



Recipe Corner

Beef 'n Bean Stew

Soak cup of pinto beans overnight. Drain, rinse and dump over one chopped sweet onion in crock pot. Add two TBS minced garlic. Add 2 cups chicken broth. Start on low while you cut 2 lbs eye of round beef in cubes. Drudge in flour/salt/pepper and brown on high heat. Add cooked beef to crock pot. Can of crushed tomatoes, couple dashes Worcestershire sauce and can of mushroom bits into frying pan to get all the leftover bits from frying the beef. Pour over beef in crock pot. Crock pot on low for about four hours. You could serve this over rice.

Couple beers and a roll with this and I guarantee you'll need a nap.



Suspicious confirmed?



Mornings are hard...



9.28.2024 #455

All the news I see fit to print.

Freedom of the press belongs to those who own one.

Lame Stream Media is pushing the bird flu news with an emphasis on *what if* rather than *what is*. They're running out of ammunition so they are coming back to tactics that worked so well that trust in the medical community was almost destroyed as people became angry as well as embarrassed that they fell for it. Waiting for them to haul out Fauci and the scarf lady...or maybe Colonel Sanders?

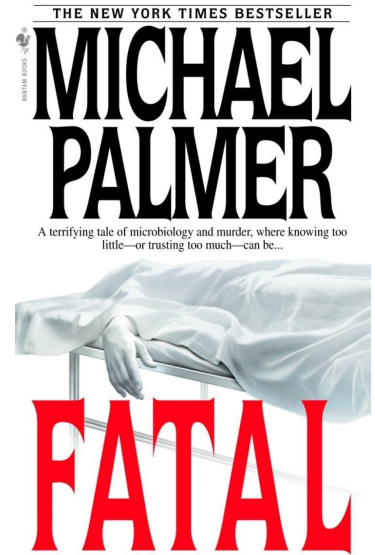
But wait! There's more...monkeypox, West Nile virus and even sloth virus. Moderna has already received a \$176 million gov't grant for their bird flu "vaccine".

"They" used the 2020 pandemic to steal an election by screaming "squirrel" so attention was kept from the obvious tactics used to hide the steal. We're wise to those tactics and we're seeing more than strongly worded letters from the Republican party to avoid it this time.

Tim Walz signed the Minnesota automatic voter registration bill into law in May 2023 where the new Minnesota drivers license application form has no questions, check boxes, or signed oaths regarding citizenship. If an illegal immigrant, with an easily obtainable SS#, chooses not to provide documentation showing they are not a U.S. citizen at the time of application, they will be automatically registered to vote. Guess he wants to carry on the anti-Republican voting since 2006...the last time any Republican won state wide office.

(See Tidbits for how other states are preventing another stolen election. MN not so much obviously.)

Same day voting with photo ID and hand counts with close scrutiny after the precincts report to state levels to prove the totals match. The 2020 election had several reports of more votes than voters. No more ballots found in someone's trunk a la Al Franken who "won" by 300 votes.



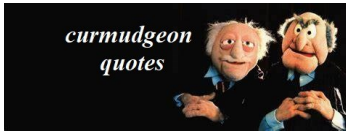
Book Report

Dr. Palmer's 2002 novel is scary as current news reports confirm his plot may be more than his imagination. This is almost verbatim from his book but actually happened:

A young woman in California has shared the life-threatening experience that she claims is linked to being pressured into receiving multiple vaccinations by hospital staff, leading to her developing an extreme medical reaction that is getting worse. Despite having not received a vaccine since she was a baby, Alexis felt compelled to comply with their request but has since expressed regret over introducing these multiple vaccines to her already compromised immune system.

If you have any tendency to hypochondria, I would NOT recommend this book.

FYI: Michael Palmer died in 2013 and his son Daniel has continued his work using the same medical based plots. I've ordered several of the post 2013 novels for comparison.



That bridge you'll cross when you get to it? Guess what?

My superpower is turning any room into a panic room.

***Knock! Knock!
Who's there?
Doorbell Salesman.***

If you help someone when they're in trouble - they will remember you when they're in trouble again.

***"You'll understand when you're older".
I'm older
and even more confused.***

***Everything happens for a reason.
Sometimes that reason is because you're stupid and make bad choices.***

A conscience does not prevent sin. It only prevents you from enjoying it.

Creativity is great, but plagiarism is faster.

A conclusion is the place where you got tired of thinking.

As I watch this generation try to rewrite our history, one thing I'm sure of... it will be misspelled and have no punctuation.

Worst conspiracy theory: "Everything will be OK".

Has voting become election interference?

Polling by the number of yard signs reports "garage sale" is winning.

The internet is ridiculed by the Lame Stream Media BUT why have they ignored news like the following, easily verified or debunked...



A study uncovered evidence in autopsy data showing that the Covid vaccine contributed to a staggering 73.9% of all deaths around the world. The most implicated organ system among cases was the cardiovascular (49%), followed by hematological (17%), respiratory (11%), and multiple organ systems (7%). The research team behind the study was made up of some of America's leading oncologists, cardiologists, doctors, and scientists.

RFK Jr. announced that Trump will sign a national emergency declaration to begin the war against Big Pharma and food corporations to fight the chronic disease epidemic "We're going to get the fluoride out of the water. We're going to get the chemicals out of the food. We're going to get the chemicals out of the chemtrails."

The IRS agent union endorsed Kamala Harris for President joining Dick Cheney, Putin, and Iran with Kamala Harris Endorsements. She wants to make the IRS even larger and more powerful. Agents will be hired and deployed to implement the \$5 trillion of tax increases Harris has proposed. Harris cast the deciding vote to supersize the IRS.

The IRS union PAC also gave money to Democratic Senatorial Campaign Committee, Democratic Congressional Campaign Committee, Democratic State Central Committee, Maryland and Dozens of House and Senate Democrats.

Rooftop solar arrays in Beirut exploded at roughly the same time walkie-talkies that Hezbollah, a terrorist organization, members used detonated in their hands. The wave of device detonations began on Tuesday when some 2,800 injuries were reported from Hezbollah pagers (*now called Grim Beepers*) exploding. On Wednesday, a second wave of detonations occurred, this time involving handheld radios. And now Hezbollah is reporting that Israel was dropping leaflets with a "very dangerous" barcode on them. Scanning the code will "withdraw all information" from any device.

Nancy Pelosi's Husband Dumped Over \$500K in Visa Stock Weeks Before DOJ's Antitrust Lawsuit...*here's an interesting website that tracks stock trading by those congress critters:*

www.quiverquant.com/congresstrading

Also provides interesting net worth numbers.

Tidbits

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

The University of Alabama (UAB) recently received a \$158K federal grant from the National Institutes of Health (NIH) to study "vaginal health for transgender men on testosterone."

No Republican presidential candidate has carried Minnesota since Nixon in 1972, and no Republican candidate for any office has won statewide since 2006.

Israel has made a new hostage deal offer to Hamas leaders: "free all 101 remaining hostages, and we will let you live".

Sounds like a plan.

Jill Biden Took Over One of Joe Biden's Final Cabinet Meetings, Sat at the Head of the Table and Signed Legal Gov't Documents.

Judge in South Carolina Shocks Leftists with Bombshell Ruling: Voter Rolls Are Public Record Under Federal Law.

Oklahoma Removes 450,000 Ineligible Names from Voter Rolls, Including 100,000 Dead People, and 15,000 Duplicates.

Georgia State Election Board Passes Rule Requiring Hand-Count of Ballots at Precinct Level.

Carjacking Murderer Released by Woke Minnesota DA Gets Arrested

Until next week...

***email: fns@franksiegler.com
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Please feel free to pass it on.