



Recipe Corner

Beef and Bean Stew

Soak 2 cups pinto beans overnight. Drain, rinse and dump over one chopped sweet onion in crock pot.

Add two TBS minced garlic. Add 2 cups chicken broth. Start on low while you cut 2 lbs eye of round beef in cubes. Dredge in flour/salt/pepper and brown on high heat. Add cooked beef to crock pot. Can of crushed tomatoes, couple dashes Worcestershire sauce and can of mushroom bits into frying pan to get all the leftover bits from frying the beef.

Pour over beef in crock pot. Crock pot on low for about four hours. Couple beers and a roll with this and I guarantee you'll need a nap. Makes about four servings that can be saved in freezer.



Found a mask I might wear. VA is still insisting on masks so haven't used their "services" for almost two years. Between the masks and woke companies...at least Amazon doesn't require them and their drivers don't wear them either...yet.



The Frank Report

"What the hell is a mandate? Is that like a law or statute?"

1.15.2022 #313

All the news I see fit to print.

Freedom of the press belongs to those who own one.

Lawyers exist for only one purpose...to protect us from other lawyers. They are called lawyers because they deal with laws. In the legal hierarchy, the supreme court is at the top while the rest ply their trade at lower levels to maintain order in society.

That word "supreme" is important because it means it is the final interpretation of any law. No, they aren't Gods but they do lean heavily on His reputation. Remember that our country was

founded on the first time in the entire history of civilization proposition that **individual rights come from God**...that supreme thing again. Fast forward a couple centuries and we

have politicians telling us that they have the power to "mandate" what would (*using common sense*) be the responsibility of another supreme law...the Hippocratic Oath that doctors take to "do no harm". The doctors have been shoved aside by the politicians who claim they can come up with health care on a *one fits all* solution. Of course, their solution involves campaign donors from the pharmaceutical industry making literally billions of dollars from the solutions.

How did they get away with this?

The insurance companies have placed a stranglehold on the medical profession with protocols that require permission for medical procedures. If the doctor steps outside that protocol, their patient winds up with a bill that the doctor must collect or work for reduced wages when the patient cannot pay. Of course, the answer would have been for the doctors to accept only those insurance companies who didn't get into the decision making...which would have created a competitive situation within the insurance industry for patient premiums.

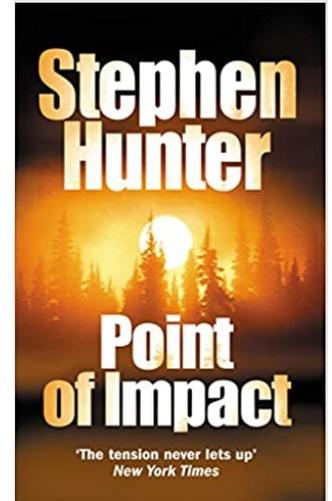
Hillary Clinton and Barrack Obama to the rescue on that problem with complicated schemes that increased premiums and reduced care. The website created (*and crashed*) for the Obamacare solution cost more than the Trump border wall.

Have you spotted the pattern of failure yet? Here's a hint:

I'm from the government. I'm here to help.

Bon Mots

The French are not cowards. They discovered snails and frogs are edible.



Book Report

Debut (1993) novel by Hunter featuring new hero **Bob Lee Swagger**. Then a movie (*Shooter*) starring Mark Wahlberg. Movie stayed close to plot with minor changes to avoid expensive scenes. Then a Netflix TV series that ran from 2016-18. So, all that attention on his first book so it must be worth reading the other Hunter books? You bet, with his 12th due out Jan 20th!



-more-



Jan. 10, 2022] Project Veritas has obtained startling never-before-seen documents regarding the origins of COVID, gain of function research, vaccines, potential treatments which have been suppressed, and the government's effort to conceal all of this.

The documents in question stem from a report at the Defense Advanced Research Projects Agency, better known as DARPA, which were hidden in a top secret shared drive. Project Veritas has obtained a separate report to the Inspector General of the Department of Defense written by U.S. Marine Corp Major, Joseph Murphy, a former DARPA Fellow.

The report states that EcoHealth Alliance approached DARPA in March 2018, seeking funding to conduct gain of function research of bat borne coronaviruses. The proposal, named Project Defuse, was rejected by DARPA over safety concerns and the notion that it violates the basis gain of function research moratorium.

According to the documents, NIAID, under the direction of Dr. Fauci, went ahead with the research in Wuhan, China and at several sites across the U.S.

Dr. Fauci has repeatedly maintained, under oath, that the NIH and NAIAD have not been involved in gain of function research with the EcoHealth Alliance program. But according to the documents obtained by Project Veritas which outline why EcoHealth Alliance's proposal was rejected, DARPA certainly classified the research as gain of function.

"The proposal does not mention or assess potential risks of Gain of Function (GoF) research," a direct quote from the DARPA rejection letter. Major Murphy's report goes on to detail great concern over the COVID-19 gain of function program, the concealment of documents, the suppression of potential curatives, like Ivermectin and Hydroxychloroquine, and the mRNA vaccines.



"The powers not delegated to the United States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people."



"I'm not sure I understand the distinction why the States would have the power but the Federal Government wouldn't."



Someone please send this "wise Latina" a copy of the Constitution!

Mal Mots

An open mind is dangerous.
People keep trying to put things into it.
You're welcome.



Inflation just hit 7%...and the fed is looking at interest rates.

Let's Go Brandon. You can beat these numbers!!!

Biden Inflation numbers: (so far)

- Gasoline up 56%**
- Heating oil up 42%**
- Used cars: 37.3%**
- Car rental: 36%**
- Natural gas up 31%**
- Hotels: 27.6%**
- Beef: 18.6%**
- Pork: 15.1%**
- Furniture: 13.8%**
- New cars: 12%**
- Chicken 10.4%**
- Fresh fish: 10.2%**
- Oranges: 9.9%**
- Jewelry: 8.8%**
- Dresses: 8%**

Until next week...

GPA/DAD/UNCLE/ETC
fns@franksiegler.com
thefrankreport.net*

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