



Recipe Corner

I start my mornings with five cups of coffee and a smoothie consisting of half dozen different fruits, nuts, chia seeds, yogurt and a bottle of Ensure.

I use the smoothie to take four supplements. That does it until about 6pm for a salad with various vegetables followed by any new recipe that intrigued me. That diet is contradictory to how much I love cooking and baking. My Dad was great in the kitchen and Mom would get upset when we preferred his cooking. I'm proud to say my boys always take over the kitchen much to the delight of my DiL's. The end result for me is usually a freezer full of meals labeled and dated. That's handy when I'm busy and need a quick meal but not the time to play in the kitchen. Also useful when one of the kids or grandkids wants to explore my freezer. With that preamble out of the way, here (*and in the future*) some hints:

- Always double the garlic*
- Choose and care for knives*
- Gas gooder than electric*
- Premium pots/pans worth it*
- Install bright kitchen lights*
- using 5000K temp as ideal*
- Cook with intuition but bake with rules*



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



The **15 days to control the spread** has now stretched to over 700 days. That unique American Patriot bullshit meter has pegged in spite of the lame stream media. Dr. Fauci is eyeballing an exit strategy that probably includes non extradition countries. RINO's are retiring. High profile multiple jabbed people are getting COVID (*or a simple cold as they panic and call it wrong*). The CDC finally admits face diapers don't work. At the Supreme Court, NPR reports that Sotomayor uses Zoom because Gorsuch won't wear a mask. And about those "free" shots...flu and covid...what the hell happened to truth in advertising? I guess if they spend our money and not theirs it's "free". Moderna has a contract with the US Government on a 50/50 share of the patent. Moderna is getting billions of dollars from the "free" shots but the Government hasn't received dime one...so US Government is spending our money to pay Moderna but hasn't paid themselves with all those dollars they are printing. Guess they realize it's worthless? A record 4.4M Americans quit jobs because of the jab mandate while the *CDC Admits It Has No Record of an Unvaccinated Person Spreading Covid After Recovering From Covid.*

I would guess the end of this bullshit is in sight?

Bon Mots
Where society
has landed...
...toothpaste
has instructions.

AMAZON ORIGINAL



Book Report

Lee Child's first **Reacher** book **Killing Floor**, is the setting for the Feb 4 Amazon series. Pulled it off the bookshelf to get ready...and have been drawn back into reading the entire 25 **Reacher** books all over again. Finding nuggets in the plot and dialogue I missed first time around. I'm finding they are like my favorite movies watched several times because they were so good.

Meanwhile, Filmmaker Rodriguez is developing an updated, gender-swapped version of the classic Spanish vigilante tale **Zorro** with a "Latina". I guess the mask thingy got him all excited. It took Hollyweird over two decades to "discover" **Reacher** so I guess it will be a while before they find the C.J. Box books. Watched the **Shawshank Redemption** again. Check out the movies released same year (1994). Bet the box office take that year was tremendous. Prequels and sequels are proven money losers.

-more-



So much is happening that makes you go...hmmmm!

Several years ago, I came across the following obituary that succinctly explains where society has landed after journalism became a corporate entity rather than a watchdog and entertainment became the guide for ideology:

Death of Common Sense

Today we mourn the passing of a beloved old friend, Mr. Common Sense. Mr. Sense had been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such value lessons as knowing when to come in out of the rain, why the early bird gets the worm and that life isn't always fair. Common Sense lived by simple, sound financial policies (*don't spend more than you earn*) and reliable parenting strategies (*adults, not kids, are in charge*).

His health began to rapidly deteriorate when well intentioned but overbearing regulations were set in place. - Reports of a six-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Mr. Sense declined even further when schools were required to get parental consent to administer aspirin to a student; but could not inform the parents when a student became pregnant and wanted to have an abortion.

Finally, Common Sense lost the will to live as the Ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims.

Common Sense finally gave up the ghost after a woman failed to realize that a steaming cup of coffee was hot, she spilled a bit in her lap, and was awarded a huge settlement.

Common Sense was preceded in death by his parents, Truth and Trust; his wife, Discretion; his daughter, Responsibility; and his son, Reason. He is survived by two stepbrothers: My Rights and Ima Whiner. Not many attended his funeral because so few realized he was gone.

HIPPA is the Health Insurance Patient Protection Act, passed in 1996, to prevent anyone from forcing you to disclose your health information. Since then, federal, state and municipal governments have declared "mandates" that you must prove you have received a vaccine (and boosters) that protect those who have the protection from COVID by the vaccine from being infected by those who haven't been jabbed.

If you refuse to disclose your jab status...you lose your job status.

Mal Mots

Politicians are hard to ignore...but well worth the effort.

You're welcome.



New Census Bureau data show that Minnesota's population grew by just 225 people in 2021. One particularly alarming aspect of this was a loss of 13,453 residents to other states. This was the state's biggest net loss of domestic migrants to other states in at least 30 years.



Price of lumber still at Brandon high but did manage to finish a small project.

Until next week...

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