

FRIDAY
FOLLIES
March 6, 2009



Hey!

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Just a great and busy week. Hope yours was, too! Lots going on at work, even though it is Spring Break... and I still have tons of personal stuff taking place, too.

We went from record low temperatures, ice, and snow earlier this week to predicted temps in the 70s this weekend! Since I am off for five days (Whoo Hoo), I plan to make the most of them! My yard needs attention!

The "Three Amigos" had dinner this week. It was my turn to have them over next, but somehow it didn't work out that way! It was awesome fun! That is where the "Red Hat" photos came from - more to add to my "Red Hat" collection. Every time we get together we try to take photos and it is HILARIOUS! Our photos NEVER turn out to our liking... NEVER. So this time, I took the blurry photos we took and "treated" them with an effect in Photoshop! We all laughed and decided they were OK to use. In a way - they actually accentuate the fun we always have together!

I will never forget Ken putting on my Red Hat at the Obama rally, and I did not even think to get a photo! Oh well, maybe next winter. I am hoping it is time to put the good ole Red Hat up until next year!

I continue to lose weight on Weight Watchers! AND it is not a problem at all! The only time I have trouble is when I eat out. A bit harder to control that way, but I am still



managing since I get “extra” points I can use for times like that each week. It has been amazing - truly! I am down 16 pounds as of this writing and I fully expect it to be several pounds lighter by the weekend! I am telling you - 16 pounds -- you can REALLY FEEL the difference! I LOVE it!

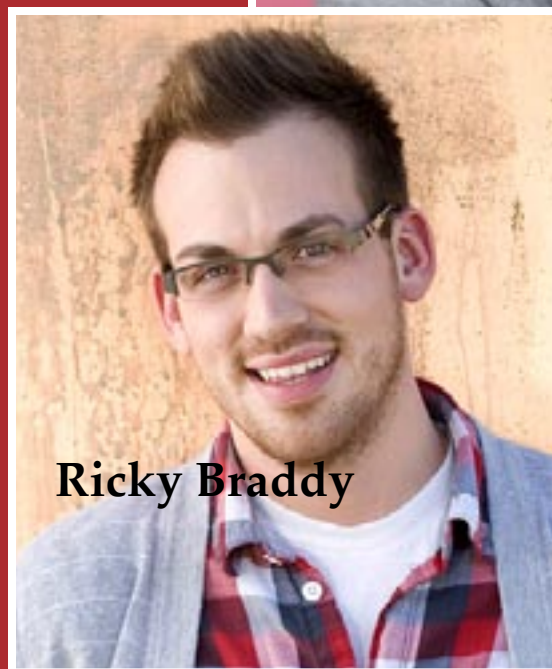
If you watch American Idol, there are three contestants (or there were) whom I feel a connection with. Felicia is from Virginia Beach and is my daughter’s age. All the kids here were pulling for her. She was the one that did not make the top 36 and then was called back at the past minute. She did great and looked fantastic - but alas, not this year. The other is Ricky Braddy. He is a fantastic singer and even though he is listed from North Carolina, he is considered local. The town where he lives is just across the VA border. I hope he does well. He was one of the Wild Card picks. Then, last, but certainly not least is my FAVORITE! Jasmiine Murray - from my hometown in Mississippi! She is absolutely the most marketable of all that I have seen. She was also selected as a Wild Card pick. So if you watch next week - pull for her! My hometown is very excited about the whole thing. She is a real class act!




Jasmiine Murray



Felicia Barton



Ricky Braddy

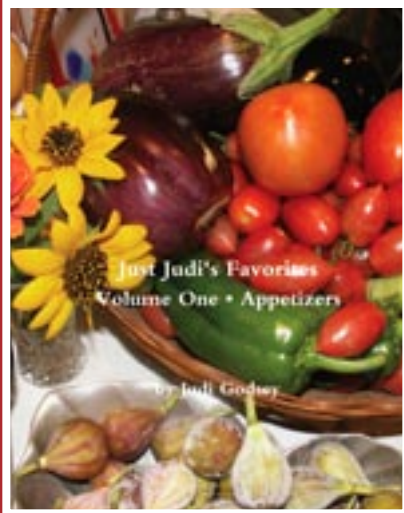


Judi Judi's Favorites

Volume Five • Sides

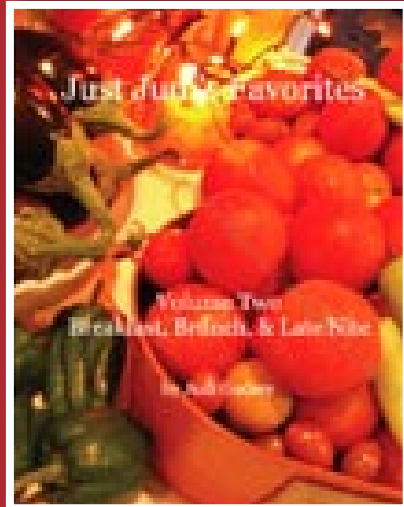
By Judi Godsey

Well, I finally got back in the "Cook Book Groove!" On our "Snow Day" Monday, I used it to put together my Volume Five • Sides cook book. I had it basically finished, but I just needed a few hours to lay it all out in the format for publishing. It should be accessible by this weekend! It will be on the links page of my website, or you may go directly to the Blurb.com site.



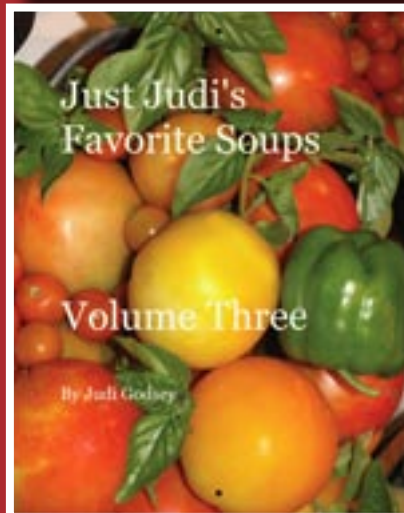
Look it up. It is fun to preview the first fifteen pages!
\$26.95 for a soft back
\$38.95 for a hard back and dust jacket
\$40.95 for the hardcover image wrap

I personally like the image wrap, even though the others are very nice, too. The soft backs are harder to use, I think, because they don't stay open as easily as the others. Trust me, I only make \$2 a copy, so it does not matter to me which one you order - just order! :-) And PLEASE enjoy! I have gotten so much wonderful feedback from folks. Even folks I don't know! It is really appreciated!



The index for Volume Five is below. The preview of the first fifteen pages only give you a hint...

Just Judi's Favorites Volume Five • Sides



Judi's Favorite Squash Casserole
Black Eyed Pea Casserole
Eggplant Casserole
Ratatouille
Balsamic Eggplant
Grilled Eggplant and Mozzarella
Judi's Gourmet Tomatoes
Judi's Tomato Dressing
Judi's Unbelievable Tomato Sandwiches
Shrimp and Tomato Aspic
Tomatoes and Okra
Stewed Tomatoes
Scalloped Tomatoes
Tomato Pie With Homemade Crust
Tomato Basil Pie
Simple Tomato Pie
Asparagus-Tomato Skillet
Broiled Tomatoes with Smoked Mozzarella



Grilled Tomatoes
and Green Onions
Tomato and Zucchini Gratin
Braised Artichokes Vinaigrette
Vinaigrette Sauce
Mom's Spoon Bread (Not Bread)
Banana Pepper Casserole
Stuffed Banana Peppers
Squash Dressing
Red Potato Casserole
Turnip Green Casserole
Corn Pudding
Creamy-Topped Asparagus
Fancy Macaroni and Cheese
Southern Fried Okra
Grilled Corn on the Cob
Veg-all Casserole
Herbed Green Beans
Green Beans with Hot Dressing
Marinated Green Beans
Green Bean Casserole
Sweet and Sour Green Beans
Copper Penny Carrots
Hot and Sour Carrots
Carrot Salad
Collard Greens
Pot Liquor
Scalloped Potatoes
Mashed Potatoes with
Parmesan Cheese
Potato Pancakes
Roasted Potatoes and Garlic
Twice-Baked Potatoes
Duchess Potatoes
Onion Rings
Baked Onion
Baked Herbed Rice

Pumpkin with Onions and Corn
Pureed Lima Beans
Stewed Squash and Beans
Stuffed Artichokes
Creamed Corn and Cilantro
Broccoli with Sesame Seeds
Cucumbers with Mint Vinaigrette
Stuffed Zucchini
Cauliflower and Almonds
Freezer Coleslaw
Cheese And Onions
Winter Beans and Roasted
Vegetables
Gold Mountain Cauliflower
Vegetable Ribbons
Corn Fritters
Okra Masala
Quick Garam Masala
Jitomates Rellenos
Savory Mashed Black Beans
Corn Relish
Zucchini and Carrots with Garlic
and Herbs
Fungi (Pronounced FOON-jee)
Stewed Okra
Puerto Rican Arroz con dulce
Puerto Rican Potato and
Carrot Gratin
Mexican Rice
Mexican Calabacitas
Chiles in Walnut Sauce
Picadillo Sauce
Creamy Mexican-Style Radiatore
Frijoles Refritos
Cauliflower Stifado
Rice with Garbanzos and Currants
Mediterranean Vegetable Medley

Tomato Rice
Asparagus a la Flamande
Garbanzo Fritters
Frijoles Negros (Black Beans)
Garlic Cauliflower
Bean Patties
Clapshot
Risotto alla Milanese
Pasta with Bleu Cheese
Rigatoni in Vodka Cream Sauce
Ricotta and Spinach Tart
Butternut Squash Risotto
Saffron Risotto
Orzo Salad
Fettuccine Alfredo
Italian Spinach-Ricotta Pie
Italian Sauteed Broccoli
Spinach Risotto
Pasta Confetti
Polenta with Mushrooms
Pasta Fasta
Pimiento Polenta
Eggplant Parmesan
Marinara Sauce
Green Beans with Pignoli
Cauliflower a la Parmesan
Green Beans
 a la Maitre d'Hotel
Puffed Fried Potatoes
Puree of Artichokes
Tomato Dijon Pasta
Broccoli Dijon
Glazed Onions
Cauliflower Souffle
Chilean Cauliflower
 in Almond Sauce
Bechamel Sauce

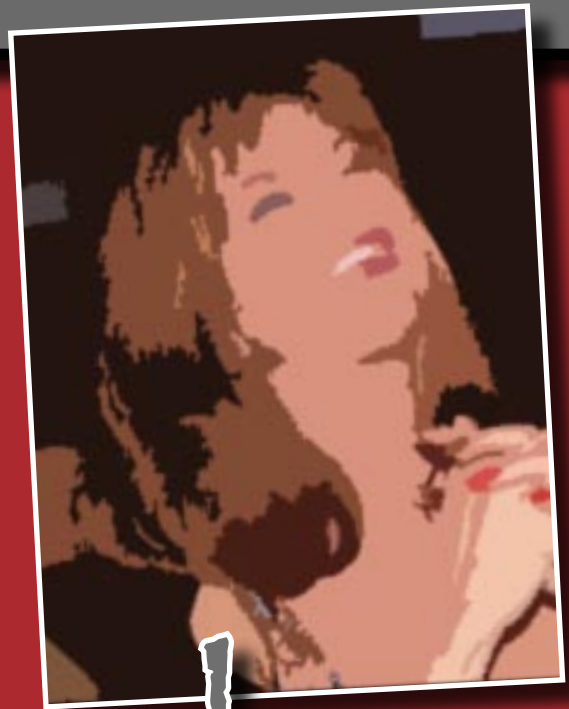
Stewed Pumpkin
Hearts of Palm with
 Tomatoes and Onions
Colombian Potatoes
 with Tomato-Cheese Sauce
Cold Sesame Noodles
Tanzanian Coconut Rice
Olongapo Fried Rice
Cinnamon Rice
Middle Eastern Hummus
Lebanese Lentils & Rice
Curried Peas
Curried Rice with Apricots
Stuffed Onions
Pumpkin Scones
Vegetable Dal



Just Judi's Favorites
Volume One • Appetizers
Volume Two • Breakfast, Brunch, and Late Nite
Volume Three • Soups
Volume Four • Salads
Volume Five • Sides
All available on www.judiwithani.com
Go to Judi's Friends' Links at:
www.judiwithani.com/links

To all of you on my Friday Follies List, whether you are in Manila, Singapore, Kuwait, Bermuda, Virginia Beach, Mississippi, Los Angeles, San Francisco, Minnesota, Indiana, Colorado, Lake Tahoe, Philadelphia, Key West, New Jersey, North Carolina, Indonesia, Washington D.C., Iraq, Costa Rica, Poland, Maryland, West (By-God) Virginia, Nashville, Florida, Saudi Arabia, New Hampshire, Tampa, Chattanooga, France, Phoenix, New York, Oregon, Russia, Maine, Australia, Bangkok, or Yuma, have a wonderful, wonderful week!

God bless.
Remember, life is short!
We need to make it a good one.
Grow in peace and wisdom.
Your Friday Friend,



Judi Godsey

P.S. NOTE OF CAUTION... 20 employees were fired from The New York Times here in Norfolk for sending lewd and indecent emails. (To my knowledge, none of the 20 were on our joke list - even though some of the attorneys who represent the company were!) I have asked each and every one of you on this list to tell me if the jokes that accompany these "Follies" place you in jeopardy, or even if they offend you. Please understand that they are intended to be light-hearted and are not mean-spirited in any way. If you are ever offended, do not hesitate to ask to be taken off the Friday Follies Joke List. PSS. If you send a joke and I don't use it, it is because it has been used before, and I try not to repeat. Remember, I have been sending these since August of 1997. One tends to go through huge numbers of jokes that way. Disclaimer: When anyone asks if I type all of these jokes, the answer is, "No!" I cut and paste one evening during the week (30 minutes, TOPS). Obviously I don't have time to sit, read, and retype jokes all day!