



Mickey Guisewite

Choices In Calendars Are Very Revealing

Well, here it is January, and millions of us have just made the ultimate commitment. We've cautiously made the move with the perspective that only past disappointments can bring. We've optimistically plunged into the future, fully believing that this time around everything will be different. And now it's only a matter of time before we know if we're compatible with our new planning systems.

Will the new color-coded tabbing system you just purchased be the one you've been searching for your whole life, or just one more blunder in a series of dead-end organizational systems?

Does your flashy new software package give you the security and confidence you've dreamed of, or will it leave you pounding your fists on the computer screen — six months worth of appointments and important dates permanently lost — wondering where you went wrong?

With at least 500 ways to remind yourself you have a root canal on Tuesday, it's no wonder so much apprehension surrounds the decision. Personally, I believe the choice ultimately reflects the way a person is in a relationship, the following being the most predominant types:

1. THE OVERLY CRITICAL TYPE: Buys a system and as the months wear on, doesn't like what he sees. And so he alters and makes adjustments. Rips out the Filofax Week-at-a-Glance pages and replaces them with Day Runner Week-in-View.

A nip here. A tuck there — sort of like a plastic surgeon who wants to give his wife a facelift every time he notices a wrinkle.

2. THE LOVE 'EM AND LEAVE 'EM TYPE: Buys the Wizard. Loves the Wizard. Talks incessantly about the Wizard to anyone who will listen. Then, three months later, just after she's convinced you to shell out \$150 for the Wizard, pulls a whole new system out of her briefcase. "What happened to your Wizard?" you ask.

"Oh, that. Way too complicated," she says, shrugging. Then her eyes light up and her voice grows dreamy. "Did you see my new Sharp Organizer? Isn't it fabulous?"

3. THE NONCOMMITTAL TYPE: Has three different systems going at once and never can seem to settle down with one. Finds himself longing for his Weekly Planner when he's with his Day Runner, thinking about his zip-around organizer when he's with his software package, and fantasizing about how much more compatible he'd be with the hot-looking electronic organizer his best buddy just bought.

4. THE OVERLY DEMANDING TYPE: Fully expects that 37 years worth of habitually being late to meetings, missing appointments and forgetting birthdays will be instantly solved by a free pocket calendar he just got in the mail from his insurance agent.

5. THE SENTIMENTAL TYPE: Had what was the perfect organizational system in her beloved Day Runner, which she unfortunately lost to a luggage mishap back in '89. Has been trying to create the same synergy with a Day Timer ever since. But somehow the magic is missing, along with half the addresses and phone numbers.

6. THE UNAPPRECIATIVE TYPE: His sensible vinyl-bound Month-at-a-Glance has faithfully kept him on schedule for the last 23 years. Then one day, without warning, he tosses it aside for a sleek leather breast-pocket diary. Soon after, he trades his four-door Honda Civic for a sporty red Corvette. Not long after that, he suddenly has a pinky ring and a hairline.

Personally, I find it ironic that in this, the decade of monogamy, the very place where we used to keep track of all of our hot dates should now itself be the object of our desire.

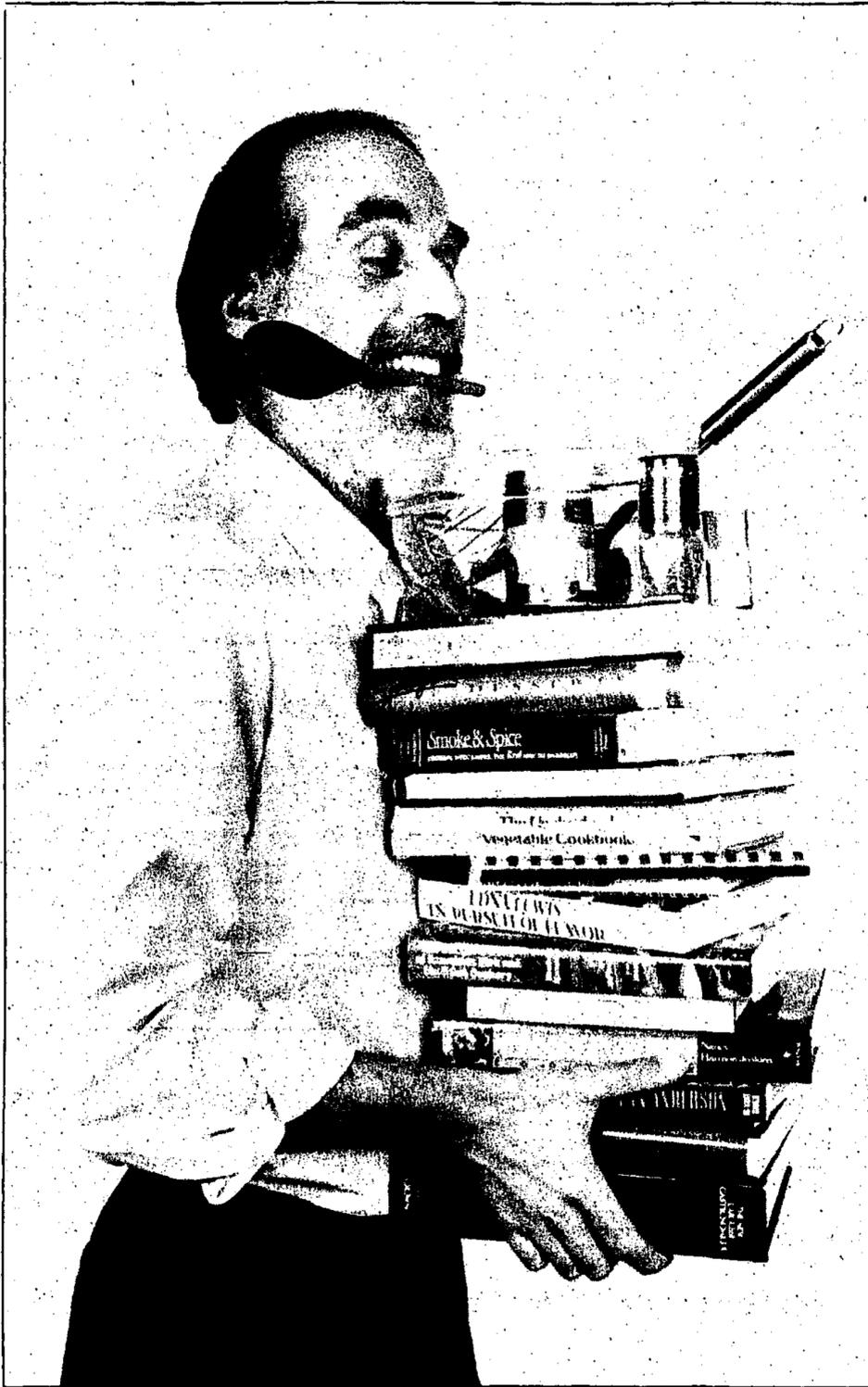
But there it is. That saucy leatherette number popping off the catalog cover, taunting you with its double pen holder and acetate business-card pocket.

That smooth-operating software package you just saw on TV, tantalizing you with its unlimited storage capacity.

Now, if only the things we had to write in our calendars were half as scintillating as the calendars themselves.

■ ■ ■
Mickey Guisewite is a syndicated columnist with King Features Syndicate Inc.

Now, They're Cookin'



OVERWHELMED? Tom Paculis never tires of collecting cookbooks

CARL ELMORE/SIAF

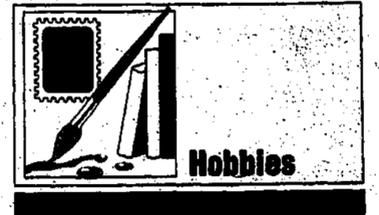
Collectors Come Clean About Their Enthralment With Cookbooks

By GENE DOWNS
Features Writer

It was sort of a slow Christmas for Tom Paculis — fewer than half a dozen cookbooks under his tree this year.

Christmas 1993. Now, there was a year, one to tell the grandkids about: 12 glorious cookbooks, a worthy addition to a great and sometimes strange collection.

Paculis traces his interest to his childhood in Augusta, when he would watch his mother cook and sometimes look through



her cookbooks. But his hobby didn't get its first real boost until he was about to go into the Navy and she sent him her entire collection.

Today, Paculis, a former paramedic and the owner of the Habersham Street eatery Troup Square Cafe has a personal library of about 300 ("and that's not even exaggerating") cookbooks. He keeps about 40 at his restaurant.

The oldest — a copy of "Woman's Home Companion Cookbook" from the 1940s — came from his mother.

He also has a Philadelphia Cream Cheese cookbook, a Benson & Hedges cookbook of 100 recipes from American restaurants (including grasshopper pie from the Pirates' House), a fish-shaped cookbook, and a book that tells how to cook food in the kitchen so it tastes like it was made over a campfire. He has three titled "The Civil War Cookbook," all by different authors.

"I don't know how it started and it probably won't end," Paculis said, in the manner of a man watching floodwaters cover his house.

Like any hobby, cookbook-collecting can get out of hand.

Paula Dean said she "couldn't boil water" when she got married and started collecting cookbooks in 1965.

"I was raised by fabulous Southern cooks, but I still needed the guidance of cookbooks to teach me the fundamentals because my grandmother, mother and aunt didn't always have the patience to work with me. They were so busy doing the cook-

■ See COOK, Page 6B

Treatment Programs Help Those Suffering From Anxiety

By NANCY ROSS-FLANIGAN
Knight-Ridder Newspapers

She realized things were getting out of hand when she started tagging along with her husband to his job, just so she wouldn't have to stay home alone.

For 10 years, Della Milbank wouldn't go anywhere without her husband, Bob. Socially paralyzed by anxiety, she couldn't shop for groceries, go to a movie or even run out for a Big Mac.

Holidays? She hated them. Lots of people feel twinges of apprehension that time of year, with the challenges of a new year ahead. But for some, like Milbank, there's no escape from anxiety — the constant worry and irrational fears, sleepless nights and restless days, the sense of impending doom.

It becomes such an ominous presence in their lives that they begin to fear and dread the anxious feelings themselves. It can even make them physically ill.

Both sexes suffer from anxiety, and it seems to affect them in similar ways, but women are twice as likely as men to seek treatment. It hasn't been clear whether that's because more women than men have anxiety disorders or because women are just more likely to get professional help for the problem.

But in the past year, studies have hinted that women do experience more emotional distress than men. Researchers also have begun to document how anxiety undermines women's health. And — perhaps the best news for anyone whose anxiety has gotten out of hand — programs have sprung up to successfully treat anxiety disorders, even those as severe as Della Milbank's. In fact, anxiety disorders are among the most treatable emotional illnesses.

Some Facts On Anxiety Disorders

By NANCY ROSS-FLANIGAN
Knight-Ridder Newspapers

An estimated 23 million Americans experience an anxiety disorder sometime during their lives. Women and men both suffer from the problem, but women outnumber men in certain categories. Here is the approximate breakdown for some specific disorders:

- Panic disorder and agoraphobia (fear of leaving home): 75 percent women
- Obsessive-compulsive disorder: 50 percent women
- Animal phobias: 95 percent women
- Height phobias: 45 percent women
- Generalized anxiety disorder: 50 percent women

There's ample need for treatment programs. Consider a recent study at Ohio State University. The survey of 1,282 women and 749 men found that women experienced emotional distress — including anxiety, anger, sadness and malaise — about 30 percent more often than men.

It wasn't simply that women were more demonstrative or willing to express their emotions than men, because the survey results were analyzed in a way that ruled out those explanations.

"By all measures we looked at, women genuinely suffered more distress than men," says John Mirowsky, one author of the study, which was presented at last summer's meeting of the American Sociological

WHAT CAUSES ANXIETY DISORDERS?

The underlying causes aren't well understood. The disorders often run in families, but it isn't clear whether that's because of similar genes or similar environments. Researchers are investigating possible causes, including chemical imbalances, enzyme deficiencies, hormones and emotional traumas.

WHAT HELPS CONTROLS OCCASIONAL ANXIETY?

- Engage in regular aerobic exercise.
- Talk to a trusted confidant about your problems.
- Learn time-management skills.
- Cut down on caffeine and alcohol

■ See FACTS, Page 6B

Association.

In telephone interviews, survey participants were asked how many of the last seven days they had experienced sadness, happiness, anger, anxiety, malaise and physical aches and pains.

Women reported symptoms of all the negative emotions on more days than did men. Women experienced happiness slightly less often than men.

The study also showed that among men and women who were equally depressed, the women were angrier and more anxious. That anger and anxiety can translate into health problems.

In a paper presented last spring at the American Psychological Association's first

major conference on women's health, researchers from four universities examined long-term records of about 300 women to see how hostility and anxiety affected their health.

The study involved three groups of women, each studied at two times in their lives. One group was studied at age 27 and again at 52; the second group at 44 and 48, and the third group at 24 and 46. Each time the women were given a questionnaire designed to measure personality traits. They also were asked to rate their own health and to report any serious health problems, such as cancer or heart disease.

Although results varied some from group to group, the general conclusion was that good physical health went hand-in-hand with low levels of hostility and anxiety.

Earlier research had linked anxiety to ulcers, arthritis, headaches and other maladies, but most of those studies involved only men or mixed groups of men and women.

The recent study was one of the few to look specifically at the effects of anxiety on women's health, says Dr. Sally Adams of the University of California, Berkeley, who collaborated on the work with Dr. Lillian Cartwright of the University of California, San Francisco; Dr. Paul Wink of Wellesley College; and Dr. Abigail Stewart and Ph.D. candidate Joan Ostrove, both of the University of Michigan.

Don't let all this talk about the negative effects of anxiety add to your worries. Just because you're anxious once in a while doesn't necessarily mean you're going to get sick.

But your anxiety itself might require treatment if it gets out of hand.

How do you know if you've reached that ■ See ANXIETY, Page 6B