

An Oregon Cottage Podcast

Episode 54: What's with American's & Paper Towels?

- Brian: You are listening to episode 54 of our podcast where we are finally going to address the hot button topic of paper towels.
- Jami: Finally? Everybody's been on the edge of their seats, ha!
- Brian: Yes, it's dividing America at the dinner table. Don't bring up paper with thanksgiving. Don't bring up paper towels.
- Jami: Is it a symptom of a bigger problem in America generating way too much waste? Plus I really think they're kind of expensive.
- Brian: Yeah, paper towels. We're going to, we're going to talk about these shocking paper towels. Statistics,
- Jami: Oooo, get ready, get ready guys.
- Brian: And then actually some really practical, easy, money saving ways that you can throttle back on the use of paper towels and other paper products.
- Jami: Yes. I'm also going to be sharing last weeks, super easy dinner menu. We have some farmhouse updates and a couple of things we've discovered that are really cool.
- Brian: So Jamie, as long as I've known you, you've kind of had this thing against paper towels.
- Jami: Has it really been?
- Brian: Well I think so. I think they're great. I didn't really think about if they're wasteful or expensive, but you've always - maybe since we've been married and had a household - you just, we've haven't had them out on the counter.
- Jami: Well, I've never liked the look of them out on the counter. That's one thing. Or hanging from the cabinets. I just never liked that.
- Brian: So those neat little chrome paper towel dispensers?
- Jami: Yeah. No, I never liked those. Never.
- Brian: Yeah. So it's really never been part of our household. You've kind of done other things.
- Jami: And how funny, I until you just mentioned it I didn't realize It's been that long. Um, I just really didn't, I don't think I thought about paper towels in the first 10 years

we were married or paper usage or anything. I just knew I didn't like those things on the counter. But I know that when we, like probably 20 years ago, I became really more like, I don't really want to use very many of them. They were kind of an expensive thing just people would just use them for this one little spill that easily could have been caught with a sponge. Or if they're out on the counter you just grabbed them and use them. And so it seemed very wasteful for me. Money wise I was really, really frugal cause you know, we were staying home with the kids and so any way you can save money you could. So I think that was the initial thing and then it came, well I didn't really want us using them for, you know, paper and the environment as well as for frugality.

Brian: And I guess I suppose you'd like to look, have hand towels. Like in the kitchen you always have a hand towel. Yeah. When we've eaten you've liked cloth napkins you can wash. So all those things are easy to wash.

Jami: Yeah. But in the beginning we used regular paper. I think most people, I grew up using paper napkins, everybody I knew, I think pretty much use paper napkins. It wasn't until we'd been married for a few years that, you know, paper and every the newspapers started talking about that and it was before the Internet, but you started hearing more and more about it. So I think then we started doing it when the kids were probably in elementary school and we just got our own napkin rings, you know.

Brian: The thing was, you're kind of a canary in the coal mine because you were like, aw, you were so far ahead of your time. You're onto something. There was, um, just at the very end of 2018, December, 2018, the Atlantic came out with this article that says Americans Are Weirdly Obsessed With Paper Towels. And there were looking at, they got some research.

Jami: I love that title.

Brian: They liked them. Well, we Americans likes them, except for you. I still kind of like them, but I still feel waste, I feel like. Yeah, a whole paper towels. Sometimes you just need a corner of one, right? For whatever little thing.

Jami: Yeah. And they have gone to the half paper towel. Now most of your towels are done and that's much better.

Brian: And by the way, we have a role under the sink with other under the sink things. So if you come to our house you can get one if you need to. Oh here it is. So there we're looking at um, the top five countries in the world. I think this is the US and Europe maybe cause we're the most developed. Paper towel spending - overall spending by the top, you know the US, France, the UK, Germany, Italy.

Jami: Canada? Was Canada in there?

Brian: Uh-uh, their population isn't big enough and that's the sort of part of the math. But anyway, so they said that this, this research firm determined that there is about \$12 billion a year spent on paper towels worldwide.

Jami: Wow.

Brian: Among all the countries, the US accounts by ourselves for about half of it, just under half of it is the US. Tearing off paper towels, wiping up spills. But they said it's a little misleading because there's no European countries, developed countries, that are the size of the US and so when you break it down to per capita spending each year Americans on average spend about \$18 a year per person on paper towels.

Brian: So what's that? If you've got a...

Jami: Well that's not as much as I thought it would be.

Brian: So if you've got, uh, let's see, four times there would be 76. If you've got a household of four people, that's 44 times eight is a 72 bucks a year per person, per household paper towels. No? That doesn't really sound like that much? Well then the next one is Norway, which comes in at under 12 and a half. And then Denmark and Sweden. I don't know why the Nordic countries, they like the paper towels. They're neat. They're Ikea. It's, it's all, it's all very neat and clean. So anyway, so it's huge. And then later in that article it did talk about the waste, the waste from it. Well we'll talk about the other side of it. The pulp. Yeah, they're using up the tree side.

Jami: Money is only one part of this.

Brian: Yeah, yeah. So we were early on not contributing to that trend. And you figured out a bunch of ways. Yeah. You figured out some very, some really practical - actually they're quite easy ways to deal with.

Jami: But in that article too, it talked about the total amount of waste used.

Brian: Yes. Oh I'm sorry. Yes, there's that stat. Yeah.

Jami: Because waste is the bigger issue I think.

Brian: Right. Cause it has to be processed. So in our case, um, it goes into sewers or garbage landfill or septic, I guess you have to have your septic pumped every few years. (Jami-Yeah toilet paper.) Yeah. So in 2015 it was 7.4 billion pounds. But that's, that's everything. So that's toilet paper, tissues, paper towels and paper napkins.

Jami: But I wonder if like the Swiffer kind of things are in here. Cause that's one thing that's really bugged me in the last 20 years is the amount of disposable things that have been created for things that for hundreds of years have always been reusable. Like mops and mop heads. (Brian-Yeah.) And things like that. And now everything's throwaway. Everything's disposable. The has to add up. First it was like diapers - now we used disposable diapers along with cloth, and so I'm not saying they don't have a place. But In my mind, I just kept picturing this mound of disposable diapers holding their little precious gems - years and years and years into the future.

Brian: Until the thousand years from now they can figure out what diseases are kids had. Yeah.

Jami: I don't know how that's going end and I couldn't stomach it. So we used cloth as much as we could and we stuck with disposables for travel. But just the disposable mentality is - that bugs me.

Brian: Yeah, yeah, yeah. And I think a lot, you know the whole, people eat on paper plates, people drink off the paper cups, you know, and just throw it away. And the amount of garbage is, yeah.

Jami: And paper, see that's not included in that (the paper towel stats). So I wonder how many billion pounds if you included paper (from paper plates, etc.)

Brian: Oh yeah, yeah. All that. What's funny is I was reading this, archeology book and they were excavating Ur, right? Which is like between 4 and 6,000 years ago. And so the cities would just go up and up and up and up because they didn't have garbage service to haul their stuff off to the landfill. So you would build, they told how you would build your house in the street as the street got higher and higher and higher, gradually higher. You'd build steps up.

Jami: Higher from trash?

Brian: Yeah. Junk being thrown out. Of course they didn't have papers. Right. It's but whatever else. Yeah, the street would get higher. And so then you would, you would, um, eventually have to raise the step into your house, into the doorway. Right. Well, it would make the doorway short, so you'd to make your doorway higher and then you basically have to raise the roof inside and then make steps down into your (house). They showed how, and so archeologists can dig in these ancient cities. And that's why, that's why these old old cities are on mounds. Right? Cause they didn't haul their garbage off.

Jami: Are you serious about that?

Brian: I'm serious. That's how, yeah, that's why,

Jami: Well, our garbage now couldn't make a pile you'd be on, it's too toxic. What were they throwing away? Just like pottery shards or something?

Brian: Probably pottery. Shards and food. And who knows what else? Dirt. Just sweeping dirt out of the house and I just, all the, I don't know, all the garbage. Not nothing, nothing plastic. But anyways, so it's funny. Ours gets hauled off or our garbage gets hauled away. So that's, so we don't see it. So anyway, you, you had, as I was asking you though, you've had some things that it's actually been convenient. If you come to our house and there's a spill, it's not like we throw up our hands and don't wipe it up. We have ways of getting around the paper towel mania.

Jami: Yeah. So what I did was, uh, we cut up t-shirts and I cut them up in different sizes and we keep a bucket of tee-shirts (rags) under the sink and those get used for spills and floor wipes, and you know, whatever. We don't want to use the kitchen towels and the kitchen wash cloth for. So those get used and then they just get thrown in the dirty clothes bucket on the laundry. And when we do our towels, they get washed in there so there's no separate laundry being done for

them. It's really something that just happens along with everything else. So we're not using any extra water for them or any extra soap. It's just they just go in. And so we have that. Um, I do keep a roll of paper towels underneath the sink and there are people who've come to the house and been like, "where are your paper towels?" Like we, they don't even know how to be in the kitchen without paper towels (laughing). So I show them under the sink. I don't say we don't use them, we have under the sink. And someone teased me once about keeping them under the sink, saying, "I can't believe you keep these under the sink," like it was just this terrible thing. And you know, out of sight out of mind is a big thing. If they're not there for you to see to pull them off, especially when you have kids in the house. Our kids would have been pulling those off all the time. They would have been using them as plates, which again, disposable throw away. We have plates that you don't have to, you know, they want to put their apple or snack on a plate. It can go right in the dishwasher. It's just not that big of a deal. The dishwasher or the garbage, let's put it in the dishwasher. That's my philosophy. So we do that. Um, the t-shirts also work for, we grease our cast iron pans with a t-shirt and that just goes in there, you know, in with the rags. Anything that's kind of throw away- if we do need to throw it away, those are throw away rags.

Brian: Right. So we should explain that. So we have a thing of throwaway rags and that's the one...

Jami: Under the sink is a throwaway type.

Brian: Oh, I thought the throwaways were up above the washer?

Jami: Those are more - we have, we have lots.

Brian: Okay, and that's for like really gross stuff. It's like the dog, the dog has an accident. We're not going to wash that. (Jami-No, we just throw them away.) Throwaways can get pretty dirty.

Jami: So this is cotton that you're throwing away. It's cotton that's already been worn. Already been used, already been used a lot. So it's the same philosophy. Yes, we still throw things away. But how many times can you use it before you throw it away? I mean, that's kind of the goal.

Brian: We don't use those that often. I mean, we're not always looking for throwaway rags. That's kind of an emergency. Extreme. Yeah. Most of, most of them are washed. (Jami-Right). And it's not bad. You're used to where they are. You grab them, you can wipe it up.

Jami: And having a bucket in the laundry of larger old towels that are ready for- I mean a paper towel wouldn't work for that anyway. A lot of times you do need an old towel to wipe up mud that's been tracked in or you know,

Brian: Sizable liquid spill.

Jami: Ha, it's always dog things.

Brian: Dog things, well, or something gets knocked over that's big.

Jami: We've had some times where it's just been so rainy, we've just put the towels out in the entry, you know, the mudroom entry or the entry just to get people's feet a little bit cleaner before they come in - a place to put your shoes. I mean there's different times you need that. Yeah. So those are kind of what, what we do with paper towels specifically for paper towels. And um, I am thinking about making (reusable paper towels), there are some, and I can maybe put a link in it. Let me write down to put a link in it there. I just found out, apparently they've been around for a while, but I just found out because I just have used, like I said, torn up t-shirts and they've worked fine, but apparently you can use felt - no flannel. And you serge the edges and the flannel wicks up, when you wash it flannel wicks up (cotton, a hundred percent cotton), flannel wicks up liquids and stuff. Kind of like a paper towel. So they're called Unpaper Towels and there's tutorials all over the Internet about making them. And if you do like to have the paper towel roll out, and I know that many people do, um, the flannel sticks together so you can literally roll the paper, the Unpaper Towels that you've made on the holder and they stay there and then you can pull them up one at a time.

Brian: So how convenient. That's super clever. Yeah. Wow. Well, um, I know you just said you're going to have a link to that tutorial, didn't you?

Jami: I'll put a link. I'll find it online.

Brian: Well, the thing is, it's not just paper towels. We said it's kind of the paper towel - the massive American obsession with them - it's just a symptom of our, as we were saying, obsession with like, disposable everything, right? (Jami-Yeah.) So all the paper. So there's this other um, a study, I think it was by the National Resources Defense Council and it was picked up in a bunch of different papers, but it was kind of how our use of super luxury toilet paper is deforesting Canada.

Jami: Wait, what is super luxury toilet paper?

Brian: It's like super, like lots of layers, super quilted, you know, like there's been this arms race to get softer and softer toilet paper.

Jami: Ha, I didn't know.

Brian: And so they said that it's because it uses pulp that's used in other things, but it's that toilet paper's made from this kind of pure pulp, that comes from the Canadian forest that had been cut down at a rapid rate. And it's lousy, out of home toilet paper, like the toilet paper to gas station or Starbucks or somewhere that's like, um, really thin man and like really rough. That probably has some recycled pulp in it. But this stuff, the expensive super thick stuff is not, it's virgin pulp. And so, um, (Jami-wow.) It just said, there was something like since 1996 there's been, you know, forest, the size of Pennsylvania have been cut down in Canada.

Jami: Are they regrowing or ?

Brian: Yeah, And you're not, I don't see, they're pretty smart. And so pulp is kind of little trees grown for that. So old growth or big growth of course is going to go for lumber and that kind of thing. But, but still, if a bunch of your stuff, if there's this

huge pulp market right, then you're going to be cutting things down. So anyway, so it all kind of all goes together Americans and...

Jami: It does.

Brian: Paper, paper, paper.

Jami: Yep. I do think we could just, if everybody just uses less, it would be nothing but help.

Brian: And you had a thing about, you sort of draw the line at certain things, that paper is good.

Jami: (laughing) Oh Wow. Right. So, kind of like I said, we just try to use less disposable the all the way around. But when I was teaching preschool, this was a big thing - I don't know if it's anywhere else, but in Eugene and Portland, Oregon areas where we're kind of a little crunchy granola

Brian: Farms and the turn at the turn of the 19th century. But go ahead.

Jami: Anyway. So, um, I had a lot of kids who came in with hankies instead of Kleenexes. The problem with preschoolers is, I don't know any other delicate way to say that there's a lot of snot. I mean it just runs down their faces. They just kind of like wipe it with their hands. If they have a Kleenex, it just gets wiped to one way and then it just is on there. Like they don't nicely wrap it up and, you know, make sure that the new stuff is out and it's just, it's gross. And I was just trying to keep myself and the other kid's healthy. So I did have to have a moratorium on the hankies and say we have to use disposable Kleenexes in preschool, uh, during the winter.

Brian: These were cloth handkerchiefs that grandpa would keep in his back pocket.

Jami: Well actually they sent hankies. No, what are they? Oh, they're the western Bandanas.

Brian: Okay so they'd blow their noses on bandanas.

Jami: Yeah.

Brian: Okay, which I think is an original hanky. So you blow your nose in it and put it back in your pocket. (Jami- Yes.) Which some adults can pull off. We're not sure.

Jami: Usually they, they fold it up.

Brian: Yes. But with kids it's not going to work.

Jami: No. Oh my gosh.

Brian: Viruses everywhere. Okay.

Jami: Yes. So right. Uh, we do like Kleenexes for that sort of thing. When you've got a sickness, I think being able to throw it away is a great thing.

Brian: Yeah. Yeah. That's a great thing. Some of that's good.

Jami: So, um, but I did want to mention, I have a couple of things on the site I'll link to in the show notes that I've written about. One of them is using family dinner napkins and your own ring for it. So we have, everybody has their own ring - you just go to thrift stores and you can find lots of napkin rings - and we have, each one is ours and we know what it is. And so we keep our cloth napkin in there and we reuse it probably three or four times before it gets dirty. It depends if we have like ribs or something, they might go in quicker, but yeah. Um, but it's not, I mean, you hardly use a napkin really for some meals. You know, you dab at your, you know, they're just don't get really that dirty.

Brian: Right, right.

Jami: So we reuse those and I've also got on there that it really makes a good gift idea. In fact, I package these and sold them at, and they were a big hit at many, many, craft places where I sold them. Also, I'll link to the simple laundry system that we use for our family. It like, really is basic and it's simplified our lives. And it talks about how you deal with the extra things like these cloths that were washing and reusing and how it really doesn't make more laundry. Because I've read that a lot and it's like, well you have to add in the laundry, you know, it's not just the amount of money you pay, but you have to add in the laundry. Well, they don't take up much room so you're really just putting them in with your other laundry.

Farmhouse Updates

Brian: Well if we sound a little distracted today it's because we keep looking out the window and the guys, just installed the new gutters on the farmhouse. So

Jami: Well look at that! It looks nice.

Brian: So it's been raining like crazy. Well, before the snow it was like deluge, and we had to pull the gutters off to redo the roof so it was just splashing mud all over the foundation. It's not good. You need gutters. (Jami-Yeah.) And so, then they'd been cut off - the old gutter was cut off right at the door. The only back door into the farm house, meaning the whole roof would drain into the gutter. The gutter would empty onto your head as you were trying to go in or out of the house.

Jami: What, you don't like that?

Brian: No (laughing). And so anyway, it's nice now you can go in and out of the door and not have water pour on your head like a shower. So yeah, we're really happy. We found a local guy who did great. The guys were really good. So we'll see. I guess when it rains we'll see if they leak. The other update is the windows. When we were in the back bedroom, one of the rooms that would have the big view of the hills in the background there, we realized that the windows were a little bit small. It wasn't really taking advantage of the view. So when we talked about that before (in the podcast) going in and getting, doubling up on a little bit smaller, but two windows and then above them a transom that goes above. That's looking out that way. We've got. Um, then we got transoms for above the

other two windows in the bedroom. And it, the amount of light coming in is amazing.

Jami: It looks good, and the amount of view. The view. Yeah. We finally have the view when you walk in the door, you can see it. Yeah. It's, it's really great. And I'll definitely put a photo in the links because it makes a big difference.

Brian: Yeah. And then we've had a guy working, um, putting the molding, the outside, I guess trim is what you call it on the house. It's kind of the bands of Cedar that kind of go where the siding joins and down the sides and stuff. Oh. And then the trim around the windows so just really looks much more complete. Plus it's really, really sealed in from the weather. (Jami-Right.) So hmm. Now that the weather's getting nicer, ha.

Jami: Don't count. We've got lots of rain ahead of us.

Brian: Could be another snow storm yet. So. And then finally also, um, we got the bathroom sub floor put in, which is not really super exciting except you can't have a bathroom without a sub floor. So hopefully we can move quickly into the next step of the plumbing and get just getting this ball rolling again on getting approval. So,

Jami: right. So that's kind of our next step is, the plumbing, getting the electrical permit checked off, getting the next permit checked off for the room that we added and then being able to move on from there with the being able to insulate it and put the walls.

Brian: Yeah, exactly. It sounds quite simple when you talk about it. It's just the process itself has seemed to take a long time. It's always some little problem you're trying to fix. So yeah.

Jami: Well, and people that you're trying to get back to you. Yeah.

Brian: Yeah. So anyway, that's the update on the farmhouse.

What's Cooking

Brian: So it's interesting to me in the whole blogosphere world of where traffic comes from, people are really interested in menus. Like not just, I mean they want the recipes, but people really want menus of what to serve their family, like, for a week.

Jami: Yeah. I think, yeah, it's because you kind of, you kinda just don't know and you want to feed healthy things, then you want things that are easy. But it's kind of hard to think about that, especially if you're busy and you have a lot of stuff going on. And, um, I think people want to eat healthier and they want to maybe not spend as much money and time going to restaurants and things. And so when they're looking for ideas, where do you go? You go to the Internet, you go to Pinterest, you go places and you look for people that have similar tastes of view.

And when you find that, then you know that they're going to have a menu that you might like to.

Brian: Yeah. And it's quite a business. There's people that they sell whole menu planning systems and uh, what do you call that? Subscriptions. (Jami-Right.) So, yeah. Well good. Well, anyway, that's a preface to, you are going to give away right now and menu plan.

Jami: Well, I just thought, occasionally on the podcast, I've just shared our last week's menu, just whatever we've had last week just to kind of show how we fit real food, you know, easy meals into our life and that they're yummy and really good. So anyway, this week, um, I did pick one. I'm, you know, I'm going with last week's, because I said it was last weeks, easy real food menu. Um, although one thing in there is a little bit different, but I'll talk about it when we get there. So on Monday we had Chicken Oven Nachos. It's one of our favorites. It's literally a 15 minute meal. And because I use the frozen rotisserie chicken, either that I've bought at Costco or that I've made a whole chicken in the slow cooker and I take off the meat, put it in the freezer and little packages.

Jami: So that makes it real easy meal. So we just, I put that on with some black beans and cheese and then we add vegetables and salsa when they're done and they take about 10 minutes in the oven. So that's a quick, easy meal that we all love. The new recipe I made last week was called Tuscan Onion Soup. So we're used to French onion soup, which is the piece of bread with the cheese melted on it. And it always sounds great to me. I love onion soup. I love the flavor but with the cheese. But that piece of bread like get soggy really quick and I don't like that. This Tuscan, apparently Tuscany is where onion soup originated. That's what they'll say. They have a recipe book, uh, in this article said that from the 1500's that has a recipe for onion soup. So they win.

Jami: But what was interesting about this onion soup is they cooked an egg in it. So you've got your, that's one thing, the cheese is the protein in that one, this had a little parmesan cheese over it too, but there was an egg in it! And it was really good, wasn't it?

Brian: Is was good. Yeah, and satisfying - you get protein.

Jami: So, yeah, we had that with some bread and salad and that was the meal. So I'll, that was a link from another site and I'll put the link in the notes because it was really interesting to make and again it was pretty easy. I mean I cut up the onions and I let them kind of cook for 30 minutes really low. So it wasn't even, I barely had to stir them. It wasn't much hands on time. So that was easy.

Jami: So this is the different thing that, you know, maybe not be on everybody's menu, but I roasted a Turkey last year. I had still had a Turkey from the holidays when they have Turkey on sale and I always get an extra one. And I always like to make sure that we have it before the weather starts getting hot and I don't want to roast a Turkey. So we roasted it and I went ahead and made our sour cream garlic mashed potatoes and the baked grated lemon garlic carrots that our daughter likes so much to serve with it. So, um, I made a gravy so it was kind of, it was kind of an, you know, nice meal, but I got a lot of extra meat from it. So it's

very economical. So I do recommend that if you, you know, when you see things on sale, don't just always think, oh that's a holiday thing because we eat Turkey all the time. So now I have packets of cooked Turkey we can use in salads and soups and recipes and as well as chicken. So that's good.

Jami: Then we had some leftovers because after you roast a Turkey, you have leftovers. And then I put the bones in the slow cooker and made a good Turkey broth. And with that I made my favorite Turkey soup, which is Curried Turkey Rice Soup and I made that on Friday. And that was really yummy. We have that with salad and bread.

Jami: Uh, on Saturday we either do burgers or pizza and it was pizza night. We made our homemade pizza crust and put some pepperoni and onions and peppers on it. And then Sunday is always on your own where it's fend for ourselves, whatever's leftover or some people make sandwiches or quesadillas or make a salad, so just kind of on your own. So pretty, pretty easy and laid back. If you didn't want to roast a Turkey, you could always just bake some chicken and still have the same menu. So I'll put this menu in the show notes with links to any recipes that I have and hopefully it's a little inspiring for you.

Cool Things

Both: It's time for, "This is really cool."

Jami: I wonder how many people have heard of Pocket. I always figure out by the, by the time I discover something, it's probably half of Americans are using it, but maybe, maybe not. So I thought I wanted to share it. Pocket is this cool, I guess you could call it a website? It's kind of a syndication service. What it does is, let's say you found a website you really like, or an article on a website you really, really like, and it's longer than you have time for and you go, oh boy, this is really cool. I want to read this later when I can sit down after work or whatever. You, you have a little plugin on your browser or it could be on your phone.

Jami: Exstention

Brian: Extension. Well, it depends. If it's chrome, it's a plugin.

Brian: Whatever, one of them anyway, there's one you can get for your browser. You get it for your phone, you push the pocket button and boom, it goes into your pocket reader, the APP, and then later you go to pocket and there it is. And it's formatted to be really easy to read and it's just a great way to grab articles. You know later you're going to be able to sit down and enjoy them. But another cool part about pocket is, is it once a day? Is it twice a day?

Jami: Every day.

Brian: Every day they send a digest of articles. I don't know if they're the most shared or they're just the most recommended by their editors.

Jami: I don't know how they pick them.

Brian: Yeah, they're, and they're always really interesting. I often see it there before then it's stories - you'll kind of see around the web places, but they sort of show up in pocket first.

Jami: Actually, a number of topics we've gotten for the podcasts have come through articles shared through your pocket email.

Brian: Yeah. I wonder if it's tailored for us. It's a middle level artificial intelligence.

Jami: I don't think so, because I get the some one.

Brian: Okay. You and I get the same way so we're really different. So you can go, the website is, we'll put the link in here. It's I want to say pocket.com I think that's what it is. It might be get pocket, but anyway, don't worry because when you look in the show notes it's going to have the right, (Jami- it'll have the right one.) Yeah. And it goes, it works on, so Android and Apple mobile. That's a great place to have it. Your iPad is a great place to have it and then you put the, the plugin or the extension on your browser, which is really easy to do and with one click it goes to pocket. So it's pretty cool.

Jami: It is really cool. I enjoy getting the information in the email because a lot of times they're ,either interesting topics and there are also current, so it's not necessarily news, but it's things that usually people are talking about. Um, I don't actually use it for saving much to anything because I found that I did that and then I just never ever looked at it again. So that didn't really work, but I do like the emails that come in because they often, I don't, most of the time I save them, save them. And then when I'm cleaning out my email, I just, I know I can't go through the mall, so I just, I never ever looked at them. But there's quite a few that I do look at and I always want to, it's kind of fun.

Jami: Okay. So my cool thing is a game that I actually heard about from another blogger whose email I get. And she had said her family loved this game and she recommended it for everyone. And it was shortly before Christmas and I needed a gift idea for my niece and nephew whose family loves games. And so I thought I'm going to get it for them right away. And it's called Happy Salmon. That does not sound like a game that's fun at all, ha - I don't even know what that sounds like. But I went to the website and the company that makes them is really just a cool company. They just want games to be fun and, not super, like, competitive, but you really have a great time with them. And so it's a kind of a card game comes in at salmon, shaped a fish shaped container, you know, fabric container with a zipper and the cards are inside of them. And so I gave it to them for Christmas and we played it as a family during Christmas at our Christmas celebration and it was a hit with everyone. Adults, kids alike, I mean it's a crazy game. So basically you, you all stand around a table, you have to stand because it's really kind of active. I mean you can sit but you're going to end up standing, and you have this set of cards and basically you're trying to exchange cards with other people to get the cards you want. So anybody who has a, and the cards are fish theme. So if you have a tail wagging or you know you and you have these hand motions you do with them. So everybody's yelling out the card they have, you're trying to find a person who has the card, you want to give them a

card and do the exchange. And so it's crazy. So for some people, for some little kids, my sister, who's the kids loved it and they played it with all their friends.

Jami: And then my nephew had all of his sleepover friends and he's in middle school, sixth grade and they all played it and loved it. But a couple of the kids didn't like that noise cause it gets really loud. So then she said sometimes they'll do it where they can't say anything and they have to only go by the hand motions. And that gets a little harder, obviously. And it's kind of funny watching the kids try not to say things. So there are a couple of ways that you can play it. And I've just been, like we really enjoyed it and I've been thrilled to know that the kids have enjoyed it, shared it with their friends and enjoyed it. So if you're looking for a fun game to give to anybody you know who likes games, Happy Salmon is your game.

Brian: Well before we, we wrap it up here, we wanted to share a, some feedback we got on the voicemail line, which was so great. It was, it came in response to our, was it right after our, uh, thankfulness podcast? Do you remember which one it came after? I think it was after we'd post that one or?

Jami: Yeah, I think so. Yeah.

Brian: I'm trying, I'm a little bit off because of the weather. We didn't, our posting schedule kind of got thrown off. Okay.

Jami: It wasn't talking about anything specific.

Brian: Um, okay. So it wasn't it, but we were thankful. It was just really nice. It was a person. and I just thought it was great, because I think about doing it sometimes and I don't - just writing someone and saying what you appreciate about what they're putting out. And just because, they can't read your mind. And so if you just let them know, it just means the world, because you think people are inundated with nice comments and they're really not. (Jami-No.) You kind of get complaints.

Jami: Well maybe some people are, but we're not (laughing).

Brian: So this was who was, who is this from?

Jami: This is from Jasmine in California. And she said that she listens to our podcast and really enjoys it. She said we're really cute and easy to listen to and she likes our topics. She talked a little bit about trying the recipes on the website and liking those. And then she said, "I just really wanted to say thank you for what you do. I really appreciate it. I love listening to your broadcast. I listened to a lot of podcasts and yours was one of my favorites. So thank you. And I hope you guys have a great day." And we're totally having a great day! Thank you, Jasmine.

Brian: We did -we're having a great day- Because thank you jasmine. That was fantastic. Thank you.

Jami: That was sweet.

Brian: If you want to leave a comment is nice as Jasmine - I don't think it'd be as nice as Jasmine's, but you could, you can try. You can try it. We have that line where it just record a voicemail is (541) 658-0215 and again it's just a voicemail. No one's going to pick up the phone. And we would love to hear any feedback you have or suggestions or questions. Anyway, we would love to hear from you.

Jami: Yeah, We'd love to answer questions.

Brian: Yeah. And then there's the other ways of, of giving feedback, which of course you can reply to the newsletter, you can go on to the podcast notes page, and you can leave a comment there. You can do it through Facebook or Twitter or one of those other ways. So we would love to get that. And then the ratings and the reviews were so thankful for that. People that are taking the time and the hassle to go in and give us the five star rating and leave a review about the podcast. Yeah, it's helped people that just sort of stumble around and find us.

Jami: And we have gotten comments from people who just did find us. Yeah, we really enjoyed it. So thank you. We really, really appreciate it.

Brian: Yeah, we don't know what they're looking for, but they found us, so there you go. So anyway, thank you again for listening and we will be back again soon. Bye. Bye.