



**Recipe Corner
Refried Beans**

- 4 cups dry pinto beans
- 1 cup chopped sweet onion
- 3 tbs butter
- 5 cloves minced garlic
- 2 1/2 t. cumin
- 2 t. paprika
- 2 t. kosher salt
- 1/2 t. chili powder
- 1/2 t. black pepper
- milk, as needed

Directions:

Place the beans in a large bowl, cover with an ample amount of water and allow to soak overnight. Next day, drain and rinse the beans. Cover them generously with fresh water and simmer for several hours or until tender in a slow cooker. In a saucepan, sauté the onions in the butter until they are soft and translucent. Add minced garlic and cook for 1-2 minutes more.

Add the beans. Stir in the cumin, paprika, salt, chili powder, and black pepper. Bring to a slow simmer and allow it all to cook on low heat for 10-20 minutes, stirring occasionally. Once the beans have cooked down for a while and the flavors have had time to incorporate, mash them to a slightly chunky consistency.

I freeze the beans into two cup containers. Place in refrigerator overnight to thaw and then microwave for desired consistency for other recipes such as tacos, burritos, or heated for use as a dip.

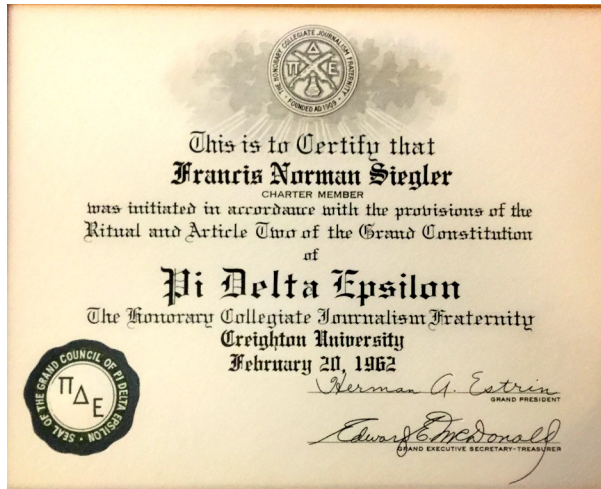
THE FRANK REPORT

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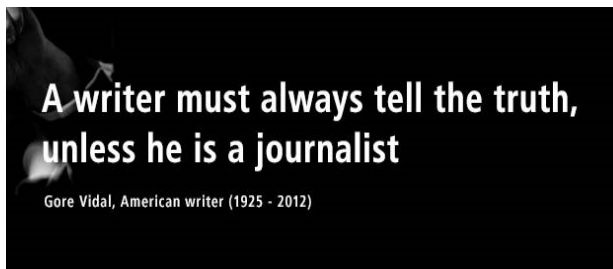
All the news I see fit to print.
Freedom of the press belongs to those who own one.

**The New York
~~Times~~
Slimes**

My journalism professors must be spinning in their graves. I'm also wondering if the NYT "journalists" have been able to maintain their membership in Pi Delta Epsilon, the honorary journalism fraternity.



If they are still members, I'm tempted to hang this...upside down...above the toilet.



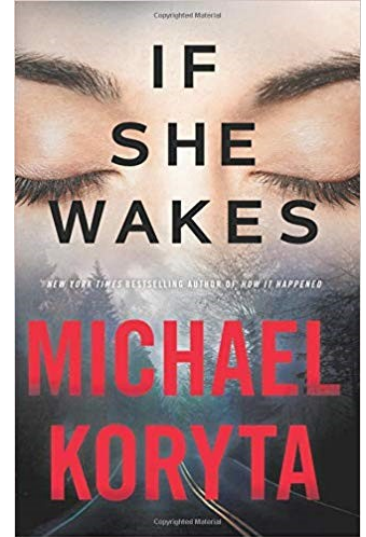
I'd get into details but afraid I'd bust my keyboard.
Here's a great capsule report on the slime:

www.breitbart.com/the-media/2019/09/16/nolte-last-weeks-fake-news-epidemic-led-by-cnn-politico-new-york-times

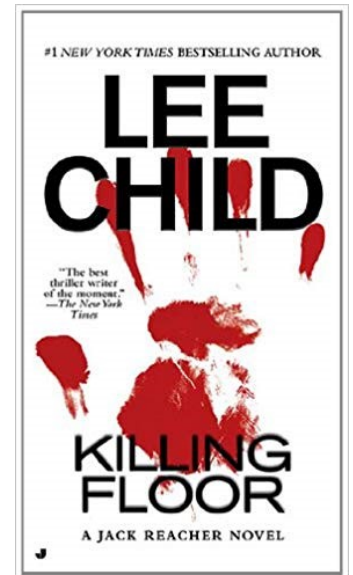
Type that into your search engine and you'll find it.
As for me, I'm opening another bottle of wine.

Bon Mots

I've learned so much from my mistakes...I'm thinking about making a few more.



Latest from Michael Koryta. Very original plot with lots of action from the hero in a coma...you read that right. He'll be one step in front of you as you read this one.



One of the debut novels I'm collecting...can't believe I hadn't read it. *Jack Reacher* character introduced and just as great as the latest.

-more-

Jimmy Carter: 'It Would Be a Disaster to Have Four More Years of Trump'

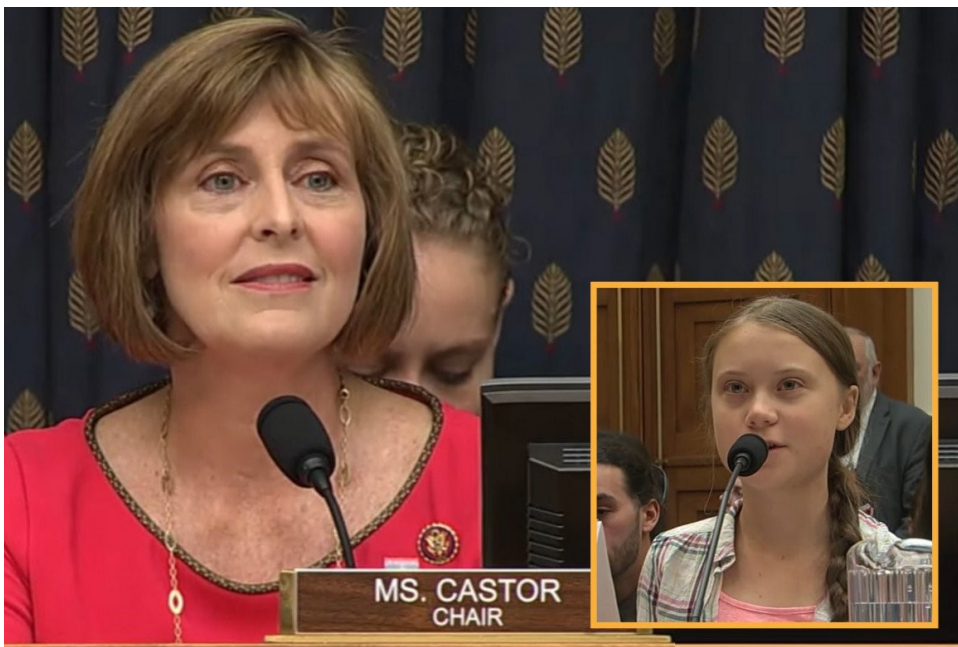
The 94-year-old Georgia native made clear his thoughts on the president, according to the Atlanta Journal-Constitution.



If you were running a business during the Carter years, you found bank line of credit at 13 points over prime (21%) which meant you paid 34% to maintain cash flow. Many just gave up. Trump's battle with the Fed right now is probably based on that memory.



Chris and Brenda installed a bird feeder in view from my office. This little devil has been trying to get at it for a week. He finally made it past my booby traps but didn't know what to do next when he managed to get to the top. Finally gave up...jumped down and gave me a dirty look. In the meantime, a tree growing in my gutter signaled need to get them cleaned. Had them save it and it's now growing in a pot on my deck. Got to reward determination...unless you're a squirrel! I do have a squirrel feeder compliments of Daughter Mary but won't start hanging corn cobs (from Brenda's dad) until winter. He's getting fat from the bird seed rejected by various discriminating birds. Saw my first Scarlet Tanager here. Mostly finches (I remember Scott Benson's pets). Annnnd...got the Miata back. Turned out to be the hydraulics for the clutch assembly so about a third of the cost. Jimi at Impact Auto only mechanic I would trust with her.



Here's a handy chart to let you know if you can legitimately use the N word...or invade Poland. Ain't the internet weird?

You're looking aren't you?

While the bartender cuts you off and asks you to put your shoes back on, consider this: what if Mars has water on it because we used to live there and we messed up the climate so badly that we had to send an escape pod to Earth with only Adam and Eve in the pod and the pod was the asteroid that killed all the dinosaurs? Time for more wine...

**GPA/DAD/UNCLE/ETC
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WASHINGTON, D.C.—The government wants you to take climate change seriously, like really bad. So bad in fact, that they showed how very serious they are about the "climate crisis" by inviting a foreign high school kid as their star climate witness. The girl gave her testimony, though she was interrupted multiple times by Democrats breaking into tears and screaming, "THINK OF THE CHILDREN!" "As you can see, this is obviously an issue of reason and science, and also anyone who would dare disagree with a high school kid on this is a denier," Rep. Castor said as the student's testimony concluded.

Yes...I read The Babylon Bee.