

ALWAYS TASTEFUL



WHAT'S IN HERE?



The Liberty Tour from 2016!

THE QUESTIONS I GET...

WHO'S WRITING?



LET'S EAT

FRIED GREEN TOMATOES



LET'S EAT

TOMATO PIE



FOR YOUR HEALTH

EMERGENCY CONTACT



GO DO

STATE FAIR



GO DO

DOSA



NEIGHBORS

QUIET ONES



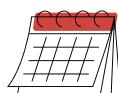
FARMERS MARKET

PERFECT TIMING



PHOTO SHOOT

KSTP CALENDAR



CHRONICLE: LIVING IN A LOVE STORY

STONE WORK



WHAT ELSE?



I've written a lot during the early mornings this month. Trying to use all those hours of light we have in the summer.

FLOWER POWER

THE FERN AGAIN



AWARD

APPRECIATE IT



CONSTRUCTION CORNER

HELPFUL HINT



FINAL THOUGHT AUGUST

PAUL FOLGER EDITOR-IN-CHIEF

August is the best. It's summer, and of course, that means it's time for the Minnesota State Fair. This month, we will also see summer veggies peaking at the Farmers Market. I hope you'll get out and soak up the rest of this short Minnesota summer.



OUT AND ABOUT

Catching Up With Friends and Family

"Summer Fun"



THE QUESTIONS I GET....

Do You Write The Copy You Read?

This is a question I'm asked often. We are all involved in writing the Newscast. Producers write more than anyone. I write and make sure what I say is written in my own voice. There are many stories in a Newscast, so it takes several people to make sure everything is written, edited and ready to go.



LET'S EAT

Fried Green Tomatoes

"Fried Green Tomatoes are one of my favorite dishes. I just love them. August is a great time to grab green ones."

INGREDIENTS:

3 or 4 Green Tomatoes
½ Cup of Flour
½ Cup of Cornmeal
Salt and Pepper
2 Eggs
Hot Sauce (optional)
Canola oil
2 Tablespoons of Butter

DIRECTIONS:

Slice across the tomato, making each slice about 1/4 inch thick.
On a plate, pour all the dry ingredients and mix with a fork.
On another plate, crack both eggs and add hot sauce. Mix this with a fork, breaking the yolk.
Take each tomato slice and dredge it in egg and then cornmeal mixture. Cover both sides.
In a skillet, add oil (enough to cover the bottom of the skillet for frying) and butter then place over medium heat.
When that is hot, add tomatoes and fry in batches, flipping as they fry. (You may have to add a little more oil as you go).
Once they are golden brown on both sides, take them out and place them on a paper towel. Add salt and pepper to taste.





INGREDIENTS:

1 9-Inch pie crust
1 and ½ Cup Shredded Mozzarella Cheese
2 to 3 Garden Tomatoes
2 to 3 Roma Tomatoes, thinly sliced
Mix 1/2 tsp Salt and Pepper and 3 tsp dried Basil
Garlic Powder to taste
¼ cup Grated Parmesan Cheese
¾ Cup Mayonnaise

DIRECTIONS:

Preheat oven to 375 degrees.
Slice tomatoes across and put them on a paper towel to remove excess moisture.
Once the oven is to temp, prick the pie crust with a fork on the bottom and sides and bake this partially for 12 minutes.
Take out and sprinkle ½ of the mozzarella on the bottom.
Let it cool a bit.
Mix remaining mozzarella and ¼ cup Parmesan with mayo.
Then layer tomatoes in the pie crust and sprinkle with salt, pepper, and basil mixture
Then spread cheese/mayo combo.
Continue layering this in.
Bake this 35 to 40 minutes or until golden brown

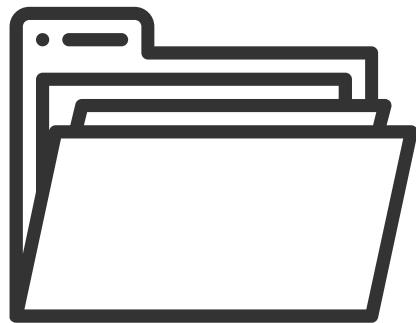
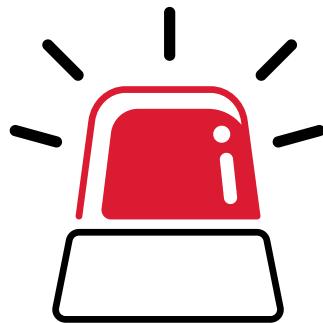
FOR YOUR SAFETY

A Handy Helper In Emergency Contacts

"The File"



Here's a helpful tip that my realtor and friend, Mary McCormick told me about. It's called the "File of Life." It's a small file you can purchase and add your health conditions and contacts in case of an emergency. It comes with a little pouch so you can hang it on the fridge or near a door. It doesn't cost a lot and could save time in helping first responders help you out. Here's the website. [The File of Life](http://TheFileofLife.com)



GO DO!

State Fair

"It's Perfectly Minnesota"

I think the State Fair is one of my favorite parts of Minnesota and a great part of my job. It's the one time of year that I get to connect with you in person. You turn on the tv and watch every day. You see us, but we don't see you. So, I really enjoy saying hello when you come out to the KSTP building. Happy Fair Friends!



GO DO!

State Fair



GO DO!

Dosa

"Delicious Dish"



Have you ever tried Indian Food? Well, you should give it a whirl. Start with this, it's called a Dosa. There is a place called Dosa and Momo in Malcolm Yards. Order the Dosa. The picture above is a Dosa.(this one from a restaurant in Eden Prairie.) It has a soft tortilla-like wrap, and you just rip it apart and dip it in sauces. Very tasty and easy to eat. I think they are interesting and fun to eat.

JUST FOR FUN

My Neighbors

"Quiet Neighbors"

These neighbors moved in by my house. They seem to be just fine. Quiet folks, really. Ha. My mom came for a visit, and she set up this little tree house along my front walk. I think it's really cute. You can purchase these online at Amazon for less than \$20. Just a fun talker for your guests.



PEAK SEASON

Farmers Market

August is such a great time at the Minneapolis Farmers Market. There are fresh flowers and tomatoes, and corn on the cob. It's all great. I encourage you to seek out your Farmer's Market and try it out. Happy Marketing.

"Perfect Timing"



GO DO

Farmers Market

"Looks Nice"



THE CALENDAR

"Buy Yours Soon"

Buy At The Fair And Online

Each year, KSTP produces a calendar that has the favorite recipes of the folks at the station. This is a photoshoot of what I'm contributing this year. The new calendar will be available at the fair, and you can also buy it online. By the way, \$1 from every calendar sold goes to Open Arms, an organization that provides food for critically ill patients. Order them here. [The Twin Cities Live Store](#)



CHRONICLE: LIVING IN A LOVE STORY

"Looks Nice"

Old houses are a labor of love, and the work to keep them up is endless. I am repairing some landscape rocks in a flower bed, and it's a learning experience. Thank goodness for YouTube and my dad. Wish me luck on the end result. I'll share that picture with you next month. Ha.



FLOWER POWER

The Fun Fern

"My Fern Growing Rule"



FLOWER POWER

The Fun Fern

"My Fern Growing Rule"

I have said it many times. I have a rule for growing ferns. I always say just add a gallon of water every day. Of course, it will spill water from the bottom, so have it outside and in the shade.

Sometimes I add a little "Miracle Gro" fertilizer in the water, and that's it. I've done this in Texas, Florida, Oklahoma, and Minnesota. Below is a fern from 2017 in Oklahoma.



AWARD APPRECIATION

"Thank You"

"Money Minute Series"

Thought I'd share a little personal good news. I was recently given an award for a series of stories I've been producing for about a year now. It's called the "Money Minute," 60-second stories of money tips to help keep your financial house in check. The award is the 2025 Money Management International Financial Learning and Empowerment in Communities Award. It raises up journalists who work to promote financial health for Americans. Money Management International gives people tools to get their financial house in order and get out of debt. I appreciate the recognition.



AWARD APPRECIATION

"Thank You"

Money Minute Series

MMI Announces 2025 Financial Learning & Empowerment in Communities (FLEC) Award Winners

"These award winners are improving access, amplifying real voices, and making sure people know they're not alone in their financial journey."

-Jim Triggs, President & CEO, MMI

STAFFORD, Texas – June 30, 2025 – Money Management International (MMI), the nation's leading nonprofit financial wellness organization, is proud to announce the 2025 recipients of the [Financial Learning & Empowerment in Communities \(FLEC\) Awards](#). These honors celebrate excellence in storytelling, innovation, and accessibility by recognizing the individuals and platforms that are breaking down barriers to financial health and helping Americans rewrite their debt stories.

This year marks a pivotal evolution in the program, as MMI rebrands the FLEC Awards to reflect a deeper commitment to empowerment over judgment, and systems change over individual blame.

"People aren't broken; systems are," said [Jim Triggs](#), President and CEO at MMI. "These award winners are improving access, amplifying real voices, and making sure people know they're not alone in their financial journey."

2025 FLEC Award Honorees

National Excellence

- [Daniel de Visé](#), USA Today
- [Angie Moreschi](#), Spotlight on America – Sinclair, Inc.
- [Jean Chatzky](#), *HerMoney* & *Opportunity Knock\$*

Local Excellence

- [Kara Kenney](#), WRTV Indianapolis
- [Paul Folger](#), KSTP Minneapolis
- [Josh Sidorowicz](#), CBS Philadelphia

Innovation & Impact Awards

- Excellence in Community Finance – [Debt Free subreddit](#), Reddit, Inc.
- Excellence in AI-Driven Interaction – [ChatGPT](#), OpenAI, Inc.

The Power of Platforms: How Online Tools Drive Real-Life Financial Change

MMI's research continues to show that trusted storytelling and accessible tools drive behavioral change. In fact, local media coverage of real MMI clients has led to up to a

10x increase in financial counseling within the community. In 2025, that impact extended into online communities and AI-powered research tools connecting people with help when and where they need it.

"I owe \$37,000 and was starting to struggle to make minimum payments... but after doing a deep dive on Reddit... I found the posts about MMI. I never would have known about this program without Reddit so I hope my post helps someone else." — u/Odie7997

"I asked ChatGPT to compare debt relief options and it highlighted MMI's reputation. After my own research, I signed up—and the ability to do it online made a huge difference for me as a busy PhD student." — Ian C.

"These aren't just tools. They're access points that change lives," said [Thomas Nitzsche](#), Vice President of Public Relations at MMI. "We're proud to honor the storytellers, innovators, and platforms that are reshaping the way people find—and trust—financial support."

About the FLEC Awards

Launched in 2021, the Financial Learning & Empowerment in Communities (FLEC) Awards has celebrated over thirty individuals and organizations who champion financial wellness through inclusive reporting, scalable innovation, and community-driven solutions. Honorees are selected by MMI's senior leadership team based on impact, accessibility, and alignment with MMI's goal to destigmatize debt and expand economic opportunity.

About MMI

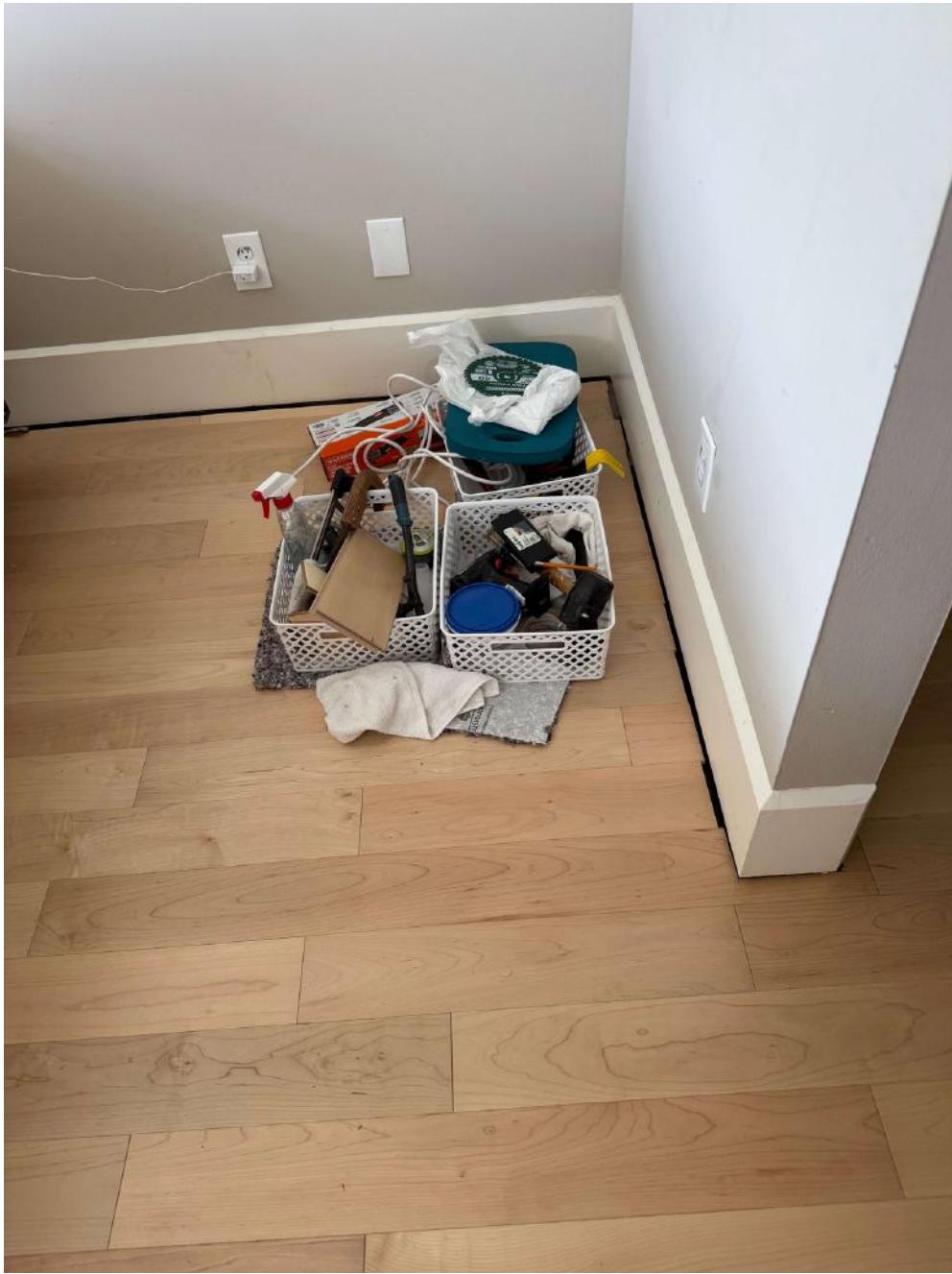
For over 65 years, Money Management International (MMI) has been at the forefront of financial health solutions, helping individuals and families break free from debt and build a secure financial future. As a trusted nonprofit leader, MMI is dedicated to transforming how Americans navigate financial challenges by providing expert guidance, innovative programs, and culturally relevant financial education. Recognized by major financial institutions and media outlets, MMI's award-winning services support long-term financial stability and success. Learn more at [MoneyManagement.org](#).

CONSTRUCTION CORNER

Store It Easily

"Easy Organization!"

As I'm working on this month's edition, I'm also working on some flooring in my old house. Here's a trick to keep you organized. Use small trays to keep your tools handy. You won't have to hunt for a screwdriver and then a tape measure or pencil. A simple solution to what can be annoying when you are working on a house.



Final Thought:

August

August is usually our last long, hot stretch in Minnesota. The summer is short and great. I imagine you'll start thinking about fall soon. But until then, take those late evening walks and go do all the things Minnesota has to offer in the summer. Cheers.



Till
Next
Time
Paul