



Recipe Corner Beef and Rice

In crock pot in this order:

- Chopped sweet onion
- 2TBS garlic bits
- 1 ½ lbs. eye of round beef cut in cubes
- 2 tbs Worcestershire sauce
- Salt and pepper

On high for about two hours, then add:

- ½ Cup of rice
- Can of diced tomatoes
- Cup of mild salsa
- Can mushrooms

On low until rice is done

Freezes well for that time you don't want to cook dinner. I have no idea where this inspiration came from but it just seemed a logical combination of ingredients on hand.



Of course, this is also a solution to meal prep. Given what Bidenomics has done to the price of food, it may seem logical until you factor in the \$20 minimum wage laws for fast food workers and the resulting price increases. Crunchy foods soften as they become stale, soft foods become crunchy as they stale. Seems like our congress critters are doing that to our incomes too.



The Frank Report

"Pelosi can go to hell! I'm voting for Trump!"

8.17.2024 #449

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

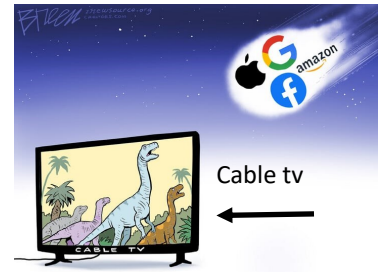


In his first interview since being ousted, Biden admits he was pushed out because Democrats feared his failed "presidency" would ruin their campaigns. He also shrewdly places the blame for his departure squarely on Pelosi.

"A number of my Democratic colleagues in the House and Senate thought that I was going to hurt them in the races. And I was concerned if I stayed in the race, that would be the topic then you'd be interviewing me about why did Nancy Pelosi say [something] and I thought it'd be a real distraction," he said.

Obama gets the credit for being the "power" behind the Democrat Party and Biden's so-called "presidency," but you have to wonder if Pelosi is the real force behind it all. She was also the mastermind behind the January 6 coup that prevented congress from investigating the election fraud in 2020 that made Biden pResident.

Pelosi is in panic denial right now in interviews with her LSM buddies (like Leslie Stahl at CBS) denying anything but love for Joe. Meanwhile, she continues to make money on the stocks she buys while denying insider trading changes. There's even a new website - www.quiverquant.com/congresstrading that tracks what congress critters are doing in the stock market. They are reporting on nine trades Pelosi made last year for a total of \$17 million. One trader even advises clients to match any stock market trades Pelosi (and others) make.



I'm not quite sure what the cartoonist who made this was trying to tell us. It's true that the dinosaur cable TV is losing subscribers as the internet provides a huge choice of news source for free. A substantial amount of your cable bill is paid to "news" orgs like CNN hiding the fact that viewers wouldn't pay to watch them. Johnny Carson once hit 55 million viewers. Jay Leno, his replacement, once hit 14.5 million. Jimmy Kimmel would be lucky to hit two million. Meanwhile, that live interview of Trump by Musk has racked up a BILLION views...and counting.

There are literally thousands of blogs (like this newsletter) available on the internet. The Lame Stream Media is a hivemind all using the same talking points. Their relevance is about to join Pelosi in hell as common sense prevails on the internet where conspiracy theories create clickbait and cross talk where all opinions are offered and common sense prevails.

The key to this revolution are the news aggregate websites like whatfinger.com that provide links to actual news sources with photos, video and interviews with the people who are actually the subject of the actual on scene news.

Hollyweird is also being changed as woke movies lose money and celebrities are mocked with memes that shine a spotlight on their enunciations and diatribes. *Whatcha think Jane Fonda?*



**Biden caught COVID?
Just another shot
that didn't work?**

**Lookout for terrorists during
the Olympics. Call 911 if you
spot a suspicious package
during the women's events.**

**This election is going to
be like a Super Bowl:
Patriots vs Stealers.**

**Due to inflation, a picture is
now worth only 250 words.**

**If ignorance is bliss,
shouldn't there be
more happy people?**

**Fact: the inside of a
doughnut is fat free
and zero calories.
(You're welcome)**

**How long can you drive
in a roundabout before
the cops get suspicious?**

**Plagiarism will get you
in trouble for something
you didn't do.**

**Any dog can be a guide dog
if you don't care
where you're going.**

**I'm guessing half the people
who golf only do so for the
driving and drinking part.**

**Who the hell is Pete
and why should I do
anything for his sake?**

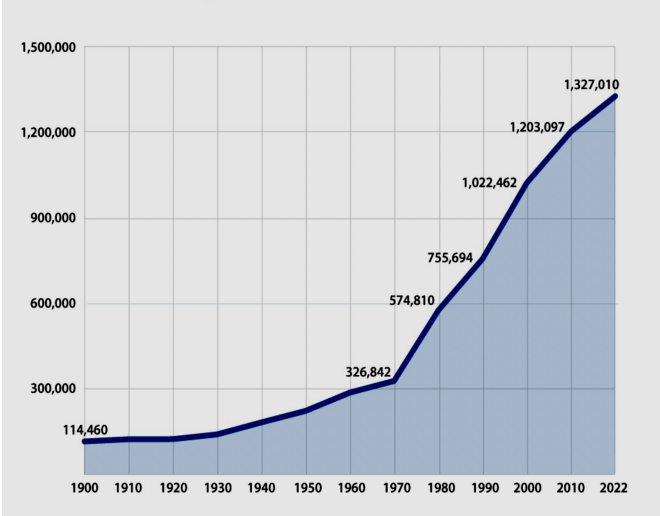
**FYI: smart people aren't
always funny but funny
people are always smart.**

**Is it fair that dogs that
like sniffing drugs
are only allowed
to hang out with cops?**

**THE LAWS THAT WE ARE SUPPOSED TO BE AWARE
OF AND ABIDE BY ARE SO COMPLEX THAT THERE IS AN
ENTIRE PROFESSION DEDICATED TO UNDERSTANDING THEM**



Lawyer Growth: 1900 - 2022



If it's true that America has too many lawyers, maybe it's because we have too many laws? The growth of lawyers in the U.S. accelerated starting around 1970, which is when the modern administrative state shifted into rapid growth.

When federal laws were first codified in 1927, they fit into a single volume. By the 1980s, there were 50 volumes of more than 23,000 pages. The Internal Revenue Code alone contains more than 3.4 million words, 60 lines to the page, and more than 7,500 pages long.

The U.S. Code, which is the official compilation of federal statutes, contains over 23,000 individual laws enacted by Congress over the history of the country as of August 2023.

There are about 20,000 additional laws just governing the use and ownership of guns.

If that isn't enough to establish retirement programs for lawyers, consider that states, counties, cities and towns have the ability to create laws.

There was a Greek philosopher who said "The more numerous the laws, the more corrupt the republic."

And to think we started with just ten commandments.

Tidbits

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

Google has lost an antitrust lawsuit over its search on smartphone devices, with a federal judge ruling that the tech giant has illegally held a monopoly in search and text advertising over the past decade.

President Joe Biden insisted the Biden-Harris administration "cured" the economy just days before the Dow dropped 900 points and the Nasdaq sank six percent in a global market rout

Ukraine has received more aid than the two year Marshall Plan to rebuild Europe after Second World War even adjusted for inflation.

Georgia accepts new rule requiring all counties to preserve voting machine memory cards after the discovery of 1.7 MILLION missing Trump ballot images from 2020.

Four men including the President of Smartmatic were indicted last week by a federal grand jury for bribery and fraud related to their electronic voting system.

Local Police Officers Warned Secret Service REPEATEDLY to Guard Roof of Building Trump Was Shot From – Secret Service Said They Would But Never Did

Federal Government Borrowed \$5 Billion a Day in Fiscal Year 2024

Until next week...

**email: fns@franksiegler.com
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Please feel free to pass it on.