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INSIGHTS

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Hot Dog!



It's National Hot Dog Month and we've found some important information to share with you on the subject. Everything from hot dog vital statistics to hot dog etiquette.

Statistically speaking, Americans will eat 7 billion hot dogs this summer. Laid end-to-end, those hot dogs would stretch around the equator 27 times. We Americans consume about 70 hot dogs per year on average. And what's our favorite weenie topping? Well, 30 percent of us prefer mustard, 22 percent choose ketchup, and 10 percent pick relish as our favorite dog accompaniment. Digging deeper into the dog statistics bag, we find that more hot dogs will be eaten at Los Angeles' Dodgers' Stadium (1.5 million in 2001) than any other major league ballpark in the country.

Believe it or not, there are some Dos and Don'ts for eating America's sacred food. We'll highlight just a few…*Don't* put hot dog toppings between the hot dog and the bun. Always "dress the dog," not the bun. *Do* eat hot dogs on buns with your hands. Utensils should not touch hot dogs on buns. *Don't* take more than five bites to finish a hot dog. For foot-long wieners, seven bites are acceptable. *Do* use paper plates to serve hot dogs. Everyday dishes are acceptable; China is a no-no. *Don't* send a thank-you note following a hot dog barbecue. It would not be in keeping with the unpretentious nature of hot dogs. *Do*…Condiments remaining on the fingers after eating a hot dog should be licked away, not washed.

If you want to pursue your thirst for knowledge about the hot dog phenomenon, we suggest you look on-line at www.hot-dog.org. ■

Source: National Hot Dog & Sausage Council

Get Your Ergonomic House in Order

Many companies celebrated when the Bush administration announced it will release rules that encourage, but do not force, companies to reduce repetitive stress injuries. The voluntary guidelines will be issued later this year, beginning with jobs that have the highest injury rates. Some of the industries expected to be targeted are hospitals, restaurants, trucking companies, supermarkets, and manufacturing plants.

The Occupational Safety and Health Administration's voluntary guidelines will replace stricter standards that were issued during the Clinton administration and overturned by Congress last year. The new rules will encourage businesses to have a written ergonomic program that includes employee involvement, identification of at-risk jobs, and regular evaluation.

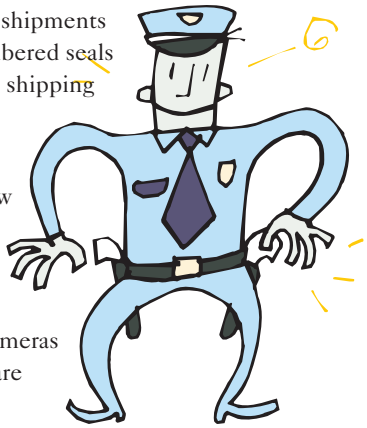
For details visit www.osha.gov/ergonomics. ■

Food Tampering Prevention

It has been reported that the USDA has urged U.S. meat, poultry and egg plants to seal shipments and take other steps to protect the nation's food supply from deliberate contamination. Since September 11, 2001, the USDA has urged all meat and poultry plants to be on heightened alert for potential food tampering.

The department has prepared a set of food safety guidelines that detail how plants should manage their security, production, workers, transportation and storage. The six pages of guidelines are not mandatory.

A few USDA guidelines suggested are:



- Seal all outgoing food shipments with tamper-proof, numbered seals that are included on the shipping documents.
- Adopt procedures to trace the source of all raw materials, and to trace the delivery points of all finished products.
- Use guards, alarms, cameras or other security hardware on doors, windows, roof openings, railcars, bulk storage tanks and trailers.

USDA's biosecurity measures are welcomed by the U.S. food industry, which are similar to procedures already in place at most large companies. ■

Savoring July

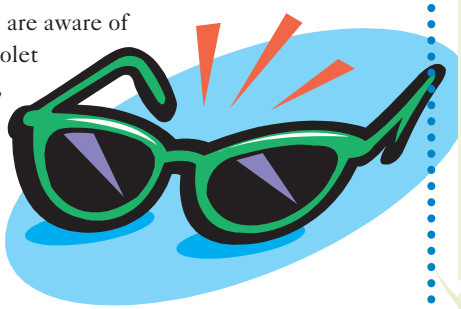
July is peppered with auspicious occasions. On the first, the IRS celebrates its 140th Anniversary (an office that was created in 1862 when President Lincoln signed into law a revenue-raising measure to help pay for Civil War expenses). Also on the first of July is the 155th Anniversary of the first postage stamps issued by the U.S. Government in 1847. This year's 4th of July marks the 226th Anniversary of our Nation's independence and July 20th is the 33rd Anniversary of Moon Day. Do you remember what you were doing on July 20, 1969 when our astronauts landed on the moon?

On a less reverent note, July 22nd is National Hot Dog Day. For those of you who like to celebrate eating, July is National Baked Bean, Hot Dog, and Ice Cream month. Bon Appétit!



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Save Your Eyes



It's summertime. Most of us are aware of the potential damage ultraviolet (UV) rays can do to our skin, but are less aware that anyone who spends time in the sun runs the risk of developing eye damage caused by exposure to these same rays.

UV radiation in sunlight, including both UV-A and UV-B, has been shown to be harmful to the eye. UV-A penetrates deep into the eye and may injure the macula, the part of the retina responsible for sight in the center field of vision. Photokeratitis, also known as corneal sunburn, is a result of intense exposure to UV-B. It is most common among individuals who spend long hours on the beach or ski slopes without proper eye protection. It can be extremely painful and can result in temporary loss of vision. Furthermore, UV rays can contribute to the development of cataract.

Athletes, construction workers, fishermen, farmers, beach goers and anyone who spends extended time outdoors are the people who have the greatest risk of incurring eye damage from UV rays. What's the best defense? Wear sunglasses that screen 99 to 100 percent of UV rays and brimmed hats. By protecting your eyes now, it may also prevent you from developing eye disease when you are older. ■



Send your comments to:

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Soapbox

Computer error message: Three things are certain: death, taxes and lost data. Guess which has occurred.

Everyone has a photographic memory. Some just don't have film.

An accordionist is one of the very few people who can successfully play both ends against the middle.

Blooper Headline: Study reveals those without insurance die more often.

Mining all the gold suspended in the world's seawater would yield nine pounds of gold for every person on Earth.
—*Smithsonian Institution*

Astronaut, n. (1) one who is always relieved to be down and out; (2) one of the very few people who can really see the shape the world is in; (3) a person who tries to find a place in the sun by reaching for the moon; (4) the only individual who can make a trip around the world without coming home loaded with souvenirs.

Concentration comes out of a combination of confidence and hunger.—*Arnold Palmer*

If you are good, you will be assigned all the work. If you are really good, you will get out of it.

Tell a man there are 300 billion stars in the universe and he'll believe you. Tell him a bench has wet paint on it and he'll have to touch to be sure.

If I were two-faced, would I be wearing this one?
—*Abraham Lincoln*

Alligator Allegory: The objective of all dedicated employees should be to thoroughly analyze all situations, anticipate all problems prior to their occurrence, have answers for these problems, and move swiftly to solve these problems when called upon. However, when you are up to your neck in alligators, it is difficult to remind yourself that your initial objective was to drain the swamp.

The only substitute for good manners is fast reflexes.