

VOLUME 4 : ISSUE 1 : JANUARY 2026

ALWAYS TASTEFUL



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LET'S EAT

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LET'S EAT

CREAMED GREEN BEANS



THRIFT FINDS

ON THE HUNT



GO DO

AUTO SHOW



GO DO

MUSIC VENUE



WHAT'S IN HERE?



GO DO
DISNEY LIGHT



HELPFUL GIFT
VACUUM

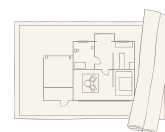


FOR YOUR HEALTH
FLU KIT



**CHRONICLE: LIVING IN
A LOVE STORY**

BLUE PRINTS



BEHIND THE SCENE
TELEPROMPTER



FINAL THOUGHT
JANUARY

PAUL FOLGER EDITOR-IN-CHIEF

January is here. It's always a time to rethink, restart, and retool things in your life you'd like to change. Perhaps there's nothing you want to change right now, but if there is, I think the best way to do it is just to get started. Sit down and write what you'd like to see change. I've the simplest fast pizza idea here this month. Also, is your Flu-Kit ready just in case? Let's get started.

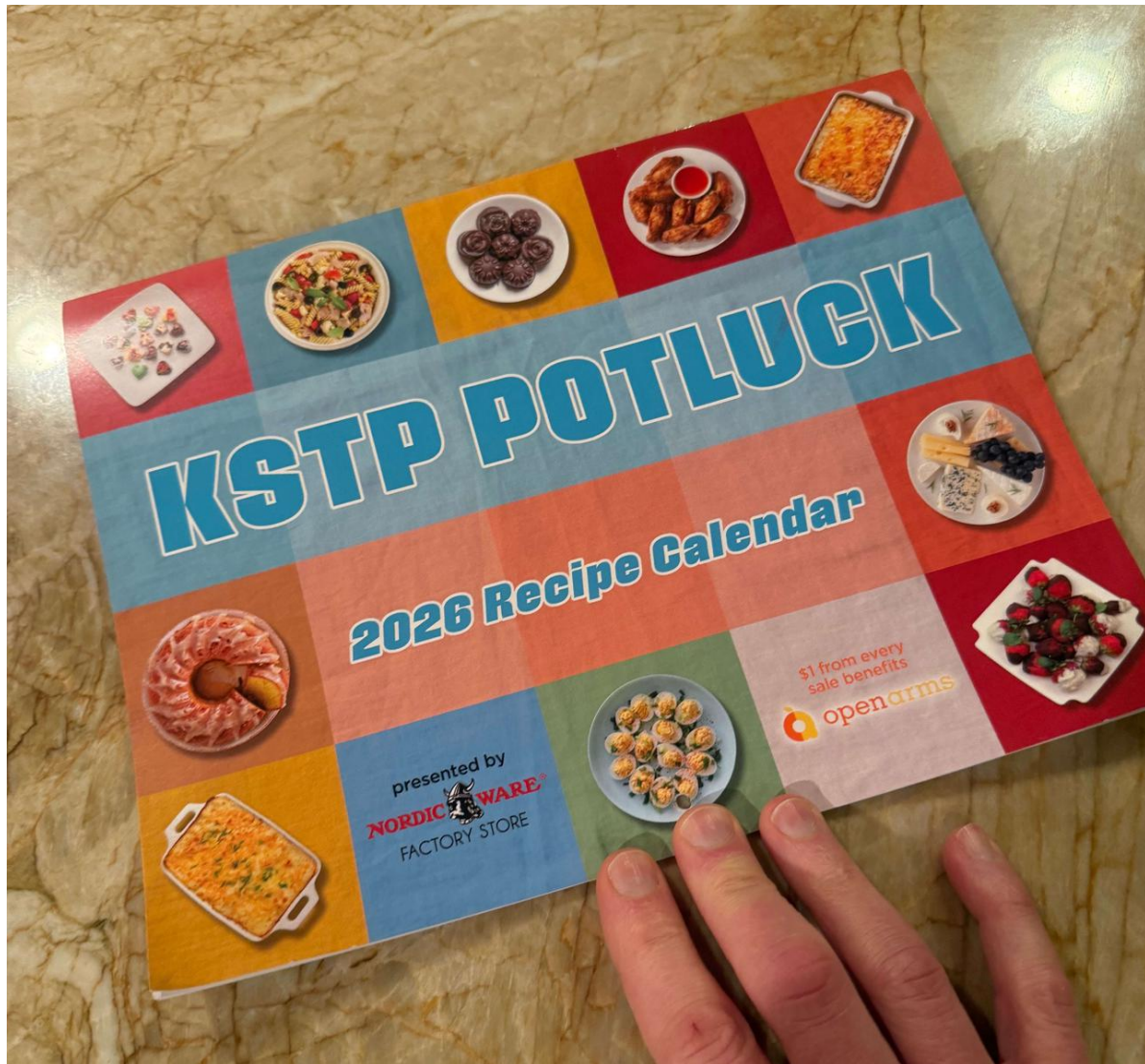


ORGANIZATION

Setting Up 2026

"Old School Organization"

The paper calendar is old school, I realize that but I'm going to hang it in my kitchen and jot down the month's upcoming events. Additionally, I will keep using my phone calendar with reminders. This is a simple goal to achieve in 2026. As you might expect, my calendar of choice will be this year's holiday edition from Twin Cities Live, featuring recipes from my coworkers and friends.



LET'S EAT

Mexican Hot Dish

"Keep It Simple"

Ingredients:

- 1 lb. Ground Beef
- 1 Minced Onion
- 1 Taco Seasoning Pkg
- ¾ Cup Water
- 1 Can Enchilada Sauce
- 1 Can Cream of Mushroom Soup
- 1 Can Cream of Chicken Soup
- 1 Can Green Chilies
- 1 Bag Tortilla Chips (I like Doritos)
- 2 Cups Cheddar Cheese

Directions:

In a skillet, brown onions and beef—drain if needed. In a medium bowl, mix the next 6 ingredients. Then add the beef and mix.

Take a 9x13 casserole dish and layer chips, beef mixture, and cheese. Repeat layers until the dish is full.

Top with cheese and crushed tortillas.

Bake at 350°F for 30 to 40 minutes.



LET'S EAT

NAAN Pizza

"Fast Fixing"

NAAN bread makes a fast pizza. NAAN is an Indian Food staple. It's soft and delicious and makes the easiest quick pizza. NAAN is in your regular grocery store, look for it.



Ingredients:

NAAN Bread
Jar Pizza Sauce
Your Favorite
Toppings

Directions:

Preheat Oven to
400 degrees. Bake
10 minutes or until
browned to your
liking.

LET'S EAT

"So Good"

Creamed Green Beans

I love this easy green bean dish. It's quick and satisfying. This dish dresses up nicely and can be served to the family or even company. Here's the recipe:

Ingredients:

1 lb Fresh Green Beans
3 Cloves Chopped Garlic
1 tsp. salt
1 tsp. black pepper
1 tsp. garlic powder
1 to 1.5 cups cream
 $\frac{3}{4}$ cup Parmesan Cheese
2 Tbls. Olive Oil

Directions:

Sauté Green Beans and Garlic in Olive Oil until softened, about 5 to 7 minutes. Mix cream and seasonings. Add to skillet and cook on medium for 10 minutes. Finally, add in Parmesan and stir. Serve hot.



The Search Is The Same



If you take the time to go thrift shopping for things, you'll find some really cool items. I don't mind shopping at some of the big box stores, but when you find something that's old and interesting and give it new life, it just seems to work for me.

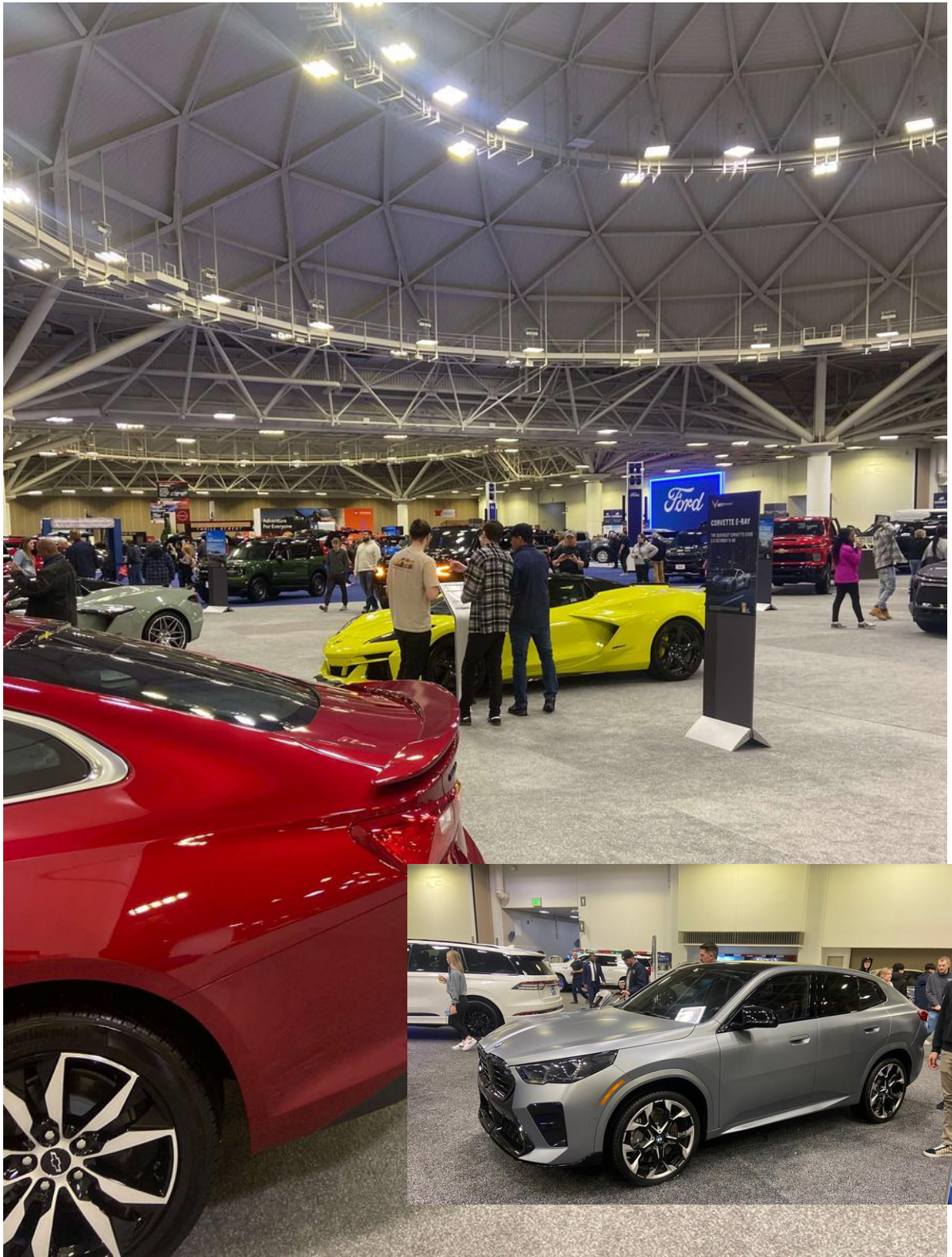
I'd love to know your favorite thrift stores and which ones you go to. I'll tell you one of mine. It's called Empty the Nest, and it's in Golden Valley. It has grown a lot, and there are a lot of people there now, but sometimes you find something great. I found the above painting for \$12 and I like it.

CAR BUYING?

Have A Look Around

"Car-Canundrum"

Are you looking for a new car? You might want to check out the Twin Cities Auto Show. It's going on in January. It's an opportunity for you to look at cars without any pressure. I like it because it allows you to check all the brands at once without driving around all day. It's at the Convention Center. Go have fun. Here's a link: [Twin Cities Auto Show](#)

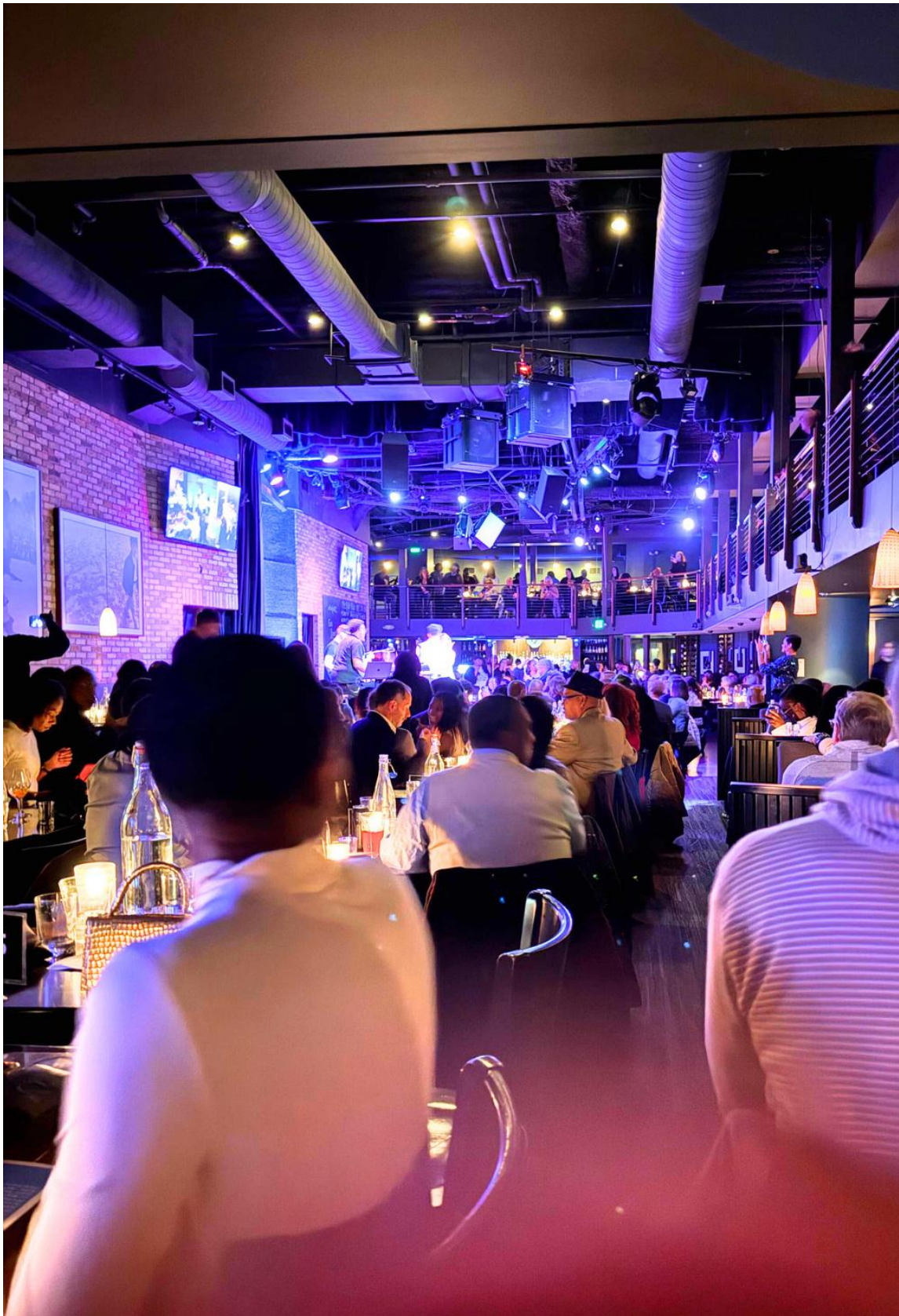


GO DO

Music Venues

Small concerts can be fun. I went to the Dakota one night and it was great. It's dinner and then a concert. That night the artist performed twice, so there were two shows, you just had to pick the time that worked best. [Dakota Club](#)

"Make It A Live Music Night!"



GO DO!

Dog Show

"Dog Days!"

Have you ever attended a Dog Show? I had only seen them on television. Now, here's your opportunity to go to one in Saint Paul!

You'll have the chance to see a variety of dogs and watch what goes on at the event. If you have questions, don't hesitate to ask someone. The handlers are always eager to share information about the dogs they're showcasing. I attended last year and shared a few photos back in February, but I wanted to repost them so you can go.

[Land O' Lakes Kennel Club Dog Show](#)



“DISNEY LIGHT”

Experience For Less

“Mouse-ish!”



Recently, I was in Orlando Florida. I was just there for a day and I had a chance to stop at Disney Springs and Disney's Boardwalk. Sort of outdoor shopping malls with Disney themes. A Disney experience without going into the parks.

HELPFUL GIFT

Rechargeable Vacuum

"Quick Clean-Ups"



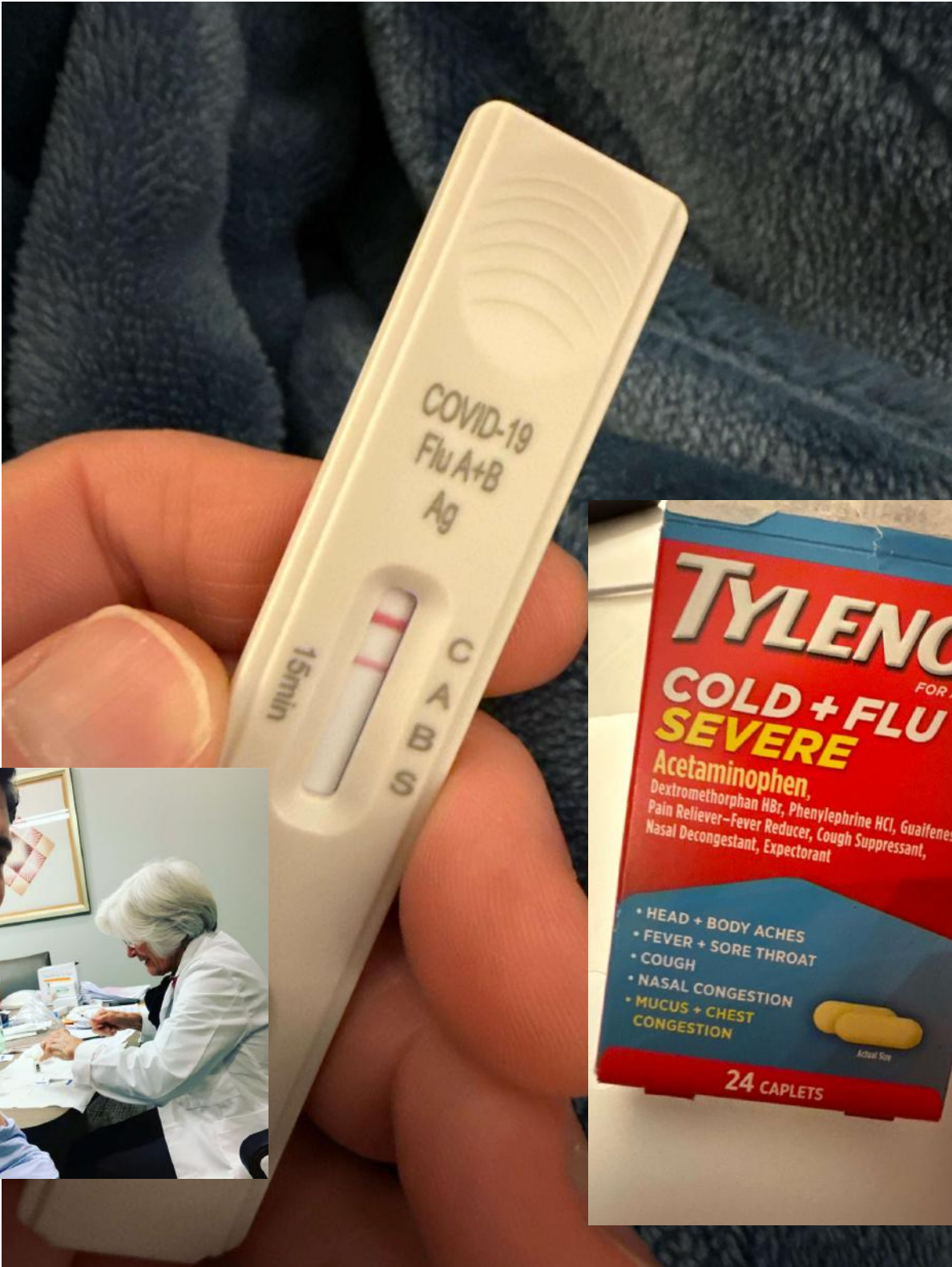
A helpful gift for me was a rechargeable vacuum cleaner. I have a canister vacuum that requires the extra work of putting it together. This little rechargeable will let me hit those spots during the week and keep things neat and clean. Santa brought me this for the holidays, and it's a big help. I think you'd use more than you might think.

FOR YOUR HEALTH

Today's Test Stick

"Be Ready"

As we dive deeper into winter, ensure you have a flu-kit prepared. Be sure to include a COVID/flu test, which operates similarly to the COVID tests. This one will also identify the type of flu you have, and this year, it's likely to be Type A. Don't forget to get your flu shot and keep some medication on hand in case you fall ill. Remember to wash your hands regularly!



CHRONICLE: LIVING IN A LOVE STORY

Early Blueprints

"An Original"



I have early blueprints of my house all the way from 1913. I think this must be one of the very first renderings. My house looks very close to this plan, but not exactly. There are small changes. It's really fun to see an architect's vision early in the process. What a treasure to have these.

BEHIND THE SCENES

The Teleprompter Listens

"Reading"

"It's common knowledge News Anchors use a Teleprompter. A Teleprompter takes scripts and puts them on a two-way mirror so we can read them. Our system allows us to read the prompter and it listens to us. It follows us moving the words automatically as we speak. It does a remarkably good job.



Final Thought:

January

"2026 has arrived, and I hope that this will be a great year for you. Here's what's on my list: I'm going to get organized with my paper calendar. I'm going to the car show because my now 15-year-old car is getting tired. Pace yourself and be persistent. I hope 2026 is one of your best years ever.



Til Next Time

Paul