



## Recipe Corner

### Pork Loin & Pinto Beans

Pork loin is cheaper than eggs. Was on sale so I bought five pounds for this recipe and some for the freezer.

Start with two cups of pinto beans soaked overnight.

Then into crockpot with chopped sweet onion, two cups of chicken broth and cup of salsa. Next mix the following: 3tbs molasses, 1/4 cup brown sugar, tsp dry mustard, tbs Worcestershire sauce and cup of catsup.

Then into crockpot and mix well. Next, cut the pork loin into bite size chunks. I use couple slices of bacon chopped up and into frying pan. Then fry the pork chunks with the bacon fat until browned. I add about two drops of liquid smoke while stirring as they fry until you get a crispy edge.

Then into the crockpot and stir all to mix. Turn crockpot to high until beans and pork are done. Leftovers can be frozen but make sure you use low setting on microwave to reheat as the beans will explode if you push it too fast. Oven at 325 is gooder. If you really want to stretch this budget, serve with hot rice. I add a large dollop of sour cream.

# The Frank Report



2.11.2023 #369

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

Peter Halligan has a newsletter on the internet and, like me, uses it to alleviate frustration. Here's what he has to say about masks that goes well beyond last week's newsletter: *There has been no benefit from masks, but there has been a huge cost in terms of pollution and profits for the mask manufacturers and vendors.*

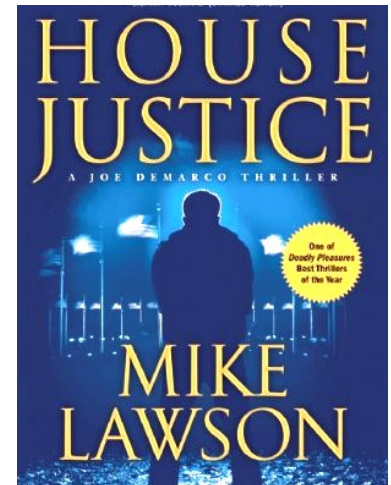
*Consider that, allowing for a drop-off in the last 3 months, around 10 masks a month have been worn by at least five billion people for at least 30 months....five billion masks times (10 per month x 12 months a year) times 30 months...  
EIGHTEEN TRILLION MASKS.*

*Each mask costs around a dollar each. 18 trillion bucks = 6 trillion bucks a year – global GDP is around 80 trillion – so around 7.5% per annum of GDP has been wasted. Tax takes for most countries are around 40% of GDP – so almost a fifth of the annual taxes of most countries has been wasted on useless face nappies.*

*Now let's consider the environmental impact of the disposal of 18 trillion masks.*

*Each mask is approximately a 4 inch by 4 inch square. Laying these end to end – 3 masks per foot, 5,280 feet per mile = 15,840 masks per mile = 1.136 billion miles of 18 trillion useless masks. Each mask weighs around 4 grams – 18 trillion masks = 720,000 metric tonnes of masks. For perspective, the Earth is around 25,000 miles – enough useless masks to go round the Earth more than 45,000 times.*

Meanwhile, remember the scarf lady, Dr. Birk? She has a new book out where she admits she lied and altered data to force the masks and lockdowns. Blatant lies and now she is selling a book to cash in on her obvious (*but never indicted*) crimes.



## Book Report

Still binging on the very good **Joe DeMarco** series. He dips into international terrorism on this one and we get more details on some of the other recurring characters Lawson has developed.

He's also written three novels with a female DEA agent as main character. I've ordered them and will let you know.



I built a bookcase behind the door in my bedroom...



...then a bigger one behind my bed. Now I'm eyeballing other walls. Really nice when one hobby feeds the other.

Price of lumber going down so I can cost justify new projects.



*Without freedom of speech  
we wouldn't know  
who the idiots are.*

*Spilling wine is  
the adult equivalent  
of losing your balloon.*

*I don't approve of political  
jokes... I've seen too many of  
them get elected.*

*I don't do drugs because  
I get the same effect  
just standing up fast.*

*"The early bird  
may get the worm.  
I'd rather own  
the worm factory  
and sleep late".*

*John D. MacDonald (RIP)  
aka Travis McGee*

*Just because  
nobody complains  
doesn't mean  
all parachutes are safe.*

*Everyone is normal  
until you get to know them.*

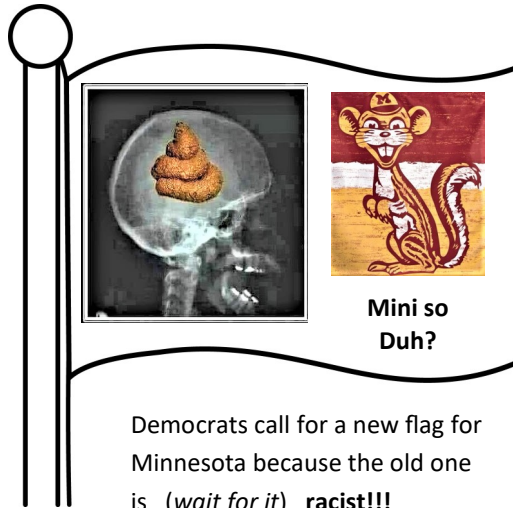
*Carpe Diem?  
Nah...  
Poke it with a stick.*

*Glass half full or half empty?  
I don't care.  
Unless there's wine in it.*

*You know you're a grandpa  
when...you used to get angry  
at your kids and now you  
laugh when your grandkids  
do the same thing.*

*Could we put ourselves in  
the dryer for ten minutes,  
then come out wrinkle-free  
and three sizes smaller?*

*Nope. It ain't the dryer  
shrinking our clothes. The  
problem is the refrigerator.*



Democrats call for a new flag for  
Minnesota because the old one  
is (wait for it) **racist!!!**

Current flag shows a farmer working in the field  
with an "indigenous person" on horseback off in  
the distance. Adopted in 1957, the current flag  
does look like it was designed by a six year old  
using crayons.

Above is my  
suggested  
replacement  
with the  
following  
quote:



*"White man does woman work while Indian  
man hunts, fishes and sits around campfire  
smoking tobacco medicine when he isn't  
riding his horse...and white man says he will  
make Indian man's life better."*

In the name of equity or diversity, we  
should pass a law that the legislature has to  
include Indians from every tribe to create or  
change MN laws. Much gooder ideas and no  
sales tax on tobacco or alcohol when you  
visit their casinos.

***A casino in every neighborhood!***

***Until next week...***

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*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.***

***Of course, the Democrats bring out  
their squirrels to hide their "good stuff".***



There's an \$18 BILLION surplus. That's not  
enough for these rodents. While they're  
waving that flag, HF 580, introduced by  
state Rep. Erin Koegel (DFL-Spring Lake  
Park) is a 40-cent tax on every retail  
delivery in the state. That's Amazon, Uber  
Eats, pizza and any retail item delivered to  
your home, except groceries but not  
clothing, would be subject to the tax and  
would begin next year at 40 cents and  
quickly ramp up to 50 cents per delivery.

The tax would be imposed on every  
delivery by motor vehicle.

When fully implemented, this new tax is  
expected to raise \$128 million per year to  
add to the \$18 BILLION surplus...unless  
the Democrats figure out a way to give it  
to their "favorite" charities like Planned  
Parenthood or the teacher's union who  
will now (and I am not making this up):  
provide professional gender-affirming  
care for students without a required  
medical license, without parental  
approval or consent, without securing  
informed consent, and without conform-  
ing to professional standards of care.

***But wait...there's more:***

HF146, introduced by Rep. Leigh Finke of  
the Democratic-Farmer-Labor Party,  
would make Minnesota a "trans refuge"  
state. The transgender Finke was elected  
to the Minnesota House in District 66A in  
the midterm election. HF146 would  
prevent law enforcement from removing  
a child from parental custody in  
accordance with an order from outside  
Minnesota. This clause is meant to ensure  
children undergoing gender transition  
procedures allowed under Minnesota law  
cannot be governed by child protection  
laws of other states. ***Gee...thanks!***