



### Recipe Corner

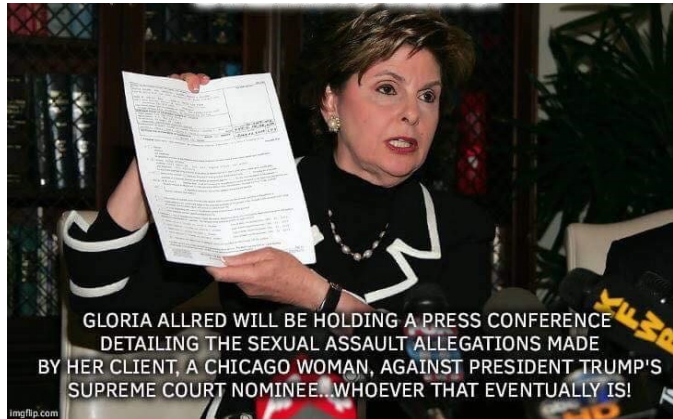
My morning ritual starts with four cups of coffee brewed from beans I grind (*gadget on right*); usually dark roast ground to a powder almost espresso. While that's brewing, I dump pre-frozen fruit into the gadget on the left. DiL Brenda gifted that to me my first week here and I've been using it every day for a "smoothie" I think they call it. I buy at least four to five kinds of fruit and create zip lock bags containing about a two cup mix of blueberries, kiwi fruit, strawberries, pineapple, and before they get too ripe, a banana. These small bags are then packed into larger bags and into the freezer. I bang the bag on the counter to loosen the fruit and then place in the gadget with a bottle of Ensure poured over it. Once I'm done with coffee and the three S's (*you military folks will know what that is*) it's time for the smoothie that I drink with my vitamins. I add about three tablespoons of yogurt and hit the start button for about 30 seconds. I usually process about two weeks worth of fruit in the small bags that go into the freezer. When I get down to about 3-4 days of pre-frozen fruit, I hit Sam's Club again for more fruit and process into more small bags in the freezer. I did find pre-mixed frozen fruit in Cub store but crunched the numbers and got way more bags processing my own. Might be too early in the day, but wonder what a shot of rum or vodka would do to my mornings? Nap time would probably come earlier?

### THE FRANK REPORT

7.14.2018

All the news I see fit to print.

Freedom of the press belongs to those who own one.



News compiled by [thepeoplescube.com](http://thepeoplescube.com):

San Francisco: man dumping off 20 pounds of human waste in plastic bag on street corner cited for using non-biodegradable plastic bag

BREAKING: ICE renamed Planned Citizenship, immediately absolving it of all criticism

Senate Democrats demand Supreme Court nominee not be unduly influenced by U.S. Constitution

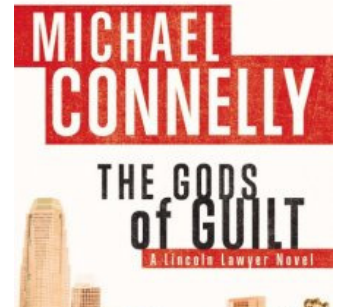
DEVELOPING: CNN, WaPo, NYT anonymous sources say Vladimir Putin may have ties to Russia

Pelosi: 'We have to impeach the president in order to find out what we impeached him for'

### Bon Mots

**Good news being an adult: nobody can stop you from drinking alcohol for breakfast. Bad news: nobody can stop you from drinking alcohol for breakfast (see recipe corner).**

#1 NEW YORK TIMES BESTSELLER



### Book Report

Mickey Haller, the Lincoln Lawyer, with a brief cameo by Bosch, his half brother in an excellent lawyer/thriller. Always a good read from this prolific author. Also suggest these four:



Busy week with books but maybe saving over \$1,000 so far this year using the library takes some of the sting out of the property tax here that's twice what it was in Arizona for similar priced house?

-more-

**Birthdays!!!**



"When I grow up I want to be just like you."  
 "A lawyer?"  
 "Oh my goodness no...tall."  
 Happy birthday the 18th  
**Maddie Malone**  
 malonemaddie2@gmail.com



And, today (14th) is **Larry Hicks** birthday: this picture is just begging for captions ... send to [mishmouse@iowatelecom.net](mailto:mishmouse@iowatelecom.net) because Mishmouse doesn't trust Larry with a computer.



New concrete driveway done. Weird curve gone and excellent job by contractor who is one of my neighbors so super attentive to the project. Now room for six cars and looks great.

Took a week from start to finish. Crunched the numbers versus asphalt and found cost savings with concrete when you factor in cost of asphalt sealing.

Ready for visitor traffic by tomorrow but Miata doesn't weigh much so I got her back into the garage early.

**GPA/DAD/UNCLE/ETC**

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"A number of prostitutes in Nevada, where brothels are legal, have organized as "Hookers for Healthcare" to oppose the healthcare legislation now pending in the U.S. Senate.

This poses a real quandary. I don't know which side to believe. I mean, on one side, there's this small group of amoral people who every day debase themselves by doing anything, no matter how disgusting and depraved, to please the men who give them money. And on the other side, we've got hookers."

Quote: Phil Kloer via Marybeth Conley, WREG. Photo: PublicDomainPictures.Net.

Elisabeth Parker