



**Recipe Corner**

**Smoothie food prep**

Daughter Margaret stopped by while I was doing my prep for smoothies: each container holds a banana, pineapple, strawberries, red and black raspberries, blueberries, and kiwi fruit. I put some walnuts in the bottom so the fruit doesn't stick to the container when it goes into the freezer. I take one out every morning and add yogurt, chia seeds and a serving of protein drink (Ensure). Five cups of coffee precedes the smoothie which

I use it to take a multi vitamin, glucosamine and vitamin D. There's so much good stuff in there that it makes lunch superfluous so I usually skip it. Sam's Club has three pound bags of most of the fruit for about \$7 and a bunch of 6-8 bananas costs \$1.38...why that unusual number beats me. Organic bananas (*whatever that is*) costs a dime more. Takes about 15 minutes to prep a week's worth.



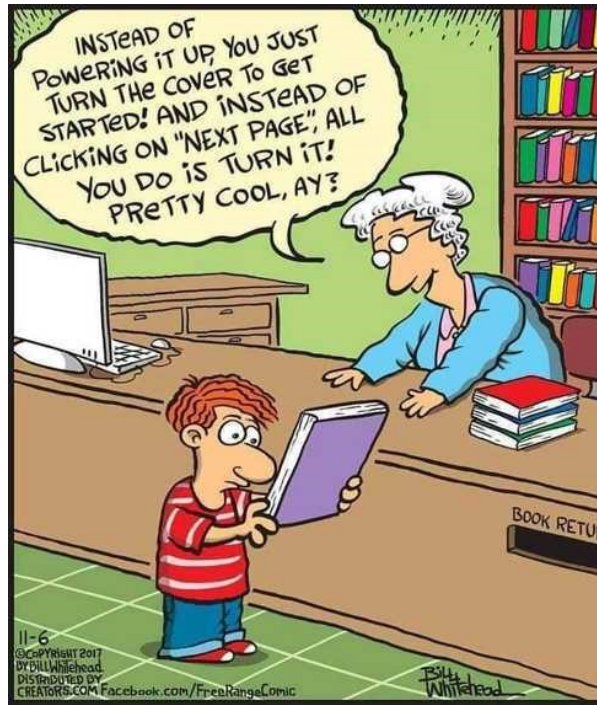
Margaret doesn't agree with this chart...and goes left. Larry agrees with me and goes right.

**THE FRANK REPORT**

9.14.2019 #191

*All the news I see fit to print.*

*Freedom of the press belongs to those who own one.*



**Have to get this into top spot for my grandkids. They can't believe how many books grandpa reads.**

**If you really want to confuse them: ask to borrow their pen.**

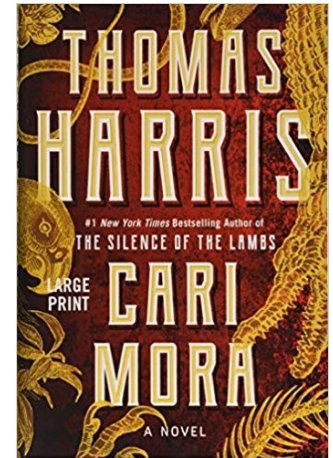


Miata is in the shop with a busted clutch. Only the second time she's failed me in 28 years and both times in my driveway so I wasn't stuck somewhere. Got 168,000 miles on her and still in great shape. Kids are here for rides as the only mechanic in town I trust can't get to her until next week. Kinda weird being stranded with no wheels...almost tempted to shut down the computer but that might be pushing the isolation.

Lots of rain and the popcorn is getting bigger. Tomatoes beginning to get big so almost time to start freezing them...then thaw to remove the skin and make Marinara sauce. Better than blanching.

**Bon Mots**

**I do all my own stunts. But not intentionally.**



You may know this author for the *Hannibal Lector* character. This one reads like a movie plot so maybe he's addicted to Hollywood money. First book in 14 years so might have run out of cash? It's not bad.



**Gabriel Allon** character; Israeli spy thriller. Always a good read with historical background very real.

Son Chris and granddaughter Gracie got me to the library so they wouldn't call the cops about me being a missing person. Really neat to walk in and have them say "Hi Frank!"

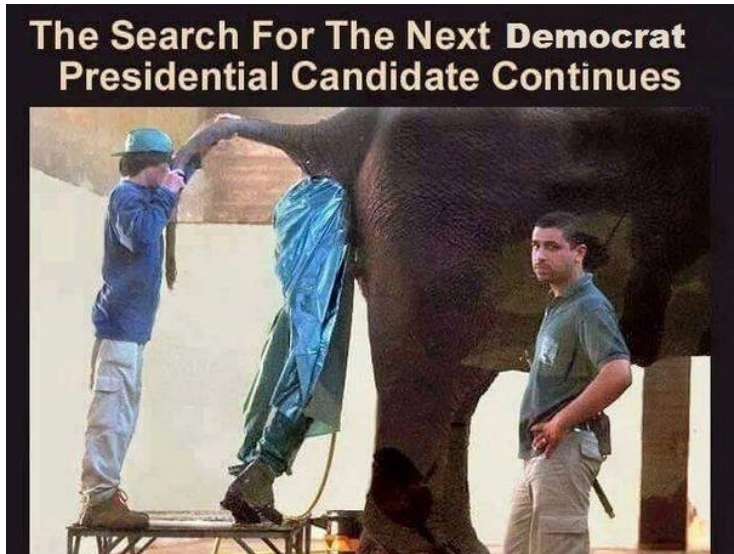
**-more-**



Heard that President Trump sent flowers with a note that said "Thanks Girls" after Republicans took both seats in the North Carolina special election. Sure hope he did.  
If this is a "squad" I'd hate to meet the team.



Apparently Plugs Biden is the current team captain.



I laughed when I found this and figured it was too gross to use...then thought:

That's an elephant. What if a moderate (not extreme) conservative politician ...disgusted with the rhetoric of both parties...ran as a Democrat? The current opposing political rhetoric reminds me of that Russian face slapping contest.

Joe Lieberman comes to mind as a Democrat who ran on Republican ideas but was shunned by both parties but not his constituents. The Republicans shunned him because he was a Democrat. The Democrats shunned him because he wouldn't support extreme party ideas. Both parties used the Lame Stream Media to attack him. The Lame Stream Media used the attacks as click bait to generate ratings instead of providing in depth analysis of his ideas. Where are the good old days when Tip O'Neill formed a close friendship with Ronald Reagan as they compromised and actually accomplished good legislation that was pro American rather than pro party? Schumer and Pelosi attack Trump for ideas that they supported just a few years ago.

The Lame Stream Media reports the face slapping contest instead of the fact that both face slappers agreed...just at different times in the farce we call politics and journalism. Both pretend to protect us. Both have extraordinary power given them by our Constitution.

We can punish the politician with votes when they get too extreme in their quest for power and money. That's how Trump was elected. We can cancel subscriptions to the Lame Stream Media when they are committing the same offence. That's how Dan Rather got fired and CNN lost the ratings race to reruns of children's programming. We can bypass the "journalists" by using the internet. If you appreciate these comments...pass it on. If not, CNN is your alternative. In the meantime, let's hope the political parties keep digging.

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