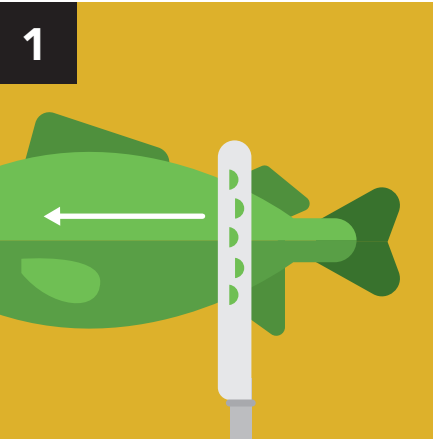
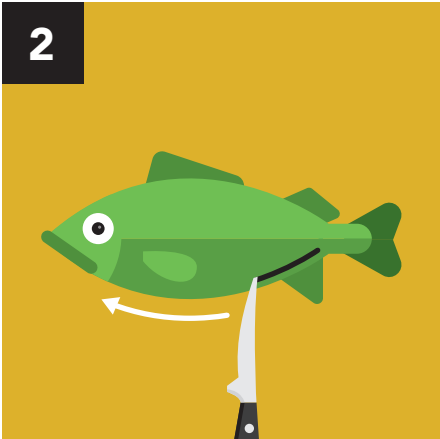


HOW TO

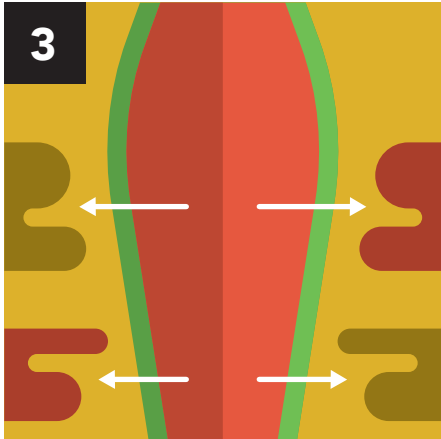
CLEAN A FISH



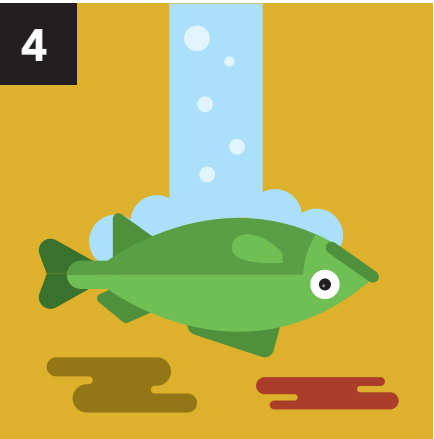
Scale the fish by laying it down so the head faces your non-dominant hand, and hold it there. Run a butter knife in short quick strokes from the tail to gills. Flip over, and scale the other side of the fish, and rinse.



Insert a the tip of a fillet knife into the anus of the fish, near the tail. Draw the blade along the belly, up to the head. Make sure to keep just the tip of the knife in the fish, and don't cut too deep.



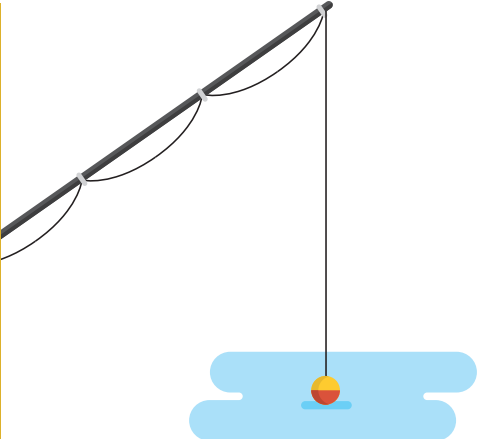
Spread open the fish cavity and pull out the entrails. Cut out the anus in a v-shape. And scrape out with a spoon any kidneys or other organs.



With a gentle, but firm stream of water, rinse out the inside and skin of the fish.






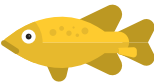
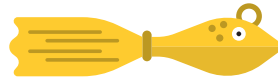


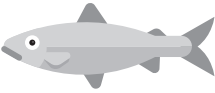












Cut off the head, if it's a pan fish. Leave the head on if it's trout. And cook or filet as you see fit.



THE LURE TO

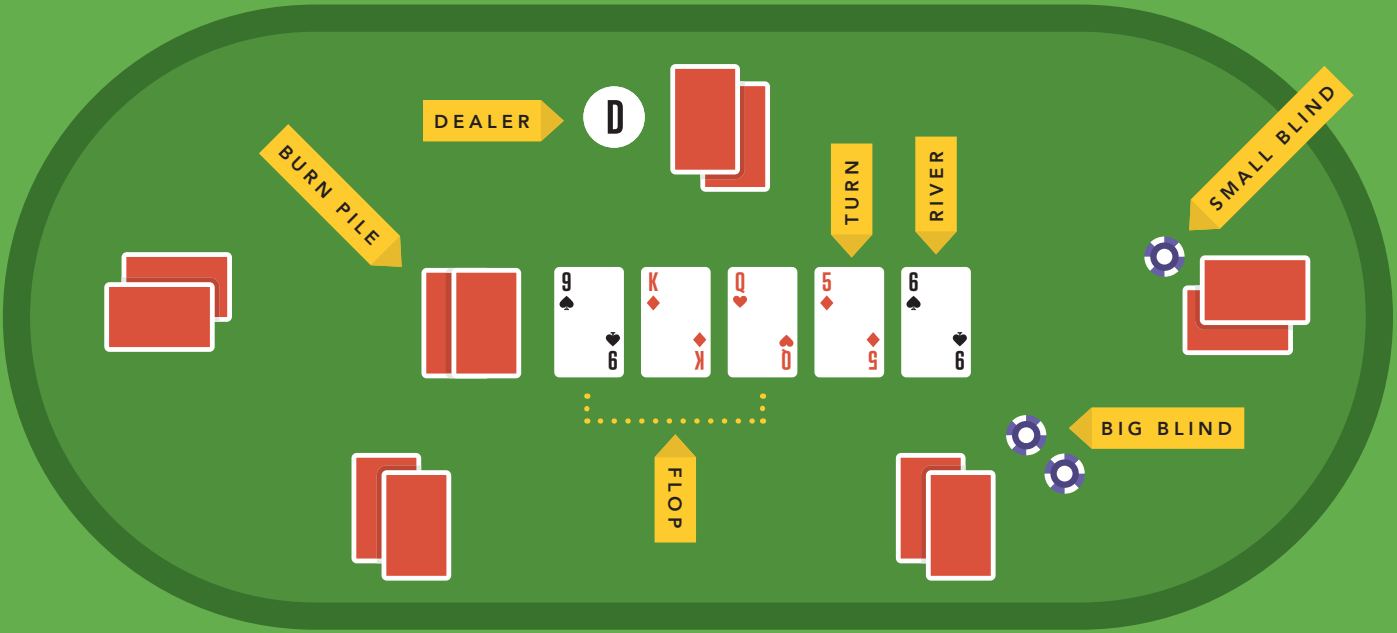
FRESHWATER FISH INDEX

When you want to reel them like a pro, it helps to think beyond the balled up pieces of bread.

THE LURE	THE FISH		
 POPPERS	 PAN FISH	 LAKE TROUT	 ROCK BASS
 JIGS	 CRAPPIES	 BLUEGILL	 WHITEFISH
 CURLY TAILED GRUB	 L.M. BASS	 CRAPPIES	 YELLOW PERCH
 SPOON	 LAKE TROUT	 STEELHEAD	 YELLOW PERCH
 SMALL SPINNERS	 ROCK BASS	 PIKE	 WALLEYE

TEXAS HOLD' EM

More likely, when you're talking about playing poker with friends in the 21st century, you're talking about playing Texas Hold 'Em. The basics:



- 1 Two players to the dealer's left post the blinds, a set dollar amount to kick off the game.
- 2 Each player is dealt two cards. Everyone bets based off those two cards, either calling, raising, or folding, starting with the player who posted the small blind.
- 3 Then the dealer flips over three cards in the middle of the table—The Flop. Players use these to build their hands off of what they're holding. Then the players bet again.

- 4 The Dealer burns a card at the top of the pile turning it face down. Then flips over the fourth card—The Turn. Another round of bets, either calling, raising or folding.
- 5 Then the dealer burns another card. Then flips over a fifth—The River.
- 6 The players still in, build a five-card hand based on any combination of the common cards that have been turned over and the two in their hand.

7 A final round of bets. Then the players show their hands. Whoever has the highest ranking hand, takes the pot.

9♠ 6♠ K♦ Q♥ 5♦ 6♠

Q♥ Q♦

THREE OF A KIND

K♠ 5♥

TWO PAIR

WINNER

HAND RANKINGS

Just like Yahtzee. The winningest hands, from high to low.



ROYAL FLUSH

A sequence of the face cards and 10, all of the same suit.



STRAIGHT FLUSH

A sequence of five cards in the same suit.



FOUR OF A KIND

Four cards of the same rank.



FULL HOUSE

Three matching cards of one rank, and two of another.



FLUSH

Five cards of the same suit, but in no order.



STRAIGHT

A sequence of five cards in different suits.



THREE OF A KIND

Three cards of the same rank.



TWO PAIR

Two sets of two cards of the same rank.



ONE PAIR

One set of two cards of the same rank.



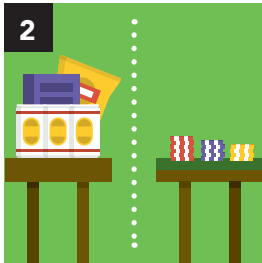
HIGH CARD

The highest ranked card in a hand where there is no other sequence, matching rank, or suit.

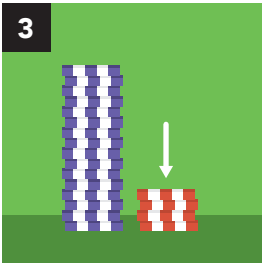
HOW TO HOST POKER NIGHT



Have enough chips—both poker and the edible kind.



Set the snacks up on a table separate from the game. You don't want to crowd the table with Cheeto dust.



Remember that you set the tone, so if this is a casual, all in good fun game, keep it light and the stakes low.



Establish the house rules at the outset.



Finally, coasters.

HOW TO DRINK WHISKEY

1 KNOW WHAT YOU'RE DRINKING

Whiskey is a spirit distilled from grains like wheat, barley, corn, and rye and aged in oak barrels (that's where a lot of the flavor and coloring comes from).



STATESIDE

Bourbon

Bourbon, which is made with at least 51% corn and aged in charred oak barrels, and is at least 80 proof when it's out of the barrel. (Like Maker's Mark or Jim Beam)

Rye

Rye whiskey, which is made from a mash that's at least 51% rye. (Like Knob Creek Rye)

Tennessee

Tennessee whiskey, which is charcoal filtered and, you guessed, made solely within Tennessee's borders. (Like Jack Daniel's)

Malt

Malt whiskey, which is made with at least 51% malted barley.

INTERNATIONAL

Scotch

Scotch whisky, made in Scotland and tends to have smokier or peatier notes. (like Johnnie Walker)

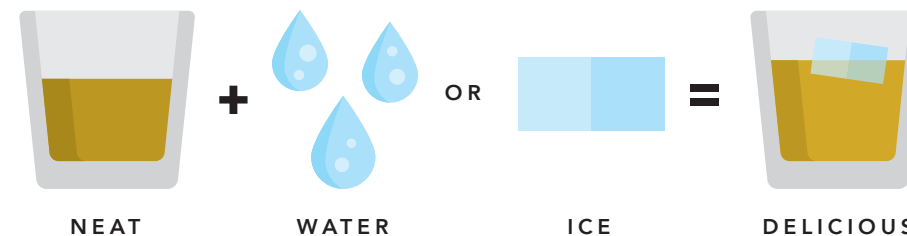
Lisum

Irish whiskey (think Jameson), Canadian whisky (Crown Royal), and Japanese whisky (Yamazaki)—yes, there's different spelling—each have different barreling requirements.



2 NOW THE ACTUAL DRINKING

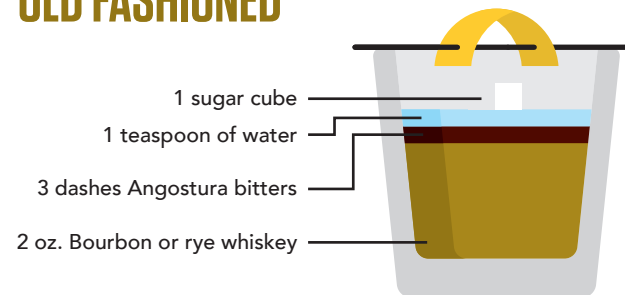
If you're drinking it neat, you'd do well to add a drop or two of water to release flavors and aroma from the booze. You can also add one large cube of ice to do the same and slightly dilute the drink more.



If you're going for appreciation, note the color and texture of the liquid. Swirl it in the glass and let your nose hit the aroma before the drink makes it to your lips. Note what you smell: vanilla, caramel, smoke, oak. Then sip, and almost chew on the liquid, tasting the different flavors from the spirit.

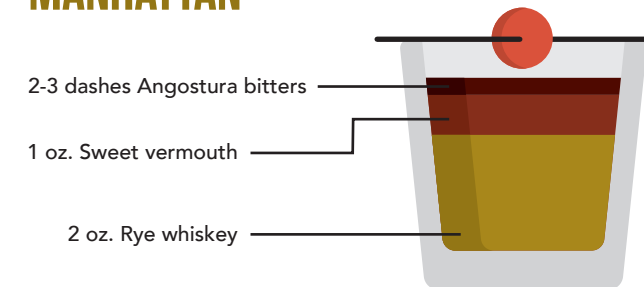
3 MAKE A COCKTAIL

OLD FASHIONED



In a rocks glass, add the sugar, bitters, and water and muddle so the sugar dissolves. Add three ice cubes to the glass and stir. Add the whiskey and stir again. Twist a lemon or orange peel over the drink and garnish.

MANHATTAN



Add the rye, vermouth, and bitters into a mixing glass with ice and stir to combine the ingredients. Strain in to a chilled glass and garnish with a maraschino cherry.

THE HIFI SETUP

If you're still playing of CDs, you'll want a CD player. Or find a combo Blu-Ray, CD player for the entertainment room. The cool dad option: A vinyl turntable.



1 RECEIVER OR AMP

For pushing your signal through to your speakers from your source. A receiver has a built in AM/FM broadcast receiver, if you plan on playing the radio through your sound system. More importantly, it has WiFi or Bluetooth for digital streaming. Go for a smaller sized Amp, if that's not a priority for you, or you plan on just playing only vinyl.

2 SPEAKERS

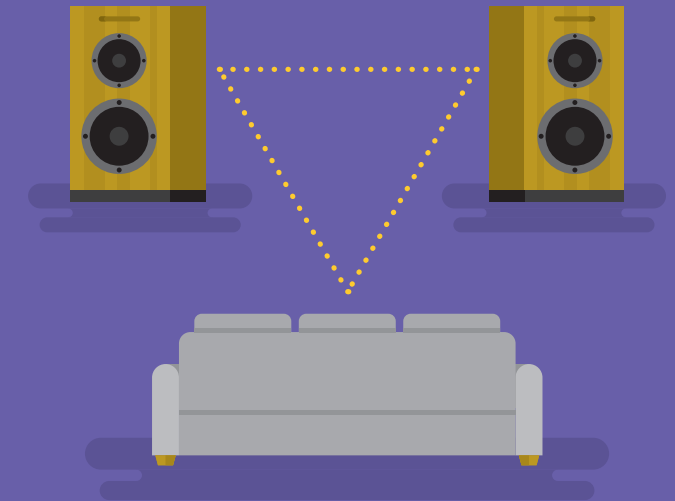
If you're going with a passive set up (hence the Amp), aim for high frequency, low watt speakers with a sensitivity over 90 decibels. Opt for a subwoofer. Two front facing speakers. And if you're going for surround sound, two rear facing speakers. Powered speakers take a direct input from your music source, and don't require a receiver. on just playing only vinyl.

3 OUTPUT

If you're still playing of CDs, you'll want a CD player. Or find a combo Blu-Ray, CD player for the entertainment room. The cool dad option: A vinyl turntable.

4 ARRANGEMENT

If everything's relatively close, use 16 gauge audio wire to connect your receiver to your speakers. The speakers should be as far apart from each other as they are from the space where you'll be doing most of your listening (the couch), so the speakers and you form an equilateral triangle.



THE ODE : CAT'S IN THE CRADLE

A cut to the core of fatherhood. Of what you want to give your kids, what they want from you. That you're raising your kids, that you're learning from father, when you don't even know you're living it. That every moment is ripe for trauma or triumph. You're always teaching. There's no moment but this moment.

THE VOLCANO SCHOOL PROJECT

How to make the classic scientific demonstration of...making a mess?



MATERIALS

FOR THE VOLCANO

- A firm piece of cardboard or plywood as a base
- Newspaper cut into long strips
- Several pieces of balled up newspaper
- A water bottle with the top cut off
- Papier-mache mixture (one part water to one part flour)



FOR THE VOLCANO

- ¼ cup water
- ¼ cup white vinegar
- Three drops dish-soap
- Three drops red food coloring
- 1 tbsp baking soda
- 1 sheet of toilet paper



CONSTRUCTION

- 1 Attach to water bottle to your base with glue or tape. Then tape the balled-up newspaper around the bottle to build the shape of the volcano.
- 2 Dip the long strips of newspaper into the papier-mache mixture, removing excess paste with your fingers, and applying the strip to the volcano. Continue to layer on the strips until you've created the final shape of the volcano.
- 3 Allow to dry overnight. Then paint the volcano.

ERUPTION

- 1 Mix the water, vinegar, dish soap and food coloring and decant into the water bottle at the center of the volcano.
- 2 Pile the baking soda onto the square of toilet paper and twist it up the ends.
- 3 Drop the packet of baking soda into the volcano and let it spew.

FIX YOUR SLICE

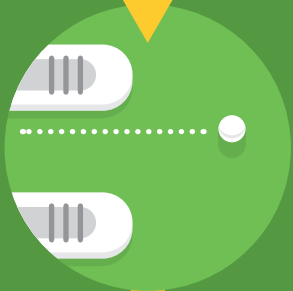


More often, your ball is veering off to the side because you're hitting it with an open club face. Some combination of your grip and the steepness and angle of your swing is preventing you from the face of the club coming into straight, closed contact.



CHECK YOUR GRIP

With a soft grip—not too tight—your hands should be turned away from your target, and your palms should be facing each other, rather than crossing over each other. Turn your left hand around the club until you can see three knuckles.



BALL POSITION

You might be coming at the ball wrong, because the ball isn't in the best spot. Make sure that from your stance, the ball is just inside of your left foot (if you're right handed.)



RELEASE THE CLUB

Not like let it go midway through swing, but let your hands roll over each other just as you make contact. This will square up the club face before you hit the ball.

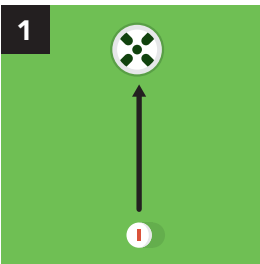
THE FRUSTRATION INDEX

The appropriate reactions to golf's most infuriating humiliations.

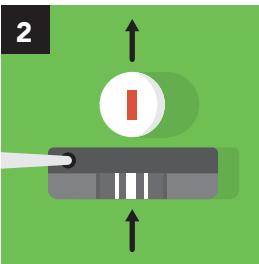


REACTIONS	HUMILIATION									
	REACTION SEQUENCE									
	SLICE	●	●	●						
● Swear		●	●	●	●	●				
● Blame course		●	●	●	●	●				
● Toss club		●	●	●	●	●	●			
● Break club		●	●	●	●	●	●	●	●	
● Quit forever		●	●	●	●	●	●	●	●	●
	WATER HAZARD	●	●	●	●	●				
	LOST BALL	●	●	●	●	●	●			
	BADLY MISSED PUTT	●	●	●	●	●	●	●	●	
	STUCK IN SAND TRAP	●	●	●	●	●	●	●	●	●
	SLOW PLAY AHEAD	●	●	●	●	●	●	●	●	●
	GOOSE ATTACK	●	●	●	●	●	●	●	●	●

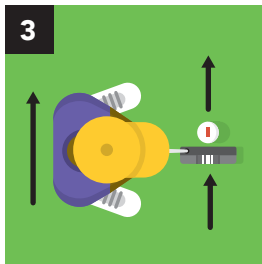
HOW TO SINK A THREE FOOT PUTT



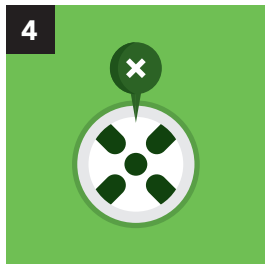
1 Aim your ball. That is, line the ball up, from the markings on it in the direction you want it to go towards the hole, taking into account any breaks in the ground.



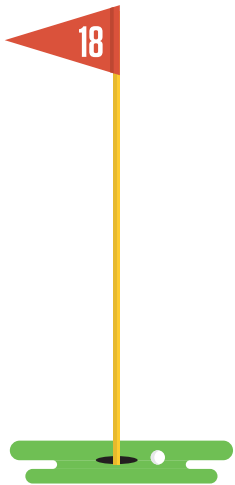
2 Now that the ball is aimed up, find that line with your club. The face of your club should be directly square it.



3 Next line your body and shoulders square to the putter. You want everything to be on straight, square lines. It's physics.



4 Finally, aim small. Pick a singular point in the back of the cup you want to direct the ball to. The hole in general is to large of an area, and opens you up to error.



DRUGS



Use a car ride—captive audience—to start a conversation. And remember, it's a conversation. Not a lecture. Open with an anecdote, like an insight from an article you read about the opioid epidemic, or the legalization of weed in a state. Ask him what he thinks of that. Lay out the dangers of drug use. What it does to their young brain. And how you understand they might feel pressure to partake. Ask them what kind of life they'd like for themselves, and how drugs can be an impediment to that. Let them know you're available to talk if they need to. If you catch them high, take away their phone and internet access for a week. Show them a movie about the dangers of drug use, like *Requiem for a Dream*.

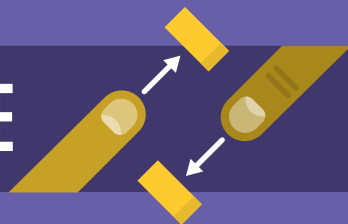
DEATH



Say, a grandparent has passed away. Bring it up to your kids gently: "I have some sad news." If you want to have a frank discussion with your dad about end of life plans, start with the "If something should happen." And frame it in the way you've always gone to them: Like you're asking for help. How can you be best prepared and help them when the time comes? Parents, no matter how old can't resist giving their kids advice.

THE TALKS

DIVORCE



If it's the last thing you and your soon-to-be former spouse do together, it should be this. The two of you need to plan together what you're going to tell the kids, and how you're going to tell them. Call a family meeting, and get everyone in the room together. Try to check your own emotions, and level with the kids: "Mom and dad have had a hard time, and it's just not working." Assure them that it's not their fault, let them know that they're great kids. Be open to questions from them, and don't freak out if their questions come off selfish—kids are egocentric. Listen to their reaction, recognize it's valid, and accept it—how they react is how they react, whether that's seeking a hug from you or hiding in their room.

SEX



Might sound weird, but this should be an ongoing conversation starting when they're young. Begin by identifying body parts, so that it's not awkward later when you begin using words like "penis" in more complex ways. If a kid asks about babies, explain the simple biology—they're still a few years off from grasping the big-picture. A one-off, sit-down is ultimately not all that useful except for heaping on embarrassment for both of you. During middle school years as they reach their early teens (and before any boyfriends or girlfriends start coming around) start discussions about STDs and protection. Ask your kids what they would have done in situations and what they think about those things. If your kid brings up questions around sex with you, answer them. Don't say "ask your mother." That response implies shame or embarrassment, and while it's embarrassing sure, you don't want them to feel shame.

HOW TO

STAY IN TOUCH WITH OLD FRIENDS

LET TECH BE YOUR GUIDE

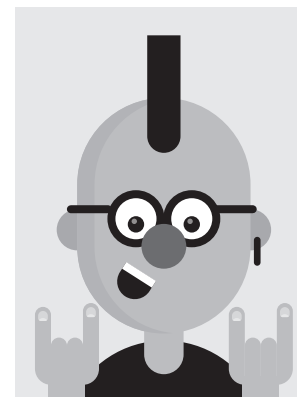
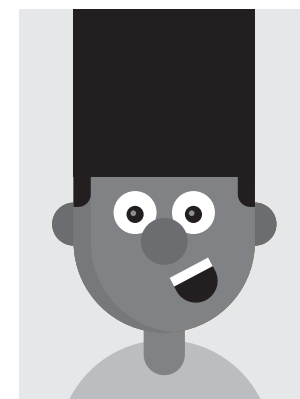
It's easier than ever now, between social media and the immediacy and ease of texting. Taking the onus off a one-to-one interaction and open up a group chat or an email thread with your old high school crew. Chime in when there's news to report. It doesn't have to be daily, or even monthly. But knowing the thread is there, and can always be picked up makes ongoing communication easiest.

FANTASY SPORTS OR VIDEO GAMES

You probably originally bonded with these people over a shared activity. Bridge the gaps in geography by bringing your shared interests online. While you're playing *Call of Duty* with your college roommates, you can catch each other up on your lives, wives, and kids, and blow off some steam like old times. Or, connect over a fantasy league. The weekly trade deadlines offer ample opportunity for the kind of ribbing you guys are used to.

PLAN A TRIP

If you've been catching up online, over email or texting, propose getting everyone together again in person. Pick a central location, or somewhere near the hometown where you all grew up. And be mindful of beers....



BREAKFAST

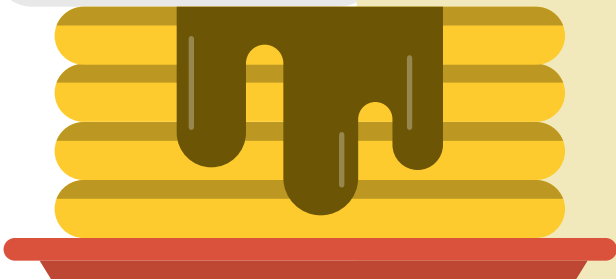
PANCAKES

INGREDIENTS

- 1 ½ cups all-purpose flour
- 2 teaspoons baking powder
- 1 ¼ cup whole milk
- 2 eggs
- 2 table spoons metled butter or vegetable oil
- 2 tablespoons sugar
- ½ teaspoon of salt

DIRECTIONS

- Combine 1 ½ cups all-purpose flower, 2 teaspoons baking powder, 2 tablespoons sugar and ½ a teaspoon of salt into a large mixing bowl.
- Make a well in the mixture and pour in 1 ¼ cup whole milk. Crack in 2 eggs, and 2 table spoons metled butter or vegetable oil. Mix the ingredients together, until all the dry ingredients are wet. It's okay if there are lumps.
- Heat a griddle over medium heat, and melt two teaspoons or butter, or oil. When the oil shimmers, or the butter stops foaming, ladle the pancakes onto the griddle. Here's where you can drop in some blueberries, strawberries or chocolate chips if you want to take this to 11.
- Flip the pancakes when bubbles begin to appear on the face-up side (about two to four minutes).
- Let the other side cook until lightly browned and transfer to a plate. You can keep your stack warm but putting them in an oven set at 200 degrees.



MIDNIGHT SNACK

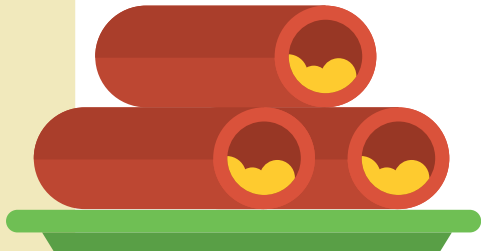
SALAMI ROLLS

INGREDIENTS

- ½ pound of genoa or hard salami
- Mustard to taste

DIRECTIONS

- By the light of the fridge, remove a half pound of genoa or hard salami from its deli counter plastic. Peel off one piece of salami at a time, squirt a line of mustard down the middle of the slice and roll. Consume. Repeat as desired.



DINNER

SHEET PAN SALMON

INGREDIENTS

- Salmon filet in to 5 to 6 oz. sized pieces
- Olive oil to taste
- Salt and pepper to taste
- 1 pound of green beans

DIRECTIONS

- Lay the filets in the middle of a sheet pan. Lay about a pound of green beans around the filets. Toss both with olive oil and season with salt and pepper.
- Squeeze half a lemon over the salmon and green beans, and place the whole pan in the an oven preheated to 425 degrees for about 10 to 15 minutes.
- You'll know it's done when the salmon is no longer pink and shiny, but still tender.



LUNCH

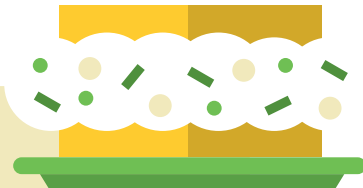
CHICKEN SALAD SANDWICHES

INGREDIENTS

- 3 cups of cooked chicken
- ¾ cup diced celery
- ¾ cup mayonnaise
- 1 teaspoon of celery salt
- ½ teaspoon of dried dill
- ½ teaspoon of parsley
- Salt and pepper to taste

DIRECTIONS

- Shred 3 cups of cooked chicken (the rotisserie chicken from the grocery store is perfect for this) and combine it in a large bowl with ¾ cup diced celery, ¾ cup mayonnaise, 1 teaspoon of celery salt (the secret ingredient!) and ½ teaspoon of dried dill and parsley each (if you have it). Mix everything together and add salt and pepper to taste.
- Cover and let refrigerate for an hour. Then serve it on a roll, a croissant, or eat it straight out of the bowl.



FOUR BASIC RECIPES

Keep these in your back pocket