



### Recipe Corner

Son Christopher continues to share the bounty from MN lakes...although he releases trophies like this Tiger Muskie. Sunfish aren't as lucky and wound up as fillets in the following:

### Mediterranean Fish Soup

#### Ingredients

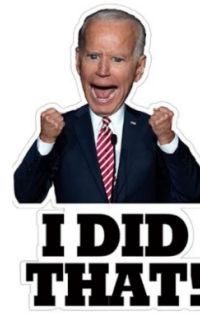
- sweet onion, chopped
- cup chopped peppers,
- 2 cloves minced garlic
- 1 can diced tomatoes
- 4 cups chicken broth
- 1 can tomato sauce
- 2 ½ ounce can mushrooms
- ½ cup orange juice
- ½ cup dry white wine
- 2 bay leaves
- 1 teaspoon dried basil
- ½ tsp ground black pepper
- 1 pound medium shrimp - peeled and deveined
- 1 pound fish fillets

#### Directions

Place onion, sweet peppers, garlic, tomatoes, chicken broth, tomato sauce, mushrooms, orange juice, wine, bay leaves, dried basil and pepper into a slow cooker. Cover and cook on low about four hours. Then stir in shrimp and fish. Cover. Cook 15 to 30 minutes. Remove and discard bay leaves. And, of course, finish the white wine with dinner.

# The Frank Report

2021		2020
\$1,500	1,000 FEET OF LUMBER BOARD	\$304
\$3.05	ONE GALLON OF GAS	\$1.95
\$251	ONE TON OF WHEAT	\$183
\$80	ONE TON OF COAL	\$39
\$6.86	ONE BUSHEL OF CORN	\$3.43



1.8.2022 #312

All the news I see fit to print.

Freedom of the press belongs to those who own one.

Conspiracies in January, facts in December	
Hunter Biden's laptop was real, not "Russian disinformation"	Trump supporters did not kill anyone at the Capitol
The CIA manufactured the Russian bounty story	Hillary's campaign manufactured the Russia-Collusion hoax
The FBI infiltrated and led the Gov. Whitmer kidnap Plot	In Kenosha, Kyle Rittenhouse acted in pure self-defense
The Lab-Leak theory is now the most likely pandemic origin	The shots don't prevent infection or transmission

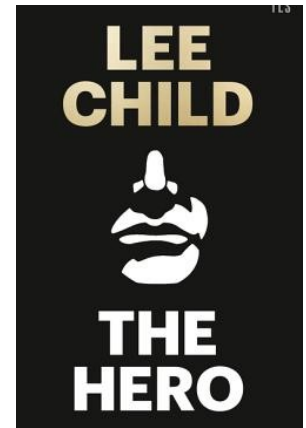
### Headlines that make you go hmmm...:

There were a record 1,002 gun-related homicides last year in Cook County, which includes Chicago. Illinois sees largest population decline in state history. White House press praised Biden's first-year gun control efforts even though 12 cities, all Democrat-run, broke annual homicide records during Biden's first year.

Mexico's Army (SEDENA) is losing approximately 30 percent of weapons purchased from the U.S. The missing weapons are showing up in crime scenes while Mexico's federal government litigates against firearm manufacturers in a U.S. court, blaming them for the raging cartel violence. Over 1.66 million illegal immigrants were detained at the U.S. southern border in fiscal year 2021.

**Cause and effect? violence prompts migration and the government blames it on guns?**

Bon Mots  
I'm an optimist  
but I do have a  
concealed carry  
permit.



### Book Report

No...not a new *Reacher* book. It's a book about heroes as defined by Lee Child offered as a tutorial for writers wondering how to create them. *Reacher* is certainly a hero for today. Grounded in love of his country and common sense, *Reacher* is the antithesis of the PC culture. Hollyweird took their best shot at blocking *Reacher* mania by casting the five foot nothing Tom Cruise as the 6'5" 250lb hero. Didn't work. The Amazon series starts Feb 4 and will launch what I'm predicting as a return to the real heroes unencumbered by the PC culture and will take direct aim at evil...so easily identified but protected today. The trailer for the new Amazon series seems to follow first novel (*Killing Floor*) so I've got my fingers crossed. Next series for a more subdued hero would be the *Joe Pickett* books by C. J. Box. But then, Hollyweird will ignore and just plagiarize the *Reacher* character.

-more-



I'm sure many of you have received the call about your car's warranty. It's a robo-call asking you to push one to talk to a rep. Always push that one and they will ask you for your make model and year. Tell them it's a 2019 Ferrari. They will ask if you have any other car. Add a 2020 BMW. The "smart" reps will hang up on you but some will tell you they can't "protect" those and will dig for more. That's when you ask them why they called about your warranty when they didn't know what cars you owned. The key is to tie them up on the phone so they aren't bothering anyone else.

I miss their weekly calls.

**Thoughts While Thinking:**

Want to know the real reason that we can't have the Ten Commandments in a Courthouse? You cannot post "Thou Shalt Not Steal," "Thou Shalt Not Commit Adultery" and "Thou Shall Not Lie" in a building full of lawyers, judges and politicians! It creates a hostile working environment.

Is it just me, or does anyone else find it amazing that our government can track a cow born in Canada almost three years ago, right to the stall where she sleeps in the state of Washington. And they tracked her calves to their stalls. But they are unable to locate 20 million illegal aliens wandering around our country.

Maybe we should give them each a cow.

I think I figured out that *no prosecute ban* on shoplifting: Spotted on a bag of Fritos -- *You could be a winner! No purchase necessary. Details inside.*

**Duh?**



**2022 milestones:** my beard is 50 years old, my car is 30 years old and daughter Susan is 29 plus tax.



Pity the poor Karen who asks me why I am not wearing a mask when the mayors of MPLS and St. Paul have dragged out that old crowd control bit. I have an appointment at our city hall on Monday...will be interested to see if our new mayor joins the mask bandwagon...but I doubt it. He refuses any interviews with the (Red) Star Tribune citing past ignorance on their part of what or where Farmington is in the metro area. Kudos to him and may he be re-elected many times!



**Mal Mots**

**Be careful of love at first sight. Always take a second look.**

**You're welcome.**



*If you're wondering what last minute gambit the Democrats will pull this year, look up Title 14, Section 1211 of the Code of Federal Regulations, implemented on July 16,1969. One of the two above are in violation.*



MN legislature statute 2019, section 609.735 **forbids** wearing of masks with the exception for medical **treatment**. Every mask mandate **require** the mask for medical **prevention**...illegal!

Lots of info here:

**healthy-skeptic.com**

**Until next week...**

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**Please feel free to pass it on.**