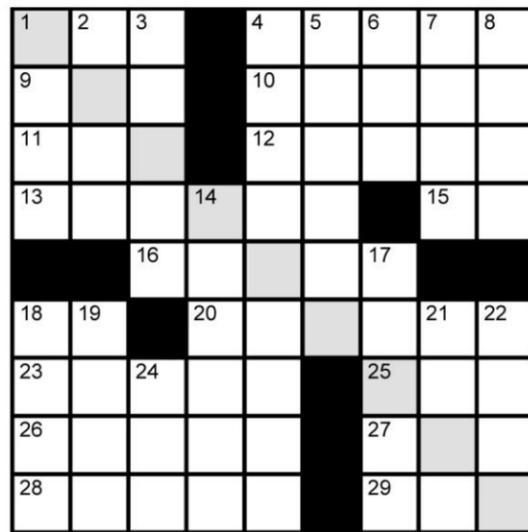


Did you know...

- President John Adams, Thomas Jefferson and James Monroe all died on the Fourth. Adams and Jefferson (both signed the Declaration) died on the same day within hours of each other in 1826.
- Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who recommended the bald eagle.

Dog Detective

- Across
1. Bro's counterpart
 4. Prepare for surgery
 9. Deed
 10. Still in the game
 11. Court
 12. Burdened
 13. Hoity-toity
 15. @
 16. Tag
 18. Fashionable
 20. Entrance areas
 23. Alternative version of a song
 25. Cry from Homer Simpson
 26. Came up
 27. Gloppy stuff
 28. Hebrew letters
 29. Nigerian language
- Down
1. Cuts wood
 2. Clickable image
 3. Bar seat
 4. Early New England houses
 5. Like a just-used pot-ter's wheel
 6. Free (of)
 7. Iris holder
 8. Crooked
 14. Clumsy
 17. Pigeon's perch
 18. Mideast hot spot
 19. Detective Wolfe
 21. Cross
 22. "Begone!"
 24. Floor cleaner



The headline is a clue to the answer in the diagonal.

Take the Trivia Challenge

How many millions of gallons of horseradish are produced annually in the U.S.?

- a. 6 b. 9 c. 12 d. 14

HINT: The answer is hidden somewhere in this newsletter.

Trivia Teaser – Good for a Laugh

1. In Shakespeare's "The Merchant of Venice," what merciless moneylender said: "If you prick us, do we not bleed? If you tickle us, do we not laugh?" a-Prospero, b-Shylock, c-Duncan, d-Antonio.
2. "Laughter is the Best Medicine" is a recurring feature in which monthly magazine? a-The Atlantic, b-Harper's Magazine, c-Reader's Digest, d-Smithsonian.
3. Which 1990s comedy movie was promoted with the tagline, "You'll laugh. You'll cry. You'll hurl"? a-"Wayne's World," b-"Groundhog Day," c-"Dumber and Dumber," d-"Billy Madison."
4. Which chemical compound used as an anesthetic is also known as laughing gas? a-Sodium chloride, b-Hydrogen peroxide, c-Nitrous oxide, d-Calcium hydroxide.
5. Which actress appeared playing football in a 2010 commercial for the Snickers candy bar? a-Sally Struthers, b-Beatrice Arthur, c-Sally Field, d-Betty White.
6. Which bird of Australia is also known as the laughing jackass? a-Emu, b-Kookaburra, c-Honeyeater, d-Cassowary.
7. Which singer hit #1 on the Billboard Hot 100 in 1975 with the song "Laughter in the Rain"? a-Paul Anka, b-Gordon Lightfoot, c-Neil Sedaka, d-Tony Orlando.
8. Which adjective refers to loud, hearty laughter? a-Sapphic, b-Sophoclean, c-Phrygian, d-Homeric.
9. Which word completes this catchphrase from "Rowan and Martin's Laugh-In": "You bet your sweet ___"? a-Scooter, b-Bippy, c-Herbert, d-Dingleberry.
10. Which 17th-century Dutch artist painted the oil on canvas work "The Laughing Cavalier"? a-Frans Hals, b-Adriaan de Lelie, c-Karel Appel, d-Thomas Willeboirts Bosschaert.

- 1-b, Shylock
2-c, Reader's Digest
3-a, "Wayne's World"
4-c, Nitrous oxide
5-d, Betty White
6-b, Kookaburra
7-c, Neil Sedaka
8-d, Homeric
9-b, Bippy
10-a, Frans Hals

Answers to 'Good for a Laugh'

July 2018

Volume 9, Issue 7



Better Homes

The Newsletter That's Both Informative and Fun!



Research shows that household mold will rarely cause a serious illness

A study of common molds found in homes in five regions of the U.S. by the University of Arizona shows that molds can worsen symptoms in asthma patients. In healthy people they may cause coughing or throat irritation. The symptoms are linked to moisture, which encourages the growth of mold.

Mold may not cause serious illness, but it's definitely ugly. To keep it from forming, check your home for damp areas such as basements. Do what you can to dry them out. In addition, building-safety experts recommend these steps.

*Wipe your feet. Get a good door mat that loosens dirt from your shoes. Dirt may hold spores which turn into mold. Stomp your feet before entering the house or leave your shoes at the door.

*Ventilate. Open windows or run fans in steamy bathrooms and hot kitchens. Get the warm, humid air out of the house, or try to dry out the air with the fan.

*Check the humidifiers. They add moisture to the air and require frequent cleaning to prevent mold buildup inside the units. If you must humidify, opt for a warm-mist model which boils the water so mold can't grow in the unit. Clean it often.

*Pay special attention to the bathroom. If you see mold on shower walls, ceilings, sinks, or toilets, scrub it with a diluted bleach mixture or a bathroom cleanser containing bleach. That will eliminate the problem for a time.

I hope you enjoy this month's newsletter!
Mari and Staff!

The mysterious origin of a summer favorite

Americans will chow down on 7 billion hot dogs this summer, most never wondering about the origin of the strangely shaped sandwich with the odd name.

Nonetheless, in case someone asks, here are some clues from the National Hot Dog and Sausage Council.

Hot dogs might be an invention of college wags. One of the first confirmed written references comes from a Yale magazine in 1895 in which students are described as "contentedly munching hot dogs." In fact, a hot dog vendor's cart was called The Kennel Club.

Some say the hot dog was popularized by a cartoonist, Tad Dorgan, during the 1930s when he saw his friend Harry Stevens selling the "hot dachshund sausages" during a game at the New York Polo Grounds and shouting "Get your red-hot dachshund sausages!" Dorgan was said to have sketched a cartoon of Stevens pitching a sandwich with a dachshund. It had the caption: Get your hot dogs! But no proof of this cartoon has ever materialized.

However, there is evidence that German immigrants sold 'hot dogs' from carts in the Bowery in the 1860s. And, after all, the Germans are known for their sausages.

Maybe the better question is how the hot dog bun was developed. One story features a vendor in the 1870s who provided white gloves to customers who bought his sandwiches. When customers did not return the gloves, he appealed to a baker to make a roll suitable for the long dog.

Hiking the scenic Appalachian Trail

Want to take a hike on a trail enjoyed by about four million people a year? Want to explore a footpath that stretches through 14 eastern states from Georgia to Maine? Then consider walking the great A.T., the Appalachian Trail.

It runs from Springer Mountain in Georgia to Mount Katahdin in Maine. The trail is easily accessible at many points (more than 500 public roads cross the A.T.) and it may be used for a short walk, a day trip, or a long-distance hike.

The Trail is marked so it's fairly easy to follow. The markers are six-inch paint "blazes" on trees, posts, and rocks. Above the tree line or where the blazes may be hard to see, paint marks, posts, and rock piles called cairns mark the path.

Generally, the A.T. is open all year around but the northern end at Katahdin in Baxter State Park may be closed at times in winter depending on the weather.

For more information, visit the Appalachian Trail Conservancy at www.appalachiantrail.org.



"Other than your choice of ring tone, I can't find anything wrong with you."

Antibiotics and kidney stones

Since the 1970s, the prevalence of kidney stones has risen 70 percent. According to a study in the Journal of the American Society of Nephrology, the connection could be exposure to antibiotics.

Reviewing health records in the UK, researchers found that exposure to any of five classes of antibiotics increased the risk of kidney stones.

Broad-spectrum penicillins increased the risk by 27 percent. Sulfa drugs more than doubled the risk, according to the New York Times.

Other antibiotics that increased risk: Cephalosporins, fluoroquinolones and nitrofurantoin.

Researchers speculated that the cause could be interaction of antibiotics with gut bacteria.

Some Cleaning Hacks for Your Home

- ★ Dryer sheets
- ★ Dryer sheets aren't only good for your clothes, they are great for cleaning, even after being used!
 - Buff water spots from mirrors, bathroom/kitchen fixtures and shower doors
 - Remove the ring inside the toilet
 - Wipe baseboards clean
- ★ Use Kosher salt and lemons to clean your chopping board without leaving any chemicals.
- ★ Play dough can be used to remove spilled glitter.
- ★ Lint rollers are great for removing dust from your lamps.
- ★ Have Your Kids ... clean your mattress for you! Have your kids jump on the bed to bring up dust from inside. Then vacuum the mattress top.

Treating pain: Balancing health risks with suffering

Athletes suffering from chronic back pain or recovering from surgery often take ibuprofen to help them perform, but some experts think this might be a poor strategy, according to The Wall Street Journal.

Pain is a collective experience in sports such as golf that require repetitive back movement and place a lot of stress on the spine itself during powerful swings.

Some back surgeons and pain experts recommend the practice of taking these nonsteroidal anti-inflammatory drugs (NSAIDs) all day if needed. But the U.S. Food and Drug Administration, in 2015, warned about potential health concerns. Heart attack, stroke, kidney, and gastrointestinal issues have all been commonly reported when using this kind of medication which includes ibuprofen and aspirin, among others.

Other research, conducted at Appalachian State University, found that NSAIDs were not able to produce any noticeable pain relief for athletes running ultramarathons, suggesting that there may not be a performance increase worth the risks. In cyclists, bananas were able to produce pain relief similar to ibuprofen through their natural metabolites, with the added benefit of providing energy and nutrients.

Old-Fashioned Macaroni Salad

To make the hard-boiled eggs: Add the eggs to a medium-sized saucepan. Cover with cold water and bring up to a boil over medium heat. Cover with a lid and turn off the heat. Let the eggs sit in the hot water for 14 minutes. Drain and cool under cold running water. Peel the eggs and chop. Reserve.

While the eggs are cooking, bring a large pot of salted water to a boil over high heat and add the macaroni. Cook until al dente. Drain and rinse with cold water.

In a large serving bowl, combine the eggs, ham steak, celery, shallots and lemon juice. Add the macaroni and stir to combine.

In a separate bowl, whisk together the mayonnaise, mustard, pickled relish, and salt and pepper, to taste. Add the dressing to the macaroni and toss to coat. Season with more salt and pepper, if needed. Cover and chill for 2 hours for the flavors to meld.



Dressing:

2/3 cup mayonnaise
2 tablespoons Dijon mustard
1 (4-ounce) jar chopped pimentos, drained
3 tablespoons sweet pickled relish
Kosher salt and pepper

Ingredients:

4 eggs
1 pound large elbow macaroni
4 ounces ham steak, finely chopped
2 stalks chopped celery, including leaves
1 large shallot, chopped
2 tablespoons fresh lemon juice

Hot pavement does real damage to humans and pets

One mid-summer in Las Vegas, a man thought he could make it across a parking lot in bare feet.

He landed in the hospital and required skin grafts to the soles of his feet.

Hot asphalt in the summer can reach skin-burning temperatures and that is no joke for people and animals.

In desert areas, where temperatures can reach 110 degrees F, asphalt can cause second degree burns in 35 seconds, according to Maricopa Medical Center.

Dogs and cats are at high risk for this type of burn.

The pads of a dog's feet can suffer first, second and third-degree burns from pavement.

One good test: Place your hand on the road surface for three seconds. If it is too hot for your hand, it is too hot for a dog's pads.

Thou art my hiding place and my shield: I hope in thy world.

Pslam 119:114 KJV