



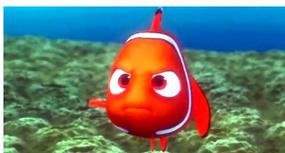
Recipe Corner Shrimp & Mac Casserole

Ingredients

- 2 cups elbow macaroni
- 1 egg
- 1/4 cup half-and-half cream
- 2 tbs butter, melted
- 1/2 cup grated Parmesan cheese
- 3/4 cup shredded mozzarella cheese, divided
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- Ten jumbo shrimp
- cup chopped fresh spinach

Directions

Cook macaroni according to package directions. Combine the egg, cream and melted butter; set aside. Drain macaroni, transfer to another bowl. Add the Parmesan cheese, 1/2 cup mozzarella cheese, garlic, salt, pepper and reserved egg mixture to the macaroni; toss to coat. Stir in shrimp and spinach. Transfer to a 1-qt. baking dish coated with cooking spray. Sprinkle with remaining mozzarella cheese. Bake, uncovered, at 350° for 20-25 minutes.



Tip for fishermen: All fish are “sustainable”. You pull it into the boat and the ones left behind make more. Apply for govt grant today.



3.12.2022 #321

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



Pfizer, hit with the largest healthcare fraud settlement and criminal fine to date in 2009; which also happens to be the same company behind the first every mRNA gene therapy injection administered to the general public under emergency use authorization in the name of Covid-19, has admitted in confidential documents, that it desperately tried to keep from going public, that its Covid-19 mRNA gene therapy may cause Vaccine-Associated Enhanced Disease.

Since the year 2000, Pfizer have been hit with fines to the amount of at least £7.5 billion, including a single £331.5 million fine for kickbacks and bribery offences, £1.1 billion in fines for false claims offences, and a record breaking individual £1.7 billion fine in 2009 for engaging in fraud by promoting a now withdrawn painkiller, Celebrex.

The problem Pfizer now has, is that real-world data from various Public Health institutions around the world shows that the risk of Vaccine-Associated Enhanced Disease is no longer theoretical, it's been occurring en masse since at least December 2021.

During just one week, the death-rate per 100,000 was recorded as 6.55 in the fully Pfizer vaccinated, but just 1.69 in the unvaccinated. Therefore, during that week the fully Pfizer vaccinated were statistically **four times more likely to die of Covid-19 than the not-vaccinated.**

Bon Mots

The original Coca-Cola formula contained 3.5 grams of cocaine. Just saying.



Book Report

There is an urgent need for people to return to history books to figure out what's happening...example:

Joe says the next Supreme Court justice MUST be a black female. In 2005, Joe Biden vowed to filibuster Judge Janice Rogers Brown when she was on the shortlist as the first Black female Justice. Then there is the current Ukraine invasion by Russia under Biden. Don't forget Russia invaded Crimea under Obama and Georgia under Bush. Biden is pushing for a war involving a country he took bribes from...probably still is? Biden paid \$1 billion in fiscal year 2021 to 'strengthen vaccine confidence in the United States.' Hundreds of news organizations were paid to advertise for the shots as part of a comprehensive media campaign by the DHS.

-more-



These people have bonded in their support of Ukraine and Zelensky while calling for action against Russia and Putin.

Joe Biden, Nancy Pelosi, John Kerry, Mitt Romney...all have their kids "working" for gas companies in Ukraine.

While this merry band of "leaders" are vocal in their opposition to Russia, here's what they're doing behind the scenes:

Google and Apple are blocking Russian apps...YouTube, Facebook, Twitter, and Telegram have banned Russian accounts...Twitter has started "fact-checking" and reducing the reach of Russian links...YouTube has demonetized Russian videos...Reddit has "quarantined" the /r/russia community...Namecheap, a domain registrar, has cut off ALL Russian customers...familiar tactics?

In 2014, a leaked recording revealed US government officials choosing the new Ukrainian government after the US-backed coup in Kiev installed a puppet regime. This, coupled with the US and NATO surrounding Russia and breaking the Minsk agreement by flooding arms to the Ukrainian state of Donbas, led to the war we're seeing today. The recording features Victoria Nuland, who was Dick Cheney's foreign policy adviser (Assistant Secretary of State for European Affairs) "Toria" Nuland was the "mastermind" behind the 2014 "regime change" in Ukraine, plotting the overthrow of the democratically elected government of President Viktor Yanukovich. She is back in the same position today. Nuland's husband is Robert Kagan who was one of the chief architects of the Iraq war.

Right now America is simultaneously giving Russia over \$25 million dollars a day in oil & gas purchases while committing billions to Ukrainian defense. This means the Biden administration is funding both sides of the Russia-Ukraine war. Using Biden logic, we should sell Alaska back to Russia so we can resume drilling for oil in Alaska.

After Ukrainian President Zelensky claimed that Russia had attacked the Babi Yar Holocaust memorial in Kiev in an attempt to "erase our history," the Lame Stream Media ran wild with the story. An Israeli journalist visited the site and discovered that it was in fact "unscathed." It seems Ukraine is winning the war of propaganda while Russia is winning the war on the ground. Putin doesn't care about hashtags or pronouns or toxic masculinity.

American right wing dissidents are no strangers to any of these things. All of these tools of war have been used against American citizens for six years now. Trump was banned, Putin wasn't.

Meanwhile, celebrities and politicians have seized the opportunity to make it all about them while they dump Russian vodka and buy Russian oil.

If World War III starts, Remember only the vaccinated will be fighting it... because the unvaccinated aren't allowed to fly. The Women's Rights crowd will also let you know that they belong in the kitchen and not in battle. Those sheeple who bent under the PLANdemic rules are now urging Ukrainians to die for freedom...duh?

Mal Mots
You can't get
"back on your feet"
until you get
off your ass.
You're Welcome



4th WAVE
Feminism

"You can't draft me for the military!
My place is in the kitchen!!"

The Environmental Protection Agency (EPA) has banned the use of the herbicide Enlist Duo in six Minnesota farm counties. The chemicals in Enlist Duo are apparently harmful to the eastern massasauga rattlesnake. There are no eastern massasauga rattlesnakes in those counties, and never have been. There are, however, lots of idiots in the EPA.

Until next week...

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

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Please feel free to pass it on.