



History of the Hot Dog

Call it a dog, sausage or frankfurter, it's been around since before the 9th century BC.

In fact, Homer's Odyssey refers to a man by a roaring fire waiting impatiently for his sausage to cook.

In its current form, however, the hot dog was first created in the 19th century when German immigrants brought their sausages and dachshund dogs to the U.S.

In 1867, a German butcher opened a stand in Coney Island in New York and sold 3,684 "dachhund" sausages in milk rolls.

A cartoon was drawn featuring the sausages, but the cartoonist didn't know how to spell dachshund, so he called them "hot" dogs. The name stuck.

On average, Americans eat more than 16 billion hot dogs each year. They eat 150 million on the 4th of July alone.

Quote of the Month

"Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed, else like a flower cut from its life-giving roots, it will wither and die."

Dwight D. Eisenhower

Is Tossing and Turning Making You Sick?

When it comes to having a body that is resistant to colds, the number of hours you spend in bed is less important than the quality of your sleep.

Doctors at Carnegie Mellon University studied "sleep efficiency" and found that the number of hours spent "tossing and turning," was strongly related to getting the sniffles.

The study included 153 men and women, ages 21 to 55, and it recorded details of their sleep for two weeks. Then they were exposed to cold viruses.

Those reporting the least efficient sleep were 5.5 times more likely to come down with a cold. Those who reported sleeping less than seven hours a night, on average, were nearly three times more likely to

get a cold than those who slept peacefully for eight hours.



Moneywise: New Incentives and Laws

Germany buys the clunkers

In an effort to get gas-guzzling, air-polluting old cars off the road, Germany offered a "scrappage" incentive of \$3,194 in January of this year. The program was also supposed to stimulate new-car sales.

Critics said it wouldn't work because people would just buy used cars with the money. And the program would do little to reduce carbon emissions because making new cars creates emissions.

In February, however, new-car registrations in



Germany were up by 21 percent. In the United States, new-car registrations were down by 41 percent.

California and Texas already have their own scrappage programs. Ford is lobbying for a nation-wide program in the U.S.

Credit card interest rates

New federal regulations state that, beginning in 2010, credit card companies can't raise interest rates unless you are more than 30 days late making a payment. Bills will have to show terms, fees and interest rates clearly, and card companies will have to give 45 days' notice of any rate increase.

The regulations call for interest that is calculated only on what you currently owe instead of on a two-cycle basis that some card issuers use. According to

Money magazine, the two-cycle basis combines balances for the current month and the previous month.

The mortgage rescue plan

As part of the federal Homeowner Affordability and Stability Plan, homeowners who otherwise would not qualify for a new loan, because their homes have lost value, can now get low-cost refinancing. It involves altering the loan's terms, such as its interest rate and the number of years included. Apply before June 2010.

Loan modification is available for those who miss a payment or are at risk of missing because their mortgage bill uses up more than 31 percent of their gross monthly income. Apply before the end of 2012.

Playtime for Adults and Kids Important to Brain Health

It does a body good. Play works in good times, says psychiatrist Stuart Brown, and it works even better in bad times, such as during an economic downturn.

In his book, *Play: How It Shapes the Brain, Opens the Imagination and Invigorates the Soul*, Brown says that we should have a regular time to play.

Without it, life can become rigid or without joy and sustained pleasure. Here are eight types of play:



Joking around. It starts when a parent acts silly with an infant and continues with lighthearted interactions with others throughout life.

Moving. Movement creates fun. It includes dancing, swimming, walking, playing ball and exercising.

Exploring. It's play for those who like new places, state fairs and museums, or who explore feelings through music.

Competing. Whether it's for a high score in a video game, a fantasy football team, playing a board game or being an avid sports fan, it's fun.

Directing. For these master arrangers, planning a party or a vacation is play at its best.

Collecting. Avid collectors lose themselves in the quest for a new item or in calculating what they might find next and searching for it.

Storytelling. Imagination rules as storytellers make videos or create cooking shows in their kitchens, says Brown. Reading and watching movies are grouped into this category.

Creating art. Whether it's painting a picture or decorating the living room, creativity is involved. Some people get creative by fixing things or taking them

apart to see how they work.

Regularly scheduled fun is important because you can look forward to it. Card night, the Saturday tennis game, bowling league, or date night, for example, are good forms of play.



How To Tactfully Ask For Cash As A Wedding Gift

Wedding experts say geography matters. In New York and California people think giving cash is fine. People in the Midwest and South are more traditional. They like to wrap up a wedding gift.

Age also matters. Younger people are more likely to give money than older people. But if parents put "monetary gifts preferred" on the invitation, a lot of guests could be offended.

Some wedding planners recommend letting friends and relatives get the word out, but an insert in the invitation can also be helpful. In addition to including

information such as directions and accommodations, the insert can provide a link to a Web site for gift registries.

This note could also say something like, "Any gift will be appreciated, but what we could really use help with is ..." and indicate something for which pooled funds would be used.

These might include things like yard improvements, a new patio, renovating a bathroom, large kitchen appliances like a stove or refrigerator or even a new master bedroom suit. People usually like the idea of contributing to a specific project or purchase that they know will mean a

great deal to the new couple.

The newlyweds can make gift-givers feel more appreciated, and more likely to give cash, by promising to send fun "before and after" pictures of their project or a picture of the couple enjoying whatever item was purchased.



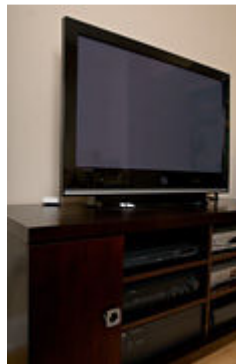
How to Clean Your Flat Panel TV Without Damaging It

The screen on your flat-panel television is much more sensitive than the CRT screens that came before it. Plasma, LCD and projection televisions require more care when cleaning them.

* The number one caution: Don't use regular glass cleaner. Chemicals in window cleaner can permanently fog your screen over time and could even remove its antiglare coating.

* Customer service techs at Westinghouse recommend using LCD cleaner, which can be purchased at any electronics store.

At MG Chemicals, makers of one widely used LCD cleaner, they say most cleaners are mainly water. If you don't have special cleaner on hand, use a glass of distilled water with a capful of isopropyl alcohol in it. Or use a mixture of equal parts of water



and white vinegar.

Avoid cleaning products that contain ammonia, ethyl alcohol, acetone, toluene, ethyl acid or methyl chloride. These could yellow the screen.

* Whatever cleaning agent you use, never spray it directly onto the screen. Put it on a cloth instead. Spray can get inside of flat panels and damage them. It can also run down, get into the TV circuits and short them

* Flat panel screens are made of plastic and scratch very easily. Some makers advise using microfiber cloths such as those recommended for cleaning laptop screens, eyeglasses or camera lenses. These are the best choices. Many cloths and tissues feel soft but are actually somewhat abrasive.

* Don't use paper towels. They can

scratch the screen's surface. They can also carry a static charge which could damage the set's electronics, according to the Geek Squad.

How to clean the screen:

1. Turn the set off so you can see areas that are dusty or oily.
2. Dust the screen very gently. If there is dirt or oil remaining, dampen the cloth with a cleaning agent and wipe gently again. Never press on the screen because it can cause pixels to burn out.
3. The plastic edge of the screen can be cleaned with any multipurpose cleaner, but be careful so the cleaner doesn't contact with the screen itself.



Mother Knows Best: Caring For Your Family Every Day

Are you the one in your family who sees to it that everyone is getting the healthcare they should?

If you answered yes, welcome to the club. 85% of all healthcare decisions are made by women.

Like it or not, men and children look to the women in their lives to be caretakers of their well-being. This condition doesn't just exist in American homes. This seems to be a worldwide phenomenon. They count on you.

In his book, *Re-Imagine*, Tom Peters treats women as the great, undiscovered asset of society. He's right. Even women's brains are physiologically more adept at multi-tasking. The connection (called the corpus callosum) between the logical left-brain and intuitive right

brain is *four times larger in women* than men.

One of the most important roles of all time is being a mother. Our society depends on moms and Dr. Moms for care, love, guidance, teaching, direction, and steadfast commitment. Bless you moms of the world.

But this article is about more than praising women. It is about what you can do to help guide the health care of your husband, your children, and yourself in life.

As *the* major influencer for your family, it is your duty to take care of yourself, to look your best and to lead your family by example.

When you enjoy good health and high self-esteem, the better you perform your duties as "The Mom."

Despite any guilty feelings you may have had in the past, it is NOT selfish or self indulgent to get the health and smile you deserve.



Dr. Briscoe

You see, when your dental health is bad, *you can pass along the bacteria* that can cause the infection, decay, gum disease, and life-threatening disease to your spouse and children.

70% of all people who live together in households share the same oral bacteria.

To learn more about how you can get the health and satisfaction you and your family deserve, **call 858-454-3221 today.**

Did You Know...

Ugly, yellow, chipped teeth can be made to look whiter, brighter, and more youthful, often in two visits or less. Call today for more information on your options for age-defying dentistry!

Call 858-454-3221

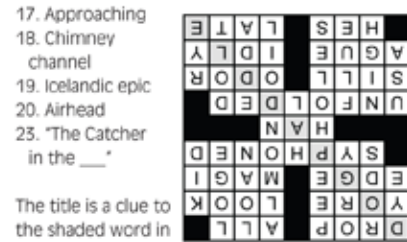
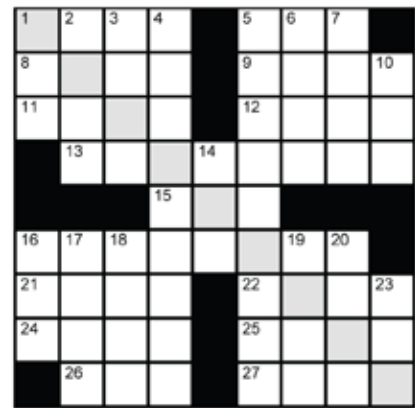
How-to-swim crossword

Across

- 1. Let go of
- 5. Everyone
- 8. Days of ____
- 9. Stare
- 11. Barely beat
- 12. Creche trio
- 13. Took gas out of a tank
- 15. ____ Solo of "Star Wars"
- 16. Opened, in a way
- 21. Window feature
- 22. Aroma
- 24. Chill
- 25. Lazily
- 26. "For ____ a jolly ..."
- 27. After curfew

Down

- 1. Blonde's secret, maybe
- 2. Fishing equipment
- 3. Bacchanalia
- 4. Found in doors
- 5. Used by massage therapists
- 6. Student aid
- 7. Balcony section
- 10. Youngster
- 14. "2001" computer
- 16. ____ Today



The title is a clue to the shaded word in the diagonal.

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