

VOLUME 3 • ISSUE 9 SEPTEMBER 2025

ALWAYS TASTEFUL



TV Dinner: pg.7

September Sunset: pg.13

The Cruise: pg.16

WHAT'S IN HERE?



A Miami walk on the beach is unbeatable -- circa 2013.

BEHIND THE SCENES...

BROADCASTING FROM THE FAIR



LET'S EAT

CORN ON THE COBB



LET'S EAT

CHICKEN POT PIE



FOR YOUR SAFETY

FIRE EXTINGUISHER



GO DO

MINNEHAHA FALLS



GO DO

SEA SALT



GO DO

PIANO BAR



GO DO

SEPTEMBER SUNSET



TWINS BASEBALL

PLAY BALL



CHRONICLE: LIVING IN A LOVE STORY

NEW FLOORING



WHAT ELSE?



Cruising along Palo Duro Canyon-circa 2014.

ANNIVERSARY CRUISE

HAPPY 60TH!



ART APPRECIATION

MY FIRST TOUR



FINAL THOUGHT

SEPTEMBER

PAUL FOLGER

EDITOR-IN-CHIEF

September signals the end of summer and Fall is falling in fast. For me, it's always a time when the flowers are leggy and seem tired. They stick around, but we all know they are about done. Yard clean-up isn't as satisfying and the Fall leaves are around the corner. This edition focuses on late summer travel, the shoulder season, my favorite time to travel.



OUT AND ABOUT

Catching Up With Friends and Viewers

"That Was Fun!"



BEHIND THE SCENES....

Broadcasting From The Fair

This photo is a fascinating one to me. I remember my first year at KSTP and going into the Directors' Booth at the Fair. Entire broadcasts can be produced here every day during the fair. It takes a lot of planning and prep work. This fair was fun. Can't wait to see you next year.



LET'S EAT

Corn On The Cobb

"Perfect TV Dinner"

INGREDIENTS:

Fresh Corn Unshucked

Butter

Salt

DIRECTIONS:

Place unshucked corn in microwave.

Microwave on high for 5 to 6 minutes.

Shuck it (careful it's hot), butter, salt, enjoy!

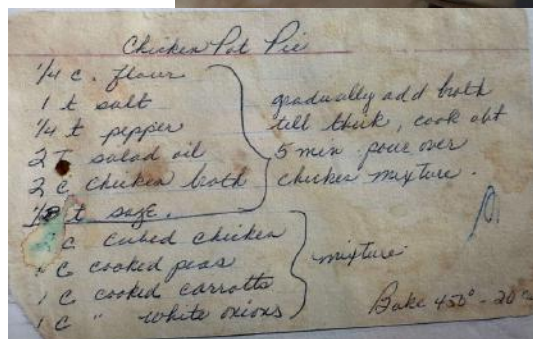
It's that simple.



LET'S EAT

Chicken Pot Pie

"Warm & Satisfying"



INGREDIENTS:

- 1 box Pillsbury Pie Crust
- 1 tsp. salt
- ¼ tsp. pepper
- 1/4 Cup Flour
- 2 Tbsp. Vegetable oil
- 2 Cups Chicken Broth
- ½ tsp. Sage
- 2 Cups Cubed Chicken
- 1 Cup Cooked Peas
- 1 Cup Cooked Diced Carrots
- 1 Cup Cooked Diced Potatoes
- 1 Cup Cooked White Onions

DIRECTIONS:

Preheat oven to 450 degrees.

Unroll Pillsbury Crust and press into a glass pie dish.

In a pot, add salt, pepper, oil and sage. Turn on medium heat, add flour to this until it comes together and looks like a rue. Then add the chicken broth slowly stirring. This will thicken. Cook for about 5 minutes.

Then in a large mixing bowl add chicken, peas, carrots, potatoes and onions. Stir together and then add the broth mixture and stir together. Pour this into pie dish.

Add the crust on the top. You can place it in a lattice pattern or just cover it and cut slits in the dough.

Bake for 20 minutes.

FOR YOUR SAFETY

Fire Extinguisher

"Have It Handy"



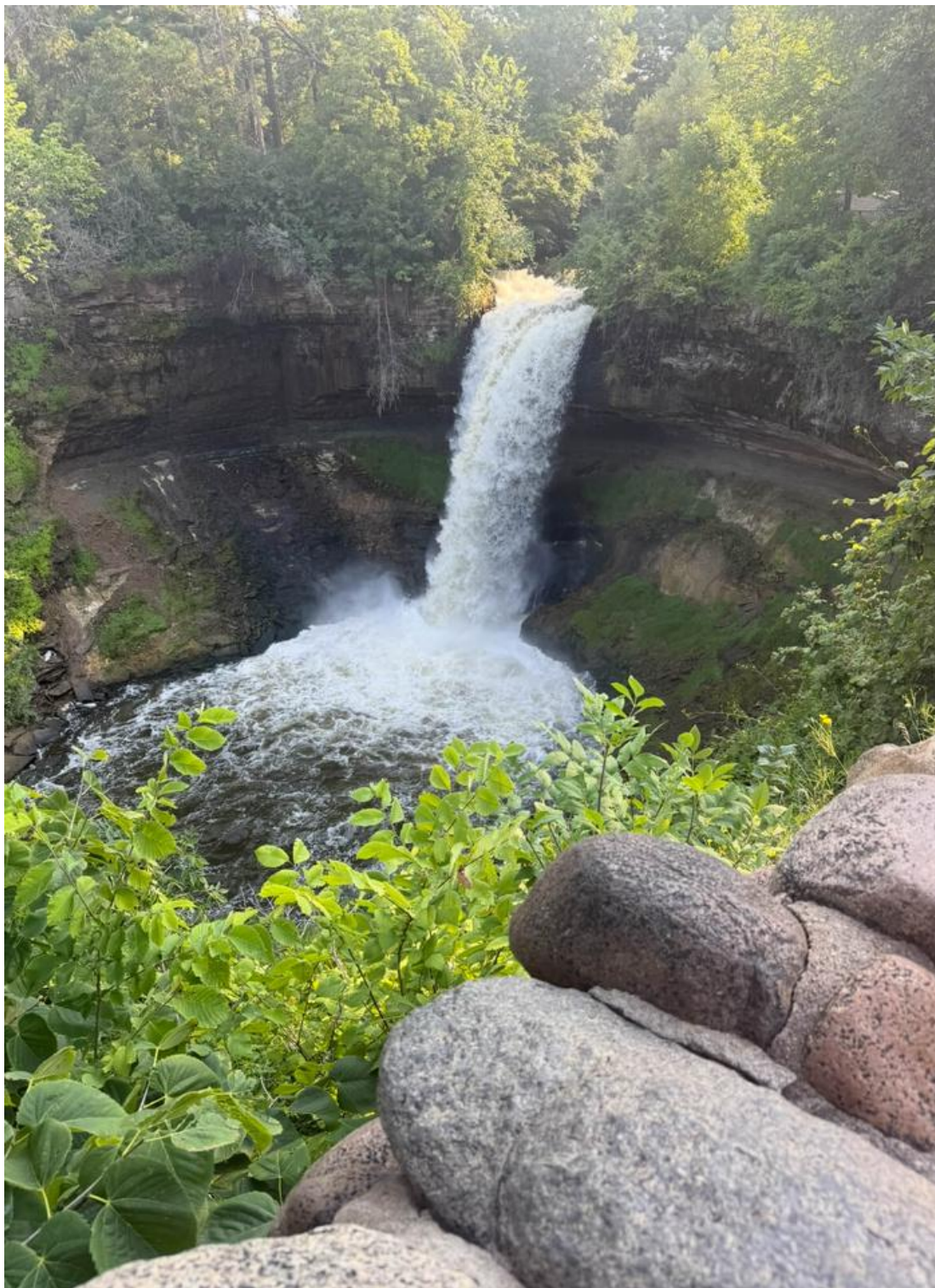
I have a fire extinguisher, but I don't have a great spot to keep it. Recently, I had a flare-up on my grill outside and I thought I should grab the extinguisher. I couldn't find it. I knew it was in the kitchen, but it wasn't where I thought I'd left it. It made me stop and think, if this were an emergency, I'd have a real problem. Check yours, make sure it's charged and then make sure you know where it is located.

GO DO!

"A Minnesota Moment"

Minnehaha Falls

When you visit the Twin Cities, Minnehaha Falls is the perfect afternoon stop. You check out the waterfall and do a little hiking. Just follow the crowd and be ready to walk stairs. Those stairs will take you to the lower level and you can walk around below the falls. Have fun.



GO DO!

Sea Salt



When you are at Minnehaha Falls, turn around and you will see Sea Salt, the restaurant. It's a fun spot to get a little something to eat. For me, I think the fried shrimp is a tasty treat. Sea Salt is open thru September, so go check out this seasonal eatery.

[Sea Salt Eatery](#)

GO DO!

My September List

"Piano Bar"



Here is a spot I've never been, NYE's Piano Bar. It's located in Saint Anthony Main just across the Hennepin Bridge. I plan to go in September to check it out. I can tell you they also have Karaoke nights with a person playing piano live for you. Seems like a fun night.

September Sunset

The September sunset is the big signal. Did you know the sunset times in Minneapolis change by 50 minutes during the month? Yes, it's dark earlier and will catch you off guard. You'll be outside one evening this month and all of a sudden it will be dark. In Minnesota, September is so great for eating out and enjoying the season so use up every warm hour.



TWINS BASEBALL

"It's Fun!"

Play Ball!

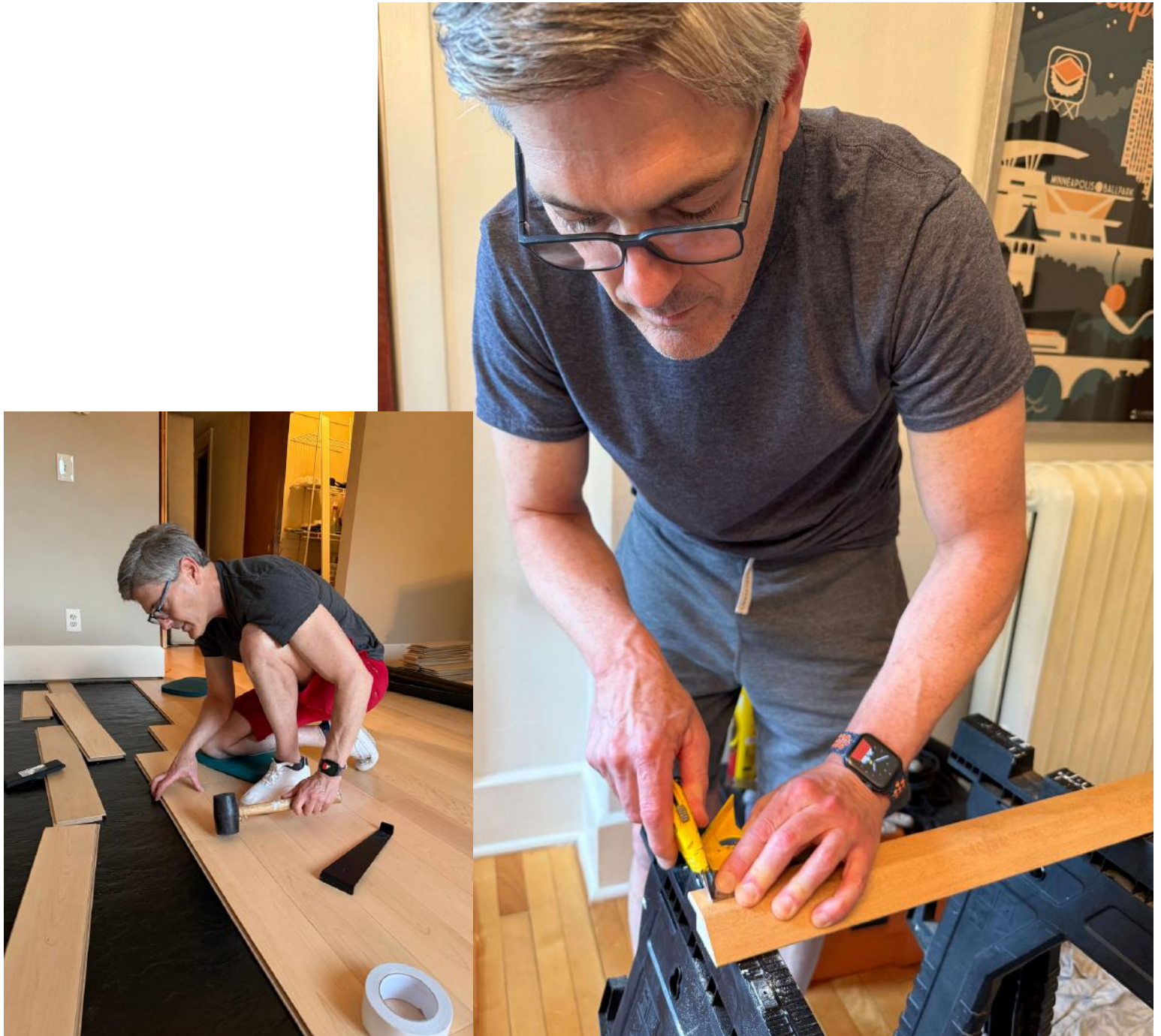
I went to a Twins game recently, it was great fun. The weather was perfect and we just sat there watching the game. Something you might want to do is go visit Sue. She's on the 2nd level by the piano. She's been playing the piano at the games for years. You can tell she loves people stopping by and saying hello. Ask anyone who works there and they will tell you how to meet to Sue.



CHRONICLE: LIVING IN A LOVE STORY

"Looks Nice"

Sometimes a project is bigger than you think. I wanted to replace a carpeted floor in my bedroom. So, with the help of my family we did it. But these projects are hard. I'll show you the results next month!



ANNIVERSARY POWER

The Viking Cruise

"60 Years Strong"

My parents celebrated their 60th wedding anniversary so we took a Viking Cruise. We'd never had the Viking experience and I can tell you it was a good time. They make it easy. I'll post a couple of pics in the following pages.



Here's a stop in the Black Forest in Germany. It was a beautiful early Fall day.



The Viking Cruise made some stops in tiny towns that seemed less touristy. You get a feel for how folks live daily.

THE CRUISE

My Minnesota Pals

"Quaint Cruise"

So, I get on the Viking ship and a woman comes up and recognizes me from KSTP. Then she introduced me to a whole gang of Twin Cities folks. None of them knew each other, but we all got together and took a group photo. What fun!



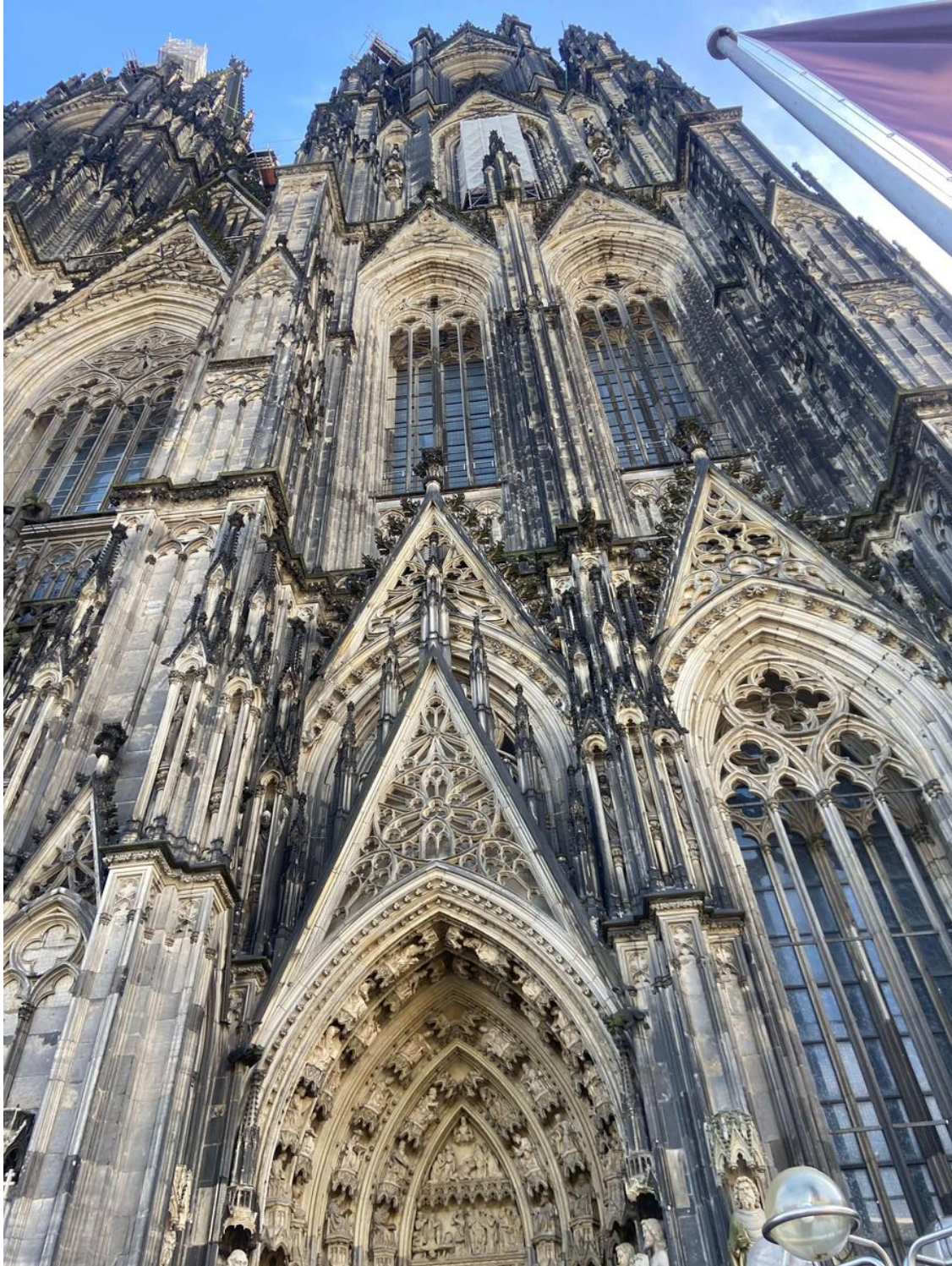
THE CRUISE

Kölner Dom

"A Sight To See"

We made a stop in Cologne, Germany. The city was pretty much leveled in World War Two, but the Kölner Dom still stands. It took 600 years to build this church and it survived World War Two.

Our guide told us that's how pilots new where they were, by the churches left standing. This one is stained by the smoke from so long ago. The Cathedral has the Shrine of the Three Magi, which is thought to have the skulls of the three wise men.



COLONGE, GERMANY

Kölner Dom

"A Sight To See"



[Cologne Cathedral](#)



There was one day on the Rhine River Cruise that we just looked at dozens of castles. It was day long tour, and we sat on the sun deck of the cruise ship just looking as we rolled along the river.

ART APPRECIATION

"Framed Forever"

"My Original Tour"

I've got to hand it to my mom, many years ago she thought ahead and framed my first piece of artwork. This was painted when I was in second grade. The art teacher had us draw a bug. I recall asking her if I could use shapes. She of course said yes, so this is what I ended up with in my little art class.

So here's what happened. This artwork went on tour. My art teacher told me they were sending it to the state Capitol to hang and be seen by other people. It hung there for a year.

Honestly, it's hard to believe I got it back. It's in our family now. On loan currently, at my mothers' house. 😊 Haha. She can keep it as long as she wants.



Final Thought:

September

This September for me is a reminder of how quickly a year can pass in life without much ado. I plan to spend the month making memories I can keep forever and share with you too. Here's to a super month.



Til Next Time

Paul