



### Recipe Corner

#### Parmesan Tuna Burger

##### Ingredients

- 1 (6 oz) can Albacore tuna
- 1 tbs mayonnaise
- 1 large egg
- 2 tbs Parmesan cheese
- 2 tbs chia seeds
- 1 dash garlic powder
- 1 dash onion powder
- 1 dash salt

##### Directions

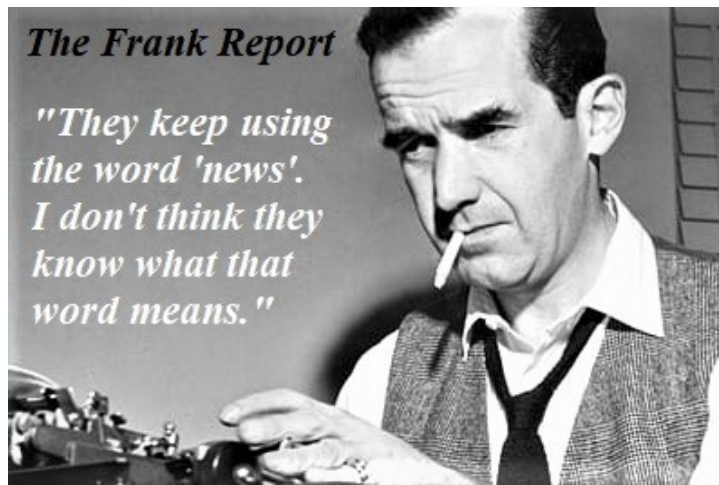
Drain tuna. Blend ingredients in a medium size bowl and form into patties. (1/4 cup per patty) Once in the skillet, lightly press with a fork to form the patty. Fry for a few minutes on each side in oil (*I use butter*) until brown on edges. Turn. Fry until done.

Makes 4 patties.

*Don't confuse these with salmon patties and that peas and cream gravy "stuff"!*



Minnesota voters have given the Democrats full power of the house, senate and governor's office. I'm keeping track of this **recipe for disaster** as they (*on day one*) passed a law allowing abortion up to the moment of birth. Say goodbye to that \$18 Billion tax surplus as they have just folded it into their budget. They have also proposed a 40 cent tax on any delivery (*Amazon, pizza, you name it*) with increase to 50 cents soon after. This is just a few of the nightmares ahead.



3.25.2023 #375

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



#### What happened to nasal swabs?

*That gene sequencing Dr. Christian Drosten used in his covid testing system that was used around the world:*

Drosten, who invented the screening system for covid, never isolated or had access to the virus. Instead, he downloaded the virus RNA sequence from a Chinese database. Drosten subsequently created the first commercially available RT-PCR screening kit based on this genome. The Chinese researchers later claimed the isolated virus sample became unusable after uploading the sequence so they destroyed all remains.

**Meanwhile**, Robert McNitwit (*not sure of spelling*) still clings to the mask mandate for veterans looking for help from the VA. Letters, emails and phone calls from me to the VA result in Bidenspeak answers that ignored any reasonable question about mask efficacy. He's been there since 1981.



VA service at the care level is great but bureaucrats suck. Maybe I should track down the care givers who gave up and went into private practice. My hearing aids are ten years old and haven't been serviced for three. I say "what?" a lot now.



### Book Report

Another gem I found on Netflix is a series that chronicles the North American fur trade in late 1700s Canada, **Declan Harp** (Jason Momoa), a half-Irish, half-Cree outlaw campaigns to breach the Hudson's Bay Company's monopoly on the fur trade in Canada, which is corrupt and engages in illegal activities to enrich itself. Season one was great. Low audience so two bad guys come out of the closet and fondle each other. Nude scenes also increased for Season two. Only three seasons because Momoa's schedule and low audience numbers. Plot gets into the history fairly accurate and makes you want to read more about the period. Season three ended with most issues resolved between the characters but positioned the plot for Season four...which was cancelled. Woke and nudity apparently not enough crowd draw. My grandparents (*mom's side*) were in the fur trade which made the series interesting for me.



*I now know why roosters start their day by screaming.*

*Had a bad day. Cashier said "strip down facing me". She meant my credit card.*

*Talk is cheap because the supply is unlimited.*

*The only way I'd stop supporting Trump: if I found out he was sleeping with Pelosi.*

*I don't always learn my lesson, but when I do, you can bet I learned it the hard way.*

*I plan my days carefully:  
Wake Up  
Plan Stuff  
Do Other Stuff  
Go To Bed*

*Some of the best moments in life are the ones you can't tell anyone about.*

*I don't mean to brag, but I can forget what I'm doing...while I'm doing it.*

*I have no Superpowers. So I must be the bad guy?*

*Rich people have brand logos on their clothes. Happy people have cat hair on their clothes.*

*You people complaining about my attitude? That's actually my personality.*

*My Smith Corona typewriter lasted over 25 years. I'm on my ninth computer. Smith Corona went bankrupt.*



Corrupt New York City District Attorney Alvin Bragg received \$1 million from Soros in his election for NYC DA. As a result, New York City saw a rise in crime from 2021 to 2022.

The overall index crime in New York City increased in September 2022, by 15.2% compared with September 2021.

But crime can wait, DA Alvin Bragg has bigger fish to fry. The corrupt Soros-funded DA is going after President Donald Trump. And he is using Stormy Daniels as his means to get the former president.

Almost one year ago this month the 9th Circuit Court issued a final ruling in the case brought against Trump by disgraced attorney Michael Avenatti and Stormy. Avenatti is in prison. Daniels was ordered to pay Trump \$300,000 in legal fees.

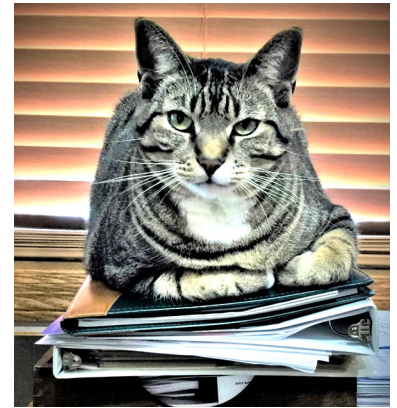
But suddenly Bragg has somehow rinsed off this case and he is going after President Trump again using this stripper.

President Donald Trump could be first president to be arrested since 19th Century leader Ulysees S. Grant was collared for going too fast on his horse. 18th President Grant paid a \$20 fine to be released from prison when he was caught speeding in the capital in 1876

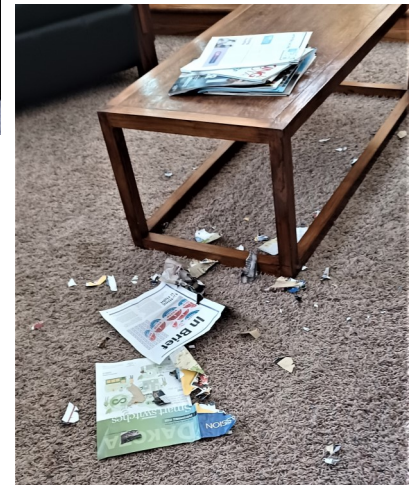
Even if President Trump was ever arrested for anything it would not prevent him for running for president.



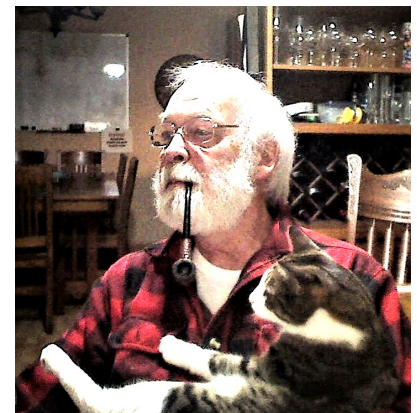
Makes you wonder where Soros is finding these idiots. Soros is 92 and is probably getting desperate to finish his "fundamental transformation" project that he started with Obama.



This is Peter...one of the feral cats that controls my life. He monitors all in box materials.



Peter has also begun to critique my choice of reading material.



Paul is in charge of website and internet censorship. He can't type worth a damn.

**Until next week...**  
**GPA/DAD/UNCLE/ETC**  
**email: fns@franksiegler.com**  
**blog: www.franksiegler.com**  
*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.*