

Is wine every night OK?

Dear Annie: I'm writing to you about something that I'm not sure is a problem. Really, I think it's just a habit. But my husband told me I should ask you for your thoughts on this. Every night when I get home from work, I have two glasses of red wine. I drink one with dinner and one while I watch TV or read a book. I never feel drunk, just slightly more carefree. It helps me wind down so I can fall asleep at night, something I've had trouble with all my life.

DEAR ANNIE



ANNIE LANE
Creators
Syndicate Inc.

If I am driving home and know we are almost out of wine, I'll stop at the store and get some. I can tell that my husband is a little worried I'm being unhealthy, but there seem to be reports coming out all the time saying that red wine is good for you.

Is this something I should worry about? I definitely am not an alcoholic, but I do drink every day. — *Wine-ding Down*

Dear Wine-ding Down: Conflicting reports abound about the healthfulness of mod-

erate alcohol consumption. Though the science might not be settled on that issue, one thing is for certain: You don't need to be physically addicted to something to be mentally reliant on it. And that seems to be the case with you and your two nightly drinks. Though you might not be an alcoholic, if your relationship with alcohol is causing unease in both your husband and you, it's time to take a break.

Replace drinking with another de-stressing ritual, such as a bath, meditation, yoga or an evening stroll. And try other methods for helping to fall asleep at night, such as breathing exercises or herbal sleep aids. These will actually leave you feeling more rested the next day, as alcohol intake is associated with decreased quality of sleep.

Dear Annie: "Really Not Conceited," a highly educated 48-year-old homemaker and mother of two, asked you whether she's wasting her talents. Raising children is important, but when they are grown,

she should do something for herself.

Case in point: I always loved dancing and would have liked to have been a dancer, but there weren't many jobs of that type available in the Midwest in the 1950s. So I held a few general jobs, got married and raised two children. After my children were grown, my husband and I became involved in square dancing, which led to ballroom dancing and line dancing. I took more lessons and became a dance instructor in ballroom dancing, round dancing and line dancing. My husband, who had always been interested in music, became a square dance caller.

We spent 25 years in our new avocation. After retiring from our day jobs, we were involved in dancing full time. Maybe making people happy wasn't a big contribution to the world, but we had a wonderful time, and so did most of our dancers.

We retired three years ago and no longer teach or dance, but "Really Not Conceited" should do something she wants to do. No matter what it is, she will be glad she moved on. — *Dancing Grandma*

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). You didn't want it or plan it. You never thought it really fit you ... and yet here you are in this circumstance that seemed either to choose you or to land on you, depending on how you look at it. Make the most of it. This is a gift.

TAURUS (April 20-May 20). When the end is not in sight, it's good to keep it in mind. Maybe create a special vision or a symbol for it to use as motivation to keep going forward until you've completed the task.

GEMINI (May 21-June 21). That species of pride called "arrogance" invokes a particularly negative reaction from you today. Does it calm you to know the perpetrator is coming from a place of extreme insecurity?

CANCER (June 22-July 22). Now you look back on some things that happened with a very different opinion than you had when it was all going down. This is proof that you're always growing and evolving. You refuse to get stuck.

LEO (July 23-Aug. 22). Some things are simply not worth doing. But which ones? You can't learn which ones from a book or any other media, or even from your best friends. Only your heart can tell you what's worth doing and what's not.

VIRGO (Aug. 23-Sept. 22). To prepare for today's social demands, it will help if you decide beforehand what you want to talk about. Having good topics on the ready will allow you to relax, them to relax, and a productive communication to ensue.

LIBRA (Sept. 23-Oct. 23). You have to ask, "Am I going the wrong direction entirely?" Maybe there's a better way. Toy around. Think creatively. Tease solutions out with good questions. What about leverage? What about approaching from

another angle?

SCORPIO (Oct. 24-Nov. 21). Maybe there is no a scenario in which you won't be criticized for the choice you make. So you may as well do what your heart says is right so at least you can be on your own side.

SAGITTARIUS (Nov. 22-Dec. 21). Better organization will improve your relationships. How? It will allow you to carve out the right sort of time for the other person and to spend it doing the things that really matter to you both.

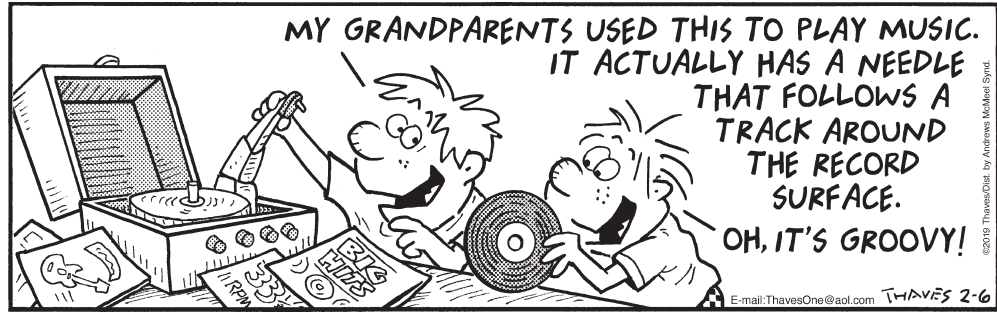
CAPRICORN (Dec. 22-Jan. 19). One way your loved ones can make your life easier and better is by making the effort to show up strong and mix well with your other loved ones. Anyone who causes you problems in this regard is not being very loving.

AQUARIUS (Jan. 20-Feb. 18). One of your projects seems to be dragging on forever and you may even fantasize about abandoning it, but this is no time to lose heart. You're almost there — really! Rest if you have to, but don't give up.

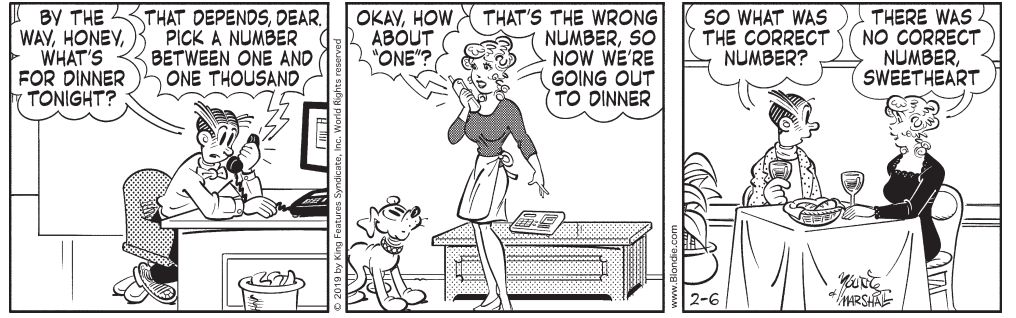
PISCES (Feb. 19-March 20). While no one can obtain talents they don't naturally possess, obtaining new skills is a different story entirely. You can do so much when you put your mind to it. What matters now is what's worthy of your mind.

TOMORROW'S BIRTHDAY (Feb. 7). You know many sides of love, yet you'll get a new emotional vocabulary this year as love takes new forms and produces different kinds of joy. More features of this solar return: a family addition, a strange series of events that answers one of your oldest questions and a style upgrade that changes your daily routine. Capricorn and Gemini adore you. Your lucky numbers are: 7, 20, 24, 4 and 11.

FRANK AND ERNEST



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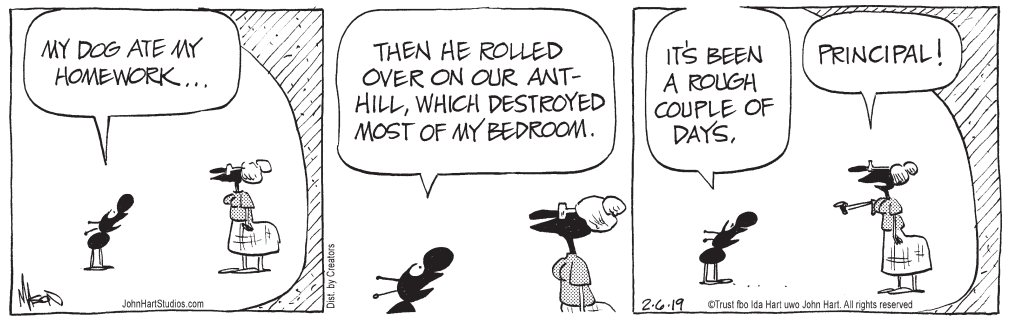
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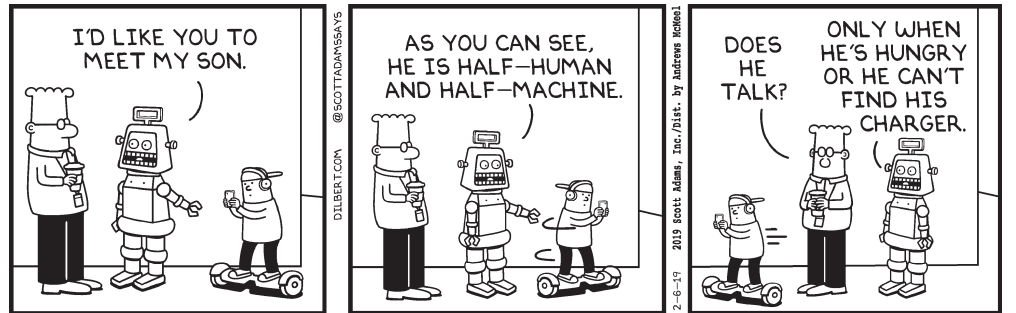
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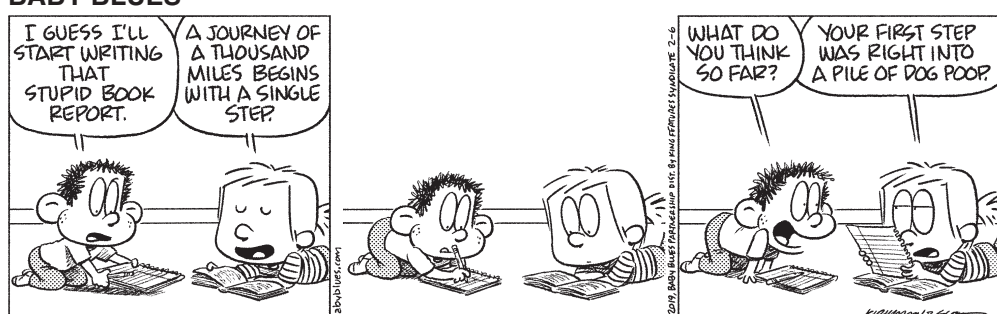
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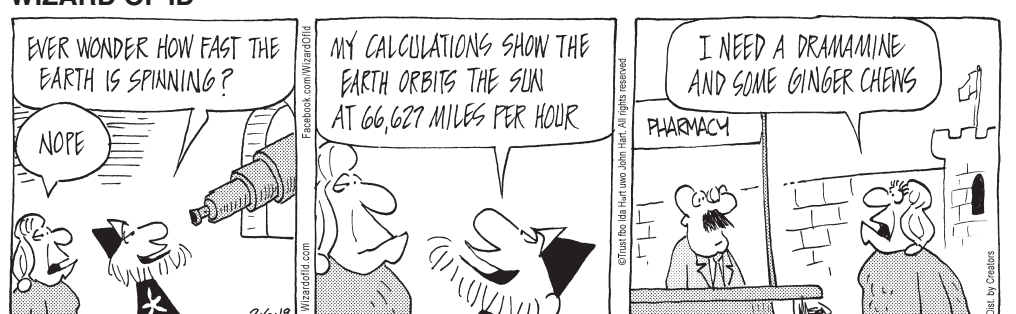
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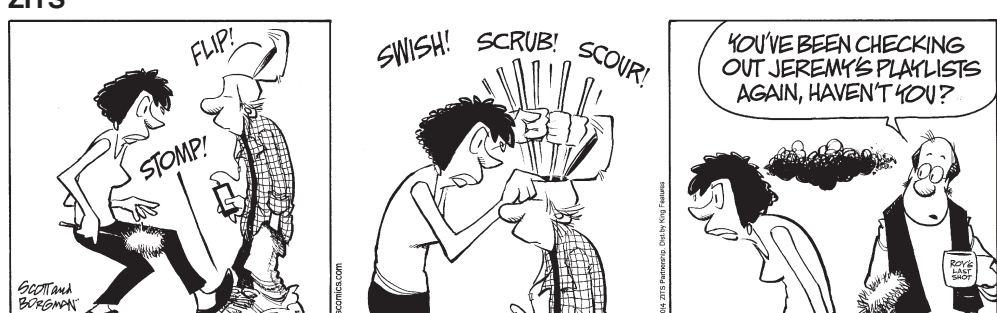
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