

# The Prentice Family Mailer

Monthly Feature: **Saint Patrick's Day** MARCH 2006 VOLUME #30

By Mike Prentice



## Prentice Dates for March

- 3/03 Kim Walsh
- 3/04 Steve & Lesley Prentice Ann.
- 🍀 3/17 Saint Patrick Prentice 🍀
- 3/18 Peggy Prentice
- 3/26 Tim Rosquist
- 3/27 Lesley Prentice





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## Corned Beef and Cabbage Strudel with a Grain Mustard Sauce

### Recipe Summary

**Difficulty:** Medium

**Prep Time:** 30 minutes

**Cook Time:** 40 minutes

**Yield:** 4 servings

1/4 pound bacon  
1/2 cup julienne onions  
1 tablespoon minced shallots  
1 teaspoon minced garlic  
2/3 cup shredded cabbage  
1 tablespoon creole mustard  
Salt and pepper  
1/2 pound thinly sliced corned beef  
1/2 cup grated Swiss cheese  
5 sheets phyllo dough  
1/4 cup olive oil  
Essence, recipe follows  
2 tablespoons grated Swiss Cheese  
2 tablespoons chopped green onions  
2 tablespoons brunoise red peppers  
2 tablespoons brunoise yellow peppers  
Sauce:  
1/2 cup grain mustard  
1/4 cup white wine

3

1 teaspoon honey

Salt and pepper

Preheat the oven to 375 degrees F.

In a hot saute pan, render the bacon until crispy. Pour off most of the fat. Add the onions, shallots, and garlic. Saute for 1 to 2 minutes. Add the cabbage and continue sauteing until the cabbage has wilted, about 3 to 4 minutes. Mix in the creole mustard and season with salt and pepper.

Take three of the phyllo sheets and lay flat, cover 2/3 of the sheets with the corned beef. Spread the cabbage mixture over the corned beef. Sprinkle the Swiss Cheese over the cabbage. Season with Essence. Starting with the side that has the most filling, roll the strudel up, tucking the sides in towards the end. Brush the entire strudel with the remaining olive oil. Season with salt and pepper. Bake for 15 to 20 minutes or until golden brown and heated through.

For the sauce: In a small sauce pot, combine all the ingredients. Bring up to a simmer. Season with salt and pepper. Slice the strudel on the bias into 6 equal portions. Line the pieces in the center of the platter and drizzle the sauce over the top. Garnish with Essence, cheese, green onions, red and yellow pepper.

Essence:

2 1/2 tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

1 tablespoon dried leaf oregano

1 tablespoon dried thyme

Combine all ingredients thoroughly and store in an airtight jar or container.

Yield: about 2/3 cup



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## A Living Will

A man and his wife were sitting in the living room and he said to her, "Just so you know, I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug."

His wife got up, unplugged the TV and threw out all of his beer.

WORKING PEOPLE FREQUENTLY ASK RETIRED PEOPLE WHAT THEY DO TO MAKE THEIR DAYS INTERESTING.

I WENT TO THE CLEANERS THE OTHER DAY. I WAS ONLY IN THERE FOR ABOUT 5 MINUTES.

WHEN I CAME OUT THERE WAS A CITY COP WRITING OUT A PARKING TICKET. I WENT UP TO HIM AND SAID, "COME ON, BUDDY, HOW ABOUT GIVING A SENIOR A BREAK?"

HE IGNORED ME AND CONTINUED WRITING THE TICKET. I CALLED HIM A PIG. HE GLARED AT ME AND STARTED WRITING ANOTHER TICKET FOR HAVING WORN TIRES.

SO I CALLED HIM A WORSE NAME. HE FINISHED THE SECOND TICKET AND PUT IT ON THE WINDSHIELD WITH THE FIRST. THEN HE STARTED WRITING A THIRD TICKET.

THIS WENT ON FOR ABOUT 20 MINUTES. THE MORE I ABUSED HIM THE MORE TICKETS HE WROTE.

I DIDN'T CARE. MY CAR WAS PARKED AROUND THE CORNER AND THIS ONE HAD A, "HILLARY IN '08" BUMPER STICKER ON IT.

I TRY TO HAVE A LITTLE FUN EACH DAY NOW THAT I'M RETIRED. IT'S IMPORTANT AT OUR AGE.

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## 13 Reasons to Smile

Now that food has replaced sex in my life, I can't even get into my own pants.

Marriage changes passion. Suddenly you're in bed with a relative.

I saw a woman wearing a sweat shirt with "Guess" on it So I said "Implants?"

How come we choose from just two people to run for president and fifty for Miss America?

A good friend will come and bail you out of jail...but, a true friend will be sitting

I signed up for an exercise class and was told to wear loose-fitting clothing. If I HAD any loose-fitting

When I was young we used to go "skinny dipping," now I just "chunky dunk."

When I was young we used to go "skinny dipping," now I just "chunky dunk."

Don't argue with an idiot; people watching may not be able to tell the difference.

Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over?

Why is it that our children can't read a Bible in school, but they can in prison?

Wouldn't you know it... Brain cells come and brain cells go, but FAT cells live forever.

Why do I have to swear on the Bible in court when the Ten commandments cannot be displayed in a federal building?

Bumper sticker of the year:  
"If you can read this, thank a teacher -and, since it's in English, thank a soldier !!!"

## **I've learned....**

**That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.**

1. A man comes into the ER and yells, "My wife's going to have her baby in the cab!" I grabbed my stuff, rushed out to the cab, lifted the lady's dress, and began to take off her underwear. Suddenly I noticed that there were several cabs -and I was in the wrong one.

Submitted by Dr. Mark MacDonald, San Antonio, TX.

2. At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall. "Big breaths," I instructed. "Yes, they used to be," replied the patient.

Submitted by Dr. Richard Byrnes, Seattle, WA

3. One day I had to be the bearer of bad news when I told a wife that her husband had died of a massive myocardial infarct. Not more than five minutes later, I heard her reporting to the rest of the family that he had died of a "massive internal fart."

Submitted by Dr. Susan Steinberg, Manitoba, Canada

4. During a patient's two week follow-up appointment with his cardiologist, he informed me, his doctor, that he was having trouble with one of his medications. "Which one?" I asked. "The patch. The nurse told me to put on a new one every six hours and now I'm running out of places to put it!" I had him quickly undress and discovered what I hoped I wouldn't see. Yes, the man had over fifty patches on his body! Now, the instructions include removal of the old patch before applying a new one.

Submitted by Dr. Rebecca St. Clair, Norfolk, VA

5. While acquainting myself with a new elderly patient, I asked, "How long have you been bedridden?" After a look of complete confusion she answered..."Why, not for about twenty years - when my husband was alive."

Submitted by Dr. Steven Swanson, Corvallis, OR

6. I was caring for a woman and asked, "So how's your breakfast this morning?" "It's very good, except for the Kentucky Jelly. I can't seem to get used to the taste" the patient replied. I then asked to see the jelly and the woman produced a foil packet labeled "KY Jelly."

7. A nurse was on duty in the Emergency Room, when a young woman with purple hair styled into a punk rocker Mohawk, sporting a variety of tattoos, and wearing strange clothing, entered. It was quickly determined that the patient had acute appendicitis, so she was scheduled for immediate surgery. When she was completely disrobed on the operating table, the staff noticed that her pubic hair had been dyed green, and above it there was a tattoo that read, "Keep off the grass."

Once the surgery was completed, the surgeon wrote a short note on the patient's dressing, which said, "Sorry, had to mow the lawn."

Submitted by RN no name

AND FINALLY!!!.....

8. As a new, young MD doing his residency in OB, I was quite embarrassed when performing female pelvic exams. To cover my embarrassment I had unconsciously formed a habit of whistling softly..

The middle-aged lady upon whom I was performing this exam suddenly burst out laughing and further embarrassing me. I looked up from my work and sheepishly said, "I'm sorry. Was I tickling you?" She replied, "No doctor, but the song you were whistling was, "I wish I was an Oscar Meyer Wiener".

Dr. wouldn't submit his name

## **The Pasta Diet**

- 1) You walka pasta da bakery.**
- 2) You walka pasta da candy store.**
- 3) You walka pasta da Ice Cream shop.**
- 4) You walka pasta da table and fridge.**

**And for those of you who watch what you eat, here's the final word on nutrition and health. It's a relief to know the truth after all the conflicting medical studies:**

**1. The Japanese eat very little fat and suffer fewer heart attacks than Americans.**

**2. The Mexicans eat a lot of fat and suffer fewer heart attacks than Americans.**

**3. The Chinese drink very little red wine and suffer fewer heart attacks than Americans.**

**4. The Italians drink excessive amounts of red wine and suffer fewer heart attacks than Americans.**

**5. The Germans drink a lot of beer and eat lots of sausage and suffer fewer heart attacks than Americans.**

### **CONCLUSION:**

**Eat and drink what you like. Speaking English is apparently what kills you**

## **Headlines from the year 2029!**

**Ozone created by electric cars now killing millions in the seventh largest country in the world, Mexifornia, formerly known as California.**

**White minorities still trying to have English recognized as Mexifornia's third language.**

**Baby conceived naturally - - scientists stumped.**

**Couple petitions court to reinstate heterosexual marriage.**

**Iran still closed off; physicists estimate it will take at least 10 more years before radioactivity decreases to safe levels.**

**France pleads for global help after being taken over by Jamaica.**

**Castro finally dies at age 112; Cuban cigars can now be imported legally, but President Chelsea Clinton's 2026 law still bans all smoking.**

**George Z. Bush says he will run for President in 036.**

**Chicago still trying to get Mafia to return to restore honest city government.**

**Postal Service raises price of first class stamp to \$17.89 and reduces mail delivery to Wednesdays only.**

**85-year, \$75.8 billion study: Diet and Exercise is the key to weight loss.**

**Average weight of Americans drops to 250 lbs.**

**Gas prices drop drastically to \$36.81 per gallon when New York City capped its sewer system to capture natural gas.**

**Japanese scientists have created a camera with such a fast shutter speed, they now can photograph a woman with her mouth shut.**

**Massachusetts executes last remaining conservative.**

**Supreme Court rules punishment of criminals violates their civil rights.**

**Average height of NBA players now nine feet, seven inches.**

**IRS sets lowest tax rate at 75 percent.**

**Man moves from Louisiana to Texas and raises the IQ of both states.**

**If global warming continues to cause sea levels to rise, scientists predict that by 2095 Kansas will have a coastline.**

**Islamic militant arrested for attempting to bring a broken, wooden toothpick aboard commercial moon flight.**

**The mile high city of Denver legalizes street drugs, and is definitely the highest city in America.**

**Florida voters still having trouble with voting machines.**

(I don't think that's funny)

### **Computer site worth looking at:**

With the ever-inflating cost of homes around the country I thought you might be interested in what the real-estate people think your house or your area is worth.

The prices shown are not 100% accurate but it is to be used as a guideline.


<http://zillow.com>

### **Explore your Internet History:**

Ever wonder how to find a website that you were at a few days ago but you could not find after hours of searching?

- 1- Use the drop down arrow at the address bar. This will tell you where you have been most recently.



- 2- Click on the icon  that has a backwards arrow (Move your mouse over icons and it will show History). This will take you back in time for weeks. You can organize them by date, by site or even most visited. You can even use the search icon.

**Wow**

**Wow**

**This is the 30<sup>th</sup>. Edition of the Prentice Mailer....!!!!**

(For those of you transplants from New Orleans, that is 30 months or 2 ½ years ago)

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