

Bite-Sized Hot Dog Facts

It's probably no surprise that July is Hot Dog Month, but the third Wednesday of the month is also National Hot Dog Day!

The hot dog is one of the most iconic American foods with Americans consuming more than a billion of them each year during the summer!

- New York City and St. Louis street vendors sold hot dogs in buns in the 1860s.
- In 1893 **Chris Von de Ahe brought baseball and hot dogs together** selling them at St. Louis Browns games

(now the St. Louis Cardinals.) The Colombian Exposition in Chicago also began selling hot dogs. In both locations they became an instant hit.



- The name **“hot dog”** was said to be created by a **cartoonist**. At a baseball game in 1901, he saw vendors selling sausages in rolls and drew a cartoon. Not knowing how to spell “dachshund,” he wrote “hot dog” instead.
- **Mustard is the #1 condiment of choice**. Other popular toppings include: ketchup, onions, chili sauce, pickles, relish, sauerkraut, cheese and coleslaw.
- **Hot dogs have gone to space!** In the 1960s, astronauts ate hot dogs because they are easy to store and eat in zero gravity.

However you like your hot dog prepared, whether nestled in a bun and smothered with condiments and toppings, chopped up, bunless and with baked beans, or maybe just plain, enjoy one of America's iconic foods at cookouts and ballgames this summer.

Wellington Place at Rib Mountain

149500 County Rd. NN
Wausau, WI 54401
715.842.5000

Bonnie Pluger, Administrator

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WE ACCEPT CREDIT CARDS

Craft Ideas for Independence Day

FORK FIREWORK PAINTING – *Supplies needed: paper, paint and plastic forks. Optional: brushes and glitter.* Dip the back of a plastic fork into the paint. Press the fork onto the paper to create a in a circular pattern to make a firework effect. Experiment to create unique firework bursts with the tines. Add glitter to the wet paint for extra sparkle.

FLAGS – Color a picture of the flag on a piece of paper or make one from cut paper and glue. Then attach one side of the flag to a popsicle stick for a pole and you will have a great looking flag to wave!

STARS – Decorate paper stars on the front and the back in a wide range of designs. Anything goes! Red, white and blue work best. Then, place a small hole through the top of each and string them together. You can hang these at your 4th of July celebration for a great way to celebrate.



Mix Up Your Mac & Cheese

It's no surprise hot dogs are a summertime favorite, but macaroni and cheese is a commonly served summer side at picnics, gatherings, and reunions. Between the sauce, seasonings, cheese selection, and the way it's cooked, there's a chance for you to try something new with each variation. Here are a few tasty options you can try this summer:

Veggie Delight: Vegetables are an excellent way to add nutrients to your mac & cheese, and creates a healthy spin on a classic dish. Veggies also add a splash of color with peas and carrots.

Spice it Up: Add a splash or two of your favorite hot sauce or spicy seasonings like smoked paprika, red paper flakes, or Cajun powder.

Protein Power: Add bacon bits, pulled pork, brisket, ham, or sausage for some added flavor and a boost of protein.

Say Cheese: One of the best parts of a mac and cheese meal is the cheese itself! Enjoy adding some out-of-the-box cheeses you might like feta, colby jack, or gouda.

BBQ: BBQ sauce enriches mac and cheese with a unique flavor pairing of sweet and savory. Grab your favorite BBQ sauce and drizzle it over top of the dish to enjoy a delicious combo!





Oodles of Noodles: Add more variety to your mac and cheese dish by trying out three or four different types of pasta! A few varieties to try are rigatoni, penne, cavatappi, shells, and elbow macaroni. Don't be shy to mix and match the pasta, and experiment with a few different combinations to create your perfect dish.

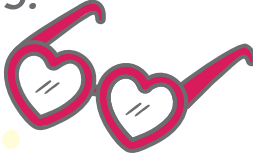

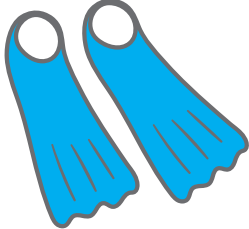
WiCAL

Wisconsin Center for Assisted Living

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Summer Crossword

1.  2.  3.  4. 

5.  6.  7. 

The crossword puzzle grid is shown with the following clues and corresponding illustrations:

- 1. Ball (3 letters)
- 2. Lemonade (7 letters)
- 3. Seashell (6 letters)
- 4. Sandcastle (9 letters)
- 5. Sunglasses (8 letters)
- 6. Sun (3 letters)
- 7. Flippers (7 letters)

Answers: 1. Ball, 2. Lemonade, 3. Seashell, 4. Sandcastle, 5. Sunglasses, 6. Sun, 7. Flippers

"Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people."

- Roy T Bennett

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