

DID YOU HEAR THAT?

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Stress-relieving methods number many. Nail biting. Scotch. Aromatherapy. But saying "Fred"?

Author David L. Mocknick says the name Fred – derived from Frederick, a German moniker that means "peace ruler" – has curative powers. And he's developed a system to prove it that he explains in his book, "Who's Fred, Ha!: Silly, but Fun Stress Relief" (Clear Brook, \$17.95).

Fredding begins when someone baits another by getting him or her to say a word that rhymes with Fred. When the target – a waitress who suggests bread when asked for an alternative to rolls, for example – falls into the trap, the Fredder calls out, "Bread! Fred! Who's Fred, ha!"

It's not science, admits Mocknick, 47. "I'm no psychologist and I don't have a medical background, but I've seen it work firsthand."

Going overboard is not difficult with double Fredding (when someone says two words that rhyme with Fred) and Fred clues ("What's thermometer liquid called?" "Mercury." "Freddie Mercury! Who's Fred, ha!").

The last example refers to the late lead singer of Queen.

It's no secret that Fredding is weird – but beware: Fredding comes with side effects.

"One time the owner of a diner threw me out, but I was stress-free when he did it."

– NICOLE FREHSEE,
NEWSDAY

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