



Recipe Corner
Iowa Pheasant

Soak pheasant breasts in 1/2 cup kosher salt and water for about an hour. Meanwhile, gather these ingredients:

Italian seasoned bread crumbs

2tbs melted butter

1/4 cup mayonnaise

1/4 cup sour cream

Tsp chives

2 tbs Dijon mustard

*Salt and pepper**

Oven to 350 F. Whisk butter, mayo, sour cream, chives and mustard in bowl. Rinse breasts and dry. Roll in mayo mixtures and then in the bread crumbs. Place in greased baking dish, cover and into oven for about an hour. Turn oven off, uncover and cook for about 15 minutes more until browned. (*Internal temp 165F*)

**Instead of regular pepper, I use ground lemon pepper.*

The breasts can be frozen even after cooking and then refreshed in the oven (*not the microwave*). Baked potato works well given the oven temp and time. However, I think wild rice cooked in homemade chicken broth would be gooder.



The Frank Report

America's guardian angel has decided to take a well deserved break...

12.2.2023 #411

All the news I see fit to print.

Freedom of the press belongs to those who own one.

The debt of the federal government has increased \$2,452,444,126,108.25 since last Thanksgiving, according to data published by the U.S. Treasury.

That works out to approximately \$7,304.03 for every one of the 335,765,877 persons in the United States, as per the Census Bureau's current population estimate.

The government collects \$2.6 trillion of taxes and operates at an annual deficit of \$2 trillion. Interest on the debt will surpass \$1 trillion annually within the next year.

They will either have to cut spending or raise taxes.

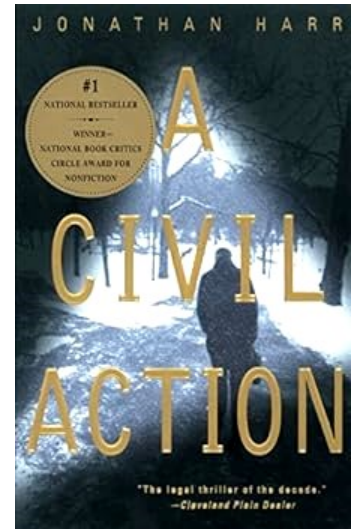
Want to guess what they'll do?

General Michael Flynn was investigating money laundering through military operations at the Pentagon before the Deep State had him removed. Pentagon audits reveal more than THREE TRILLION of your tax dollars unaccounted for since they began auditing the Pentagon in 2018.

As War Breaks Out and US Is Attacked 64 Times in Recent Weeks – Pentagon Asks for \$114 Million for Diversity, Equity, Inclusion Training (*and will probably get it*).

The U.S. government, under Joe Biden, has handed out some \$4.1 billion in taxpayer money to promote the LGBT ideology and lifestyle choices around the globe in just three fiscal years. An example: the LGBT Life Center in Norfolk, Virginia, was handed \$1.8 million for a "safe space." If you're wondering about money for border security...there was billions for border security... in the Ukraine, Israel, Poland, and in a host of places we don't even know about...yet...but not ours.

On a "lighter note": individuals who sometimes or often wore masks had a 33 percent higher incidence of COVID-19, compared to those who never or almost never wore masks. This jumped to 40 percent for people who always wore them.



Book Report

Author teaches non-fiction writing at Smith College; and this is the greatest example I've ever read, (*including Truman Capote's In Cold Blood*). Book won all kinds of awards as it follows the true story of the Woburn MA litigation of contaminated ground water that lead to multiple deaths. Author had unprecedented access to every element of the years long battle. Shines a spotlight on how the judicial system can run aground in complex cases no jury could ever understand let alone come to a verdict. Add a corrupt judge and it spells disaster for the victims.

Judge Bruce Reinhart who signed the search warrant for Mar-A-Lago and Giselle Maxwell



Another example of what the Lame Stream Media doesn't consider "news". BTW: subpoenas are flying on other "news" they've ignored.



True forgiveness is realizing the other person is an idiot.

Paying taxes will protect you from what they'll do to you if you don't.

Government buys you things with your money and tells you it's free.

**My pronouns?
she/he/it
(Say it fast)**

When you multitask, you're liable to screw up several things simultaneously.

**My "WOW"
is not a compliment.**

I stir the pot because it tastes good.

Killing them with kindness ain't working. Suggestions?

Voting has become choosing which candidate's lies you prefer.

Why are we arguing about rules we didn't make?

Of course I lie. People keep asking me questions.

How stupid can politicians get... it's a rhetorical question they've accepted as a challenge.

People don't spank their kids anymore because it's easier to shame them on social media?

If I work harder, I should be able to make the next government watchlist.

Evian water costs what? Spell it backwards!



Analysis from the Center for Immigration Studies of the U.S. Census Bureau's Current Population Survey (CPS) reveals that, as of August, the foreign-born population stands at about 49.5 million — just 500,000 immigrants short of hitting 50 million." Center for Immigration Studies with Annual Costs of \$451 BILLION for Housing and Supporting Undocumented Immigrants.

California Democrats hastily cleaned up San Francisco, power washed transit stations and cleared homeless encampments in major areas ahead of the state visit between Joe Biden and Chinese President Xi Jinping. *Wonder how we could invite them to Minneapolis?*

Never mind... Minnesota ranks as the least economically free states in the country. High levels of economic freedom encourage investment and entrepreneurship, leading to high levels of income and growth. South Dakota and North Dakota — were among the ten most free states. Iowa and Wisconsin ranked at numbers 23 and 27.

American civilians own 46% (approximately 393.3 million) of the world's 857 million civilian-use firearms. The top five states for gun ownership comprise only .8% of the nation's firearm-related homicides (185 homicides between all five states). The bottom five states for gun ownership comprise 4% of the nation's firearm-related homicides (1,038 firearm-related homicides).

MT is #1 MN is #34 WI is #28 NJ is 50th.

The states (like MN) who require a complicated process of classrooms and range shooting to obtain a concealed carry permit must have a reason. Let's see...average cost of jumping through those hoops for a permit with a four year limit costs, on average \$276.00. Then another \$150.00 for renewal. OK...337,000 permits issued. Do the math and you'll see why politicians love the permit system and continue to add hoops to the process.

Tidbits

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

Government programs always include a goal. How many government programs have been cancelled because the goal has been reached?

Military leadership at the Minot Air Force Base in North Dakota sent out a warning message that anyone who attends a pro-Trump Rally hosted by Turning Point USA could jeopardize their military careers.

Senior Pentagon Official At Office Overseeing Elementary Schools Arrested For Human Trafficking

Amazon is set to deliver 5.9 billion packages this year—more than UPS or FedEx in a big trend reversal.

Washington, D.C. bureaucrats approved a budget to repaint the city's street with Black Lives Matter slogan for a whopping \$270,000.

. Ms. Elizabeth Hirsch Naftali, purchased art from Hunter Biden before being appointed by Joe Biden to the U.S. Commission for the Preservation of America's Heritage Abroad. The first American hostage Hamas released is a family member.

Police Beat The Hell Out Of Innocent J6 Protesters Who Face Years In Prison. When The Left Riots, They Sue Police For 'Excessive Force' And Win Millions **of your tax dollars..**

Until next week...

**email: fns@franksiegler.com
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Please feel free to pass it on.