

ORANGE YOU GLAD YOU ASKED?

Old news: Citrus fruits contain lots of vitamin C. Latest News: The vitamin C is still there. But oranges, grapefruits, lemons and limes also contain a wide range of important phytochemicals that may help protect against cancer and stroke.

(From University of Berkeley WellnessLetter)

Do You Own An "Animal" Or Have A "Pet?"

By Paul Turner

I was co-hosting a garage sale a few weeks ago at my brother's home, and was outside in the sunshine talking to him on the front lawn. His girlfriend's two dogs, one a Husky type dog and the other, a smaller but equally adapted-to-the-winter type dog were tied up outside on the grass. My dog Barnaby, a yellow Labrador Retriever, whose passions in life are eating and peeing on everything he can, was grazing gracefully away from the two



barking "animals" tied up on the lawn. Newton, my brother's Jack Russell Terrier, is a dog who has an obsessive compulsive disorder about retrieving. This dog is as smart as a whip, and will retrieve any ball, rock, Frisbee or object until you cannot throw any further. Newton and Barnaby are the best of friends, and have been since Newt was a puppy, and are welcome at any family function.

Watching our two dogs, both happy, well adjusted, socialized animals, considered important family members and comparing them to the snarling, barking, furry versions tied up on the lawn, I realized something. I have a pet, whereas my brother's girlfriend's dogs, were animals. The reason—her dogs are not socialized with other animals, and have not been brought up in a family or pack environment. They could have been tied up on a

farm, and I don't think they would have known any difference. They cannot be talked to, nor do they share the same domestic comforts that my dog enjoys. (See Barnaby's photo) This is not the dog's fault, mind you—it's the owner's.

Answer the following questions to determine whether you have an animal or a pet.

- 1) Does your dog/cat live in the house with you?
- 2) Sleep in the same room with you?
- 3) Is your dog/cat trained to understand (and obey) at least 4 basic commands?
- 4) Do you talk to your dog/cat as if it were people?
- 5) Can you communicate with your dog/cat in your own language?
- 6) Do you alter your personal and/or work schedule to accommodate the needs of your dog/cat?
- 7) Do you feel compelled to buy your dog ice cream or a hamburger at the drive thru?
- 8) Does your dog/cat have "outfits" or seasonal decorations, i.e., Reindeer antlers for Christmas?
- 9) Does your dog/cat enjoy a specially made dinner every evening?
- 10) Do you speak to your dog/cat in a fairly ridiculous tone of voice?

Bonus Question:

Do you sign the dog's/cat's name on birthday or other greeting cards?

If you answered yes to 4 or more of these questions, congratulations! You're a pet owner!

Welcome to the club, and keep up the good work. You've made a difference in your pet's life.

P.S. I scored 11 out of 11!

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NEW YORK CITY SHOW REVIEWS: ALL SHOOK UP

By Stan Cohen

ALL SHOOK UP...that's how every 12 year-old female in the audience feels after seeing this show and its male star, Cheyenne Jackson. Yes, you heard right! With that name and a body to match how could any adolescent girl resist him? Likewise, Jean Gambatese's performance as a young female garage mechanic should satisfy the fantasies of the young men in the audience!

The show is inspired by Elvis Presley's music and if you're an Elvis fan you will not be disappointed. The story is a corny one but great fun if you enjoyed the likes of Bye, Bye Birdie or Grease. Specifically, Chad, a leather-jacketed, bike-riding, blue-suede-shoe kind of guy arrives in a small mid-western town and confronts an uptight female mayor whose goal is to keep her town and all its inhabitants "decent" in every respect. And she succeeds until Chad inspires the entire town to swing à la Elvis. Eventually everyone is "all shook up" as hormones rage and love hits the stage like a plague.

This show is not the same quality as "Movin' Out" or "Mama Mia" but it does provide a delightful opportunity for families with young girls or for seasoned Elvis lovers to enjoy his music. There is a great deal of talent on stage and everyone plays it for the farce that it is. All they want in return is your love and with Cheyenne in the lead, they will surely get it.

The scenery, costumes, and choreography are all first-rate; no expense has been spared to give the audience a good time. And if the young person with you wants to meet Cheyenne et al, the cast is most amenable to autographs at the stage entrance after the show.

The show is currently on Broadway at the Palace Theater, 1564 Broadway, at 47th Street (212-307-4100). Running time: 2 hours, 10 minutes with autographs approximately 15 minutes later—so I'm told.

Stan Cohen, Producer and Critic, lives in Baltimore and New York City. He is a member of the Outer Critics Circle.

Crunching Your Way To Snacking Satisfaction

Part 2 of 2

Putting the Crunch on Unhealthy Snacking Habits

Foster's advice to the Creamies is to explore the crunchy side of snacking, because Crunchers have more healthy options that are lower-calorie and lower-fat, such as baked chips, rice cakes or baby carrots.

While a complete conversion to crunchy snacks may take time for some Creamies, Dr. Foster suggests "adding a little creamy to your crunch" to ease the transition. For example, spread peanut butter on rice cakes (plain or lightly salted flavors), which are made from whole-grain brown rice

and are low in fat and calories.

"Whether you're a Creamy or a Cruncher, following this approach will ensure snacking satisfaction as part of a healthful diet," said Dr. Foster. "Having people think about why they make the food choices they do is the first step to changing behavior and making better choices."

For more information, please visit www.quakerricesnacks.com.

Dr. Gary Foster advises people who prefer creamy snacks to explore the crunchy side of snacking, because "Crunchers" have more options that are lower-calorie and lower-fat. —NAPS



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Rimadyl 25mg 180 tabs	\$92.43	\$127.80 28%

* Prices listed in U.S. Dollars