



Eating the same food for dinner two days in a row

Eating the same thing for breakfast for your entire life

Recipe Corner Breakfast Stuff

Yeah...that's me. I start every day with a smoothie containing English walnuts, banana, kiwi, pineapple chunks, strawberries, blueberries, two kinds of raspberries, yogurt, chia seeds and a bottle of Ensure protein drink. I drink it with a handful of vitamins. That gets me through the entire day until dinner at which time I always do something different. However, I did run across this after searching for apple recipes:

Apple Pie Breakfast Ingredients

- 1 cup of steel cut oats*
- 3 diced apples
- 1 cup apple juice
- 3 cups water
- 1/2 tsp cinnamon

Directions

Combine all ingredients in slow cooker and cook for 2-4 hours on high or 4-6 hours on low until it reaches the consistency that you like. Be sure to stir every hour or so.

It must be steel cut oats when cooked in the slow cooker, as regular oats get too soggy when cooked this way. You can find steel cut oats in most grocery stores sometimes called "irish oats".

Yes, I tried it and it's great. (I own four slow cookers.)

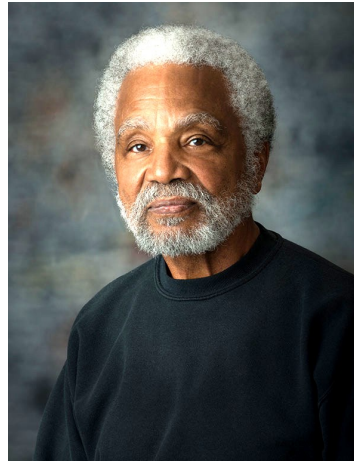


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*All the news I see fit to print.
Freedom of the press belongs to those who own one.*

Please bear with me while I go back to an article I wrote four years ago...about a hero of mine who taught me more than the professors at Creighton University...

Ernie Chambers is a famous Nebraska State Senator. I urge you to do a non-Google internet search to learn about him. He has shown a huge spotlight on hypocrisy for decades. Nebraska even passed legislation to ban him from getting elected again. Didn't work. He came back as brilliant and sarcastic as ever.



Ernie was frequently found in the Student Center at Creighton University (*Omaha, NE*) back in the 1960's when he was earning his law degree. I was fortunate enough to frequently visit with him and learn the subtle and effective ways to express your opinion while deflecting the opposition...not to defeat but to come to a mutually agreed conclusion.

It's basic philosophy involving the triad of thesis...antithesis...synthesis. The thesis is your opinion. The antithesis is the opposition. The synthesis is an agreement between the two both can accept. For example: if your thesis is that everything is black. The antithesis is that everything is white. The synthesis is agreement that grey exists. Yeah...you can apply that to the race debate.

Until the Klingons land, there is only one race...human.
The argument (*and hostility*) is basically about ethnicity. If there are African Americans...what do you call Elon Musk?
He is a **legal** immigrant from South Africa.
Elon is now a citizen AND an African American!

If you need another nudge to search info on Senator Chambers: he once sued God at the Nebraska Senate and his colleagues were flustered. They not only couldn't stop him but it was that spotlight he was using to shine brightly on a bill they were trying to pass that was equally as outrageous. They called Ernie names beyond African American. He just smiled at them.



Book Report

H/T to Dan H for this one. Reading this was Deja Vue all over again. Blatant hypocrisy, lies and in your face tearing down of our laws by the Democrats while known but not acknowledged by the Lame Stream Media...thus no pressure to react nor retaliate. My key takeaway is the lingering effect Obama's "transformation of America" is still having today. If you need your memory jogged about just how much the Democrats have slipped by the general public, this is the book to read. It's their history, sordid thou it be. I wouldn't recommend for anyone sane person with high blood pressure. It's true that history will not treat the Democrats of today kindly but then, maybe that's why they're trying to eliminate history from our school system. One very interesting thought: congress took control of the FBI after Watergate. Separation of power got fuzzy. Wonder what would happen if Trump regained control of investigative power?

*curmudgeon
quotes*



**My "short temper"
is actually a swift and
assertive reaction to bullshit.**

**It's almost time to pay taxes
for government "services"
we don't want.**

**Solar storm* that will destroy
the internet predicted
for late October.
(*Nickname for FBI?)**

**You going to be part
of the problem or part
of the solution? (You guys
know Frank's answer.)**

**Life always offers you
a second chance.
It's called tomorrow.**

**If you have crazy friends
you have everything
you'll ever need.
(I'm a volunteer.)**

**My bed is a magical place
where I suddenly remember
everything I forgot to do.
Like put out the trash cans.**

**A spider in my room isn't
scary, unless it disappears.**

**Our silence speaks
a thousand words. Congress
critters better start listening.**

**We all have baggage.
You need help unpacking?**

**Don't worry about what
I'm doing. Worry about
why you're worried about
what I'm doing.**

**People say I act like I don't
care. It's not an act.**

**All those different religions
have one thing in common:
they're all convinced
I'm going to hell.**



Dr. Jack Devere Minzey (1928-2018) was the Department Head of Education at Eastern Michigan University as well as a prolific author. One of his final books contained this:

Two or more sides disagree on who runs the country. And they can't settle the question through elections because they don't even agree that elections are how you decide who's in charge. That's the basic issue here. Who decides who runs the country? When you hate each other but accept the election results, you have a country. When you stop accepting election results, you have a countdown to a civil war. This isn't dissent. It's not disagreement. You can hate the other party. You can think they're the worst thing that ever happened to the country. But then you work harder to win the next election. When you consistently reject the results of elections that you don't win, what you want is a dictatorship. The only legitimate exercise of power in this country, according to Democrats, is its own.

Whenever Republicans exercise power, it's inherently illegitimate. The Democrats lost Congress. They lost the White House. So what did they do? They began trying to run the country through Federal judges and bureaucrats. Every time that a Federal judge issues an order saying that the President of the United States can't scratch his own back without his say so, that's the civil war. Donald Trump has caused the Shadow Government to come out of hiding: Professional government is a guild. Like medieval guilds. You can't serve in if you're not a member. If you haven't been indoctrinated into its arcane rituals. If you aren't in the club. And Trump isn't in the club. He brought in a bunch of people who aren't in the club with him. Now we're seeing what the pros do when amateurs try to walk in on them. They spy on them, they investigate them and they send them to jail. They use the tools of power to bring them down. That's not a free country.

We're in a civil war between a conservative volunteer government and a Uniparty professional government.

**Another civil war?
One side has a trillion bullets.
The other side can't figure out
which bathroom to use.
Y'all do the math.**

Tidbits

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

Minneapolis/St Paul lost 60,000 residents who fled to avoid their city council idiocy. Nationally, 3.7 Million Have Fled Counties That Voted For Biden. The biggest county *gains* in population voted for Trump in 2020.

The Biden administration is giving Native American tribes across the country a total of \$120 million to fight climate change.

The Chief Education Officer for Children's Minnesota Hospital says that approximately 33% of gender-confused children who come to them are given sterilization medications.

Washington State Supreme Court decided the bar exam is no longer required to become a lawyer in the state because the bar exam is *(wait for it)* racist.

The Hennepin County Sheriff's office announced they discovered an RPG, two handguns, and a large quantity of fentanyl while exercising a search warrant at a Minneapolis residence.

Legislation introduced by Rep. Chip Roy (R-Texas) would strip COVID-19 vaccine manufacturers of liability protections, enabling Americans injured by the shots to sue the companies. *Guess they forgot to donate to his campaign?*

Until next week...

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Or visit my blog.
Please feel free to pass it on.*