



Recipe Corner
Cabbage and beef skillet

Ingredients:

- 1 lb ground beef
- cabbage, shredded (about 6-7 cups)
- 1 sweet onion and cup sweet peppers, chopped
- 4 cloves of garlic, minced
- 1 tsp salt
- 1/2 tsp black pepper
- tsp paprika
- 1 can diced tomatoes
- 1/2 cup beef broth

Instructions:

Brown the ground beef in a large skillet over medium-high heat. Remove the cooked beef from the skillet and set it aside. Chopped onion and garlic next: cook until translucent. Add the cabbage, stirring until it's tender and slightly caramelized (about 10-12 minutes). Add the salt, paprika, black pepper, stir to combine. Add the cooked ground beef back into the skillet, along with the diced tomatoes and beef broth. Stir to combine and simmer for 5-7 minutes and the cabbage is tender. *TIP: I use chopped thick bacon and cook half way before adding the ground beef. The bacon grease is gooder than oil. Son William is a cabbage fan. H/T to him for my search for more recipes involving cabbage.*

The Frank Report



11.23.2024 #463

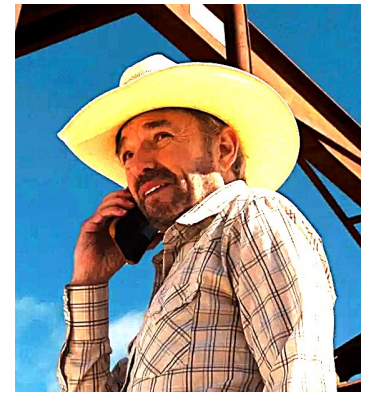
All the news I see fit to print.
Freedom of the press belongs to those who own one.

Trump's transition team has opted to use private firms to conduct security clearance reviews and background checks on his appointees for key positions. He is also ignoring the "suggestions" from so called Republicans who hide the anti-Trump tendencies of their picks. Trump got burned badly last time and is making damn sure those he selects are going to fully support his agenda. Trump can make 4100 appointments with 1200 of those subject to Senate confirmation. The most visible is Gaetz as Attorney General heading the Department of Justice.

Trump can bypass the Senate for all appointments using The Federal Vacancies Reform Act of 1998, which allows for temporary appointments for up to 210 days, with a possible 210-day extension. This individual would not require Senate confirmation. The law is a revision of the Vacancies Act originally passed in 1868 and updated in 1998 by Republicans with much gnashing of teeth by the Democrats. I'm including an attachment with a very well researched complete history of the process.



Replacing an obese trannie with RFK jr as head of HHS means Big Pharma's \$4BILLION advertising on tv will come to a screeching halt due to new rules that will require drugmakers to be clearer and more direct when explaining their medications' risks and side effects. No more happy people dancing down the road promoting the Wegovy weight loss drug. The FDA rule became binding Nov 20 and RFK jr will make sure it's enforced. Of course, the LSM hates the new rules as it cuts off 70% of their main ad revenue while election ads are gone for two years.



"Billy Bob Thornton figured out the oil industry for the Landman tv show".

Typical Hollyweird bullshit where they lay genius label on the actor who just mouths the words the real genius created. Maybe that's why Alec Baldwin can show up on national TV with his fly open and gets away with it?

The **Landman** show is written and directed Taylor Sheridan. I've mentioned his other hits that are responsible for Paramount's growing audience. He even got me back to watch the boob tube.

I'm guessing Sheridan is involved with actor choice as Billy Bob is great in the role. In other words, he knows how to read the scripts Sheridan has created. Now compare their salaries.



I'm still into Nick Petrie books. He's at right with his fan...Lee Child of **Reacher** fame. Nick lives in Milwaukee as had I so recognize some of the plot. (**Peter Ash** series)



If a man agrees with a woman, she must have said something really stupid.

People can't scare me if I scare them first.

Given the public's atrocious lack of taste, I take pride in not fitting in.

If you conform to society, everyone will like you but you won't.

Be yourself is worst advice I ever gave someone.

Go with the flow and you'll wind up with dead fish.

Elections are over. Can we get some of that ad money for the potholes?

I'm so old I now provide good advice instead of a bad example.

The avoidance of taxes is the only intellectual pursuit that still carries any reward.

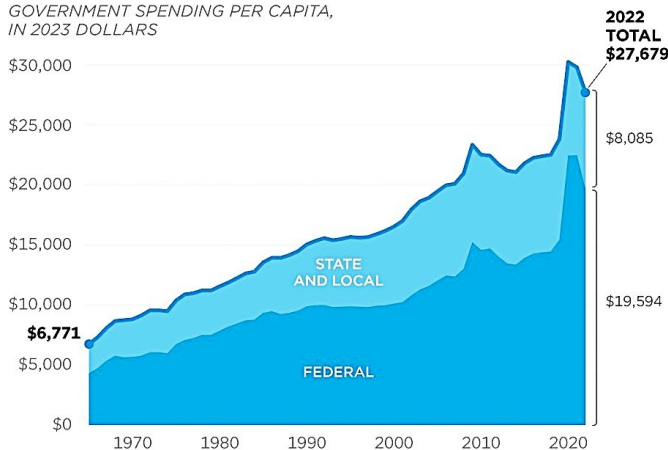
There are too many Democratic congressmen, too many Republican congressmen, and not enough U.S. congressmen.

Politics is the gentle art of getting votes from the poor and campaign funds from the rich, by promising to protect one from the other.

I'd really like to vote for the best man, but he's never a candidate.

Politicians claim they're beefing up our economy but don't know beef from pork.

GOVERNMENT SPENDING PER CAPITA, IN 2023 DOLLARS



Above chart shows the spending momentum for the past 50 years for both federal and local government. The amount shown is *per capita* meaning every warm body, not just taxpayers. My local school system wanted to raise the per student spending from \$696.15 per student to \$1,556.15 per student. The result would have more than doubled the property tax to cover the cost. The proposal lost 60-40%. Guess voters actually read the proposal.

Meanwhile, the national debt has reached \$103,831.00 *per capita* adding \$11.8 TRILLION since 2020, one third of the current \$36 TRILLION debt. That means 438 agencies are spending more money than they are getting. They are taking out loans to keep up with spending with almost \$ONE TRILLION being paid in interest on those loans.

Almost \$200 billion (and counting) has gone to Zelensky and the Ukraine war. Given the size of government, even the Defense Department can't keep track of how much is being spent as they failed their seventh audit of almost \$ONE TRILLION. Of course, there are those crucial costs such as the million dollars spent to see if cocaine would increase the promiscuity of the Japanese Quail.

(I am NOT making that up.)



Trump has authorized the Department of Government Efficiency and Vivek Ramaswamy (I) and Elon Musk will inspect 438 federal agencies with the goal of eliminating waste, and in some cases, the agency itself such the Department of Education. I'll bet thousands of resumes are being updated by agency employees seeking new jobs.

Tidbits

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

U.S. military has 44 four-star generals, **each** of them with a budget of \$250 MILLION and each with 2,000 employees.

Mobile operator O2 has created an AI tool that sounds like an elderly grandmother, keeping phone scammers on calls and away from the general public. *(My record is 14minutes/20seconds.)*

Democrats sounding the alarm over Trump's plan to shutter the Department of Education, saying it would put millions of kids in danger of becoming too smart to vote Democrat.

Western North Carolina after Hurricane Helene...victims are having their land purchased out from under them for \$2,500. It's definitely a land grab for the lithium and quartz mining

Google AI does not include the assassination attempt against Trump when users search for "what happened on July 13?"

The Pentagon on Friday failed its seventh audit in a row, with the nation's largest government agency still unable to fully account for its more than \$824 billion budget

USDA Created Current Bird Flu Strain Through Gain of Function "Research" **e.g. bioweapon.**

Until next week...

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