



Recipe Corner

Fish and Rice

I'm experimenting in the kitchen again. Haven't had anything with this combo since my Vietnam days:

Ingredients:

- 2 cups chicken broth
- 1/4 cup diced onion
- 2 tablespoons butter
- 1.5 teaspoons curry powder
- 3/4 teaspoon salt
- 3/4 cup white rice
- shrimp and frozen fish fillets, (unthawed)
- 1 cup frozen peas, (thawed)

Instructions:

Heat broth, onion, butter, curry powder, and salt in a large skillet over medium heat until butter is melted. Stir rice into onion mixture and arrange frozen fish over rice. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, about 20 minutes. Fish should be heated through, and the flesh should be opaque and flake easily. Mix in peas and fluff with a fork before serving. (Yes, I cheated and snuck in some shrimp.)

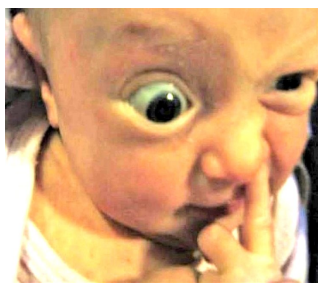


7.27.2024 #446

All the news I see fit to print.
Freedom of the press belongs to those who own one.



President Donald Trump correctly predicted **seven months ago** that pPresident Joe Biden would not be the Democrat presidential nominee. Meanwhile, Republican Tennessee Rep. Andy Ogles introduced articles of impeachment against Vice President Kamala Harris, citing high crimes and misdemeanors. Ogles believes Harris "knowingly breached the public's trust by failing to invoke the 25th Amendment after it became clear that Joe Biden was mentally and physically unfit to serve as president." He added, "immediate action must be taken. Time and again, Kamala Harris has refused to uphold her oath to the U.S. Constitution, and she must be impeached. Her breathtaking incompetence as Border Czar has allowed a crisis of drugs, rape, and murder to flood the streets of America," Ogles said. **And so it begins...**



Republican party has until August 7th to make sure all voter rolls are purged of non-citizens and dead people. I'm sure they are hot on the trail and will diligently use every means available to make elections fair and honest.



Book Report

Tom Clancy's book was made into the movie *The Sum of All Fears*. During the final scene, "Nessun Dorma" from Puccini's opera Turandot, is playing as all of the traitors and Deep State actors are executed world-wide after a failed assassination attempt. Trump personally chose it as the ending song for his RNC'24 rally....a message?

| | |
|----------------------------|------|
| Myocardial Infarction | 269% |
| Miscarriages | 300% |
| Bell's Palsy | 291% |
| Congenital Malformations | 156% |
| Female Infertility | 471% |
| Pulmonary Embolisms | 467% |
| Neurological Abnormalities | 300% |
| Cancers | 300% |

I DID THAT!

2023 US Life Insurance "ALL-CAUSE DEATHS": 18 to 49 yr olds compared to 5 yr average from 2018 - 2020.

Meanwhile, Fauci Downplays Injury From Assassination Attempt on President Trump, Ironically Says "It's Dangerous to Make Diagnoses from a Distance". Fauci might want to start making some travel plans a great distance from 2025. Watch for early retirement news from a lot of the other Deep State characters.

curmudgeon
quotes



FYI: UFO's are billionaires from other planets and they lock their doors as they fly by. (You're welcome)

I'll let God sort it out. If I do, I'll go to jail.

The danger of donating your body to science: it winds up at Goodwill.

The difference between a conspiracy theory and the truth is about three months.

Has the Democrat Party become flypaper for idiots?

True Terror is to wake up one morning and discover that your high school class is running the country.

Two people to never trust: Religious leader who tells you how to vote And a politician who tells you how to pray

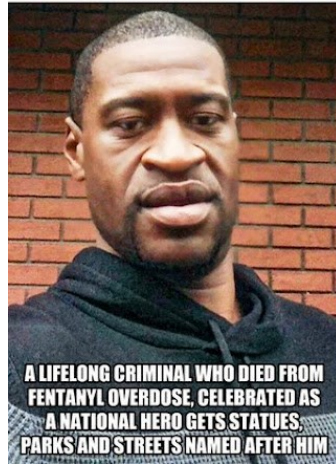
It's strange that the better our country gets, the more angry Democrats become.

(For my liberal friends:) The truth will set you free. But first, it's going to piss you off.

Facebook has become as creepy, annoying and inappropriate as most Facebook users.

God created man and woman. The Democrats invented all the other genders.

GLORIFIED



This is beyond comprehension. The Lame Stream Media and social media have wandered so far from common sense that all that's left is pity for them. It's now obvious that their job is to make us think the views of 10% of the country are actually the views of 90% of the country.



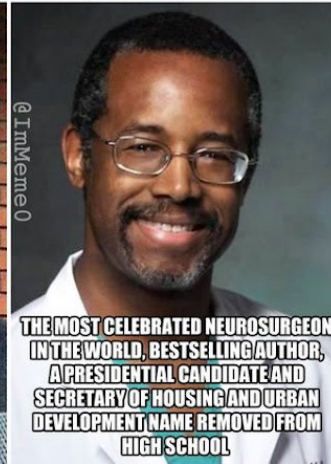
The Supreme Court refused to rehear a lawsuit that was filed against three justices because they rejected a previous lawsuit aimed at lawmakers who certified the 2020 election victory of President Joe Biden. All three justices—Sonia Sotomayor, Elena Kagan, and Ketanji Brown Jackson—recused themselves from the case because they were named as co-respondents in Brunson v. Adams. This case sued hundreds of members of Congress in 2021, claiming that they violated their oath of office by not giving time for investigations of election fraud in the 2020 election and by certifying the election victory of then-challenger Joe Biden over President Trump in a process that concluded on Jan. 7, 2021.

More to come on this flustercluck...

BTW: Federal court ruled that "universal service charge" on your cell phone bill is unconstitutional. Just another bureaucracy getting caught in an illegal rule that costs you taxes.



CANCELED



Tidbits

(a small and particularly interesting item of gossip or information)

Judge Mark Pittman rules that a federal law making it a felony to distill spirits at home exceeded Congress' power, holding that neither Congress' tax power nor its ability to regulate interstate commerce justifies the ban. He permanently blocked the ATF from enforcing the ban.

California judge says school was justified in punishing 7-year-old who said all lives matter because "she's too young to have First Amendment rights"

CrowdStrike, the Company Behind the Russia Hacked Emails Scandal is Behind the IT Outages that Grounded Flights Across America the Day Following the RNC rally.

The Biden administration's \$60 billion beefing up of the IRS' target of wealthy Americans with unpaid federal taxes have finally netted \$1 billion in revenue...enough cash to fund the government for about ...90 minutes.

A graduate of St. Cloud State University in Minnesota is suing the university, alleging that she was forced to pay a fee that went to a liberal student activist group.

There were 47 VP Harris staff members listed in 2021, only five still work for her.

Until next week...

**email: fns@franksiegler.com
blog: www.franksiegler.com**

This newsletter is published Saturday mornings by subscription. email me requesting to be added. or visit my blog.

Please feel free to pass it on.