

## THE FRANK REPORT

6.6.2020 #229

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



### Recipe Corner

#### Nuts!

Raw **cashew** nuts are poisonous due to the toxicity of the nut shell. The shell acts as a protector of the nut, and holds a poisonous liquid that can be dangerous when ingested. There is a big chance that the nut will come in contact with this liquid when the shell is broken, rendering it inedible. Thus, the fact they are located within a poisoned shell makes raw cashew nuts poisonous to consume. **Walnuts** are best because they have a wide variety of health benefits, plus they're rich in certain phytochemicals—especially phenols, phytates, and phytosterols making them the top nut of all the healthiest nuts. They're the only nut containing omega-3 fatty acids, linked with anti-inflammatory benefits.

**Soooo...how come most of my kids hate them?**

**Dil Brenda is my excuse for cookies with nuts since she told me she likes them. Made a huge batch of cream cheese crescent cookies with lots of nuts...Brenda got a bunch.**

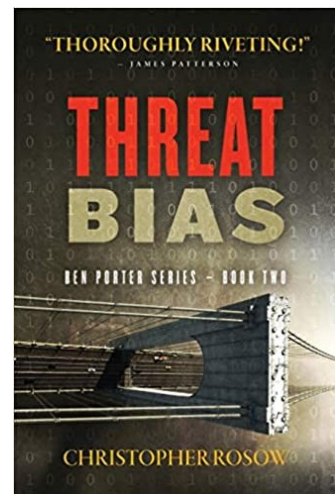


Half pound of cream cheese and two sticks of butter yet they turn out crunchy. Recipe (by request) Includes instructions to add chocolate topping along with others. Discovered you can melt chocolate in Ziploc bag in microwave, then cut tip off and squeeze.

## Bon Mots

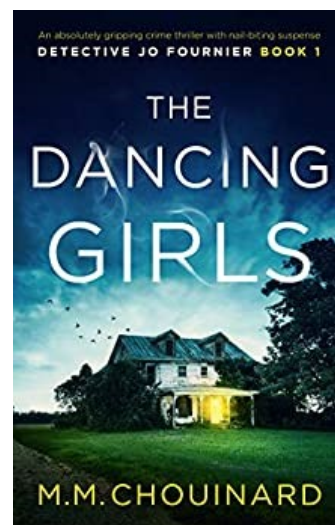
Most people  
don't act stupid.

It's the real thing.



### Book Report

Second in the two volume debut that Rush Limbaugh loved. I agree. Quirky hero and great plot. What's not to like? Looking forward to more from him.



Another debut novel.

Detective thriller chasing a psychopath BUT the plot twist was signaled too early and can figure out what's going to happen well before perp met karma big time.

-more-



### Antifa mole inside MN Governor's office?

This is the **governor's daughter** passing on tactical help to the riot organizers on the worst night of the riots.

Not to be outdone, here is congress critter Ilhan Omar's daughter's call for help for Antifa:



Governor Walz and his crew announced the filing of a state civil rights investigation of the Minneapolis Police Department. Fifty years of Democrat control of MPLS and their appointments of police "leaders" so if racism is a problem...who is responsible? Russians? Nepotism runs rampant in the Democrat party. Maybe they are grooming their kids to take over...if there is anything left after they are done? The MN attorney general is a fan of antifa unsuccessfully removing his selfie showing the antifa handbook for violence along with a big smile...certainly not a grimace.

you be careful out there  
those fascist carry guns

yes mama



**Have you noticed that most of the looting has taken place in gun free zones where Democrats have passed multiple and duplicate anti-gun laws?**



**Slim pickings in Washington DC with these experts hard at work.**

## Just What Is Obamagate?

***“A Republican campaign was spied on by a Democratic presidency – a Democratic administration – based on a dossier paid for by his opponent, Hillary Clinton, and the DNC. This is absolutely extraordinary. It is the biggest political scandal that we’ve seen and the lack of journalistic curiosity on this front is appalling”.***

## And Who Is George Floyd?

The four Minneapolis officers involved in the arrest of George Floyd were named as Derek Chauvin, Thomas Lane, Tou Thao, and J Alexander Kueng. Mayor Jacob Frey announced the firings on Twitter, saying: 'This is the right call.' 'I'm not a prosecutor, but let me be clear. The arresting officer killed someone. He'd be alive today if he were white. The facts that I've seen, which are minimal, certainly lead me down the path that race was involved.' Frey said he considers Floyd's killing to be murder. Meanwhile, race baiter “Rev” Al Sharpton is leading the chorus of how the black community has lost a wonderful man.

**Oh?**

Floyd pled guilty to entering a woman’s home, pointing a gun at her stomach and searching the home for drugs and money, according to court records. Floyd was sentenced to 10 months in jail for having cocaine in a December 2005 arrest. He had been sentenced to eight months for the same offense, stemming from an October 2002 arrest. Floyd was arrested in 2002 for criminal trespassing and served 30 days in jail after another stint for a theft in August 1998. Floyd is the face of the riots worldwide. **David Dorn is another black man killed...by those rioting in the memory of Floyd.**

Mike Freeman, county attorney for Hennepin County, condemned the actions of white cop Derek Chauvin as 'horrific and terrible' But he added there was 'other evidence that does not support a criminal charge'. Prosecutors must decide if the cop used force deemed 'excessive' when he knelt on George Floyd's neck for eight minutes until he passed out and later died. Freeman warned the investigation 'can't be rushed' He voiced fears of a repeat of the Freddie Gray case in Baltimore in 2015 where all charges were dropped against cops involved in the black man's death. The lame stream media, of course, continues to report everything ass backwards.

I’ve been on the ugly side of racism. Ernie Chambers is a revered (rightly so) black community leader in Omaha. I was with him at a pizza joint when the manager called me aside and asked me not to bring him there again. I had a cross burned on my front lawn in Georgia during advanced Navy training because the couple we were friends with happened to be black. Those are but two of many anecdotes.

*Now each one of us, black or white, is a symbol. The war is out in the open and the skin color is a uniform. All the deep and basic similarities of the human condition are forgotten so that we can exaggerate the few differences that exist. John D. MacDonald 1968*

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