



"Now let's check this bat's cholesterol."

From CNN: "An estimated 21.5 million additional adults in the United States may now be eligible for statins under updated cholesterol treatment guidelines, according to a new study. The researchers aimed to estimate how many adults in the US would be considered eligible for statin therapy under the new 2026 blood cholesterol guidelines issued by the American Heart Association, the American College of Cardiology and nine partnering medical societies, compared with the previous 2018 guidelines."

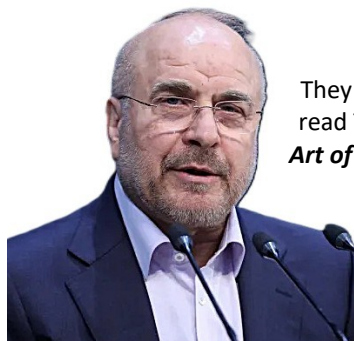
This CNN "news" feature is sponsored by J&J, Pfizer, GSK, Bayer, Merck, Amgen, Boehringer Ingelheim, Novo Nordisk, Rinvoq and others.

BTW: Did you know that *gain of function research* is also known as *biological weapon development*? We have been worried about Iran and nuclear weapons when Fauci was running wild with this.



Remember Fauci's sidekick Deb Birx? She didn't get a pardon. Wonder what she'd tell a congressional hearing.

The Frank Report



Bagher Ghalibaf

They haven't read Trump's *Art of the Deal*



Ali Larijani

8.8.2026 #552

All the news I see fit to print.

Freedom of the press belongs to those who own one.

The primary Iranian officials negotiating with the United States are Mohammad Bagher Ghalibaf, the Speaker of Parliament who leads the delegation, and Abbas Araghchi, the Foreign Minister responsible for technical nuclear discussions. Ali Larijani served as the Secretary of the Supreme National Security Council prior to Ghalibaf. He was killed in an Israeli airstrike in Tehran on 17 March 2026.

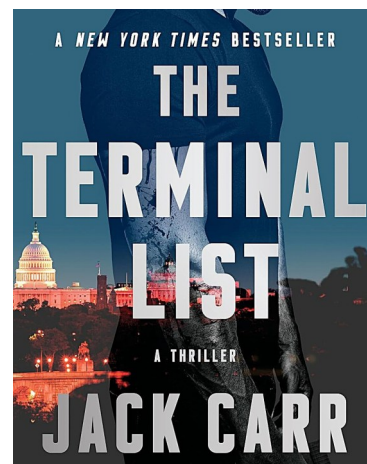
Ghalibaf assumed a central role in strategic decision-making.

Ghalibaf is a hardline "principlist" and former IRGC commander who ensures any agreement has legitimacy with Iran's conservative power centers and the Supreme Leader. He said the U.S. must accept his newest 14-point proposal or else American taxpayers "will pay for it."

Ghalibaf's proposal demands we end the war in 30 days, withdraw American forces from Iran, remove sanctions on Iranian assets, reparations payments, an end to fighting in Lebanon and he would govern the Strait of Hormuz.

President Trump's response: *"For 47 years the Iranians have been 'tapping' us along, keeping us waiting, killing our people with their roadside bombs, destroying protests, and recently wiping out 42,000 innocent, unarmed protestors, and laughing at our now GREAT AGAIN Country. They will be laughing no longer!"*

So...what's the long term strategy? The son of the former Shah is ready to take over and replace the radical terrorist regime running the country for 47 years since Jimmy Carter and the CIA were responsible for the fall of his father. The first public demonstration supporting the change was met by killing 40,000 protestors by the current regime. President Trump and the rest of the Middle East would prefer the Shah over the Islamist terrorist regime. This may have been President Trump's strategy all along. We all know you can't trust the terrorist regime in power. While the US has been in and out of talks with the regime, President Trump's economic tactics have taken their toll on the regime. Some believe the economic destruction of the regime was the plan all along and it is working. The economic fallout has been the destruction of their currency in the world market.



Book Report

Revisiting the Jack Carr series. Gooder second time around catching some nuance to the plot I missed first time around. This was his debut offering and launched the series as well as Amazon's attention resulting in the tv series and a sequel.



Even my great-granddaughter knows the value of revisiting our favorite books. They say wisdom comes with age.

At 15 months she has figured out hard copy books are far superior to eBooks. You can actually own the book rather than just renting permission to read it. However, you do have to hide them from your canine buddies. Maybe she needs a feline buddy to protect her growing library?



curmudgeon quotes



**Unlike the brain, the stomach
tells you when it's empty.**

**Where we're at right now:
The Science is pleading
the Fifth Amendment.**

**Give the hardest job to the
laziest person and they will
find the easiest way to do it.**

**I've made a lot of mistakes
in my life but adding more
garlic than the recipe calls for
is not one of them.**

**The poor have been voting
Democrat for fifty years.
Why are they still poor?**

**In the age of information,
ignorance is a choice.**

**How to create a slave:
work them without pay
or pay them without work.**

**Before the internet, most
people thought villages
only had one idiot.**

**What does it mean if holy
water sizzles on your skin?
Asking for a friend.**

**The second amendment
doesn't protect your right to
bear arms...your guns do.**

**Pleading the fifth after getting
a pardon is like wearing a
mask after being vaccinated.**

**It takes only a second to show
someone how you feel. The
police call it indecent exposure,
but whatever...**

**Maybe some people are angry
because they don't know
which bathroom to use?**

**What happened to that 1954
Communist Control Act?**

**Why the hell are politicians
claiming to be our "leaders"?
Aren't they supposed to be
representing us? They're piss
poor at their job right now.**



**Are Democrats digging in the litter box trying to
find the cat they can elect?**

The Democratic Socialists of America talk about "no borders, no police, no prisons, no Senate." They quote Karl Marx's "from each according to his ability, to each according to his needs." New York City officials and candidates have openly floated electing more communists. Old school Democrats would campaign for them to retake Congress. The new mayor of New York hitched a ride to election victory on the typical election fraud...an audit found 228K fraudulent votes.

Of the 1 million votes cast in the election, 7% were from nonexistent records, 6% had fake Social Security Numbers, 10% did not live in New York and 1% had no Social Security Number at all. That's 228,000 votes. Mamdani's "victory" was by 207,570.

Tuesday, August 4th, was the cutoff for completing list-maintenance programs that remove ineligible voters under the National Voter Registration Act. Trump made election integrity one of his most popular goals. The US Senate Majority leader John Thune failed to pass the SAVE Act and protect America from the DSA communist hordes mobilizing on the left.

Example: DSA Abdul El-Sayed Beats Moderate Democrat Haley Stevens in Michigan Senate Race. Democrats are fighting any effort to prevent election fraud in Michigan...the only way they can beat Rep. Mike Rogers, who ran unopposed in the GOP primary.

*Election fraud is not their only weapon.
They also have the Lame Stream Media.*

Bet you didn't hear about this:

Minnesota Farmfest's U.S. Senate candidate forum is one of many gatherings of candidates to debate. The people running it have rejected the Republican endorsed candidate claiming he does not enough support. What part of "endorsed" do they not understand? Republican Michele Tafoya, who was NOT endorsed, will be part of the debate.

**The endorsed GOP candidate is Adam Schwarze,
a retired Navy SEAL who obviously scares hell
out of the MN political establishment.**

www.schwarzeforsenate.com

Make sure you pass this on.

Tidbits

*(a small and particularly interesting
item of gossip or information)*

Big Pharma made \$90 BILLION
from a vaccine that didn't work.

Oral B toothbrushes require you to
have an account with a password.
I am NOT making that up.

Nancy Pelosi's vineyard got
\$14 million from USAID for
"experimental farming".

Gas hit \$4.50 because Trump
stopped Iran from getting a nuclear
bomb. Gas hit \$5.00 because Biden
printed money and killed energy
programs. Which is OK?

There were 133 million registered
voters in 2020. Trump got 74 million
votes. If every registered voter
voted, that would leave 59 million
votes. Biden got 81 million?

Hillary lost and The Clinton
Foundation went broke...Biden lost
and he can't get money to build his
library...USAID was shut down and
the DNC had to mortgage their HQ.
Anyone else see a pattern here?

Minnesota Lynx Coach Wears
"Trans Kids Belong" T-Shirt to Fever
Game with Sophie Cunningham.

158 House Democrats voted to
NOT deport illegals convicted of
sexual assault of children.

The longest filibuster in US history
was 75 days in 1964 when
Democrats tried to block the
Civil Rights Act.

The Chancellor of UC San Francisco
testified under oath that a
"vast majority of pregnancies are in
women." *Well, that's what you
could call a half vast comment.*

Until next week...

***email: fns@franksiegler.com
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*This newsletter is published
Saturday mornings by subscription.
email me requesting to be added.
or visit my blog. Both are free.
Please feel free to pass it on.*