



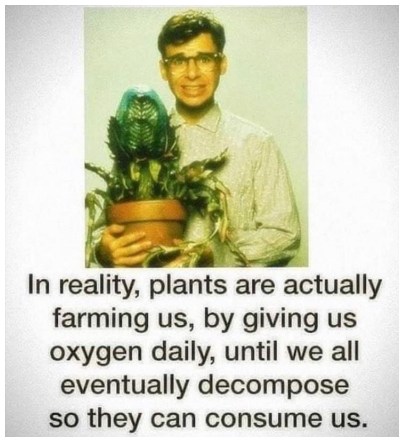
Recipe Corner

Chicken Vegetable Soup

ingredients

- chicken breasts (raw, cubed)
- Three cups chicken broth
- Three cups V8 juice
- Chopped sweet onion
- Three minced garlic cloves
- Two cups mixed vegetables
- tsp sweet basil
- 1/2 tsp thyme leaves
- Salt/white pepper to taste

Spray (or use liner) 4-5 quart crockpot. All ingredients in the pot for 6-8 hours. I freeze this in two cup containers...goes great with rolls for dipping and a dry white wine. The V8 isn't the greatest color for the soup but tastes great. Use homemade chicken stock from previous recipe corner.



In reality, plants are actually farming us, by giving us oxygen daily, until we all eventually decompose so they can consume us.

Now that's a thought that makes you go ... HUH?



At whatfinger.com you'll find every press gaggle with POTUS with information you will NOT find anywhere in the Lame Stream Media. Gone are the days of reporter grandstanding...nothing but FACTS about what he said and not a reporter's interpretation.

THE FRANK REPORT

10.19.2019 #196

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



I've got about a dozen news sites I check every morning. Seems to be a good way to also get exercise as I just shake my head at the idiocy. One of the web-sites is **Babylon Bee** which is losing viewers because their parody is indeed becoming more like reality.



This meme might be considered parody until you do the research and find out just how many of Hillary's enemies have met a similar result. Here's a website with a partial list:

<https://lasvegas.cbslocal.com/2016/08/10/the-list-of-clinton-associates-whove-died-mysteriously-check-it-out/> 47 and counting! And Epstein is not on the list?

All this talk of a coup, impeachment, civil war, and war with Iran. It's almost enough to make you forget that Jeffrey Epstein was murdered in his jail cell 5 weeks ago to prevent the world from finding out about all the powerful and rich men he provided child prostitutes to.

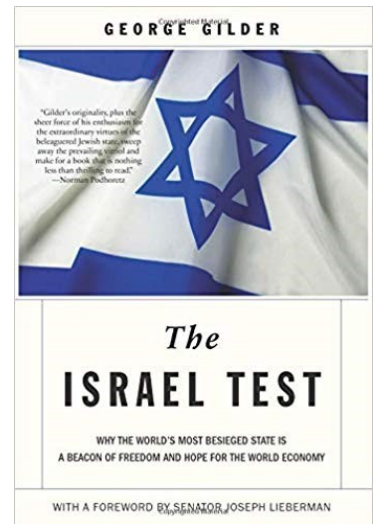
And don't forget Seth Rich. Then look up the Panama Papers scandal and let me know where that investigation ended. Guess we're too busy working to pay the taxes so politicians can provide bribes?

Bon Mots

Take care of yourself:
If you died today, your job would be posted online before your obituary.



My kids have promised to go the extra mile for my funeral.



Book Report

Do not miss this one. Buy it rather than from the library. One of those books you'll read several times as each chapter brings new focus on attitudes and some of the ignored historical events that had (and are having) profound effect on current events. More importantly, it will teach you better ways to think. **Gilder** has several books out there...my new favorite (and first) non-fiction author. Tip of the hat to **Dan Hauser** for bringing this one to my attention. revolutionandrenaissance.com For more about Dan's new book.

-more-

**ANTIFA REDUX...oldie
but still goodie...**

Learned communication skills at university ...parents paid \$200,000.00 tuition

Smile quickly vanishing as she sees her Prius being towed

Spelling is correct due to help from friends

Multiple keys to Mom's basement because Mom keeps changing the locks

Has to leave early for Monday job interview at CNN

Borrowed sneakers from one of her multiple boy friends in case she has to run from cops



Learned the word "redundancy" and wants extra credit from her professor.

Has "significant" tattoo but can't remember what it means

Supports Gillette razor company's woke position

Wants participation trophy 'cause she wore a sports bra.

Paid \$250 for the jeans at a boutique but missed the \$5 sale at Goodwill.

This, ladies and gentlemen, represents the career competition my grandchildren will have in the near future.

She also represents the main target audience of the Democrats given the debate topics we've heard about (but not stomach enough to watch).

**DAD/GPA/UNCLE/ETC
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