

Vitamin D quandary

Dear Annie: Lately, I've been reading that people aren't getting enough vitamin D. But I also hear that people should wear sunscreen more regularly. Doesn't wearing sunscreen limit the amount of vitamin D absorbed by your skin? How can we get more vitamin D while still wearing sunscreen every day? I hear that supplements are never as good as naturally occurring vitamins (in food, from the sun, etc.). I don't want vitamin D deficiency! — *Disconcerted About Vitamin D*

DEAR ANNIE



ANNIE LANE
Creators
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Dear Disconcerted: Vitamin D is indeed important. It's one component of good bone health, as it helps our bodies absorb calcium. Humans evolved to be able to get all the vitamin D we need from the sun. But these days, we aren't out in the sun long enough for that to be sufficient — and if we were, we'd be exposing ourselves to damaging, cancer-causing UV rays.

Fortunately, there are other options. There are a few things you can eat that naturally contain vitamin D — mostly seafood, such as salmon and trout, but also portobello mushrooms that have been grown outside. More likely than not, you'll need to rely on foods that have been fortified with vitamin D or take a supplement to meet your daily nutritional needs. You are correct that naturally occurring sources of vitamins and minerals are preferable to supplements, but something is better than nothing. In the U.S., milks (including most nondairy milks) are fortified with vitamin D, as are many orange juices and cereals. You may also want to take a vitamin D supplement with your largest meal of the day — but don't overdo it. According to Harvard Women's Health Watch, some recent studies have suggested that taking too much vitamin D can be harmful.

Keep wearing sunscreen. Harvard Health notes that "very few people put on enough sunscreen to block all UVB light." The benefits you stand to gain from blocking out the sun's UV rays are worth risking getting less vitamin D.

Dear Annie: This is in response to "To Go or Not to Go," who is refusing to attend her son's wedding because she doesn't approve of his bride. First she has no contact with the bride-to-be for months, and then she buys her a diamond bracelet to make amends when her emotional blackmail doesn't work. And now she refuses to go to the wedding because it's not on a convenient date for her and her husband. The date is none of their business. — *Been on the Other Side*

Dear Been on the Other Side: And thank you for writing. You make an excellent point — that even if this young man is making a mistake, it's his mistake to make, and family should not interfere unless there is abuse.

TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19). A foreign place intrigues you. What's so appealing? Which element of your personality is hooked into this fantasy? The answer to these questions will help you make yourself happy in the here and now.

TAURUS (April 20-May 20). Powerful internal forces can be resistant to progress. Put another way, in the zoo of your mind you are both the elephant and the animal trainer. Use treats. All moves, however slow, should be taken as progress.

GEMINI (May 21-June 21). Remember when you felt in sync with the world and excited by the challenge before you? That had something to do with the people around you offering the same kind of camaraderie and encouragement you'll receive today.

CANCER (June 22-July 22). How you got caught up in a particular belief system is a long and perhaps currently irrelevant story. You're caught in its net. To get free, take out your mental scissors and snip away at everything that's not freedom.

LEO (July 23-Aug. 22). Though the gentle way is, over time, the most powerful, some projects and relationships are so brief that unless you exert yourself in powerful bursts you're not going to get the chance to make a change or even an impression.

VIRGO (Aug. 23-Sept. 22). Lead with your warmth. Your warmth will relax the socially rigid. You'll connect with people who aren't easy. Your emotional sunshine will melt away the fear people have about letting down their guard.

LIBRA (Sept. 23-Oct. 23). Think carefully about how you're positioning your ideas. The first thing you present to people will put a thought in their mind by which

all subsequent references will be compared.

SCORPIO (Oct. 24-Nov. 21). Because you sense that people will act illogically and unpredictably, you'll stand back and watch what's going on for a while. This information-gathering moment will be your ticket to success — or at least your way of avoiding trouble.

SAGITTARIUS (Nov. 22-Dec. 21). Do not doubt that practice will make you better. The slow, deliberate, consistent kind will, in fact, take you beyond where you ever thought you'd be.

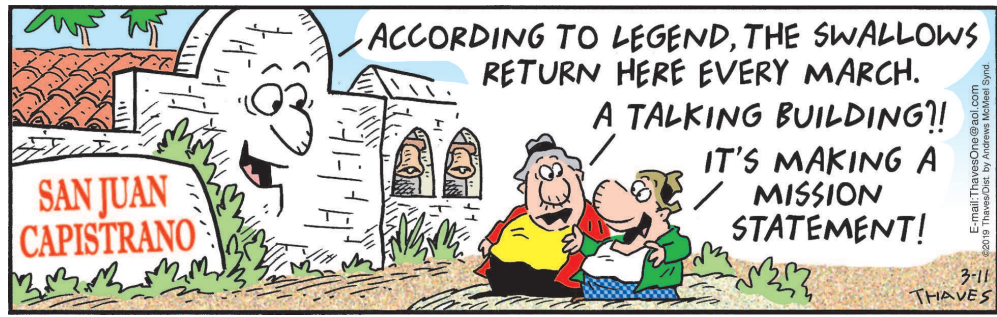
CAPRICORN (Dec. 22-Jan. 19). Apply that massive creativity that's running through your veins today to your own scene. If you can somehow align your more serious goals to what you're doing for fun, two areas of your life will improve at once.

AQUARIUS (Jan. 20-Feb. 18). It's not that you're overly afraid of what people think of you; it's that you really want to do what's most respectful and appropriate to the situation. There's something beyond just you that depends on it.

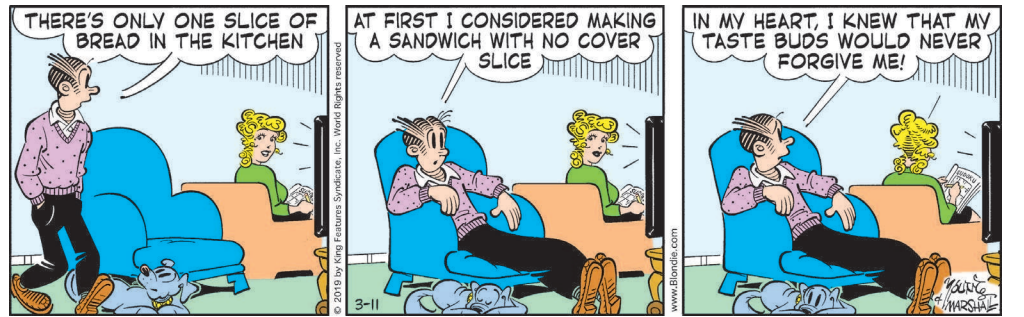
PISCES (Feb. 19-March 20). Habits get established without regard to health or effectiveness in solving a problem. Instead, they are created because the logistics have aligned in such a way to make them the easiest sequence to follow.

TOMORROW'S BIRTHDAY (March 12). Some of your closest loved ones come from a worldview very different from your own, a dynamic that creates good fortune, amusement, adventure, education and pleasure. In the spirit of tolerance, together you'll do something important for the world. A financial boon comes in the next 10 weeks. Virgo and Aquarius adore you. Your lucky numbers are: 9, 50, 5, 18 and 41.

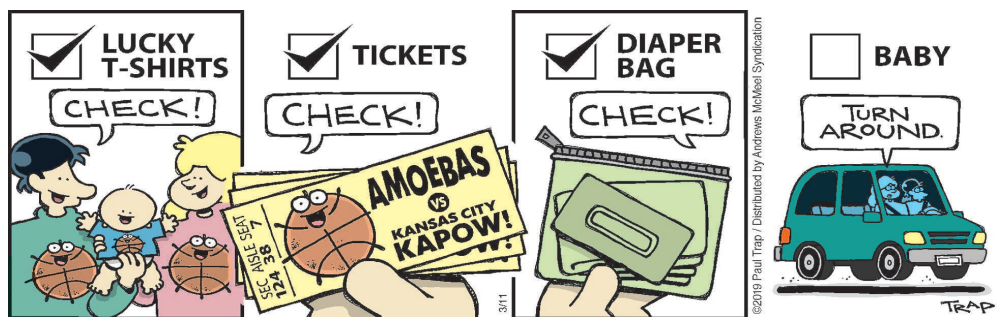
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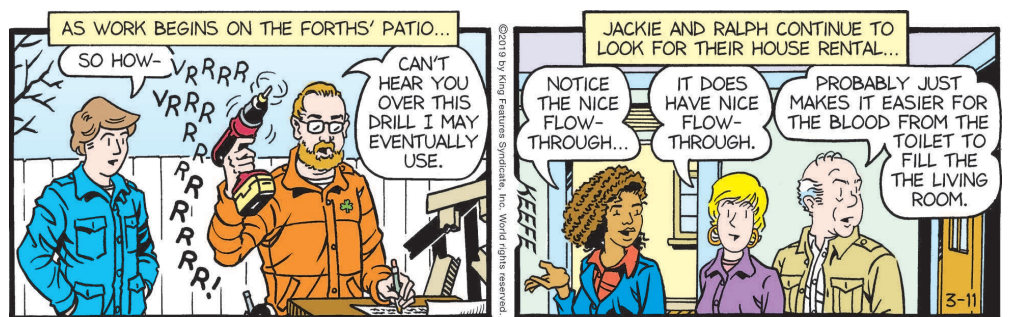
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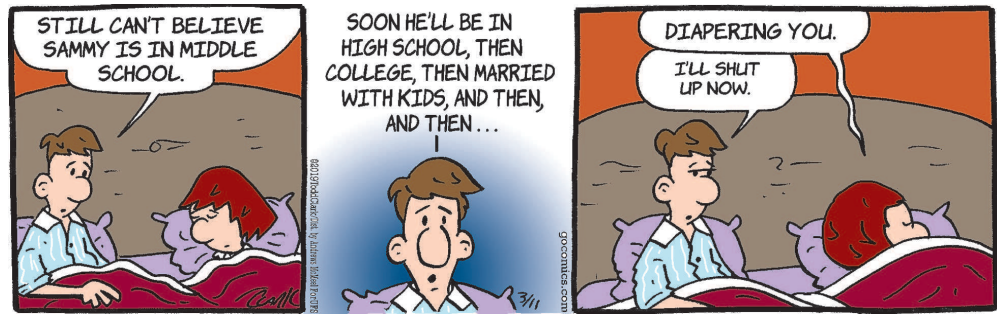
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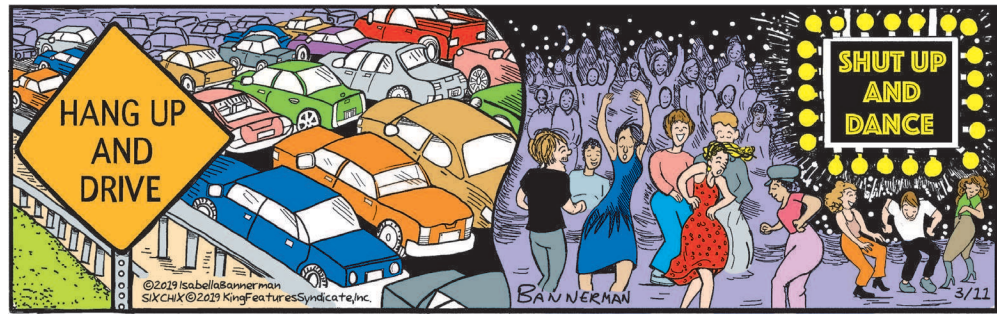
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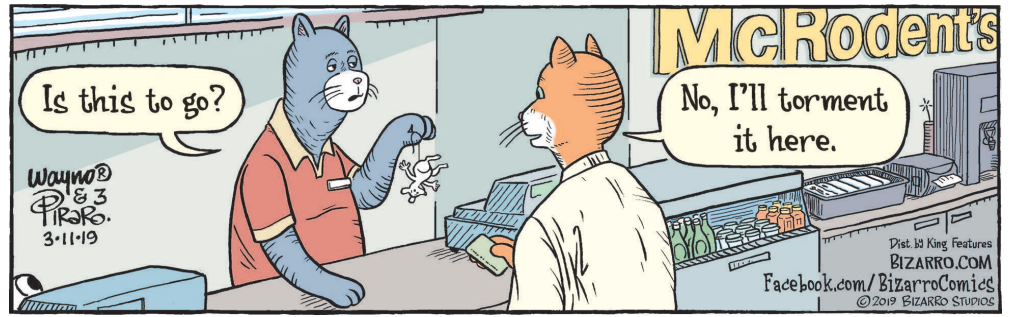
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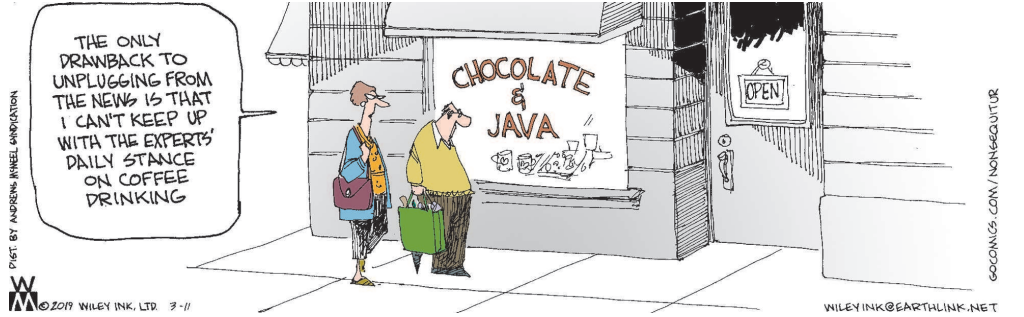
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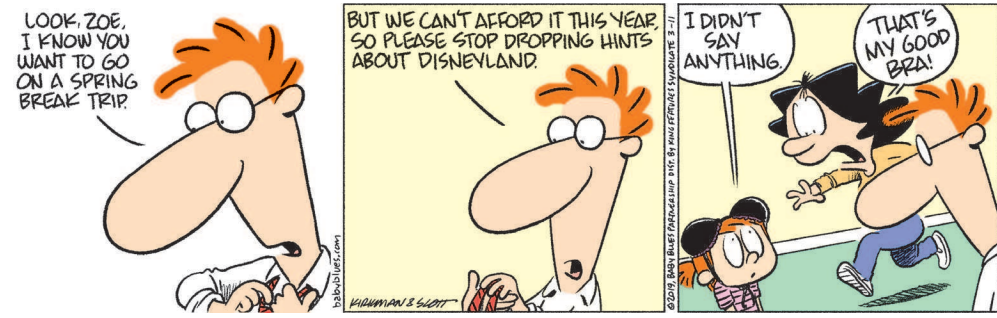
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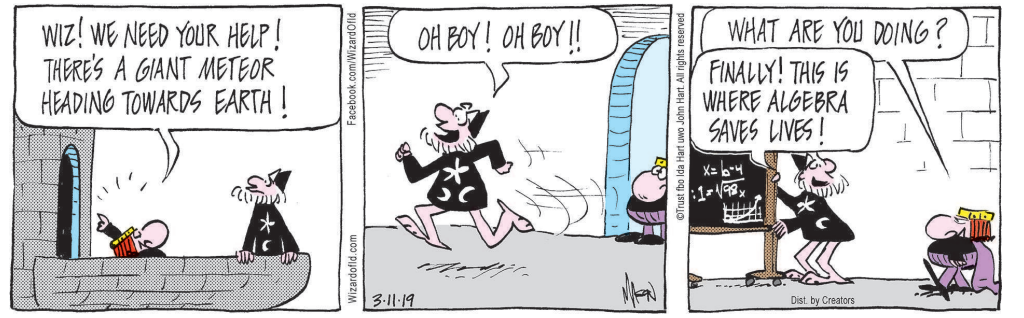
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