

## Recipe Corner

### Creole Chicken Gumbo

*Crockpot: on high*

four cups chicken broth  
cup of washed pinto beans  
2-4 hours until beans soft

*Next:*

1/4 cup rice

*then add:*

Sweet peppers, onion, celery and carrots...cut into small pieces.  
*crockpot high for another hour then:*

Add cubed, cooked chicken  
and 1/2 cup salsa

Had five pounds of pinto beans from Sam's Club and leftover chicken from the kids here from Father's Day. This was an experiment.

Suggest you do likewise so it comes out your preference. Remember the veggies will add more liquid.

When the beans and rice are done, it should be ready to pair with 3 triple 2 bread and a good pilsner or sharp white wine like a chardonnay.

Speaking of beer...can't understand why my sons are well past the age of 21 but still buy Coors and Miller Light. Their sibling Mary is the real beer aficionado!



Here's what it looks like at the tail end of the process. Figured a dollop of sour cream and maybe a shot of hot sauce remembering I didn't use any salt or pepper. It's also good for freezing; this batch could have fed a bunch of people. Like most of my favorite recipes, they take the most time to get the best final result.

## THE FRANK REPORT

6.23.2018

*All the news I see fit to print.*

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

**"There seems to have been an actual decline in rational thinking. The United States had become a place where entertainers and professional athletes were mistaken for people of importance. They were idolized and treated as leaders; their opinions were sought on everything and they took themselves just as seriously-after all, if an athlete is paid a million or more a year, he knows he is important ... so his opinions of foreign affairs and domestic policies must be important, too, even though he proves himself to be ignorant and subliterate every time he opens his mouth."**

~ROBERT A. HEINLEIN  
1907-1988



He's five foot nothing depending upon height of the lifts he wears. He figures a soap box makes him taller but contents of that soap box should be used on his nasty mouth? Typical Hollyweird. Completely lost without a script someone else has written. I would offer a script but doubt if he could understand, let alone pronounce.  
*Robert De Zero with 4 inch lifts*

**Weather report:** had four inches of rain here early part of the week. Downspout was jammed with mud about the size of a football I so took it apart and now have good flow. Old 30 year rain record was 1.4 inches and it rained 26 times out of 30 same day. Could be worse...could be snow.

**Idiot report:** Craigslist ad looking for a longer dipstick because his doesn't reach the oil.

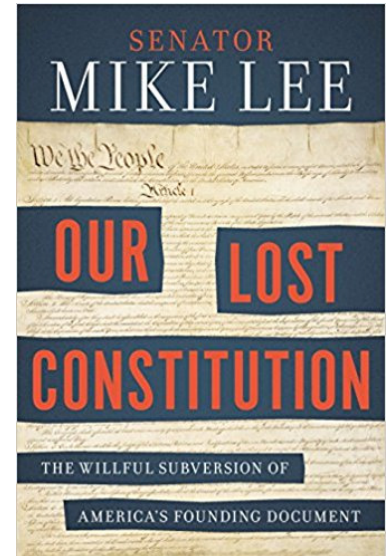
Sooo...there I was at 70+mph. Hornet enters window. Swat at hornet and hit glasses. Glasses exit window. Hornet laughs and exits other window. Drive home. Remove hearing aids.

Cat destroys one. Save the other one.  
VA is NOT going to believe my stories!



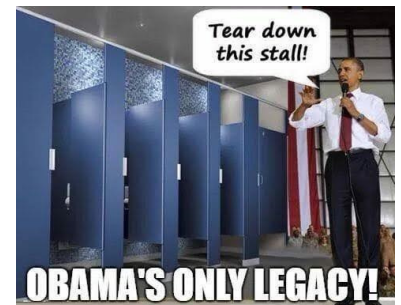
## Bon Mots

**Concealed carry lists  
make the best  
jury pool lists.**



## Book Report

If you don't know the difference between a regulation and a law, this book will not only inform you of the difference, it will show you how the executive and judicial branches of our Republic have usurped the powers of congress. Senator Mike Lee (*R Utah*) has an easy to understand explanation of what's happening. Check his credentials. Makes you wonder why he's in the senate and not on the supreme court. It's also a great read for history buffs. Find out why the number 45 is so important to our past and how it became a bedrock principle of the Bill of Rights. At the age of 80 (*which Warren Wolf and I are enjoying*) Ben Franklin kicked ass and took names when our nation was founded. It's in this book. Told you it's worth reading!



-more-



A union boss walks into a bar from the factory next door and is about to order a beer when he sees a guy at the far end of the bar wearing a TRUMP "Make America Great Again" cap. The union boss doesn't need to be an Einstein to know that this guy is a Republican, so he shouts over to the bartender so loudly that everyone can hear: "Drinks for everyone in here, bartender...but not for the 'Republican'!"

Soon after the drinks have been passed out, the Republican gives him a big smile, waves at him then says, "Thank you!" in an equally loud voice. This infuriates the union boss. After a few minutes, the union boss once again loudly orders drinks for everyone except the Republican. As before, this doesn't seem to bother the Republican. He nods and smiles, and again yells, "Thank you!" A few more minutes pass and the union boss orders another round of drinks for everyone except the Republican. Just as before, this STILL doesn't seem to faze the Republican who continues smiling and again yells out, "Thank you!!" Frustrated that he can't seem to get the guy angered, the union boss asks the bartender, "What is wrong with that Republican? I've ordered three rounds of drinks for everyone in the bar but him, and all the dummy does is smile and thank me. Is he nuts?" "Nope," replies the bartender. "He owns the place."



LSM news attacked with 258 minutes of separated kids coverage of the zero tolerance policy of Trump administration ignoring the fact that the law was in effect from Clinton, through Bush and the Obama administrations. Brings to mind the wise words of Abraham Lincoln:

**"The best way to fix a bad law is to enforce it."**

Wonder if the CNN crew pinched the kids to get them crying for the camera? Wouldn't put it past them. And, poor Laura Bush complaining until Sarah Sanders pointed out that the law was signed by her husband. Congress is getting nervous as Trump is forcing them to do their job.

*MN Dept Vehicle Services just sent me a registration form claiming my car has a base value of \$15,150.00 so I owe them a tax of \$51.00.*



My kids are face palming right now (*windmill!*) but I would really like to know how they determine the base value of a 27 year old car using a base value it cost when new. Should be an interesting conversation.

*(Wow...plain English answer the next day: They use a minimum tax for any vehicle over ten years old).*

**VA Update:** immediate response to fixing the hearing aid but will take several weeks for the actual work to be done involving sending a box to me (7 days) then me sending to them in that box. All done with an email. However, glasses issue can't be resolved since my VA care provider is not using their email system. Old fashioned letter will have to suffice. Can't complain about the cost.

#1 NEW YORK TIMES BESTSELLER

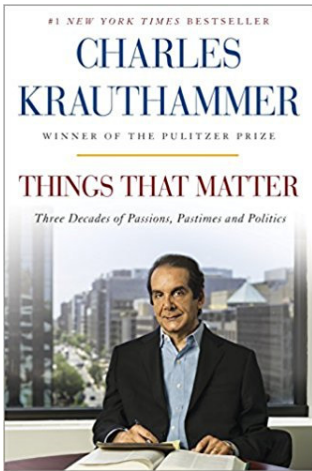
**CHARLES KRAUTHAMMER**

WINNER OF THE PULITZER PRIZE

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**THINGS THAT MATTER**

*Three Decades of Passions, Pastimes and Politics*



**Died too soon...urge you to read his book. I want to be like him if I ever grow up.**

**GPA/DAD/UNCLE/ETC.**

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