

## **EAT YOUR GLUTEN**

This week's column seems to focus a lot on food. Not that there's anything wrong with that! I want to talk to you about gluten (a protein found in wheat, rye, spelt, oats, and barley), which has become a big deal lately. Some people actually do have celiac disease, and they must avoid gluten. But the gluten-free thing has become a national obsession and a silly fad diet. Most healthy people do NOT need to avoid gluten. In fact, according to a study published in the British Medical Journal (May 1, 2017), people who ate the most gluten from whole grains like bread over a 26-year period had a 15 percent lower risk for heart attacks than those who ate the least gluten. The same benefits did not accrue from eating refined grains. So go forth and get glutinous!

## **PITTSBURGH SANDWICH MECCA**

"Primanti Brothers sandwiches are as iconic as Pittsburgh food comes, and the caloric empire all began with a humble food stop slinging sandwiches to truckers in the 1930s. The must-order Almost Famous Sandwich has equally humble beginnings: when a food transporter feared his potatoes may have been ruined by the cold, he asked the kitchen to fry some up to test them. Customers quickly asked for the fried potatoes inside their sandwiches, and a tradition was born: the addition of a pile of french fries to sliced tomatoes, tart coleslaw and your choice of meat (from pastrami to roast beef) between thick slices of Italian bread. Come hungry, because these things are gigantic. And you want to leave room for the wings, cheese-drenched fries and beer, don't you? This flagship location, marked with an old-time neon sign, has been the deli's home since 1933, long before the brand expanded up and down the East Coast." (Thrillist.com)

## **EYE CANDY**

I love seeing magazine photos of well-prepared food. I can smell and taste the dish just by the way it looks. Example: "The Perfect Pepper" in the October issue of Men's Journal (mensjournal.com). The stew pot in the photo brims with juicy hunks of pork shoulder and Hatch green chilis. The recipe is so simple even I couldn't mess it up: basically, brown the meat in olive oil and season it with salt, pepper, garlic, onion, cilantro, then cook it low and slow in your preferred broth or stock (the recipe suggests tomato and chicken bouillon granules and water). Either a Dutch oven or a Crockpot ought to work just fine. Oh, don't forget the green chilis. Let me know how your version turns out.

## **ALANDROME**

Pacifica palindrome lovers predict the final version of the ban on using cellphones in crosswalks will apply only when the pedestrian speaks Latin on his/her cellphone, and will be called the "Walk, Latin-I-Talk Law."

## **SWAMI SEZ**

"For factors that predict longevity, nothing is as strong as happiness."  
(Psychology professor Edward Diener, University of Utah)

## **GRAMMAR JAMMER**

Q: What do you call Santa's little helpers? A: Subordinate clauses. (Tatiana Ayazo)

## **MAYBURRITOVILLE**

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