked to the doctor, check out a place you've wanted to take a walk and go do it. It can be a fun outing for the day. I like to walk the Sculpture Garden. I don't get tired of it. Add that tracker you are wearing and you can count all those steps. You'll feel good, clear your head, and make your way towards better fitness.



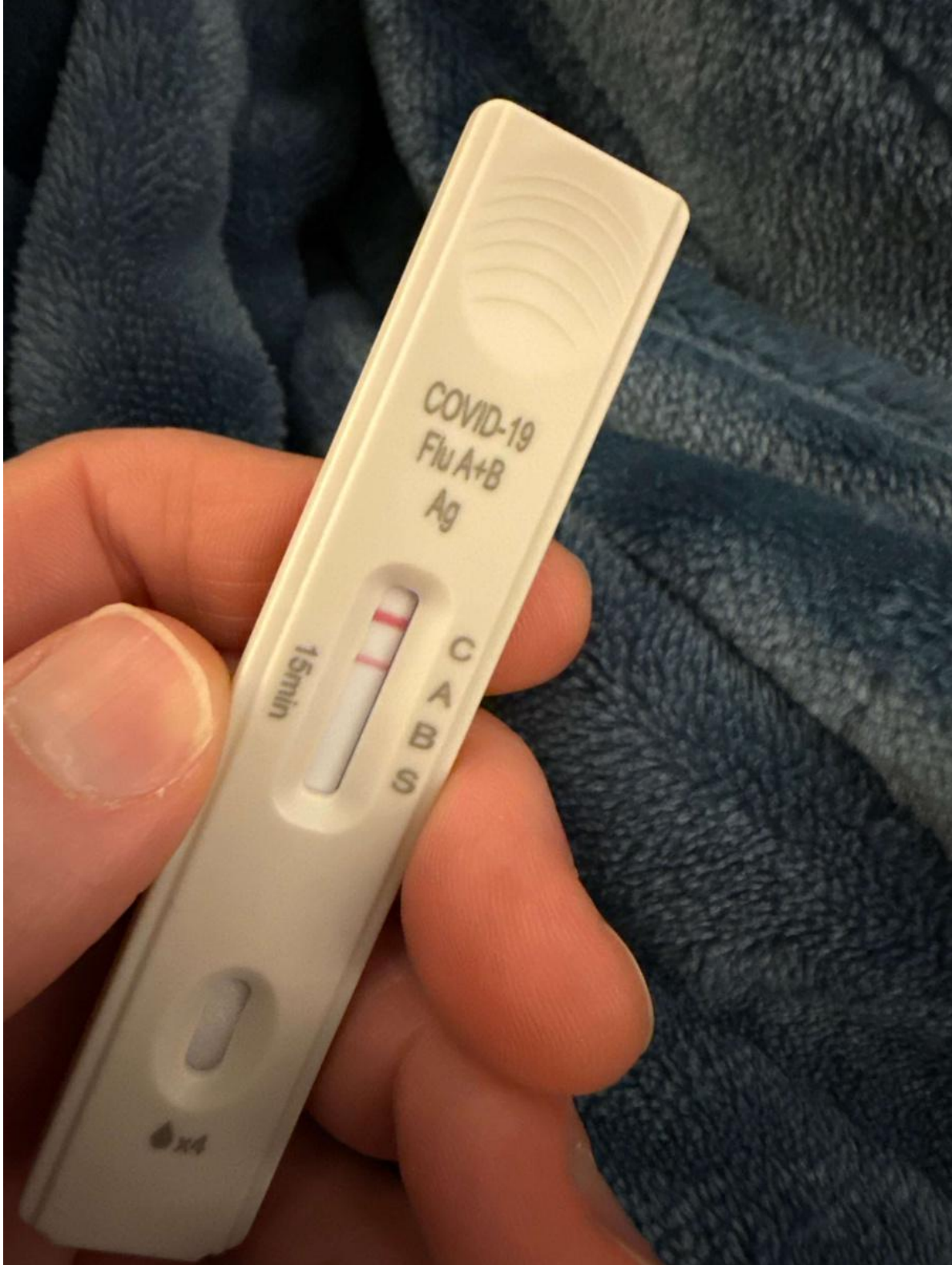


# HELPFUL HINT

"The Triple Test"

## Flu and Covid Test

At the beginning of January, I came down with Influenza A. This was despite a flu shot. I will tell you that the flu is no joke. Here's something you should consider getting and that's the Flu/Covid at-home test. This test works like the Covid test, but this will tell you if you've got Covid, Influenza A or B. This is helpful, but I will tell you, I did end up about 10 days later at the doctor with "Walking Pneumonia," so beware of your health, and if things aren't quite right go and be seen.



# HELPFUL HINT

## Flu Kit

Get a few things ready just in case you get sick. This way you can stay home and out of the stores.

"Sick Season"

### Cold & Flu Checklist

1. Covid/Flu Home Test
2. OTC Meds you prefer
3. Throat Drops
4. Kleenex
5. Tea
6. Canned Soup





# FLOSSING FINDS

## Fabric Floss



I hope you are a flosser. I don't have to tell you the benefits of flossing your teeth. Just do it. Everyday.

I bet you didn't know floss has been around since 1815 because of a New Orleans Dentist, according to [oralb.com](http://oralb.com).

A few years ago, a fabric floss was recommended to me.

I was using a thin, flat floss and my hygienist recommended looking for a floss that is made of fabric. She said this really gets your teeth super clean. No matter what, make flossing a priority. Your teeth and dentist will thank you.

# Final Thought:

Forge Forward

"February 2025"

February 2025 is a month to hunker down and get through winter. If you see a sunny day, then soak it up. The winter weather can get bleak, so remember to take those days one at a time and look forward to the "treat days" when the sun is out. Paul







## **NEXT MONTH: MARCHING TO MARCH**

# Til Next Time

*Paul*