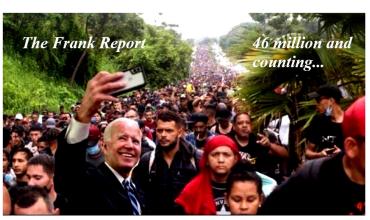


Recipe Corner Chickpeas and Rice INGREDIENTS: 5 slices bacon, 1 chopped onion, cup white rice, 1 TBS minced garlic, 1 15-oz can diced tomatoes, 1 15-oz can chickpeas (garbanzo beans), 2 cups chicken broth, 1 tsp salt, 1/2 tsp pepper, 1/2 tsp dried oregano, 1/2 tsp dried coriander 1/4 tsp red pepper flakes 3-4 TBS parsley

INSTRUCTIONS 1. Cut bacon into small pieces and fry until very crispy. Use a slotted spoon to remove bacon (leaving drippings in the pan). Set bacon aside. Add onion to drippings then sauté for 3-4 minutes. Add uncooked rice and garlic then continue cooking for 2-3 minutes or until garlic is just starting to brown. Add tomatoes (with juice), drained chickpeas, broth, salt, pepper, oregano, coriander and red pepper. Increase heat to high then bring to a boil. Add cooked bacon then stir. Reduce heat to low, cover with a tight-fitting lid then cook for 20-25 minutes or until rice is done. Stir once or twice to ensure the rice isn't sticking to the bottom.

This recipe resulted from a challenge from son William. It must have been good because he had two helpings, and then a third from leftovers next night.

Anyone else got one?



10.5.2024 #456 All the news I see fit to print. Freedom of the press belongs to those who own one.

Over 70 million immigrants have arrived in the U.S. since 1965, according to a Pew Research Center analysis of Census Bureau data. About 18 million have come from Mexico, making up the largest wave of immigration from a single country to the U.S. In 2022, the number of immigrants living in the U.S. reached a high of 46.1 million, accounting for 13.8% of the population. (*This includes both legal and unauthorized immigrants.*)

As of July 21, 2024, there were 662,566 noncitizens with criminal histories on ICE's national docket, which includes those detained by ICE, and on the agency's non-detained docket. Of those, 435,719 are convicted criminals including 13,099 migrants convicted of homicide who are not detained.

An additional 222,141 undetained migrants are facing criminal charges, including 1,845 homicide charges. The data also shows an additional 15,000 migrant criminals in jail. The jailed population includes 277 migrant murderers and 51 migrants who are facing murder charges. There are also 17,000 migrants found guilty, or charged with, sexual offenses.

That's the immigrant body count. Here's the damage report: 33,000 assaults...3,000 robberies...6,900 burglaries

7,500 weapons crimes...4,300 sex crimes 1,600 kidnappings...1,700 homicides and murders

(That we know of or that Kamala will admit to)

We need to get back to immigration laws and procedures that made sure the immigrants wanted to become Americans...some that I know are more American than citizens born here.

Here's a thought while thinking: what if we made our native born criminals take the citizenship test...and if they fail...make them immigrate to another country. If you check the statistics of the current batch of illegal criminals, you'll find most have a criminal record in their country of origin. To make this report even scarier...it doesn't include the "gotaways".



Kamala Harris posted a photo on her X profile where she pretended to be on the phone with FEMA discussing the damages from Hurricane Helene in the southern US. Works better when the cord is plugged into the phone. I'm wondering if her staff is doing this on purpose given her history of firing 90% of her staff during her reign as VP.



Brian Williams is in talks to host Amazon's coverage of the 2024 presidential election. Williams was suspended by NBC News for six months for "misrepresenting" (lying) about events which occurred while he was covering the Iraq War in 2003. Four months after the incident came to light, he was removed from NBC Nightly News permanently and reassigned to MSNBC. Claiming to have been under fire, Hillary picked up the narrative and claimed she was too...but the incident was filmed and showed her receiving a bouquet of flowers. These are weird people!



Laughter is <u>not</u> the best medicine. Coffee!

Teach your kids about taxes. Eat 30% of their ice cream.

I'm not creating problems in my head. It's my mouth!

Jesus may love everybody but I'm not there yet.

Common sense seems to be the least common of senses.

Why does MS Word have a red line under my name?

Some politicians don't need your vote. They have machines for that.

All that time and money we spend on lawns yet we don't eat it?

Took a nap yesterday. Woke up this morning.

Why do we use our driver's license to buy stuff that impairs our ability to drive?

> If my cats had wings, they'd just lay there.

The Lame Stream Media celebrates April Fool's Day EVERYDAY!

Cooking tip: if you put too much water in your rice, toss in a couple of phones.

Another tip: if you have to stir it, it's homemade.

If you don't have a party affiliation, you should be able to register under the heading "Confused".

And why do they call them "parties"!



At the end of the assembly line inside the Scranton Army Ammunition Plant, Ukrainian President Zelensky autographed one of the 155-millimeter artillery shells.

Zelensky has received over \$113 BILLION...and counting,

Trump was impeached for just calling Zelensky...but then Biden flew Zelensky at tax payer expense to a bomb factory in Pennsylvania and had him trash Trump and Vance and endorse Kamala. President Donald Trump did not know how to end the war, Zelensky said, and his VP, Sen. J.D. Vance, is "dangerous" and "too radical."

In related news...President Trump had to downsize his Wisconsin rally because federal resources were diverted to protect the Iranian president, Masoud Pezeshkian, who has been linked to threats against Trump. The rally, originally expected to draw tens of thousands, was relocated to a smaller venue, leaving many supporters turned away. Biden is now guarding the Iranian President who's looking to kill Trump using resources that are supposed to protect Trump. *Weird*!

Oh...and about those bombs: the US has dropped about 340,000 bombs in the last 20 years...

Syria for five years...Yemen for seven years...Somalia for 15 years...Iraq for 16 years...Pakistan for 18 years...Afghanistan for 21 years.

None during the Trump administration which is why the military industrial firms like this bomb factory hates him.

And this...more than four months after a group of pro-Palestinian protesters broke into the Millar Library on the Portland State University campus, causing extensive damage, the library has reopened its doors. Students will have to pay for the damages with increased tuition cost. I wonder if those students will reconsider their support of the protestors when it hits their student loan?

Tidbits

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

FBI Agent Leading Investigation into Second Assassination Attempt on President Trump Is a Toxic Loon Who Has a History of Anti-Trump Bias and Tried to Force US Veterans Out of the Bureau

Minnesota State Library Services, part of Walz's administration, will hold an event in October exclusively for black, indigenous, and people of color (BIPOC) librarians. You white honkies stay away!

ICE Reports Over 13,000 Murderers, 15,000 Rapists, and 425,000 Convicted Criminals Allowed Into America by Biden-Harris Open Border

Massive Voter Registration Shift: Republicans Gain 400k, Democrats Lose 3.5 Million, and Independents Surge by 1.8 Million from 2020 to 2024 in 30 States

Minneapolis Police Department Swears in First (Somalia) 'Non-Citizen' Officer to Police Force

Taxpayer-Funded Minneapolis Food Pantry Bans Whites From Accessing Resources But of course!

Tim Walz Gives Middle Finger to Trump Supporter While at Michigan Football Game.

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.