



If you don't have a Favorite team, Root for the Bulldogs

It's that time of year again when office pools abound and many are glued to their TV's watching the men's NCAA basketball tournament.



While most people have their own favorite team, for those of you who don't, the Bulldog Lawyers can suggest a few teams for whom you may wish to root. There are only two teams from Pennsylvania in the tournament – Villanova and Bucknell. Villanova is a local favorite and the highest ranked team in the tournament. Bucknell, located in Lewisburg, PA (Union County) is seeded thirteenth in the West region and although they are a

longshot, they are the only other team from Pennsylvania. There is only one other team in the tournament that is relatively local – The Princeton Tigers – and while they are not expected to get very far, they do have a history of upsetting some big name schools, so we will root for them as well.

If you don't have a favorite and are not married to rooting for a local team, may the Bulldog Lawyers suggest rooting for a couple of other teams - Butler and Gonzaga. They are two excellent teams that have a very good chance of doing well in the tournament. But why, may you ask, would we suggest rooting for these two particular teams? Well, they are the **Butler Bulldogs** and the **Gonzaga Bulldogs**.

Butler University, located in Indianapolis, has on the home page of their website, "Dream Like a Bulldog", so we have to root for them. The Gonzaga Bulldogs are from Spokane,

Washington, are a number one seed and had a record of 32 and 1 this year. You know that the Butler and Gonzaga Bulldogs must be tenacious and will fight as hard as they can because, after all, they are Bulldogs, and that's what Bulldogs do. So whether you're rooting for your favorite team, a local team or a Bulldog team, enjoy the tournament. ■



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you know us.

Bulldog Lawyers and EZ Scripts are Helping Injured Workers



In last month's issue of the Bulldog Bulletin, we announced that we had formed a partnership with EZ Scripts, one of the largest specialty Workers' Compensation Pharmacies in the country. Since then, we have had an excellent response and many happy clients.

Hundreds of our clients have signed up with EZ Scripts and are reaping the benefits that the pharmacy offers:

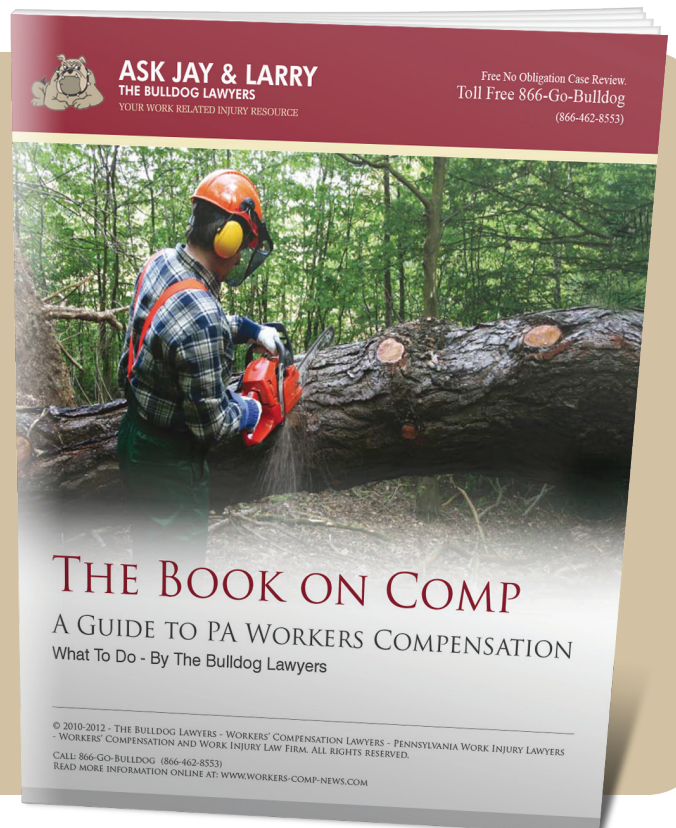
- No co-pays
- Free immediate home delivery
- Can be used by **ANYONE** hurt on the job
- No claim forms to complete
- EZ Scripts works directly with your doctor
- Can be used by car accident victims
- No insurance company denials
- No calls to the insurance company
- No reimbursement issues
- EZ Scripts' licensed pharmacists are readily available to answer medication-related questions
- EZ Scripts provides prompt, detailed records to your attorney

If you haven't signed up with EZ Scripts, or you have signed up and you haven't yet received your EZ Script card, **you need to call the Bulldog Lawyers right away** at (800) 681-7000. Having your medications while you are injured is essential to your recovery and well-being. Obtaining them quickly, without laying out any cash or filling out any forms is an invaluable benefit to you. Call us now so that we can assist you in obtaining your medications hassle-free so that you can speedily proceed on your road to recovery. ■

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Given the time of year, the recipes chosen for this issue were pretty much no-brainers: classic Irish fare and a bonus Irish drink. Hope you had a happy St. Patrick's Day!

Corned Beef and Cabbage

INGREDIENTS:

- 1 corned beef brisket, trimmed (3 pounds)
- 1 small onion, quartered
- 2 tbsps pickling spice
- 1 clove garlic, minced
- 8 small red potatoes
- 2 cups baby carrots or 8 carrots, peeled and cut into 1 1/2-inch pieces
- 1 small head of cabbage, cored and cut into 8 wedges
- 2 tbsps butter, melted
- 1 tsp fresh parsley

DIRECTIONS:

- 1 Place brisket in 6-quart saucepot or Dutch oven. Add about 2 quarts of water, onion, pickling spice and garlic; cover.
- 2 Bring to a boil. Reduce heat to low, keep covered and simmer for about 2 hours.
- 3 Add potatoes and carrots and simmer for 30 more minutes.
- 4 Add cabbage and simmer for 15 more minutes.
- 5 Remove brisket and vegetables from saucepot.
- 6 Slice brisket across the grain.
- 7 Mix butter and parsley and brush onto vegetables.
- 8 Serve and enjoy.



A delicious treat, but not for the wee ones in your family!

Grasshopper Shake

INGREDIENTS:

- 2 quarts vanilla ice cream
- 1 carton (8 ounces) frozen whipped topping, thawed
- 3/4 cup green Creme de Menthe
- 3/4 cup Creme de Cacao

DIRECTIONS:

- 1 In a blender, cover and process the ingredients in batches until blended. Stir if necessary.
- 2 Pour into chilled glasses; serve immediately.

Yield: 10 servings (2-1/2 quarts).





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“QUOTABLE” *from legendary NCAA basketball coaches:*



“Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.”

John Wooden, UCLA



“The absolute heart of loyalty is to value those people who tell you the truth, not just those people who tell you what you want to hear. In fact, you should value them most. Because they have paid you the compliment of leveling with you and assuming you can handle it.”

Pat Summitt, University of Tennessee (Women)



“A successful person never loses...they either win or they learn.”

John Calipari, University of Kentucky



“Teamwork divides the task and multiplies the success.”

Ann O'Brien “Muffett” McGraw, Notre Dame University (Women)