

**How To Be Happy And Really Old**

Research, led by University of California neurologist Claudia Kawas, tracked 1,700 nonagenarians enrolled in the 90+ Study that began in 2003 to explore impacts of daily habits on longevity. Researchers discovered that subjects who drank about two glasses of beer or wine a day were 18% less likely to experience a premature death. (*I'm at 36%?*) Other factors were found to boost longevity, including weight. Participants who were slightly overweight — but not obese — cut their odds of an early death by 3%. (*pass me the pasta.*) Subjects who kept busy with a daily hobby two hours a day were 21% less likely to die early, while those who drank two cups of coffee a day cut that risk by 10%. (*Four puts me at 20%?*) Wonder what other “things” we can do to increase the odds of reaching well over a hundred...breathing?



**Recipe Corner**

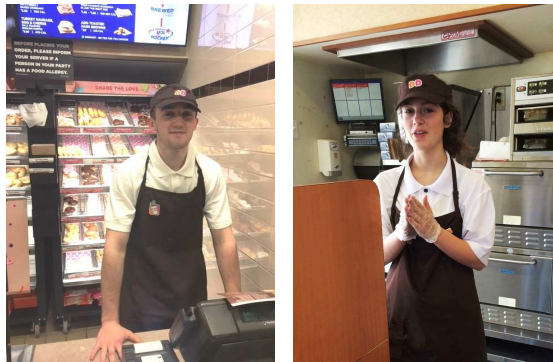
*Perfect Pizza cont'd:* next, the cheese: try to find whole milk mozzarella and layer it on the sauce. Then the meats: I use a combination of 90/20 hamburger 2:1 with sweet Italian sausage. Mix in a bit of hickory smoked bacon. Fry it with a bit of garlic until crumbles. Set aside to cool because you will sprinkle it on the cheese. Then another layer of mozzarella over the meats and then sprinkle romano and parmesan over the top. Then into the 400 degree oven until light brown (see picture) about the shade of Shelby (Golden Retriever).

**THE FRANK REPORT**

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*All the news I see fit to print.*

*Freedom of the press belongs to those who own one.*



Grandkids Shane and Jenna start climbing the ladder of capitalism at Dunkin Donuts within walking distance from home. Mom Susan searches them for leftovers each night.



CNN continues their fake news with a Town Hall; where they passed out scripts to kids who had trouble pronouncing some of the ad homonym comments. One kid rejected the script and was not allowed to ask his questions. If you're still paying cable subscriptions, you're paying CNN. They care less about viewers as the cable companies pay them to be included in the package. Doesn't matter that nobody is watching them. Do yourself (and me) a favor and cut the cord. Using any number of inexpensive methods.



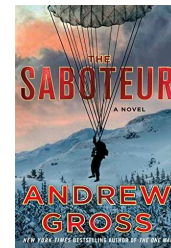
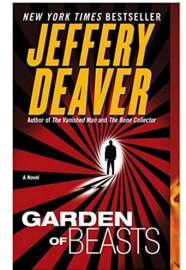
The cable companies sell three products: internet connection, TV programs and phone connections. You don't have to buy all three.

**Bon Mots**

**If women do the same job for less money, why do companies hire men to do the same job for more money?**

**Book Report**

Deaver again. Set in pre-WWII Germany and spies and “good” assassins. Fast read and some added history.



Nazi atomic plans foiled in Norway...yes, that story but told with facts and better than the movies.



If you're using Google and Chrome you're being monitored at all times. Better alternative is DuckDuckGo for search. They won't track you and report your search to spamming companies trying to sell you stuff you don't need. Look up “bubble filter” for further outrage.

As for Microsoft, they have been fairly benign in their treatment of their clients. I'm about to upgrade to Windows 10Pro from 7Pro given the forced improvement in search engine Edge vice Explorer. Upgrades continue to be the source of income for them...remembering that Gates thought IBM was going to buy his company but they opted to license thus making Gates very, very rich. Wonder what ever happened to those IBM suits who negotiated with Gates? Flipping burgers?

**-more-**



## Why Politicians Love Gun Control

Using politician logic, guns cause murder. To test this hypothesis, I placed my shotgun on the back deck and kept watch. After three days, the shotgun had not moved, and I could not find any dead bodies anywhere near. Giving them the benefit of the doubt, perhaps my experiment did not factor in the many laws passed by politicians to prevent murder by gun. Since my shotgun was not a registered weapon, I researched the process in Minnesota to create a law-abiding gun that would be considered an official murderous weapon.

Here's what I found:

First, I would have to pass a background check. The cost would be \$32.00 for the FBI background check and \$15.00 for the Minnesota background check plus \$10.00 for the fingerprint card. Total for this first step is \$57.00

Next, I would need to pass a firearms safety course at a cost of \$99.00. Huge conundrum concerning this safety course is the fact that I would have to furnish my own firearm. Perhaps I could borrow one from someone who had possession of an official murderous weapon.

Finally, I could apply for a concealed carry permit at a cost of \$100.00 for the five-year permit. One of the 87 county sheriffs in Minnesota would pass judgement on the permit application before it would be issued. I'm guessing one of the tests by the sheriff would be how well I could hide the shotgun while it sat in full view on my deck.

I did the math and came up with a total of \$256.00 so my shotgun would become an official murderous weapon.

But then it occurred to me that I was the one going through the bureaucratic process while my shotgun was still on the deck doing God knows what. The process involved people, not guns. The process was designed to control people and not guns.

My next thought process discovered there are now...at this very moment... 265,728 people who have been successfully processed for a concealed carry permit at a cost of \$256.00 each bringing the total collected during the process to over \$68,000,000.00...just in Minnesota.

Suddenly the politicians began shouting **"squirrel"!**

Now I've hunted and eaten squirrels in my younger days and was not distracted. I stayed focused on my findings that gun laws proposed by politicians are designed to control people with a side benefit of generating millions in new taxes they could spend.

Their shouts of **"squirrel"!** became louder.

I bought that Winchester Model 101 shotgun for about \$150.00 back in the 1960's. It's worth more than a thousand dollars today so I brought it in from the deck in case politicians figured that they could tax the gain on its value.



**40,000 years of evolution and we get THIS?**

**Magic Hat** available at Amazon: wear it and save hours at DMV and ER!



Kids here again for pizza...daughter Margaret gifted me with fancy new pizza pans which I promptly filled out. All five kids will be here in March so looking forward to more fun in the kitchen. My new BFF?

**GPA/DAD/UNCLE/ETC**

**fns@franksiegler.com**