

VOLUME 3 • ISSUE 10 OCTOBER 2025

ALWAYS TASTEFUL



[Spicy Chops: pg.7](#)

[Rice Cooker Hack: pg.13](#)

[Noah's Ark: pg.16](#)

WHAT'S IN HERE?



My little dog, Trey, back in 2008. I miss that dog.

FRIENDS!

CATCHING UP



BEHIND THE SCENES

TEAMWORK



LET'S EAT

SPICY CHOP



LET'S EAT

APPLE CAKE



FOR YOUR YARD

TULIPS



COLLABORATION

DIANA PIERCE



GO DO

THE BAND



TIK TOCK TEST

POT CLEANING



HELPFUL HINT

RICE MAKER HACK



PENNY PINCHER

MARKETPLACE



WHAT'S IN HERE?

GO DO
NOAH'S ARK



CHRONICLE: LIVING IN
A LOVE STORY
NEW FLOORING



FOR YOUR HEALTH

WALKING



SLEEP
SOCKS



GO DO
LEAF TOUR



A walk thru Nashville's, Cheekwood.--circa 2009.

PAUL FOLGER

EDITOR-IN-CHIEF

October is such a season of change. The cold weather is coming, but I don't mind. I usually have my last visit to the Farmer's Market for the season. Coats and sweaters are here to stay. This month we visit a replica of Noah's Ark

I've an easy German Apple Cake you'll want to try.

Former News Anchor Diana Pierce and I have a collaboration; she's such a great eye for beautiful flowers. You'll want to subscribe to her Substack page. Have a great month.



FRIENDS

Catching Up

"That Was Fun!"

It's difficult to believe, but it has been 38 years since I last saw these wonderful ladies. Recently, I had the chance to visit my hometown and I took a moment to reconnect with some of my high school teachers. These were Business and English teachers. I use the skills they taught me every day. It was truly fun to catch up with them.



BEHIND THE SCENES....

Teamwork!

My co-workers and I need to be ready for anything. Recently, I was scheduled to work on Twin Cities Live with Kelli. Ben and Elizabeth were on assignment. Less than 30 minutes before the start of the show, Kelli became ill. So the Executive Producer asked my co-anchor Leah to jump in and co-host with me. Leah had almost no prep time. We still had a great time. We even got to work with the one and only Ted Farrell from Haskell Wine.



LET'S EAT

Spicy Sweet Pork Chops

"Easy Dinner"

INGREDIENTS:

4 to 6 Bone-in or boneless Pork Chops
2 apples your choice diced
1 medium onion chopped
1/2 tsp crushed red pepper flakes
2 Tbs Brown Sugar
1 Cup Chicken Stock
½ cup Flour
Salt & Pepper
4 Tbs Butter
Salt to taste
2 Tbs Vegetable Oil

DIRECTIONS:

On a plate add flour, salt, and pepper. Dredge the chops and place them in a hot oiled skillet. Fry until they reach 165 degrees and are golden brown. Take them out of the skillet and set aside. In the same skillet, add butter, onion, and apples. Cook these for about 6 minutes until they are soft. Then add pepper flakes and stock. Cook until this thickens. Then plate up the chops and pour the apple mixture over the chops.



LET'S EAT

German Apple Cake (Apfelkuchen)

"Warm & Satisfying"



INGREDIENTS:

1 stick unsalted butter
2 eggs
1 and $\frac{1}{3}$ cups sugar
1 and $\frac{1}{2}$ cups flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. vanilla
1 tsp. almond extract
1-2 apples

DIRECTIONS:

Preheat oven to 350 degrees.
Mix softened butter with eggs, sugar, flour, and baking powder until creamy. Add vanilla and almond extract and mix.
Pour batter into a well-greased Springform pan. Peel the apples and slice them into $\frac{1}{4}$ inch slices. Lay the apples around the top. Sprinkle with cinnamon.
Bake for 45-60 minutes or until a toothpick comes out clean.
Serve warm with a dollop of whipping cream.

FOR YOUR YARD

Tulips For Spring

"Tulips Are Great"



Last Fall I planted tulips in my yard. This past spring I had tulips in red and pink. This fall I'm adding yellow tulips. This is a fun way to add more color every year and have a flower bed full of tulips.

COLORFUL COLLABORATION

Beauty Abounds

"Blossoms A Bloom"

I love to check in on Diana Pierce's Substack Page, 'Bloom With Me.' We all know Diana as a well-respected journalist who brought us the news. Now, you can find out about another side of Diana and her love of everything that blooms.

"Bloom With Me" shares places to go see and stories about flowers you may not know. For instance, one week in September she shared the connection of Sunflowers, Ukraine, and Minnesota.

Subscribe to 'Bloom With Me' below and look at the beautiful shots on her website here's a link www.dianapierce.com



"Bloom With Me" by Diana Pierce is a weekly journey through Minnesota's gardens, prairies, and wild places—where photography meets storytelling. Recent posts have uncovered the secrets behind State Fair-winning dahlias, surprising lessons from prairie seed harvests, and the best places to chase late-summer color. A beautiful blend of nature, culture, and curiosity worth sharing.

GO DO!

"A Minnesota Moment"

The Band

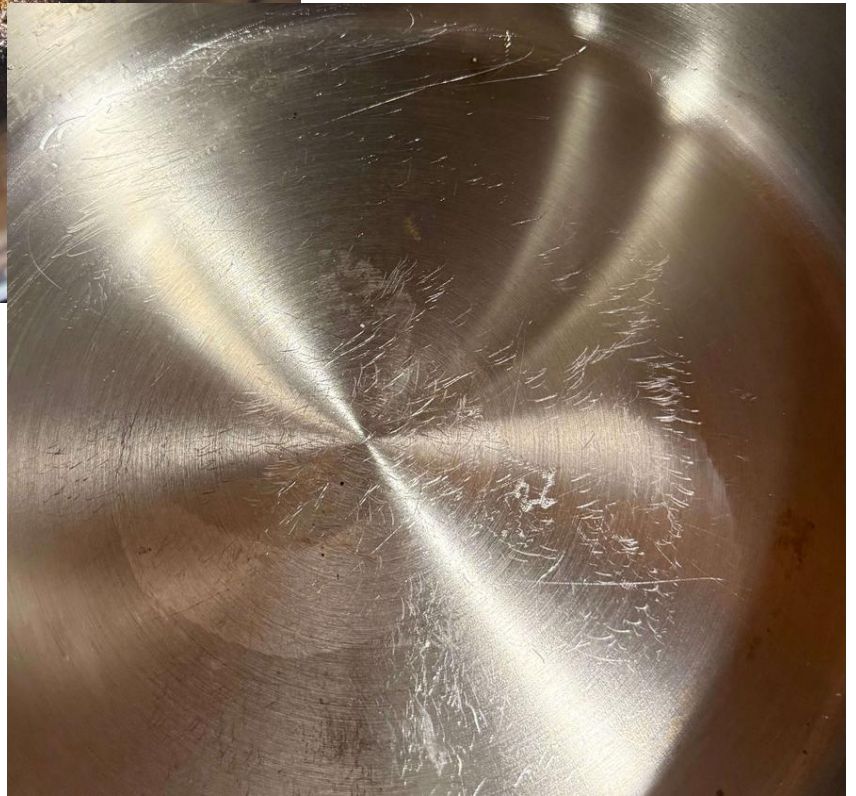
I encourage you to see fun things that support your friends. My buddy Matt plays in a little band. It's fun to go watch his group play. The photo you see is them playing at a dentist's open house. I went for an hour or so. It's just a nice way to hang out with your friends as they do what they love. Here's their website. [Power Of 10](#)



THAT'S HANDY

Tik Tok Test

"It Works!"



I couldn't resist. I stumbled upon something on TikTok and decided to give it a shot. This tip comes from AllRecipes and focuses on removing stains from pots and pans. I have a scorched pot that I felt was ruined. According to AllRecipes, the secret to eliminating those scorch marks is to use ketchup. Yes, you read that right—ketchup! Curious, I gave it a try, as ketchup contains acid from vinegar and tomatoes. I spread ketchup over the black scorch marks, waited 30 minutes, and here's what happened. It looks great.

HELPFUL HINT

Paper Towel Rice maker.



This suggestion may seem simple, but it's a Rice Cooker hack. If you use a Rice Cooker, you know the messy steam that pours out of the hole in the lid. I just wet a paper towel and put it on top of the lid. The steam doesn't make its way to my counters.

PINNY PINCHER

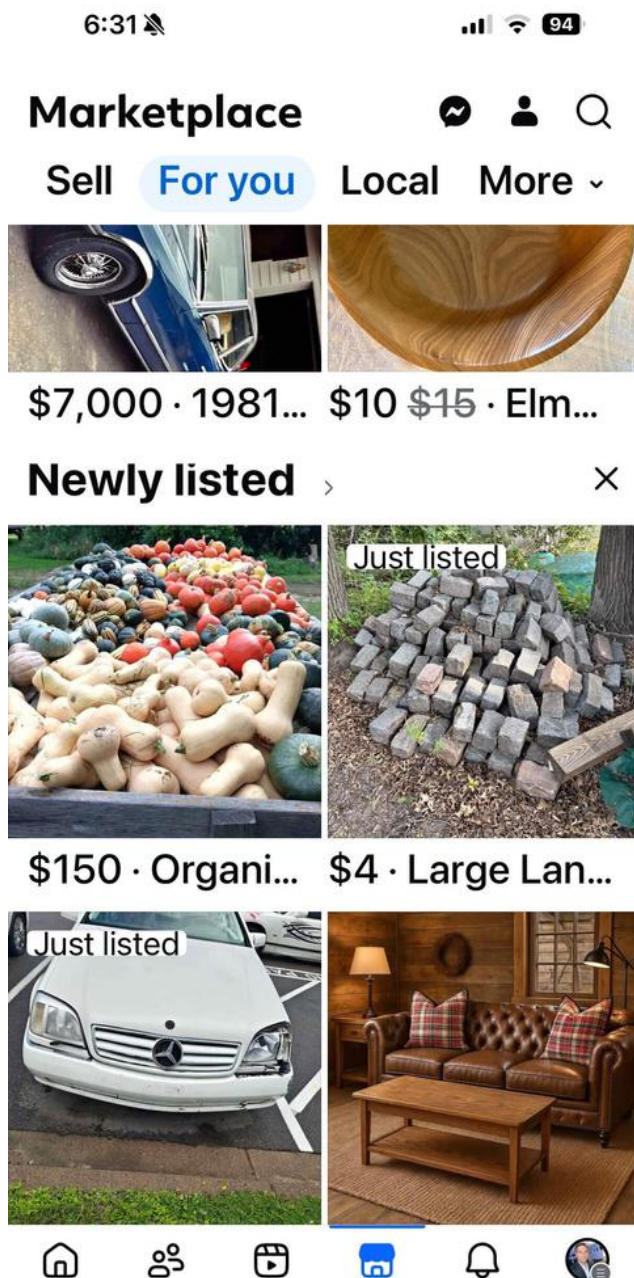
Savings

"Easy Thrifting"

I have an addiction. It's Facebook Marketplace. Maybe addiction is too strong a word, but I love looking at it. It's the ultimate thrift store from your couch.

Recently, I purchased a couple of outdoor chairs. The price was right, and I can reuse something the lady before me no longer needs. I love it. Check it out.

Side note to this: If you decide to buy something from Marketplace, take a friend and be smart about where you are going. Meet in public and tell someone where you are going.





GO DO

Noah's Ark

"The Ark"

I'm not sure where you stand in your spiritual journey, but visiting the replica of Noah's Ark certainly made me think about the Genesis story of the flood in the Christian Bible. Many cultures possess their own flood stories; a quick Google search reveals hundreds of variations. As Westerners, most of us are familiar with the flood story. This attraction, not far from Cincinnati, is constructed to scale according to biblical descriptions. It offers insight into the size and storage of the Ark. Pretty interesting.

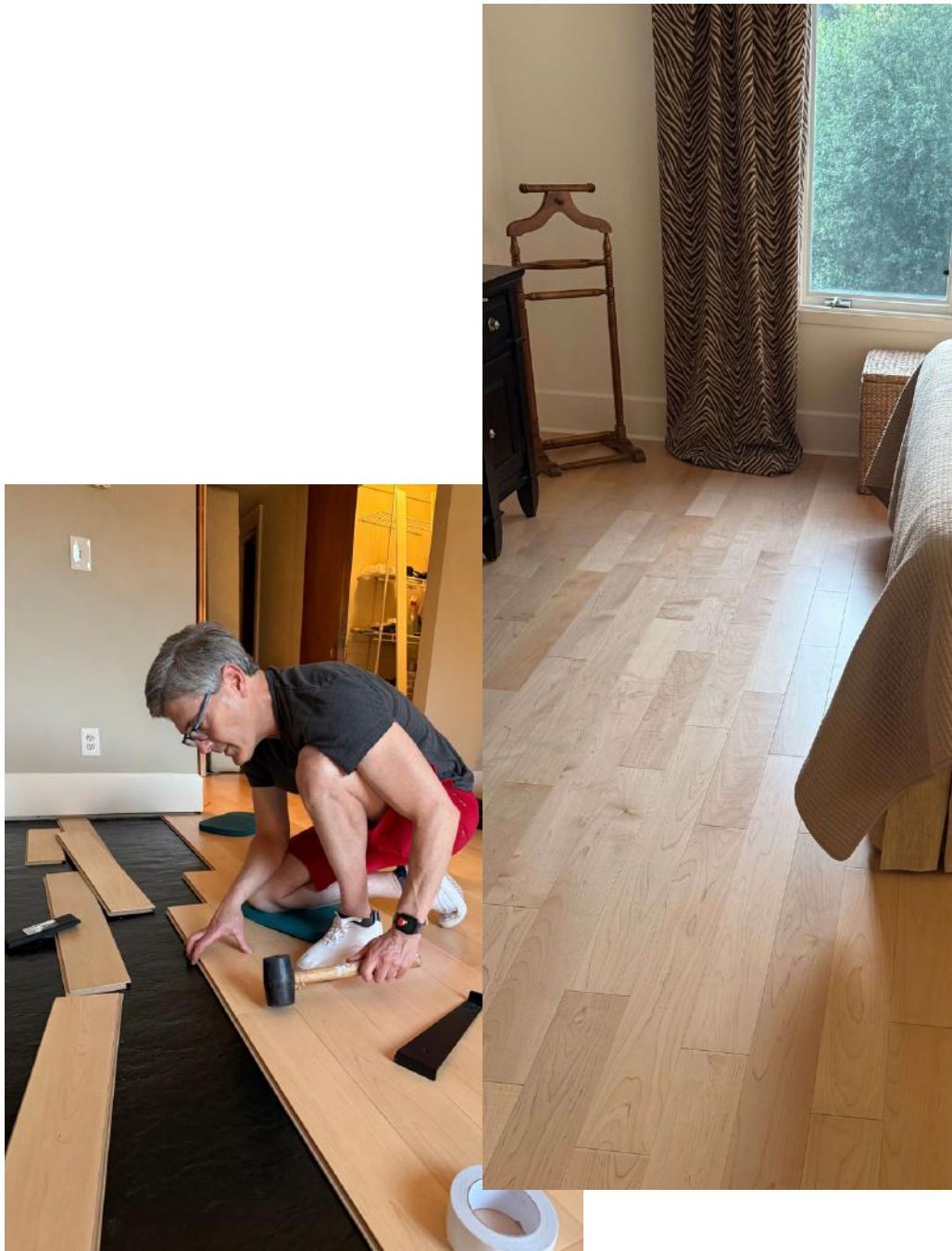
P.S. Don't skip the buffet meal.



CHRONICLE: LIVING IN A LOVE STORY

"Floored By Flooring"

I recently completed the installation of a new floor in my bedroom. Originally carpeted, I opted for an engineered floor instead. These types of projects often turn out to be more extensive than anticipated. Replacing a floor entails clearing out the room, removing the existing carpet, laying down the new flooring, and then finishing it off. In this case, that included the floor itself, shoe molding, and painting. While it's a project that requires time and effort, the end result is definitely worth it.



FOR YOUR HEALTH

Walking To Stay Fit

"Just Walk"

I think it's the current trend to walk between 6,000 and 10,000 steps daily, depending on your age. If you are able, I encourage you to do it. There are so many benefits to walking, both mentally and physically. As we head into October, grab a jacket or, on a warmer day, shorts, and walk like I found these folks on the Stone Arch Bridge recently.



HELPFUL HINT

"Stay Asleep"

Sleeping Socks

I believe there are two types of people: those who can sleep with socks on and those who cannot. I understand the struggle, but if you find it difficult to fall asleep, your feet might be the problem. Often, when I'm having trouble sleeping, slipping on a pair of cotton socks does the trick for me, because my feet are cold. Why not give it a shot? It might work for you as well. Here's an article on the topic from Healthline:

[Sleeping In Socks](#)



AUTUMN IS HERE

"Lovely Leaves"

"Leaf Tour"

Look up, life in Minnesota means we get a beautiful leaf show in the fall. I love to take those Fall walks to check out the colors. Take a sunny October afternoon and go check out the leaves.



AUTUMN IS HERE

"Beautiful"



Final Thought:

October

October is such a great month. It moves slowly as we transition to cooler weather. Get out those warm clothes as we get ready for November.

Finally, Happy Halloween! If you want to be the popular house, give out bags of chips!



Til Next Time

Paul