



### Recipe Corner

I used to make fun of the ubiquitous green bean casserole that featured the above ingredient. Little did I know that it is an amazing binder for all kinds of recipes. **Try this:** Cooked chicken chunks mixed with various vegetables; then add additional binders such as Romano or Parmesan cheese.

Serve over rice...and here is where it gets special. Use the home made chicken stock from that **chicken in a crock pot** (*previous recipe*) to cook the rice very slowly over low heat. Then the chicken/vegetable mix (*after low power bout in microwave*) over the rice and you've got a great dinner. Amount would vary depending on how many you're feeding. The rice is measured half the amount of the chicken stock when cooking e.g. 1/2 cup rice to cup of stock. You can get creative with the vegetables. I sneak in some sweet peppers and sweet Vidalia onions. White wine, of course.



3triple2 bread goes good with it followed by chocolate chip cookies with pecans and raisins. Pound of butter in this cookie recipe for any brave soul out there...recipe available.

### THE FRANK REPORT

6.16.2018

*All the news I see fit to print.*

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



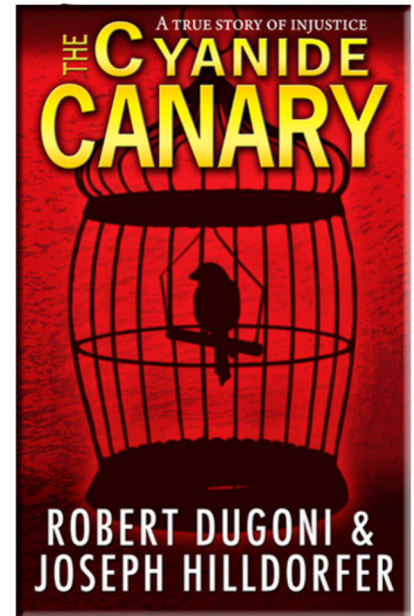
More truth than fiction in the above. Never could figure out why I would use Facebook when I already have email and a list of contacts. This newsletter started out a few years ago as an occasional email to the kids. I begin writing a new one the day it's sent to my subscribers (well over 100 now). As the week goes by, I add observations both personal and political.

Unlike our Hollyweird friends who use profanity and malicious attacks, I lean toward sarcasm. Outlook software makes it easy to maintain the subscriber list and it takes only one click to send as an attachment to those on the list. The list grew as friends who signed up requested that I add others which I do if they send me an email requesting to be added to the list. Sounds like the "friending" concept from Facebook? More on the mechanics: I use Publisher software to create each issue and create a file to hold the graphic elements. Then I try to be consistent in format with columns like the Recipe Corner added from requests from the subscribers like comrade Mike Marshall. Finally, I convert the final week's issue to a PDF format to keep it under 3mb as an attachment to an email containing all subscriber addresses. Since I use the date as the file name, the aggregate file for the year is easy to search for past issues. I send it every Saturday around 10am. Almost 200 past issues in the master file. Sometimes I go back and read some with both a cringe and a smile. Shout out to Scott Benson and Mark Simonson, guys I worked with back in the 1970's, who taught me the basics of graphic design and typography. They're cringing and smiling too. I encourage you to try this format with your contact list. Contact me if you need help:

[fns@franksiegler.com](mailto:fns@franksiegler.com)

### Bon Mots

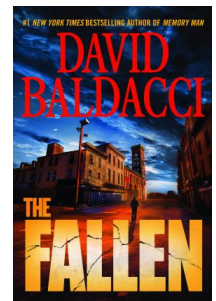
**For my liberal friends:  
I can explain it to you but I  
can't understand it for you.  
I have neither the time  
nor the crayons.**



### Book Report

Non-fiction and first book by Dugoni that caught my attention. Fascinating look at the EPA and how the legal system dealing with government is too cumbersome.

Baldacci's latest and a great look at the opioid crisis and how it can destroy an entire town.



### More News Headlines

Feminists Now Want to Rename Female Body Parts... Because They Were Named by Men (*not gonna touch that one...did you know that the brain named itself?*)

Bill Gates offers to pay for Trump's wall on condition he gets to install Windows

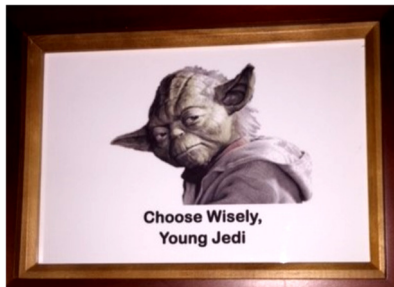
CNN, WaPo, NYT anonymous sources say Vladimir Putin may have ties to Russia

-more-





Still making the house mine. Added paper towels in the bathroom...



...hanging around too many lawyers so I added this warning. Thought it prudent in case of overflow from Starbucks. *The Wall Street Journal* reported Friday that Starbucks CEO Howard Schultz has decided to step down. Howard wants to spend more time at home with his family, and anyone else who wanders in off the street to use his bathroom. Not my joke... Argus Hamilton; guy I never heard of. Catch him at: <http://argushamilton.com>



McDonald's is the opposite. You have to order your food before you can use their toilets. Then you can unlock the door with a secret code.



DiL Brenda tore into the jungle to resurrect my garden in the backyard. The tomato cages are in place ready to support this year's crop. Pellet gun standing by until we find rabbit repellent that works better. Going for quality over quantity this year with two kinds of tomatoes and cucumbers. Chives survived the winter. Have really great recipes for cucumber salad. And, of course, the world's record for Sunflower height. Eyeballing some taller cage ideas to support them.



I've mentioned that I can tell time by what The Boys are doing. Mid-morning they get bored and remind me that I have been appointed as their Activities Director so they sit and stare. If I ignore them, they get closer by roaming on my desk. Paul had the "hiccups" and obviously expected me to explain this phenomenon to him. Hilarious!



Cleaned out the attic in the garage. Installed electrical outlet and then had it insulated ready for winter wood projects with a gas heater. Didn't realize benefit for summer. Noon and it's 90 degrees outside. 73 degrees inside garage. Miata in a three car garage...lots of room for projects. Asphalt driveway; replacing with concrete.

I've added a supplement to this issue...four additional books I would recommend.

Also finally turned Amazon back on the TV...**GOLIATH**...great series with a not so common hero...

### GPA/DAD/UNCLE/ETC

