



# Gracies Dinnertime Theatre

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PJL .04

A medical study that has rocked the medical world was recently presented at a press conference by its principle researcher, Dr. Ronald “Rudy” Krushkov. According to the report compiled by Krushkov and his research team, it would appear that cats, and more specifically kittens, have a great many more health benefits than previously thought.

According to Krushkov, “[...] kittens are chock-full of healthful vitamins, and are an excellent source of protein.” Until now, Krushkov claims, doctors and nutritionists have been reluctant to do research in the field of kittens due to unnatural stigmas surrounding kittens as a nutrition supplement. “It is a shame that so many people have missed out on the health and life benefits of kittens, simply because of some silly social mores.” As well as being high in protein, kittens contain no trans-fatty acids, are high in key antioxidants, and are low in carbohydrates if eaten without the fur.

Several high-profile biologists have weighed in on the findings of the Krushkov team. “Rudy’s really done a fine job with this one,” said Carnegie Melon Professor Dr. Richard MacHadrohan, “[Dr. Krushkov’s] work with cats is simply eye opening. I’m surprised no one’s ever done study like this before. In fact, I’ll be picking up a kitten for the wife and I this evening.”

Area doctor Phil Zelasko backed Krushkov’s findings with his own personal experience, “Oh, I’ve been using cats to help my complexion for years! And there’s no doubt that the younger the kitten the better. ‘Get `em young if you plan to dress `em up,’ that’s what I always say!”

While Dr. Zelasko’s research methods may be questionable, Dr. Krushkov and his team have ensured the utmost in ethical and effective research by strictly following National Health Institute standards for animal research. Krushkov has ensure that the operations of his team where overseen as required by the NIH.

While detractors of the research work have been few, one of the most vocal proponents has been one Doctor Faustus Taft. “This whole mess stinks,” Taft said in a phone interview. “Cats as a nutritional supplement, bah! Who does he think he’s selling this to?! This isn’t China! And what kind of a name is “Rudy Krushkov” any way? He’s not even Russian!” While Taft was not forthcoming with interesting technical information against Krushkov’s work, he did seem rather upset about the press conference. “That [removed] wore a brown tie!”

While a kitten-based diet may be controversial, the health benefits are hard to deny. As a service to our readers,

Gracies Dinnertime Theatre has compiled a small list of kitten recipes to enrich your diet. And Your Life.

### Kitten Liver Pate

Ingredients:

- 1/2lb Kitten livers; cleaned and chopped<sup>1</sup>
- 1/2cup Butter
- 1 Onion, chopped
- 1-2 Garlic cloves, chopped
- 1 Bay leaf
- 1-2tbsp Cooking sherry

For best results, use only fresh kitten livers (for instructions on identifying and extracting the liver, see [\\_Cooking With Kittens\\_](#) published by McShears Publishing) Simmer all of the ingredients, except the sherry, over low heat, covered. Discard the bay leaf. Blend in a food processor until smooth, stirring in the sherry. Chill.

### Kitten Catchatori

Ingredients:

- 1 lb Kitten meat
- 1 Large Onion, halved, thinly sliced
- 1/2cup Long grain rice
- 1qt Crushed tomato
- 1cup Fresh, sliced mushrooms
- 1tbsp Each basil, oregano
- 2cup Kitten broth
- 1 Bay leaf

Saute the kitten meat in butter until it turns a golden brown. Add half of the onion and continue cooking. Drain off the excess fat.

Mix the remaining onion and rice in a large pot, cook over medium heat until the onions are translucent. Add the remaining ingredients and the kitten and bring to a boil. Cover and simmer over low heat for 1/2 hour.

### Kitten Jerky

Ingredients:

- 2lb Kitten steak
- 2/3cup Soy sauce
- 2/3cup Worcestershire sauce
- 1tsp Garlic powder
- 1tsp Onion powder
- 2tsp Seasoning salt

Slice steak. Mix all ingredients and allow to marinate for twelve hours. Drain and dry steak strips. Place strips directly on oven rack and allow to cook for twelve hours at 150 degrees, leaving oven door ajar.

<sup>1</sup> For a healthier alternative, use only 1/4 lb kitten liver and 4oz Lancashire cheese, grated and 4oz cream cheese.

# Poetry

By Joanna Jicafa

## Two Dreams Shattered

His eyes were closed; He lay in peace.  
 She'd held his hand when breathing ceased  
 And took his pain away.  
 His life so young, now gone forever.  
 She wished for day when times were better  
 Before that fateful day.

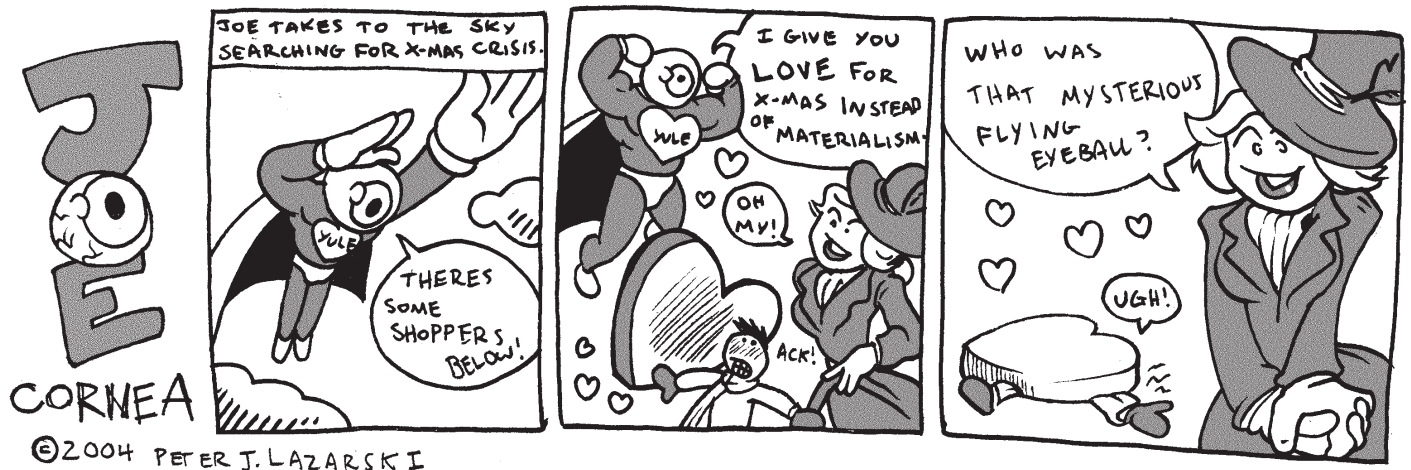
But wishes cannot change the past.  
 Their time together flew by too fast  
 And she did not know how.  
 They closed the lid and said a prayer.  
 Then 'twas lowered to death's dark lair.  
 It seemed so final now.

## Please Don't Say It

Please don't say it  
 for I am scared  
 that you don't mean it  
 Every man who I have loved  
 has falsely loved me too  
 and taken my love  
 without giving back  
 and left me broken-hearted  
 It's inevitable  
 You're next  
 It always happens  
 So don't say it  
 because sooner or later  
 it won't be true

## Defining Me

It defines me  
 I am nothing more  
 Than medical definitions  
 I am what happened to me  
 Not a person  
 But an event  
 Nobody sees me for who I am



# C'mon, Everyone is doing it

Submissions of all  
art forms accepted.



Written pieces should be in Word, plain text or RTF format. Visual art should be submitted at the highest resolution and dpi possible.

**Give your time!**

*GDT* meets Wednesdays at 8pm at Crossroads. We are always looking for people to help us edit, write, fold, distribute, cheer, get off and other fun activities.

**[gdt@hellskitchen.org](mailto:gdt@hellskitchen.org)**



**DRAMATIS PERSONÆ**

**Publisher:** C. Diablo

**Editors:**

Peter C. Gravelle  
Pete Lazarski  
Tom Samstag  
Ray Wallace

**Layout:**

Adam Fletcher

**Contributors:**

Joanna Licata

**Printer Daemons:**

Danica Rice  
Josh Karpoff  
Matt Lipschutz  
Rebecca Daniels

**Sponsors:**

Mark Schindlbeck

**Folding Machine:**

Mike Fisher

**Musical Inspiration:**

Oingo Boingo - No One Lives Forever

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Contact us at

**[gdt@hellskitchen.org](mailto:gdt@hellskitchen.org)**