



Recipe Corner
Shrimp Creole

Repeat of a classic that is quick and easy and really good. Three pounds of jumbo frozen shrimp at Sam's makes this also inexpensive.

Ingredients:

- 2 tablespoons olive oil
- 1 1/2 pounds shrimp, deveined
- 1/2 cup thinly sliced onion
- 1 can diced tomato
- 1 cup chopped sweet peppers
- 1/2 cup diced celery
- 3/4 teaspoon salt
- minced garlic
- dash(es) hot sauce

Heat oil in large skillet. Add shrimp and cook until shrimp turns pink. Stir frequently. Remove shrimp from skillet. (*note: I use pre-cooked shrimp and just heat them in the garlic/olive oil, then remove*). Add onion to same skillet and cook until browned. Stir in tomato, peppers, celery, salt, more garlic and hot sauce. Shrimp back in and then simmer over low heat uncovered about 10 minutes. Serve over cooked rice. Serves 3 to 4 or me twice. **Try beef with this recipe instead of shrimp...works great.**

Dad Joke

I am a Senager. (Senior teenager) I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and a sports car. The people I hang around with aren't scared of getting pregnant. Life is great.

THE FRANK REPORT

9.29.2018

All the news I see fit to print.

Freedom of the press belongs to those who own one.



It's that time of year to turn up the thermostat to the temperature you complained about all summer.

Tips: don't forget to reverse the direction of your ceiling fans. Close the upper level vents and open the lower level vents (*heat rises, cold falls*). Furnace fan runs 24/7 Did this and noticed even temp throughout.

About That Hurricane:

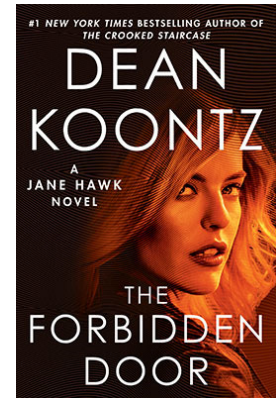
Trump to a homeowner in New Bern, NC, who had a yacht wash up in his backyard: *"At least you got a nice boat out of the deal."* pic.twitter.com/twtT3it8ul
Love this guy!!!



CNN expert: Kavanaugh confirmation will increase global warming by 3 degrees. Sometimes a picture IS worth a thousand words. The media's incestuous relationship with the dimocrats is beginning to become so obvious that even a few of them shudder at some of the "news" reports. I'm sure you know that little kid who tells a joke and everyone laughs so they repeat the joke, in a louder voice, a thousand times that same day. Reminds you of the politicians who tell a lie and then repeat it in the same way because someone believed them.

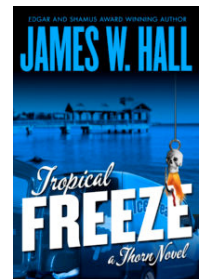
Bon Mots

Be the reason someone smiles today. Or drinks. Whatever works.



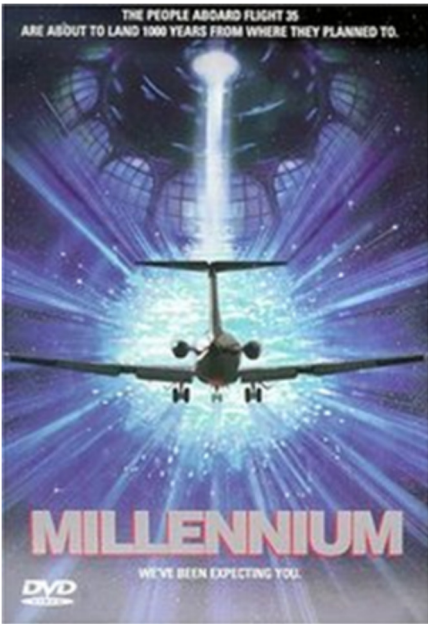
He got me again...this is that plot running through more than one book like the Saturday movie matinees where the hero is left in a precarious situation and you have to come back to find out what happened. This one was in the special section of the library for new books and I grabbed it...now I have to wait for the next one to see if she escapes...again! They run about 500 pages each so you're almost obligated to continue since you've devoted over 1,000 pages so far. They are interesting but Koontz has to wrap this up soon because I'm willing to invest time in only one more. He's stretching the plot to comedy not thriller.

1990 2nd Thorn novel more than makes up for it! **Hall** is getting gooder.



Hall's next book: intro's a new character; Mafia Don's granddaughter **Harper** out to avenge some wrongs. Premise sounds good.

-more-



Blast from the past:

Chris and Brenda are hooked on the new NBC program *Manifest*. It sounded like a remake of the 1989 Kris Kristofferson movie *Millennium* with Cheryl Ladd as a time traveler. But no. *Manifest* is an original where *Millennium* was from sci-fi writer John Varley. Now this is where it gets me back to classic sci-fi books I've read with Varley's *Titan* trilogy and I started to get serious about reading. So I guess I'll wait until *Manifest* is ready for streaming without commercials and get weekly reports from Brenda whether it will be worth the wait. In the meantime, if you can find *Millennium*...it's a fascinating film in spite of Kristofferson. Also, check out *John Varley's Titan* trilogy...I think he was drunk when he wrote it but somehow hangs on to your attention while he bounces the plot all over the galaxy.



Gird your loins...here come the politicians asking for your vote!

Don't miss this one:
<https://www.youtube.com/watch?v=wsJRIBCqAVE>



I'm speechless...and that's saying something. I can't believe the Democrats would stoop so low and jeopardize their mid-term chances on a SCOTUS appointment. You'd think they learned their lesson with Anita Hill but apparently the politicization of the Supreme Court is their goal.

What they are doing to these poor women is worse than the rape charges. I guess there will be an "under the bus" sorority after it's done. The low point was "senator" Blumenthal, who lied about swerving in Vietnam, questioning anybody's honesty or integrity.



Well, of course my amp would die after completing this project. Bought it two years ago; Sherwood R607 and three of the HDMI ports are dead. Yes, tried new cables. The fourth HDMI port works after plugging in the different components. Ordered a new Sony STRH550 delivered free by Sunday for less than Best Buy. The RCA connections for the cd player still work but not the HDMI. Should have remembered that my last Sony amp lasted ten years until damaged in a move. Sherwood products made in China...Sony in Japan. Should have taken that into consideration considering the 26+ years my Miata has been motorvating?



Several more of my articles from my blog (thefrankreport.net) are linked.

Also getting emails from people reading the blog...so far all positive, even the 75 year old librarian that hit on me. (Waiting for pictures?)



Jane Fonda says she will regret this picture until the day she dies...then what? She'll send us more? Embarrassing question: how did she manage to get there in the first place? John Kerry send her?

Those baskets...come from Vietnam As does my gun rack and several other purchases I've made this year. Sounds like capitalism is making some headway in spite of Jane. More regret on her part?

BTW: If companies really do pay women less than men, why would they hire men?

GPA/DAD/UNCLE/ETC

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