



Recipe Corner

Playing In The Kitchen

Got the pasta robot out again to make penne. Then over the penne with my secret pasta sauce mixed with cooked sweet Italian sausage. Topped with four kinds of cheese then into the oven at 350F for about 60 minutes.



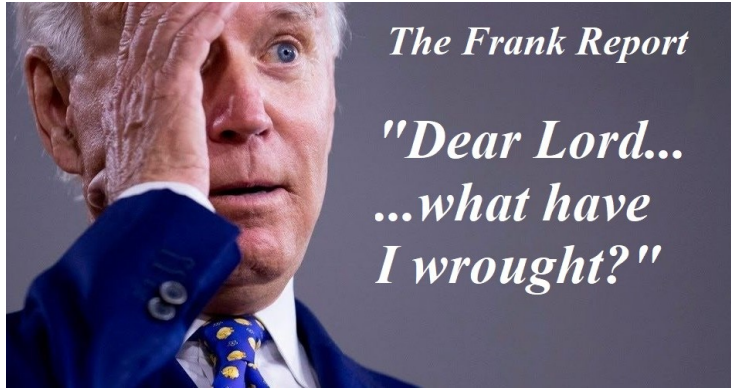
Got four great meals out of this one. It freezes well and doesn't lose any flavor with the reheat cycle in the microwave.



This week I also finally found a pizza crust recipe that gives me the thin crust and crunch I want.

Reminder for you bread bakers:

Sam's Club 25lb bread flour is about \$11.00 and 50% protein wheat gluten is about 50 cents a pound at Amazon. I add 3 tb to my bread recipes which makes the yeast work better.



The Frank Report
*"Dear Lord...
...what have
I wrought?"*

1.20.2024 #418

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

Well Joe...here's a partial list of what you've wrought...and you want four more years?

THE MOST US SUICIDES EVER IN A YEAR - 50,000 IN 2022
THE MOST DRUG OVERDOSE DEATHS IN A YEAR - 106,000 IN 2021
THE HIGHEST INFLATION IN 40 YEARS - 8.9% IN JUNE 2022
THE MOST ILLEGAL IMMIGRANTS IN A YEAR - 2.76 MILLION+ IN 2022
THE HIGHEST US AVG GAS PRICE ON RECORD - \$5.02 IN JUNE 2022
THE MOST CONSUMER CREDIT CARD DEBT ON RECORD - \$1 TRILLION IN 2023
THE MOST KIDS DIAGNOSED WITH GENDER DYSPHORIA - 42,000 IN 2021

Joe Biden brags in his 3rd anniversary of J6 speech that his DOJ has targeted 1,200 J6ers, convicted 900, and sentenced them to 840 years in prison. He wants his political opponents to be that afraid that this could happen to them too...try me!

The number of unexpected or excess deaths in the first nine months of 2023 is about 158,000 higher than the same period in 2019. This report by life insurance companies also reported that death claims surged by 15.4 percent to \$90 billion in 2020 – the largest one-year leap since the 1918 Spanish flu pandemic.



No Joe...that ain't gonna work no more. You're going to have to find something more believable.

That damn Corn Pop guy seems to be winning.



Lame Stream Media continues to spew crap. They have now bastardized the mechanics of how journalism works:

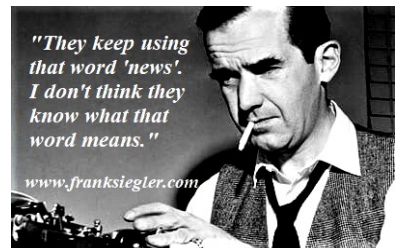
Need to cover who, what, why, when, where and how.

Pyramid style so those questions are answered in first paragraph...and subsequent paragraphs then expand on the story. This allows editors to fit stories into time (TV) or space (newspapers) restraints.

Attribution...none of this "informed sources" or "according to experts"...if you don't have a credible name as your source you don't have a story...just crap.

Television news does not have the journalist in front of the camera. That's a "presenter" or "reader" like Lester Dolt.

The Associated Press (AP) style book was once used by all credible journalists. They have just mandated that Black is to be capitalized but white is lower case...thus blowing their century of credibility. Haven't heard from (UPI) their competitor...United Press International.



"They keep using that word 'news'. I don't think they know what that word means."

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This guy must be spinning in his grave. Ask Grandpa about the Huntley/Brinkley broadcasts.

*curmudgeon
quotes*



***The truth will set you free
except on Facebook where
it gets you banned.***

***New Year Resolutions
can be for evil.
Just saying....***

***...like change your phone's
ring tone to gun shots.***

***I always say no to alcohol
but it never listens.***

***Perhaps Fauci is the reason
that God created
the middle finger?***

***My kids are starting a fund
to buy me a warning label.***

***I can totally keep secrets.
It's the people I tell them to
who can't.***

***Too many politicians
have bad luck
when they try thinking.***

***Today's Congress critters
may be the reason for so
many TV ads for medication.***

***Most politicians are two
faced and both are ugly.***

***You're old when your doctor
tells you to slow down
instead of the police.***

***Common sense is like
deodorant. People who
should use it never do.***

***If you see me smiling it's
because I'm thinking of
doing something bad.
If you see me laughing,
it's because I already have.***

***I have as much authority
as the Pope. There just
aren't as many people
who believe me.***



After The Lahaina, Maui Fire The US Government Is Still REFUSING To Let Insurance Adjusters Into The Area So No One Can Get Paid On Their Claims & REFUSING All Building Permits So No One Can Rebuild 2,207 Homes Burnt Down 0 Homes Repaired 0 Building Permits Have Been Issued The Banks Are Still Charging The Victims On Their Mortgages. *My guess: they are trying to create foreclosure on all the properties so land developers can claim them. Remember city official who prevented water from reaching the firefighters? Wonder if he has a bid in on the foreclosures? Or maybe: billionaire Chinese Communist Party (CCP) member...the second-largest foreign owner of U.S. farmland...under the radar for nearly a decade? Lame Stream, Media is ignoring.*



Ever wonder why California has been Democrat controlled since 1994? That's the year they eliminated proof of citizenship in order to vote.

The State of California will suffer a \$25 billion deficit in 2023-2024, despite enjoying a record-setting \$98 billion budget surplus in 2023, according to new analysis from the nonpartisan Legislative Analyst's Office. The new projections after elections in which Democrats, like Gov. Gavin Newsom (D), were reelected to every statewide office after a year of lavish public spending.

Newsom signed a law making marijuana legal in 2024.

I think they're going to need it.

Tidbits

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

Republican Party in Minnesota is struggling financially, has only \$53.81 in the bank and more than \$335,000 in debt: their FEC filing.

Twin Cities light rail system is ranked as the most dangerous in the country. The rate of personal security incidents reported from 2014-2021 was nearly twice that of Houston, the second most dangerous light rail system.

Biden does not support Taiwanese independence; favors "dialogue" between Taipei and Beijing and expects differences to be resolved peacefully and "without coercion".

Minnesota's red flag law just took effect and allows police or family members to petition for an order to have guns taken from certain individuals. California adopted the nation's first red flag law in 2014. Minnesota's law, like California's, is built upon extreme risk orders.

California leads the nation in "active shooter incidents."

There were an estimated 473.2 million civilian firearms in U.S. by the end of 2021. In 2022 17.4 million more and in 2023, 16 million more were sold.

Biden spent \$285 million for mental health services for students; hiring 14,000 counselors who will create designated "safe places" for traumatized students.

A Muslim imam at a *Wisconsin* mosque said the eradication of the Jewish people is coming and will happen at the hands of Muslims.

He's still "preaching".

Until next week...

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