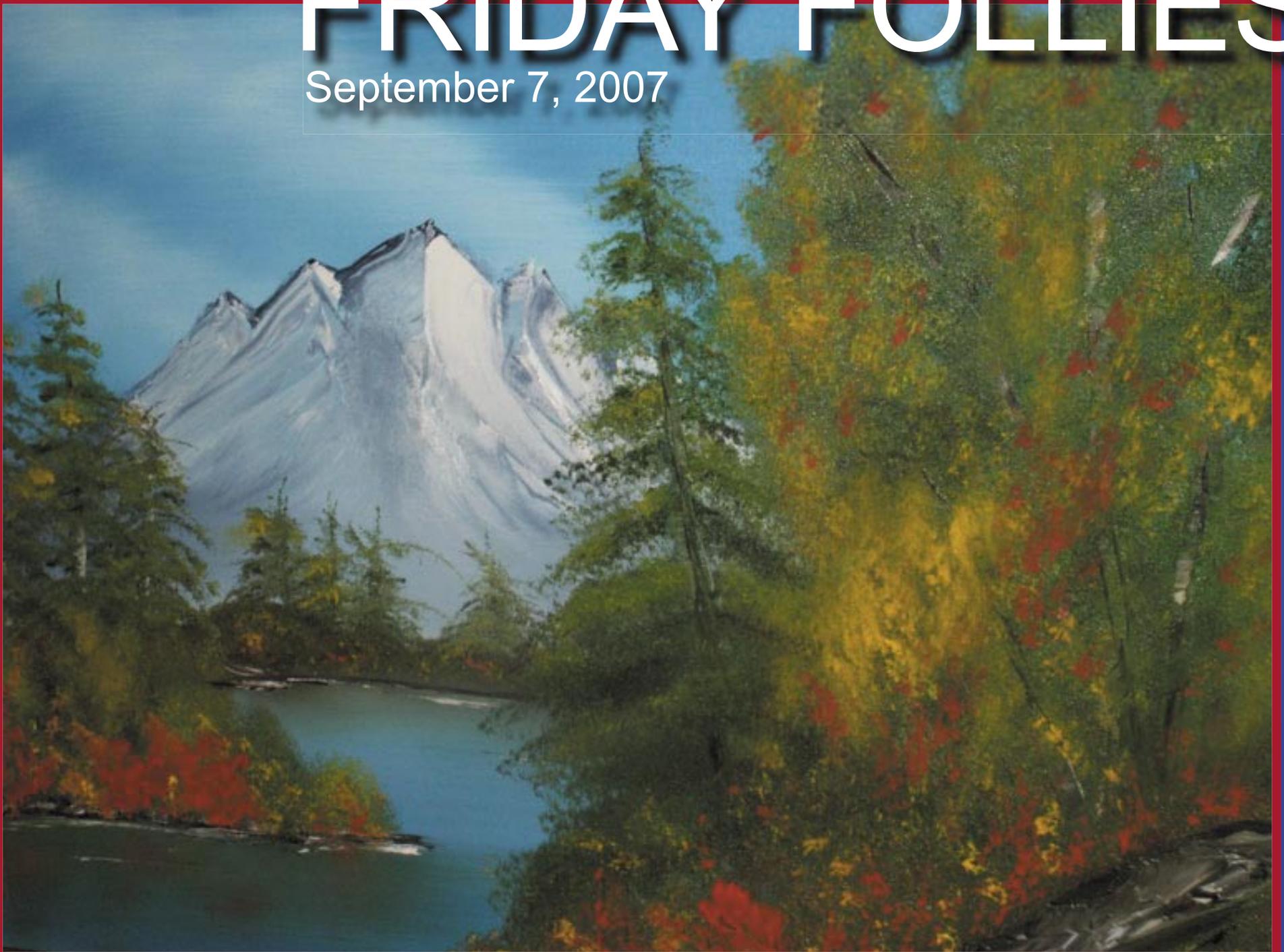


# FRIDAY FOLLIES

September 7, 2007



Hey! September 7, 2007

What a hectic eight weeks or so. I would like to say things have settled down, and in a way, I guess they have, but there always seems to be something else on the horizon... There is so much to tell you and share with you that I am going to try to be succinct this week.

It has been a great time with lots of friends, family, work turning out nicely, and a little bit of time to play. I've cleaned my house, visited with Jeremy and Karla, completed a couple of paintings, met tons of deadlines, and started several new projects! The cover this week is one of my new paintings. I painted the one here on the right and was

not pleased with the mountain, so later I started the one on the left. It was kinda cool painting the same scene twice. There are things I like about the first one better, and things I like about the second one better. Hmmm - maybe the third time will be a charm.

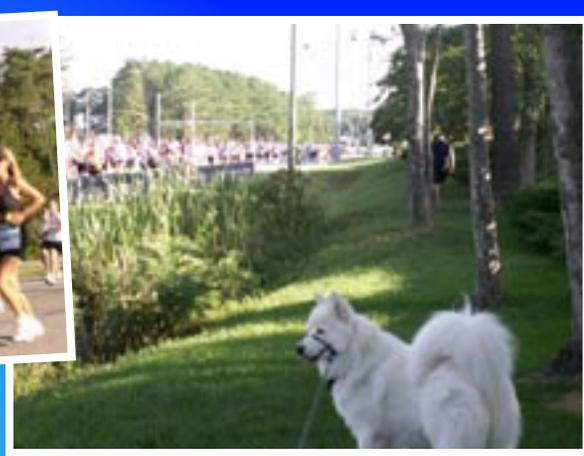
Jessica started her student teaching this week and called me on the way home after the first day very excited about how much she loves it. I am so pleased. She is teaching the third grade... I am not sure I ever could have done that. I liked the older kids...



Speaking of which... two came back into my life this week. Here is Kinte who stopped by to visit. He is now finished with college basketball and is married to a banker and all settled down. I am so proud of him. He was one of the most incredibly interesting basketball players I had ever seen. He could hang in the air forever, it seemed. And remember this lovely young lady, Amanda! I told you she had started a business called, "Trainers on Call." I even added her to my links on my website. Well, she has offered to train me at home for one month for free. We had one "practice session" and we start next week for real. She calls it the One Month Challenge. She brings the weights, tape measure, scales, everything, right to your home or office and trains you in the comfort of your own surroundings. Man! Talk about convenient! We decided it would be fun to chronicle my training in the Follies for a few weeks - but no before or after measurements or photos (smile). I am looking forward to giving myself a little time since it has been such a "Kid Oriented" summer... I finally got all of the kids' furniture out of the garage and reorganized and decorated it a bit for fall. Ollie helped, but got tired and went outside under the fig tree for a rest. Some of you have asked

- Bobo is doing great. I actually gave two canaries to the school where I work this week. They are loving it and so am I! I also had someone else ask for a couple, so maybe I can whittle down "my nest" a bit. The only problem is they are having babies as fast as I can give them away!



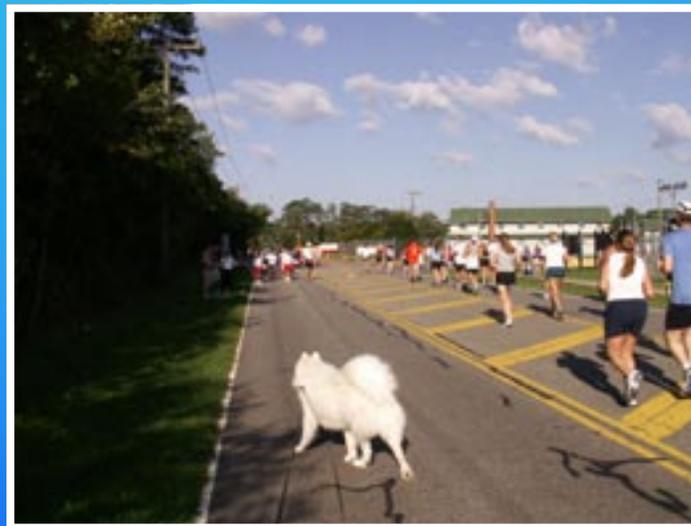


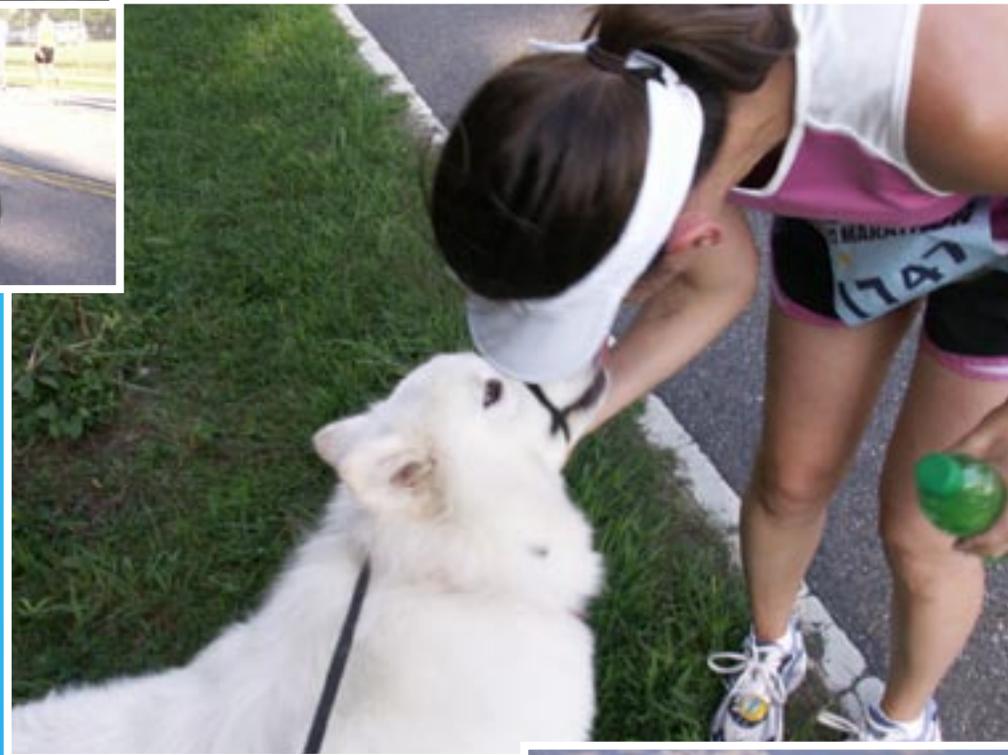
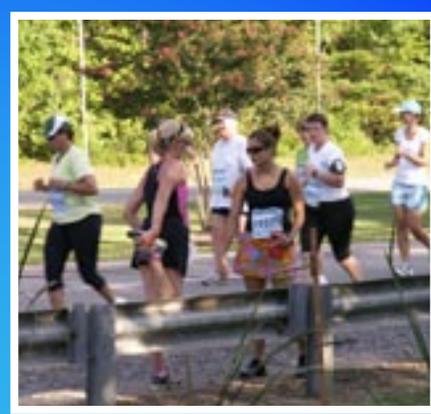
This past weekend was the Rock N' Roll Half Marathon. The cool thing was it was simultaneous with several others all over the world - even two on air-craft carriers! The Kenyans won, yet again! Man - they are FAST! I had a sleep-over party the night before and several friends came over and stayed up to watch movies and then got up early, had Bloody Marys, and watched some of our friends in the race Sunday morning. Both roads leading into my neighborhood were closed, so we got to see the runners coming and going this year! Very cool! Above starting in the top, left corner are - a couple of my house guests watching early on - then my friend, Alice, in the red shirt... we saw each other just as she had passed - One of my best friends, Ron, in the purple shirt, running his first race ever - the blue haired guy again this year - Ollie enjoying it - miles and miles of runners - 20,000 of them - below here, a neighbor who was spotted by her little boy (cute) and some of the men and little boys from the neighborhood cheering the runners on. We watched for a while in that spot and then walked a block north to the McDonald's where a reggae band was playing on the band stand. Ollie





did not like the live music at all. He tucked his tail between his legs and slinked along... The runners loved it, though. They all stopped and danced a bit before moving on. The cheerleaders liked it, too. Once we turned the corner, we had a bit of a walk to get to where the runners looped back through Camp Pendleton. My house was the three-mile mark and behind my house was the six-mile mark, so there was a “marked difference” in how the runners looked and moved at the second point. They were stopping to tie their shoes... to dance with the second band behind my house... to stop and pet Ollie... One guy was even juggling the whole race! Juggling! How could you run looking up like that for so long? I was amazed at all of the people who literally stopped running and came over to pet Ollie... and if they didn't stop, they would yell something like - “Man, Beautiful dog!”





Ron had slowed a bit, but he was still chugging along! I am so proud of him! Saw the cheerleaders from my school, too. Just a fun few hours! Anyway, I think I am going to train and walk in the Santa Shuffle in December. We will see...





Also went to a very nice, easy, labor free, Labor Day Cook-out at Kim's. Thanks, Kim and Elvis! Kim's house has a Cupelo on the fourth floor. From there you can look out and see the Chesapeake Bay Bridge Tunnel. Very cool, indeed, and a great place to watch fireworks! I actually lived in Kim's garage apartment for awhile back in 2004 - the first time I had to move out of my home. I really liked living on the Chesapeake Bay for a while. It is very different from the Ocean front.



OK, Gotta go! Let me hear from you. I got wedding photos this afternoon, so I will be sending a few of those along shortly. Two here one the last page are all I have time to format tonight. They are HUGE! And GREAT! Enjoy your weekend, and the recipes that follow have been cooked, canned, and enjoyed recently! Hope you like them, too!

Please pray for our troops. Let's Get them Home!!



### Eggplant Caviar

- 1 large eggplant
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 garlic bud, crushed
- Salt and pepper
- 1/2 cup olive oil
- 1 fresh tomato, peeled and chopped
- 1 Tbs dry, white wine



Put whole eggplant in 400 degree oven and bake until (soft about 1 hour). Saute onion, garlic, and pepper in olive oil until tender but not brown. Peel and chop eggplant. Mix with tomato. Add to sauteed seasoning. Add salt and pepper to taste. Add dry, white wine. Mix everything thoroughly and continue to cook gently until the mixture is fairly thick. Cool. Then place in refrigerator. Serve well chilled with pumpernickel or thin pieces of rye.

### Eggplant Casserole

- 1 medium eggplant
- 1/4 cup oleo
- 1 teaspoon salt
- 1 Tbs Worcestershire
- 1 Tbs catsup
- 2 eggs
- 1/2 cup chopped onions
- 1/4 cup chopped bell pepper
- 1/4 chopped pimento
- 1 cup buttered cracker crumbs
- 1 cup sharp cheese, cut into bite sizes



Cook eggplant until tender. Drain. Add the other ingredients except 1/4 cup cracker crumbs. Place in a buttered casserole. Sprinkle crumbs on top. Bake at 350 degrees until brown on top.

### Mediterranean Eggplant and Red Peppers

Great as a dip or on meats/poultry

- 4 1 lb. Eggplants
- 4 garlic bulbs
- 1 cup extra virgin olive oil
- 4 tsp. Salt
- 4 red sweet peppers, stemmed, seeded, and coarsely chopped
- 2/3 cup lemon juice
- 1/2 cup fresh flat leaf parsley (snipped)

Preheat oven to 400 degrees. Wash eggplants; cut in 1/4-inch pieces. Remove top 1/2 inch from garlic bulbs to expose cloves. Place garlic on 12-inch foil square and drizzle with 1 Tbsp. Of the olive oil. Wrap garlic in foil. Arrange eggplant in two 15x10x1-inch baking pans. Drizzle with 1/4 cup olive oil and sprinkle with salt. Place eggplants and garlic in oven. Roast for 20 minutes. Turn eggplant and add sweet peppers. Roast 20 minutes more. Remove vegetables and garlic from oven and cool. In one bowl combine vegetables. In another bowl squeeze garlic pulp from cloves and mash the pulp. Add remaining oil and the lemon juice. Whisk to combine. Toss oil mixture, parsley, and oregano with eggplant mixture. Serve immediately or let stand for one hour. Cover and chill remaining dish up to three days. Let stand at room temperature for thirty minutes before serving. May freeze up to three months. Thaw in refrigerator before serving and let stand at room temperature for thirty minutes. May can up to two years. Makes about 40 servings.

### Banana Pepper Casserole

- 10 banana peppers
- 8 oz. Velveeta cheese
- 1 c cooked rice
- 1 can biscuits, 5 count
- 1 can Rotel



Split banana peppers and remove seeds and veins. Cube cheese and microwave until melted. Stir cooked rice into melted cheese. Stuff each pepper with cheese/rice mixture. Roll each biscuit very thin and cut in half. Place in greased baking dish. Spoon Rotel over peppers keeping liquid to a minimum. Bake at 400 degrees until biscuits are flaky.

*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, 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*

PS. 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!