



Recipe Corner
London Broil Marinade

- 1/4 cup balsamic vinegar
- 1/4 cup soy sauce
- 2 tablespoons Worcestershire
- 1/4 cup olive oil
- 2 garlic cloves, crushed
- 1 teaspoon rosemary
- 1/4 teaspoon black pepper
- 2 lbs. London broil beef

Mix all marinade ingredients together. Lightly score meat in a diamond pattern on each side.

Place meat in a resealable bag. Pour in marinade. Squish meat and marinade around to get all the nooks and crannies. Marinate in refrigerator 2-3 hours or up to 24 hours, rotating occasionally.

20-30 minutes before cooking take meat out of the refrigerator to come up in temperature. Cook in the broiler or on the grill 5-7 minutes per side depending on thickness and desired doneness.

Meanwhile:

Bernie Sanders Signals He's Open to a 'Meat Tax' to Combat Climate Change

Maybe that's how he will also pay for the "free" education?

I SPENT \$60,000 ON A WORTHLESS DEGREE AND NO ONE WILL HIRE ME



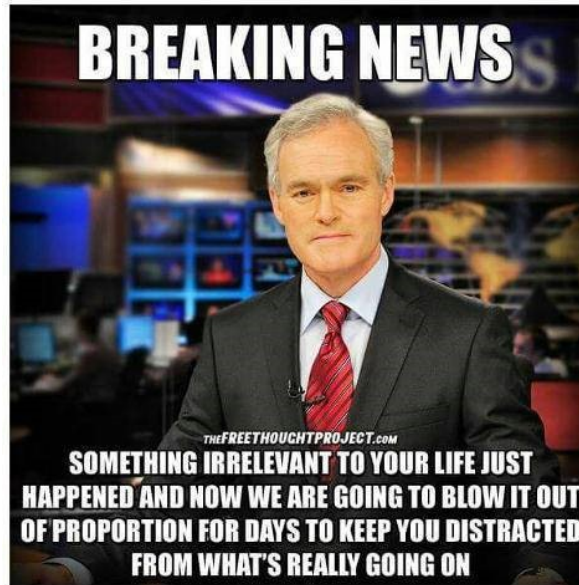
I SPENT \$6,000 AT A TRADE SCHOOL AND MAKE \$85,000 A YEAR



THE FRANK REPORT

9.7.2019 #190

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



For instance:

CNN's April Ryan Says Trump Is Racist For Wanting to Nuke Hurricanes

Alabama Gov. Kay Ivey Comes Under Fire for Wearing Blackface 52 Years Ago in College Skit

NASCAR Denies Ads for America's Most Popular Rifle

MSNBC Claims National Zoo Could Lose Pandas Due To Trade War With China.



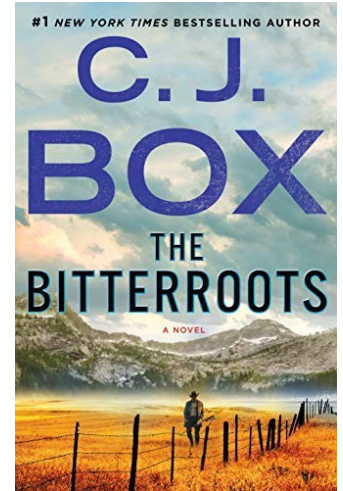
You can get a degree in women's studies but you can't get a job. So...you get a PhD in women's studies so you can get a job teaching others to get a degree in women's studies. See how that works?

To quote a straight pride marcher in Boston:

"It's become less and less PC to be straight, white, and male. That's considered the bottom of the chain. That's the one group you can still voice negative things about on YouTube and there's no punishment."

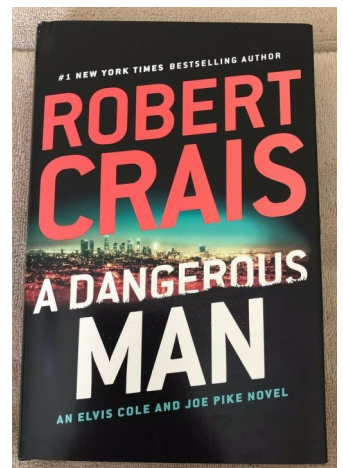
Bon Mots

*Life is short.
Can't laugh at yourself?
Call me, I will.*



Book Report

Not Joe Picket. **Cassie Dewell** is the latest (#4) from C.J. Box. Small town in Montana where a dysfunctional, evil family runs roughshod draws Cassie to untangle decades of mysterious deaths. Fast moving, and will keep you guessing the end.



Elvis Cole, Joe Pike crime busters. Detective teams up with special ops buddy. Always a good read.

-more-

Mass Shooters 2019

Every person charged with or arrested for shooting 4+ people in a single incident



Damn those white male supremacists! (the Lame Stream Media)



Took my grandson Hunter to the gun range for his concealed carry permit qualification. Passed with flying colors. Instructor told me he is very skilled. Check my blog article: <http://thefrankreport.net/why-politicians-love-gun-laws> Minnesota charged \$68 million on gun permit fees.



Chicago politicians have erected these signs. Seems to be working?



Granddaughter Gracie (HS senior) was the first to send me this year's picture. Mr. Z's MAGA hat picture is still my favorite.

Never a dull moment with The Boys...and their buddy who visits once in a while. I think he's trying to score some catnip so now I have to explain to The Boys what catnip is. At least he didn't bring a dead mouse for trade.

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