



Recipe Corner

Shepard Pie

Ingredients:

- 1 lb of beef
- mixed vegetables
- can mushrooms
- 1 bay leaf or basil
- 1/4 cup 1/2&1/2
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups mashed potatoes
- 1 egg
- 2 teaspoons melted butter
- paprika

Heat oven to 400 degrees. Mix the frozen vegetables with the meat (either cubes or hamburger). Crumble the bay leaf or basil over the mixture. Secret to success is how you mash the potatoes. I use baking potatoes boiled in salt water. Drain the water and add butter and milk. When the butter melts and milk is hot it's ready to mash. Beat the egg with sour cream and fold into the mashed potatoes, spread over the meat and vegetables. Brush the top with melted butter, sprinkle with paprika. Bake 20 minutes or until top is browned.



Mail delivery has been slow. Maybe my new door mat has something to do with it. UPS guy rang the doorbell to tell me he loves it.

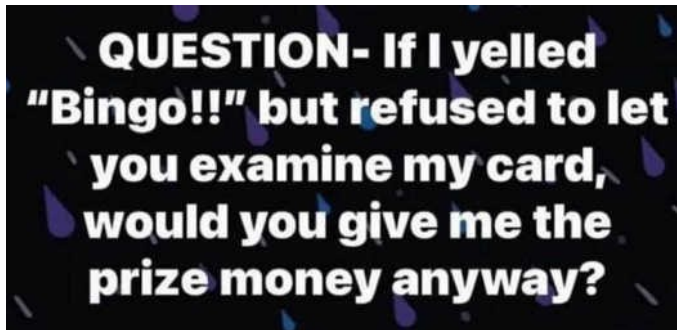


The Frank Report

12.12.2020 #256

All the news I see fit to print.

Freedom of the press belongs to those who own one.

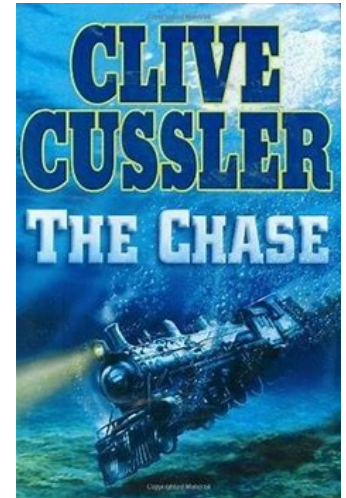


Found a real live newspaper with unbiased journalists who report facts: www.theepochtimes.com. Normally by subscription but they are providing free to provide best overview of the election news I've seen. No wonder they are being censored heavily by social media. They are probably picking up new subscribers too.



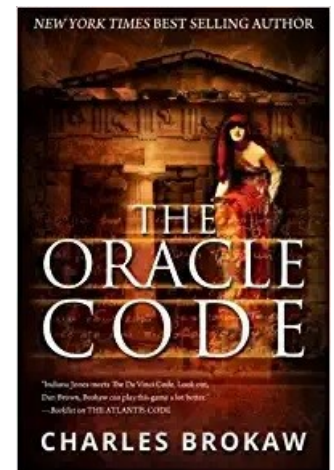
My eighth pandemic and first one where the government has taken charge. Took the flu shot once (*on orders from Navy*) and got the flu. Haven't since. No comorbidities so figuring natural immunity will suffice. Am I wrong? Hell, I'm into my 80's, something gonna get me but I highly doubt it's going to be the beer flu. Meanwhile, I'm discovering new wines, have a steady supply of great pipe tobacco and enjoy experimenting in the kitchen with new recipes that ensure a diet even Dr. Falsi (sic) would approve. My daily list of things to do? Check off one and add three more at end of each day.

Bon Mots
My opinions do not need nor seek anyone's approval.



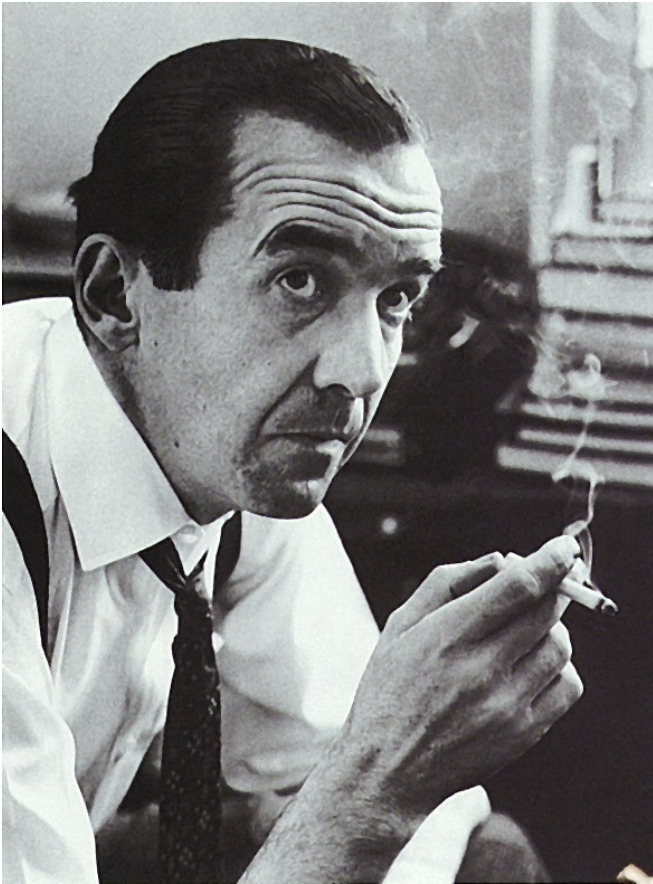
Book Report

Wasn't too enamored of Cussler's *Dirk Pitt* character but *HOLY COW* this one from 2007 is an edge of your seat thriller sans Dirk. I will have to start tracking down more of his non-Pitt books. h/t to Dr. Marshall for sending me this.



Whoever this guy is, he's better than Dan Brown and his character reminds me of *Indiana Jones*. Heavy on history woven throughout the fast moving plot. Thanks again, Dr. Marshall. Info re: Brokaw attached.

-more-



Ed Murrow was the epitome of journalism reporting in the middle of WWII battles and with post war program **See It Now**. Fast forward a few years and we get Baba Wahwah (as SNL called her) with her high pitched voice complete with speech embodiment asking people what kind of tree they want to be. It devolved even further into **The View** as main source of “news” for some. The chosen ones (*journalists today*) have taken on the mantle of truth sayer as they preen before a large audience. The advent of the internet has given anyone the ability to mesmerize a large audience using clickbait rather than any rational thought generated by an IQ above room temperature. Now I understand how cat videos on You Tube can capture an audience of “likes” with higher numbers than most national news program ratings. Now add the number of cable and internet “news” outlets and you’ll see further bastardization of the term “journalist”. There just aren’t that many who can honestly claim that title. They just don’t have the voice, presence or humility to carry it off. My tree? A weeping willow given what’s happened to a profession I was once proud to be a part of.

One of the subscribers to this newsletter sent news that the world has not gone completely nuts. He happily reports that the team he coaches came up with a state championship this year. Congrats to Coach Glenn Quiggle of LaFayette Christian School in LaGrange, Georgia. →

Glenn is a retired (30 year) vet, retired teacher and he now says he is retiring from coaching. I had to remind him that retire is what you do to your car.



Reminder: this newsletter is published every Saturday morning and is by opt in subscription. That means you send me an email requesting to be added to the list. Please feel free to pass it on. I’m still amazed at how it grew from a note to our five kids to several hundred and counting.

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