

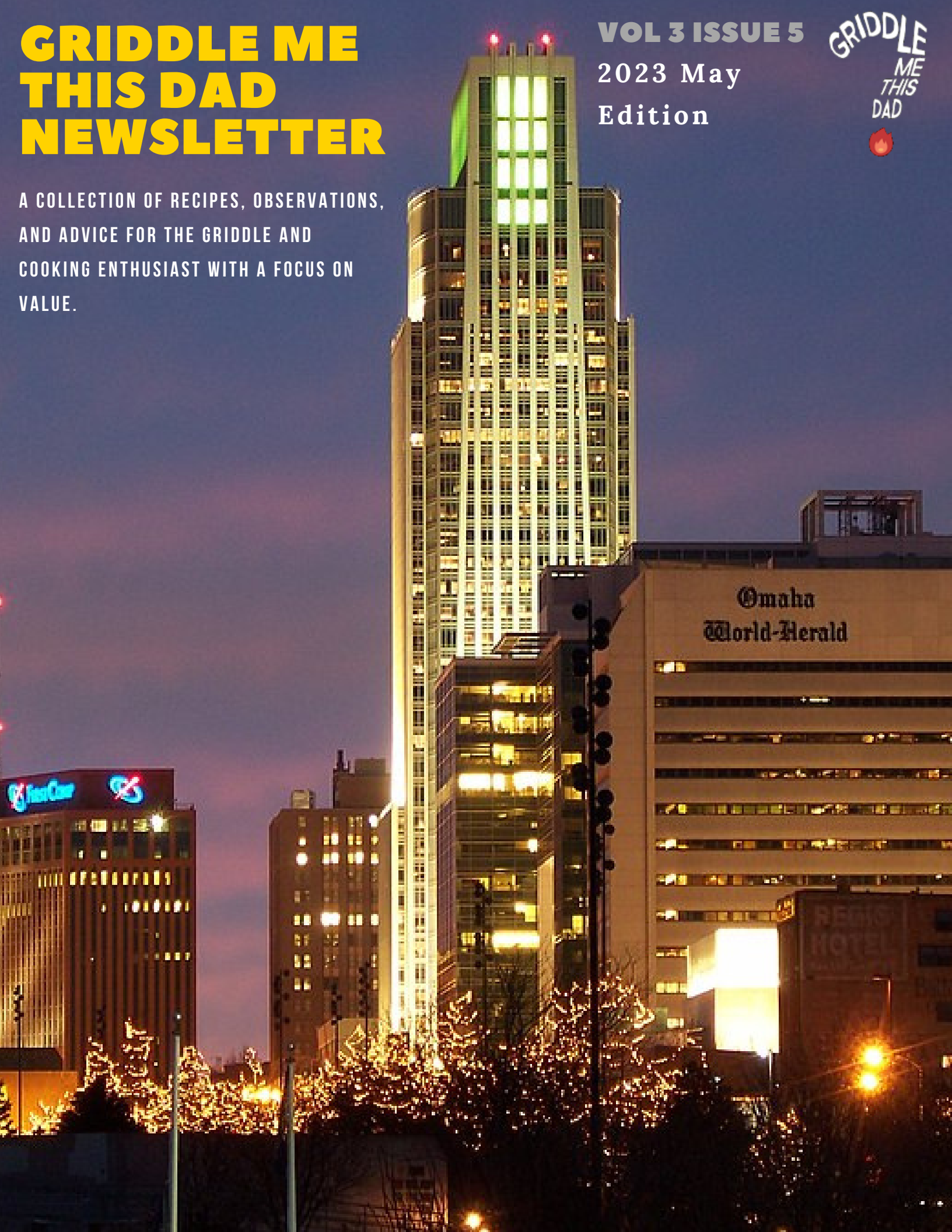
GRIDDLE ME THIS DAD NEWSLETTER

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

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Edition



PERSPECTIVE

by Bill Pickrel

Welcome to the May edition of the GMTD newsletter

Peace and Love. As Memorial Day approaches, please take some time to reflect on those veterans that made the ultimate sacrifice for our country's values and beliefs. Perhaps, we could honor them by remembering and exercising what binds us together vice what separates us. Spend some quality time with the people you love, show some kindness to others, and devote some thought to reflect on using the gifts and talents we have been given for the greater good.

Happenings - Finally, the pool is open, praise the Lord. The featured region for this month's newsletter is again the Midwest. Cover picture is Downtown Omaha. Recipes include finally, the Runza, Cheesy Breakfast Taco and my version of a Maggiano's classic, Rigatoni P.

Information - Recently, I have turned 56 years old. 56 is an interesting number in that it is the sum of the first six prime numbers (Jack Reacher observation, books are great, amazon show is very good also) and, as a mathematically minded person, statistically my life is ~ 2/3rd over, plus or minus. Ryan Holiday (see last newsletter's Interesting Link) has a Memento Mori (a Latin phrase that means "remember that you will die") calendar that has 4,160 dots (1 dot per week for 80 years). I am 2,914 dots in as of today. While this concept can motivate some people to use their limited time wisely, it can cause others to feel anxious instead. Likewise, while this reminder can help some people identify and focus their goals, it can cause others to feel depressed and to worry about what might have been. I find that this concept helps me cherish every moment in life and feel gratitude toward what I have and to take action on the goals that I desire to accomplish. To quote one of the best movies of all time, Shawshank Redemption, from the protagonist Andy Dufresne, "It comes down to a simple choice really, get busy living or get busy dying."

In related news ... U.S. life expectancy has declined to 76.4 years, the shortest it's been in nearly two decades, according to December data from the CDC. Two experts from Harvard T.H. Chan School of Public Health—Dean Michelle Williams and Ariadne Labs' Asaf Bitton—discussed the problem on WP Live, a podcast from the Washington Post. "The numbers are shocking," said Williams on the April 10 podcast. She noted that younger people in America are dying at high rates than their counterparts in other high-income countries, and that that the U.S. also has among the highest maternal and infant mortality rates among upper-income countries. Both Williams and Bitton said that much of the problem stems from the way the U.S. health care system is structured. "We have a wonderful sick care system that takes care of very sick people," said Bitton, "but a very inadequate health care system." Although the U.S. is a leader in medical and health innovation, Williams said, "I think where we are different [than other high-income countries] is that we emphasize rescue care, acute care at the expense of investing in, supporting, and enabling health promotion and disease prevention."

Review - Breckenridge Brewery's Vanilla Porter (ABV: 4.7%, IBUs:16) An ale that has all the chocolate and roasted nut flavor of a classic Porterlike the sharp coffee tang lurking beneath the vanilla sweetness. A beautiful deep brown, yet crystal clear brew, Vanilla Porter holds true to its British ancestry, sporting a frothy cap of beige foam. Carrying over from the aroma, sultry vanilla and cocoa powder notes are front and center in the flavor. Recommended.

PICK 6 LIST

I am currently enjoying finger style guitarists, here are 6 you may not have heard of with my selection for exemplar song on YouTube Music:

1. Lucas Imbiriba - Hotel California
2. Luca Stricagnoli - Hold the Line
3. Marcin - Toccata
4. Trace Bundy - Dueling Ninjas
5. Mike Dawes - Somebody I Used to Know (with Tony Emmanuel)
6. Ben Woods - Malaguena

INTERESTING LINK

Steven Bartlett is a speaker, investor, author, content creator and the host of Europe's No.1 podcast, 'The Diary of a CEO'. The 30-year-old Founder of the social media marketing agency Social Chain. From a bedroom in Manchester, this university dropout built Social Chain Agency, which would become "Social Chain AG" - a social commerce marketing group. He led Social Chain AG as Co-Founder & Co-CEO's with Wanja Oberhof until he stepped down in 2020 to pursue other interests. The marketing-commerce group reached a market valuation of more than \$600 and is currently listed on a European stock exchange. This is an exceptional podcast and Steven is an incredible interviewer. <https://www.youtube.com/@TheDiaryOfACEO/featured>