

Culinary Exploits: Full of Flavor . 9



Take a Trip to Key West, Florida . 11-12

de Stolfe Journal Candid

*Mid September to
Early October 2013*

Issue 2.9

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<http://www.facebook.com/rg.destolfe>



<http://myworld.ebay.com/cowboyrg>



<http://pinterest.com/cowboyrg>

Fall In Full Swing, Among Other Things

We are now in October. The sun is just past the same number of hours of daylight as of night sky. The temps are finally past the hot summer degrees and even getting chilly at night. Soon we'll have Daylight Savings Time to mess with our heads, as well as have that awkward calm before the rush of various holidays, events, and activities from now through the end of the year. (BTW, you only have a little over 10 weeks until Christmas!) If you have any last projects left to do, get them in over the next few weeks before the various holidays, events, and weather take over and suck away your free time. Otherwise, you'll just have to wait until spring!

On the east side of the country from me is a whole other world of bullheadedness, arrogance, and disfunction of the likes we have not seen publically in a very long time! However, in my continuous effort to keep this newsletter positive and unrelated to current events in the world, this is as much as I will mention!

In other news, I reported some hard facts in this section of the last issue and left a few things vague and cryptic. Now, I will explicitly state what I left vague. I stated that I came to and passed a destructive break point that left me having nearly no bills to pay of my own introduction (no bills that I initiated like rent, auto, utilities, etc). The event that happened in early July was related to my truck. For the past several months—years even, really—I had frequent shortages of funds to pay all my bills, even the ones I had left after coming to Colorado Springs. Out of dire necessity, I had to call the bank

the auto loan was through and find out what options I had for inability to pay my overdue payment. Now understand, this wasn't a one time late payment. For many years, my payments were often late, with several razor edge close to repossession. Well, that was the last resort and my only option left. However, they did give one splitting hairs distinction. I could voluntarily give the truck back to the bank or they could forcibly remove it from my possession. Obviously, I voluntarily gave it back. So, after a few days and the Fourth of July holiday, they came on July 5, 2013 in the morning and picked up the vehicle. Since then, I have been vehicle-less, but also bill-less of loan payments, auto insurance, and gas. Now, I have every right to be justifiably angry about this and the other crap things shoved in my face over the past few years, and I am finding myself still sorting through thoughts and feelings about this stuff. While many people are quick to judge me in some way or another about what I did or did not do or do enough to prevent this, frankly, I don't care what other people think about me! NO ONE walks in my shoes and lives my life to be in a position to judge me based on their own standards and experiences!

Okay, so nearly two months later in late September, I got a certified letter in the mail from my bank. After they had a company pick up the truck, it went to an auto auction where it was sold, most likely somewhere in Colorado. After the sale, the money paid for the rest of the loan, the repossession costs, auction costs, and whatever else the bank needed to pay. The letter was a refund check of the remainder after all these costs. The check was for several hundred dollars which meant that I was free and clear of the loan and had leftover money. (Just FYI, you always get money back after a repossession and sale of an auto, house, or other some item if the recouped funds exceed all the costs owed.) While this might seem like good news by getting money back, in reality, I'm worse off for it! Specifically, I'm vehicleless and my credit record is marred by a repossession. Who knows what repercussions that will cause over the next ten years, even if I have a good paying job and can afford to consider buying a vehicle, house, etc. On a razor slim positive note, I suppose this could be a story with future developments.

I redesigned this issue to appear more like a magazine and is chock full of neat stuff, like with all my issues. Enjoy!



RG de Stolfe



Proverbs 16:9

"A man's mind plans his way, but the Lord directs his steps and makes them sure."

Proverbs 20:24

"Man's steps are ordered by the Lord. How then can a man understand his way?"

Proverbs 19:21

"Many plans are in a man's mind, but it is the Lord's purpose for him that will stand."

Proverbs 16:1

"The plans of the mind and orderly thinking belong to man, but from the Lord comes the [wise] answer of the tongue."

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Saddle Break Reads

Garden Wrap-up

Well, as of early October, the garden of flowers is still growing. However, in the early morning of October 5, the temps got well below freezing and thus zapped the sensitive plants, a really early cold snap. Some of the other plants survived fine. Soon enough, I'll cut down the rest of the annuals. I transplanted a few plants that needed better sun for next year. I put together one last wildflower arrangement before the freeze.



Squirrel Report

This month, I don't really have any photos, but I do have some squirrel habit observations.

- I was in the yard looking at my flowers when this squirrel came across the street and into the yard. It was a little erratic as squirrels usually are and came to about 8' away from me. I noticed that it found a nut, dug out the nut, then politely filled the hole back!
- I opened a package of granola and picked out the raisins. Dad suggested giving them to the squirrels. I wasn't sure that they would actually eat them or like them or if they would harm them. Well, I opened the window scaring the squirrel and threw out the raisins, but immediately, the squirrel overcame the fear and raced to the raisins for the special treat!
- I've noticed that the squirrels just never seem to stop eating and searching for food. Any time I put out the corn, they chomp it down within a day or two. Once the corn is gone, they attack the bird feeders. I have never seen any animal so determined to get food than the squirrels when they hang upside down off the feeders! They even climb up the poles to get to the feeders that are nowhere near the trees!

This Old House

Now, while I really like the HGTV channel, as I reported in the last issue and have seen it at different times over the past few years, This Old House is still my first home remodeling show that I watched, having seen it much of the time since the late 1980s. They are starting season 33 with their third host, Kevin O'Connor, who they've had now for ten years. The previous hosts were:

Bob Vila, 1979-1989

Steve Thomas, 1989-2003

Kevin O'Connor, 2003-present

With the new season just starting, This Old House starts with the first 8 shows dedicated to following three families devastated by Hurricane Sandy and showing their rebuilding efforts. After that, I think they will move on to an Italianate house project in Arlington, Boston.

Quick Note

We are now in October. That means it's now pumpkin pie season! That and other yummy baked goods with a fall flavor. I expect that I'll have stuff to show in the next few issues, so stay tuned!

My Snail

In my January 2013 issue, I had a small section called Mes Poissons. I mentioned that during the time I had Red, my betta, I had some snails. I finally found the photos I took of one of the snails. I didn't name the snails, but I did observe that they alternated from extreme activity all over the tank to times where they hardly seemed to move. They definitely kept the tank clean and didn't bother the betta. The only problem is that they seemed to only live a few weeks.



Garfield Coffee Favs

Origin of Coffee

As with any history of old, facts can be sketchy without tangible evidence as to the origin of something. This is certainly the case about the origin of coffee. The general history told is that the origin of drinking coffee has credit to the Ethiopian culture. In the Ethiopian highlands, a goatherder named Kaldi observed that his goats would eat the berries of a certain bush. He also noticed that after eating the berries, the goats did not want to sleep at night. The general history goes on to report that Kaldi passed on the information to an abbot of the local monastery who studied the berries then made a drink with them. He found out that it kept him well alert during his evening prayer. Then, he passed on the information to the other monks and eventually the drink reached the Arabian peninsula. While the Ethiopians have credit for discovering coffee, the Arabians have credit for production and distribution of coffee. They started cultivating the plants and eventually started trading the product of the plants. From trade, the coffee eventually arrived in Europe, and the rest, as they say, is history!

And so as Paul Harvey stated, now you know the rest of the story!

Information from the National Coffee Association, USA, Established in 1911.

<http://www.ncausa.org/fi4al/pages/index.cfm?pageid=68>



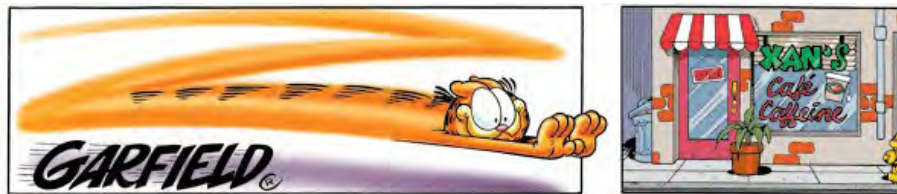
May 22, 2007

May 26, 2007

May 23, 2007

June 28, 2009

May 24, 2007



Tink, Tink, Clank, Clank, Bang, Bang!

It was late afternoon on September 22, 2013. I knew rain was coming over the mountains soon enough. Then, I heard it. Tink, tink. Clank, clank, clank. Then, an all out slash of that distinctive noise that is hail! This hail came down for nearly ten minutes and along with it, lots of rain, enough for

heavy streams in the street. The hail was no larger than a large pea, but had a really good mix of sizes from a pea to a grain of rice sizes. This was the first real hail this entire year. As for my flowers, they basically fared well, but they are also nearing the end of the flowering season too.



My cart of pumpkins from Floydada, Texas in October 2003!



A Merry Heart Doeth Good

How do you fix a broken pumpkin?

With a pumpkin patch.

What's the ratio of a pumpkin's circumference to its diameter?

Pumpkin Pi.

What is a tree's least favorite month?

Sep-timber!

Why was the jack-o-lantern afraid to cross the road?

It had no guts!

What is a pumpkin's favorite sport?

Squash.

When is a pumpkin not a pumpkin?

When you drop it; then it's squash!

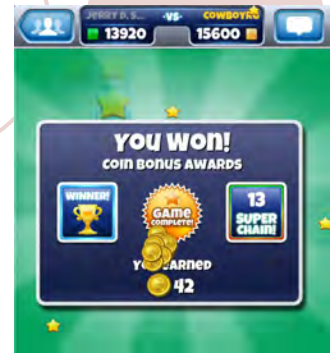
Pumpkin spice latte, pumpkin spice muffins, pumpkin spice cheesecake, pumpkin spice cookies, pumpkin frozen custard... peppermint is soon to come!

Crazy Gaming!

As I've shown in various previous issues, I play one of several games called Matching With Friends. The premise of this game on the iPhone is to match three or more of the tiles in the same color. The idea is to get the most points at the end of 12 rounds. Besides matching three or more of the same colored squares, the game offers several wilds. The first wild is a star tile. This tile substitutes any color, and even several colors at the same time. The next wild is color. Each user has a color for that game. When you match three

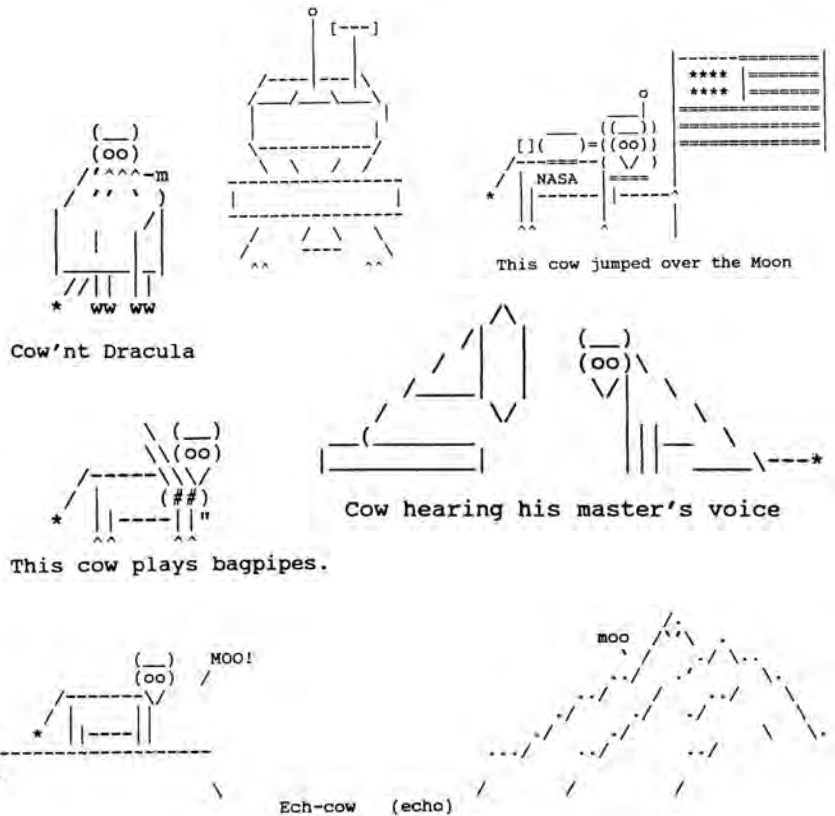
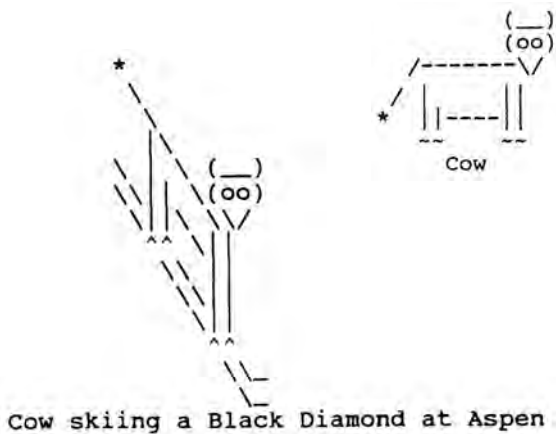
or more tiles in the same color as your name, all your points for that color are doubled. The final wild is double or triple point slots. On the game board are certain spots that are x2 or x3 points where three or more colors matching on those spots will double or triple your points! All of these wilds are layerable to create insane round point values!

Below, I have a sequence of the last four rounds of a game I played that created super insane points!



The Cows Come Home!

In my winter 1998 issue of the original de Stolfe Journal, I included these cow pictures. Think back to the early days of Telnet and monospaced, text only email. At that time one fad was to make various pictures using letters, numbers, and symbols. All these years later, I kept some printouts of a forwarded email that had all these cow themed pics. Sooooo, here are some that I did not include in that 1998 issue!



Carte de Visite

In 2005, I bought some carte de visites from the craft mall where I had my booth at the time. They ranged from \$1.00 to \$3.00 each. A carte de visite is a small photo that is glued to a thick board. The

earliest one is known to be in 1854 and the process patented by Paris photographer André Adolphe Eugène Disdéri. These cards soon became popular all over the world.



Photographer: Martin of Boulder City, Colorado



Photographer: H.W. Scibird's Photographic Rooms
Decatur, Illinois



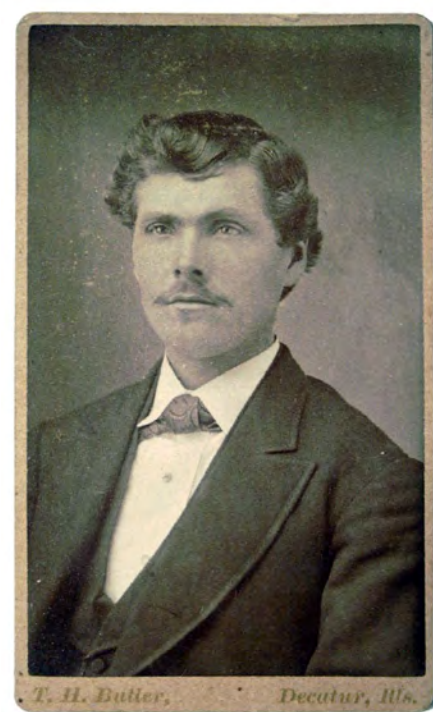
Photographer: H.W. Scibird of Decatur, Illinois
(Notice that the tasseled chair is the same.)



Photographer: Oscar Json Runstedt
of Stockholm Sweden



Origin unknown



Photographer: T. H. Butler of Decatur, Illinois

More Culinary Exploits

Over the past month since getting back from Florida, I tried some new things in the kitchen.

First, I decided I wanted to make pickles. A couple of months ago, I bought a package of Kosher dill pickle mix. Then later, I bought some cucumbers and a gallon container of vinegar. I made the pickle juice according to the package and cut up the cucumbers in spears, chunks, and mostly large chips (they were large cucumbers!) I made refrigerator pickles rather than the cooked canning type. I tried them over a week later, and they were very tangy, but still crunchy and had a good flavor.



Another culinary experiment was a recipe I found in a magazine. In the September 2013 issue of *Western Horseman*, Kent Rollins had a recipe for a meat pie. While the photo looked good, I read the ingredients and was skeptical. Most of the ingredients were what I expected, hamburger, green chilies, onions, and crescent rolls. But then also cabbage? Well, I tried it, and it seemed tasty. I liked the individual servings, and ate three of them as one serving (they weren't huge). This is the type of recipe where you can vary the meat, the vegetables, and the seasonings to create whole different versions!

I also tried another recipe by Kent Rollins in the October 2013 issue of *Western Horseman*. This recipe was for Hodge Podge and Angel Flake Biscuits. While I haven't yet made the Hodge Podge, I did try the biscuits. What was strange about these biscuits was that the recipe called for yeast, baking soda, and baking powder! I've never made something like that before! This bread was more bread like than biscuit like because of the yeast. They really looked like Parker House rolls. I rolled them out and used a round, fluted (or whatever it's called) cutter. They had a really good texture and taste. I think I'll bake them just a few minutes less though so they are not so brown!



When I went to Florida last month, one place mom and I went to several times is a place called Zoë's. Now, this place specializes in Greek/Mediterranean style food. My favorite food that I had several times was their chicken pita. It was a grilled, seasoned chicken breast in a pita with a special slaw made of cabbage, oil, vinegar, and feta. This chain is not in Colorado. So, I decide to make my own variation. I did get some of their seasoning before I left. So, what I did was to take chicken breasts, pound the hell out of them and season them heavily with the seasoning and fresh lemon. Then, I cooked them in the toaster oven until done. The pita was really easy! I cut up the chicken and put them in the pita with some tomatoes and some homemade tzatziki sauce. In addition, I cut up some more pita and ate it with some hummus with roasted garlic I bought at the store.

Tzatziki Sauce

- Half a cucumber, deseeded
- Package of plain Greek yogurt
- Lemon
- Kosher salt
- Pepper

Chop up the cucumber until fine and put in a bowl. Then add the yogurt, salt, pepper, and lemon juice of 1/3 to 1/2 a lemon. Mix well and let sit in fridge for a while to get cold and let flavors blend. Serve with chicken or steak pitas. This is very simple but good!

Artist Corner: Georgia O’Keeffe



Georgia O’Keeffe (1887–1986)
Palladium print by Alfred Stieglitz, 1919

One of the most significant artists of the 20th century, Georgia O’Keeffe (1887–1986) was devoted to creating imagery that expressed what she called “the wideness and wonder of the world as I live in it.” She was a leading member of the Stieglitz Circle artists, headed by Alfred Stieglitz, America’s first advocate of modern art in America. These avant-garde artists began to flourish in New York in the 1910s. O’Keeffe’s images— instantly recognizable as her own — include abstractions, large-scale depictions of flowers, leaves, rocks, shells, bones and other natural forms, New York cityscapes and paintings of the unusual shapes and colors of architectural and landscape forms of northern New Mexico.

<http://www.okeeffemuseum.org>



Apple Family II, 1920

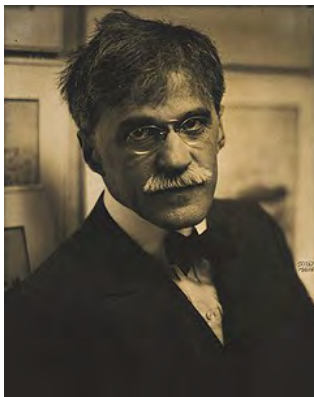


Two Pink Shells, 1937

Pelvis IV, 1944



Grey Hills, 1941



Alfred Stieglitz (1864–1946)
Coated gum bichromate over platinum print, 1915, by Edward Steichen

<http://www.metmuseum.org>

Artist Corner: Alfred Stieglitz

Born in Hoboken, New Jersey, in 1864, and schooled as an engineer in Germany, Alfred Stieglitz returned to New York in 1890 determined to prove that photography was a medium as capable of artistic expression as painting or sculpture. Although he took great care in producing his prints, often making platinum prints—a process renowned for yielding images with a rich, subtly varied tonal scale—he achieved the desired affiliation with painting through compositional choices and the use of natural elements like rain, snow, and steam to unify the components of a scene into a visually pleasing pictorial whole.



The Terminal, 1892, photogravure



From the Back Window, 291, 1915, platinum print

Back Page Literature Double—My Key West Trip

Again for this issue, I include another flashback writing!

This writing was from February 1992 during my first year in Florida Community College in Jacksonville. This was my second term and my second required composition (writing) class. Both of these classes gave me a solid foundation to be able to write with good structure.

This essay is in the style of 5 paragraphs: an introduction paragraph (with thesis and map), 3 body paragraphs, and a conclusion paragraph. The writing is very clinical and flawed, but that is to be expected with academic writing.

While I wrote this essay in 1992, the subject is about a trip I took July 29-31, 1988 to Key West, Florida. This particular summer was my transition from junior high to senior high, grade 9 to grade 10. Also, realize that I was 16 years old!

I first reported this trip in the Oct-Nov 1988 issue of the original *de Stolfe Journal* and even printed the same essay in the Winter 1993 issue.

Enjoy!

Newish technology for the time.

My Key West Trip

The summer of 1988 was very busy. I started with summer school at Coral Gables Senior High. Because my classes were personal fitness and team sports, I came home every day exhausted. With over half of the summer gone, I really needed a vacation. My United Methodist Youth Group (UMYF) planned a three day trip to Key West scheduled for late July. Since I never went there, I wanted to go. Hence, our youth director, [Ruth], and Justin, Susanna, Maria, Megan, and I, on Friday, the 29th, packed the station wagon and started our way down to Key West from Miami. After three hours of driving, we finally arrived in Key West. As a result, my trip to Key West was very enjoyable because of the Hampton Inn, our activities, and the attractions.

Hampton Inn was a good motel to stay in. We reserved two rooms, one for Justin and me, and one for the girls. By staying at this motel, we received free continental breakfasts of coffee, juice, doughnuts, and pastries. Friday night, we laid on the ground behind the motel and watched the stars. While watching, we listened to *Star Hustler Star Wheel*, a short program on cassette that tells about the stars and constellations. It was nice to lie on the ground and hear the wind blowing, the crickets clicking, and the lights humming. The Hampton Inn also had a pool and Jacuzzi, which Maria, Justin, Megan, and I used for a late midnight swim. The pool was very cold, and the Jacuzzi was very hot, and going back and forth between them was like going from winter to summer. I was certainly glad we had our room keys with us. These keys, which were rectangular pieces of plastic with a series of holes, allowed us to quickly get into our rooms to escape the coolness of the evening. In brief, the free breakfast along with our group activities at the Hampton Inn made for a pleasant stay.

Besides our late midnight swim, we had an abundance of fun with our MYF group activities. We watched two movies during our trip Saturday afternoon we saw *Caddyshack II*, and Sunday afternoon we saw *Arthur II On the Rocks*. These movies offered an escape within our escape from reality. Later, after we ate seafood and Key Lime pie at Angler's Seafood House, we played miniature golf.



Life was sooooo hard!

At 16, any motel was nice to stay in!

No hanky panky of course! After all, this was a church group!

I had the "land lubber" special, just cow, no seafood!

[go to next page]

Back Page Literature Double—My Key West Trip

While on and next to many of the stone animals and stone mushrooms, we took a lot of pictures on the golf course. My favorite of all our activities though was our walk down Duval Street. We started near the one end and slowly walked our way through. I went to several art galleries and looked at many of the fine prints and oil paintings. Then, I stopped at the Greenpeace store and bought some Peace buttons. After, I went to a clothing store and bought a tie-dye t-shirt. During our walk, we stopped at Baskin Robbins for some ice cream. This was the perfect treat for a very hot day. In conclusion, our activities allowed us to have fun by seeing what we wanted to see around the island at our own leisure.

Just as interesting and unique as the activities were the attractions we visited. The most "expensive" attraction was the Lost Treasure of the Atocha. There were cups, plates, decorative pieces, jewelry, coins, and bars all of solid gold. I have never seen so much gold in one place before! Another attraction in Key Largo was the Theater By the Sea, a show of very talented dolphins and sea lions. The dolphins showed their skills by diving through hoops and jumping for fish. Equally, Sassy and Classy, two sea lions, gave Ruth a hand-fin shake and a wet hug. Also, the pelicans, birds, and cats did a few of their own tricks; they made the dolphins' fish disappear! Another highlight of our trip was the Mallory Dock on the Sunset. This was a dock where natives celebrate the sunset. What made this fun was the How-To-Host-a-Murder game. In this game, each person had a water gun and one person to "kill". I had to kill Megan, Maria had to kill me, Susanna had to kill Justin, Justin had to kill Maria, and Megan had to kill Susanna. When the game ended, only Susanna and I were "alive". All along the dock were street merchants, street artists, and street performers, as well as pickpockets. This dock of people made my trip worthwhile because of the circus-like feeling it gave. In short, I liked all of these attractions for their individual appeal but mainly for each of their unique atmospheres.

I had a great time in Key West because of our comfortable motel, our planned activities, and the chosen attractions. The Hampton Inn was a choice place to stay since we were able to be relaxed and comfortable. Also, our activities were fun and calm. Finally, the three attractions we visited were appealing since they dealt with subjects I liked. This whole trip kept my mind off the exhausting summer school. I would definitely recommend that everyone go to Key West once. I have been there once, and I will definitely go again.

Yes, those are high top shoes, canvas pants, and 80s sunglasses at night!



Stone Mushrooms

This was a very casual, local, low key place. Nothing like a Sea World attraction!

Plenty of pick pocketers!

Understand that Key West can be a weird place!

I never did get to go again!

Not all of these activities are described in the order we did them.