



Recipe Corner

Spaghetti con carne

Jumbo tomatoes from my garden then skinned in the freezer then into my special marinara sauce. The 88/12 hamburger fried to crisp then into the sauce. Over home made pasta...add a fresh baked roll and petite syrah.

Highly recommend spending time in the kitchen with recipes that take time with fresh ingredients. The food tastes better and also gets your creative juices flowing.

Many years ago I tried wine making. Towel over the vat tempted one of our cats looking to nap. Neighbor had a portable moonshine kit so it wasn't wasted but that cat never forgave me.



While the pasta maker is out I'll try a tuna casserole. Recipe is attached as pdf file with this issue.

The Frank Report



8.19.2023 #396

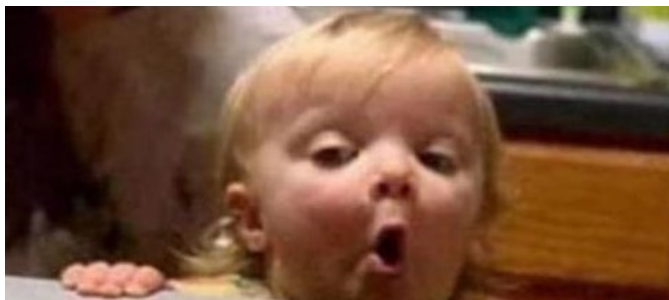
All the news I see fit to print.

Freedom of the press belongs to those who own one.

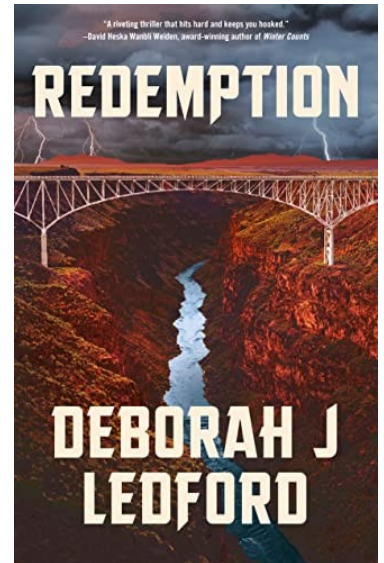
Every branch of the US military **except the Marine Corps** has failed to meet their recruitment goals. We are low on ammo, as the commander-in-chief pointed out, as well as soldiers.

The problem is two-fold. No one wants to enlist, and the number of young Americans who would actually qualify has reached a record low. A 2022 poll showed that only 9% of those eligible want to join the military, a major decrease from 29% in recent years. Over half of the respondents (57%) were worried that they would suffer psychological damage from serving. A more recent poll from May 2023 indicates only 13% of 18 to 29-year-olds are "highly willing" to serve.

Pentagon spokesperson Air Force Brigadier General Pat Ryder says the Pentagon commits to continue supporting Ukraine with no time frame or limit given. *When the hell did our military "leaders" begin to get involved with policy?*

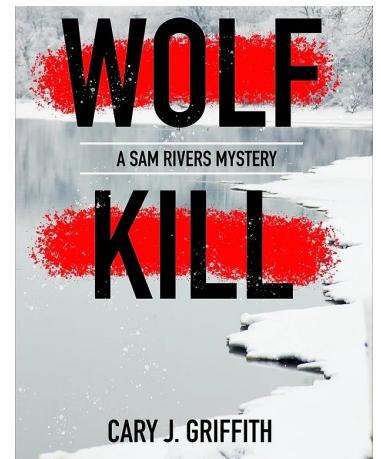


There is a new development regarding the discussion as to whether or not Pope Francis' papal election at the March 2013 conclave was valid. Archbishop Carlo Maria Viganò has claimed that a cardinal who participated in the conclave told friends "that he has witnessed facts that render the election of Jorge Mario null and void."



Book Report

This was a free kindle book from Amazon. Was it good? Pre ordered the 2nd in this new series. It started slow but she hit the gas very soon as it became a new Southwest centered story as good as those by Tony Hillerman.



Author lives in Rosemont, MN which is just up the road from me. This is the first of three in the series...and all three kept me up late. Each got better as the character was developed. First heard about him in the local paper (*not the Star Tripe*) and found him on Amazon. He has a stack of non-fiction books with liberal use of that info in the plots for these.



*Wine goes in.
Wisdom comes out.*

*I say please and thank
you like a saint
but I swear like a sailor.
I'm complicated.*

*If certain people don't
walk away from me
shaking their heads...I'm
doing something wrong.*

*I never say good morning.
If it was good, I'd be in
bed not talking to people.*

*Anyone else notice the
great music they're
playing on elevators?*

*The reward for good
work is more work.*

*Be nice to nurses.
Catheters are available
in various sizes.*

*Patience is what you get
when there are
too many witnesses.*

*Apologies are accepted.
Now start working
on that trust thingy.*

*I hope some of the people
I ignore realize
it's for their own safety.*

*If I wind up in a nursing
home, I'll lead the
revolution and put
vodka in all the IV bags.*

*The older I get, the more
dangerous it is to sneeze.*

*And NEVER sneeze with a
cat asleep on your lap.*

*Drunks, small children
and yoga pants always
tell the truth.*



Dr. Francis Collins, previously the NIH Director, and Dr. Tony Fauci, former NIAID Director, made substantial profits from royalty checks during the Covid pandemic. They cashed in to the tune of hundreds of millions of dollars during the pandemic, even as they were recommending measures that included "lockdowns."

Dr. Collins and Dr. Fauci together got a reported 58 royalty payments between them for allowing companies to use the COVID-19 vaccines. These vaccines were developed **with funding from U.S. taxpayers** by private pharmaceutical firms. Altogether, 56,000 royalty transactions were recorded, totaling over \$325 million.

In June 2022 Senator Rand Paul asked Fauci: "*Have you ever overseen, have you ever received a royalty payment from a company that you later oversaw money going to that company?*"

"You know, I don't know as a fact, but I doubt it,"
Fauci responded.

Centers for Disease Control (CDC) report has revealed that nearly half a million children and young adults died within a year of the vaccine release by Fauci with over 118,000 of those deaths due to the Covid-19 vaccine's dangerous side effects...20 million global deaths directly attributed to the Covid Vaccines and 2.2 billion serious adverse reactions. These numbers from government data.

An exorcism is the least we should demand.

Meanwhile: A year-long research project led by an election integrity investigator from Utah, Sophie Anderson, and communications engineer, Dr. Charles Bernardin, has uncovered the mechanism that is being used to connect our election equipment at polling places across the nation. The federal government has created a nationwide network that is capable of collecting **and changing** real-time voting data at polling places across the country from a central location. This private network tool is called FirstNet and was sold as a tool for public safety...apparently to keep Democrats safe from the unemployment line?

While the Trump indictments have been fast and furious to cover for the Biden's, the Soros DA's forgot that they just opened the door for the Trump subpoenas. Eye on the prize: proof of the election fraud and the start of indictments of the fraudsters.

A new analysis from the Heritage Foundation: the current U.S. commitment of \$113 billion in aid to Ukraine is costing taxpayers roughly \$900 per household. Maybe they are trying to hide this from the public with the fire in Hawaii?

Nope...there's a more egregious reason: There is now a growing body of hard evidence that proves that the Maui 'wildfires' were not wild at all; they were in fact the result of multiple acts of geoengineering, geoterrorism and pyroterrorism. Boats parked on the waters off the coast of Lahaina Harbor were all on fire as though they were started in the boats themselves.

This type of 'wildfire' phenomenon has never been recorded before and is clear evidence of DEWs being used. In this particular case, the DEW (directed energy weapon) was likely aimed right at those boats in the harbor. Land developers are forcing current residents out...what better way than to burn them out?

BTW: remember that cop in Las Vegas who covered up the shooting of 58 people? He's John Pelletier, Chief of the Maui Police Department in the middle of the Hawaii fires. If you look closely, the estates of the rich survived but most of the residential homes around them are totally destroyed. No warnings so most of the dead are children because their parents were not home to evacuate them. No reports released just like Las Vegas.

BTW: Hawaii's Democrat Governor Josh Green announced that his administration is actively considering acquiring properties in Lahaina that have been devastated by recent wildfires.

Dig deep on this one.

Until next week...

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