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Edition

GRIDDLE
ME
THIS
DAD
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GRIDDLE ME THIS DAD NEWSLETTER

A COLLECTION OF RECIPES, OBSERVATIONS, AND
ADVICE FOR THE GRIDDLE AND COOKING
ENTHUSIAST WITH A FOCUS ON VALUE.



POSITIVITY

by Bill Pickrel

Welcome to the September edition of the GMTD newsletter

As we start the third year of the GMTD newsletter, I am thankful and humbled for everyone's support and attention to my creations in word and food. I hope everyone has a festive and safe Labor Day Weekend and that Fall and football bring joy to us all.

Happenings - I am hosting the 20th Anniversary edition (yes, I know I am old) of my charity golf tournament at Whiskey Creek Golf Course in Ijamsville, MD on Tuesday, October 25, 2022. Cost Per Player: \$120.00 Entry Fee Includes - Complimentary Breakfast Sandwiches at Check-in Greens Fees, Cart w/GPS, Use of Practice Facility, Draft keg beer and non-alcoholic beverages, and Italian Buffet Lunch. Awards will begin after play is finished. All funds over expenses, go to support The LEGACY SCHOOL, EMPOWERED LEARNING for DYSLEXIC CHILDREN. Our food journey through America continues along the East Coast with a visit to Maryland. The snowy, but super cool image on the front page includes the Maryland State House (once capital of US) and the United States Naval Academy (BEAT ARMY!), my alma mater (also where my fabulous wife and I got married and all our sons were baptized) in Annapolis. Oddly, the official state sport of Maryland is jousting (weird). The official team sport is lacrosse (this makes much more sense). Walking became the official state exercise. Maryland is the first state with an official state exercise. Recipes this month include the quintessential food of Maryland; Aunt Patty's Crab Cake (she makes the best I have ever had), MD Griddle Pop, and Outback-yard Steak Rub. Recipes will be up after the holiday weekend.

Information - The theme for this month's newsletter is positivity. According to a study by Johns Hopkins (another stellar Maryland institution), positive thinking can save your life. The study showed that those with a family history of heart disease and many other high-risk factors were 13% less likely to have a heart attack if they were positive thinkers.

Why is this? Scientists don't completely know. It could be because those who are optimistic make better long-term life decisions (including healthy choices), or it could be that studies have linked negativity to a weaker immune system. Healthier hearts aren't the only benefit of having a glass-half-full attitude. Keeping a positive outlook provides these benefits: Increases your lifespan; Improves your immunity against colds; Creates a healthier mental state; Lowers your risk of depression and distress; Gives you better coping skills during stressful times.

In addition to the health benefits, a positive attitude leads to happiness and success and can change your whole life. If you look at the bright side of life, your whole life becomes filled with light. This light affects not only you and the way you look at the world, but it also affects your environment and the people around you, at home and at work. If this attitude is strong enough, it becomes contagious. It's as if you radiate light around you. A positive frame of mind can help you in many ways, such as: Expecting success and not failure. Making you feel inspired. It gives you the strength not to give up, if you encounter obstacles on your way. Believing in yourself and in your abilities. Enables you to show self-esteem and confidence. You look for solutions, instead of dwelling on problems. You see and recognize opportunities.

"Positive anything is better than negative nothing." - Elbert Hubbard

Review - My first submarine captain always used to joke that he "liked his coffee like he likes his women; blonde and sweet." I have "improved" this sexist joke by saying "; hot, rich, and bold."

Interestingly, Founders Porter from Michigan is an excellent drink that bills itself as "Dark, Rich, and Sexy". This American Porter is 6.5% ABV and was awarded a Silver Medal 2014 Great American Beer Festival. The bottle pours a deep black color with thin brown head. Aromas of chocolate, coffee, roasted malts and hints of floral hops. Chocolate and coffee flavors grace the palate, with sweet roasted malts and balancing hop bitterness. Refreshing and fulfilling sipping. Recommended.

ONE REVIEW MORE

Getting back to hot sauces, Melinda's Chipotle Habanero Hot Sauce is a hotter, more robust version of ever so tasty Chipotle sauce compared to Tabasco's. In the range of 50K to 250K Scoville units, the sauce is hot enough to notice but not hot enough to overpower. Smoky, savory with a hint of sweetness from the carrot, lime, and some tropical fruits. This sauce is tasty and versatile, and earns a spot in my six pack of sauces that I use everyday on my table. All of the sauces that I have tried from Melinda's have been well balanced and delicious. Recommended.

INTERESTING LINK

I do not often point out ex high school dropouts, skate-heads and troubled youth, but Dr. Andrew Huberman, Ph.D., is now a neuroscientist and tenured Professor in the Department of Neurobiology at the Stanford School of Medicine.

His lab's most recent work focuses on the influence of vision and respiration on human performance and brain states such as fear and courage. Huberman is also actively involved in developing tools now in use by the elite military, athletes, and technology industries to optimize performance in high stress environments (cool), enhance neural plasticity, mitigate stress, and optimize sleep (we all need more). In 2021, Dr. Huberman launched the Huberman Lab Podcast. The podcast is frequently ranked in the Top 25 of all podcasts globally and is often ranked #1 in the categories of Science, Education, and Health & Fitness. Super interesting and well spoken. <https://hubermanlab.com/>