



**Recipe Corner**  
**Chicken veg/rice**  
**MN "hot dish"**

*If you remember the whole chicken in a crock pot and the chicken and broth resulting from that day's work...you'll like this recipe as it tells you how to use the results.*

The broth should be used to cook the rice; two cups of broth to the cup of rice. Meanwhile, chop the chicken into one inch cubes. I'm picky and only use the white meat (*if you'll excuse that racist term*).

Got about 3 1/2 cups. Now add 3 cups of frozen vegetables with the chicken. Let the rice cool and then add that. Mix well using a can of mushroom soup as the binder.

Everything's already cooked so this is excellent for heating (NOT COOKING) in the microwave so reduce the power setting. I got four big servings out of the effort...three in the freezer. If you need the chicken in a crock pot recipe...email me.



***I have trouble with the coloreds but the whites are no problem.***

If the woke culture has you grasping your pearls, you may not know I'm talking about my laundry.

Why do they call them fitted sheets when they are harder than hell to fold? I just bundle them.

The Boys enjoy laundry day specially when it's fresh out of the dryer. Good thing they get brushed often.

**THE FRANK REPORT**

8.8.2020 #238

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



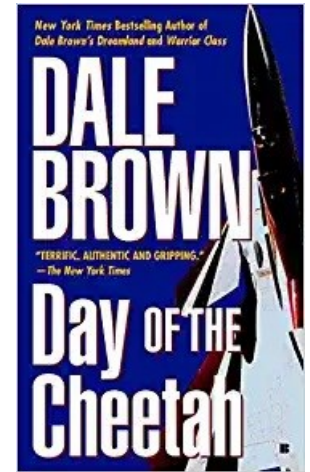
I became a skeptic at an early age. I remember the "gubmint" telling me to hide under my desk in case of a nuclear attack. *Say what?* Then there was the closing of the swimming pools to protect us from polio. *They run out of chlorine?* I began to realize why my parents conditioned me with Santa Claus, the Easter Bunny and the Tooth Fairy.

I learned that politicians made promises even more outrageous. The Great Society gave us ghettos and paid women for every new baby who didn't have a father. *What could possibly go wrong?* Then the "gubmint" got interested in the health industry. Medicare, Medicaid, and big contributions to their political campaigns from Big Pharma. *Fast forward to 2020.* This is my eighth pandemic. The other seven were handled by the medical community. This one was hijacked by politicians, bureaucrats and the media. When the government pays hospitals for each Covid death, the count is going to be inaccurate, to say the least. When politicians and bureaucrats have a vested interest in the cure modality, proven treatment is rejected for expensive new drugs. Best bet is the virus will magically disappear after November 4th. The idiocy is also local. Take the case of Minnesota's Governor Timmy. He heads the executive branch charged with enforcing laws created by the legislature. They passed statute 2019, section 609.735; forbids wearing of masks *with the exception for medical treatment.* Timmy then proclaims Executive order 20-81 forcing everyone to wear a mask *for medical prevention* in spite of the fact that *Hirsch v. Bartley-Lindsay Co.*, 537 NW 2d 480 (Minn: 1995) expressly forbids any executive action that would conflict with laws the executive branch is to enforce...not change. Meanwhile, another Democrat is watching Minneapolis burn to the ground and the finger pointing has begun. Trump's fault!

***Vote like your life depends on it. This year it does!***

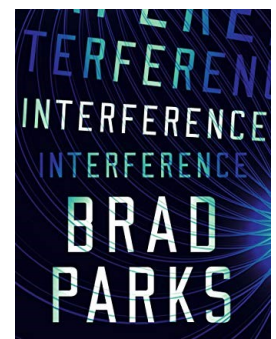
**Bon Mots**

**I get in trouble  
 for saying  
 what everyone else  
 is thinking.**



**Book Report**

If this guy had gotten the attention Tom Clancy did you'd never have heard about Tom. Dale Brown's 3rd book shows huge growth in plot and character development while maintaining tech info much gooder than Clancy's. I definitely owe Larry a beer for pointing this author out...dozens of his books ahead!



Deaf hero and semi-retired detective use quantum physics to unravel a complicated crime. Fast read and very good!

***-more-***



Here's proof that you can find anything on Amazon. Took almost four weeks from a factory in China but the \$24 price tag (that included shipping) made for an interesting addition to my guest bathroom. For those that won't appreciate the humor...I added this:



I'm working on a sign to help those that object to my pipe on how to hold their breath. **Signs seem to work; witness this one:**



**So far it seems to be working. Watch for it inside my front door.**



I won't get into the efficacy of wearing a face mask. That doesn't mean I can't have some fun with Gov Timmy's executive order. There is so much wriggle room in the order, it sounds like it was put together like a politician's campaign promise. To quote the order: *wearing a mask is optional if you have behavioral needs that make it difficult to tolerate wearing a face covering.* Close enough for me! Next step, get people on the record as to what they will do when I show up with a naked face. Now for my first target (*no, not that Target...I gave up on them when they couldn't figure out which bathroom I should use*). Sam's Club email chat has been sourced out to someplace in the Philippines. After a hilarious chat session where the chatter finally deferred to his/her supervisor, I was told I would have to bring medical records when I showed up at Sam's. With dollar signs flashing in the air from the Americans with Disability Act, I suggested they refer this to corporate headquarters and have them contact me to confirm this official announcement. It did take a few hours but you could tell they were very nervous. They assured me I was welcome to shop without a mask and there would be no "friction". So...off to Sam's Club. Guy handing out masks...I shook my head as I showed my card. He pointed to a security guy who said something. I pointed to my hearing aids and said I read lips so he would have to lower his mask...which he did and asked: "medical?" I said yes and he saluted me and waved me in. Saw him later as I was shopping and he gave me two thumbs up. We both grinned. I was really hoping to run into a Karen who would point out that I was not wearing a mask. I was ready to reply that I was not wearing any underwear either. Lord I love being old enough to get away with this stuff! My kids and grandkids are a mixed bunch for reaction. I get either a shake of the head or loud laughter. I gotta be very careful. Two of my kids have power of attorney and could pick out my retirement home long before I want it. I'll mention that come the middle of October they won't have an 80 year old father...(pause for shock value)...because I'll be 81.

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