

Jeane Dixon/ your horoscope

Your birthday today: You get an opportunity to make a dramatic new start. Building momentum is on your side. When traveling abroad, be alert to possible dangers. You need to end a stressful relationship before it damages your outlook and reputation.

Aries (March 21-April 19): Be mature enough to avoid compounding an error. Ignore someone who tries to pick fights. You need to obtain additional facts and figures before signing a contract. Postpone starting a new project.

Taurus (April 20-May 20): Take a closer look at your priorities — they may need revision. Work completed behind the scenes will prove beneficial. You may have to make a special appearance before an organization.

Gemini (May 21-June 20): Try to be more tactful with those who play major roles in your life. Family members have greater influence over your decisions now.

Cancer (June 21-July 22): Leave any personal problems at home. You must meet a work deadline to protect your reputation. A new relationship needs careful nurturing. Careful attention to detail pays off in a bonus or promotion.

Leo (July 23-Aug. 22): A good day to think about expanding a business. Send out resumes if seeking employment. A new relationship gets off to a rocky start. Hang in there! Get several bids if planning home improvements.

Virgo (Aug. 23-Sept. 22): Extra income comes your way when you help others. A phone call brings good luck. High-tech

skills are put to good use. An influential person is impressed by your versatility. Socialize tonight.

Libra (Sept. 23-Oct. 22): Rely totally on your own efforts today. Others may not live up to their promises. Begin working on your taxes so you can file early. A romantic triangle comes to an end.

Scorpio (Oct. 23-Nov. 21): Loved one may insist on showing an independent streak. Be firm but fair with small fry. Frequent interruptions are likely at work. Take care of routine tasks. Entertain an out-of-town visitor.

Sagittarius (Nov. 22-Dec. 21): Stay alert and you will be able to handle any unexpected problems that might arise. A close friend comes through for you in a personal emergency. You do things in style!

Capricorn (Dec. 22-Jan. 19): Places or people at a distance play a major role in your enjoyment of a close relationship. Late in the day, you get an employment or financial idea that should prove highly profitable.

Aquarius (Jan. 20-Feb. 18): A good time to weigh the pros and cons of a suggestion that could widen your horizons. Welcome new challenges. A candid exchange of views with partner proves helpful. Firm up travel plans.

Pisces (Feb. 19-March 20): Tell loved ones what is on your mind. They will cooperate with enthusiasm. Be willing to try new methods and procedures at work. A close personal relationship leads you to review your priorities.

Wife needs to go alone to therapist

Q: I have put off writing you because my feelings are ambivalent. I don't want to break up my marriage with a husband I do have affection for and with whom I have two teen-age daughters.

However, the prospect of years and years of inadequate sex and sour misunderstanding lying ahead depresses me seriously. For many years my husband was on sea duty with the Navy and we had a series of reunions instead of a married life. I was passive and accepted the minimal sex we had — even on those reunions it was abrupt and brief.

Now I realize that I need more and he says my dissatisfaction comes of my own cold nature and inadequacy, not through any failing of his. He tries to please me but finds more than 15 minutes of clitoral stimulation too burdensome. He won't go to a counselor or therapist with me because he says it is my fault, that I need the guidance, not he.

A: Go to a sex therapist on your own, but first ask on the phone if this therapist does marriage counseling as well. I sense that you need marriage counseling to deal with resentments and anger that have built up between you and your husband. Before sex therapy can have any helpful effect there must be good feeling between the partners.

Going on your own for a few sessions — perhaps only one — can help you a lot in understanding your situation and in that way can take off the terrible weight of confusion about the size and complexity of your problems.

A good reason for going to the sex therapist-marriage counselor by yourself is that if you go your husband will probably agree to go with you fairly soon. Several ideas about you and the therapist will lead him to do that. One is that you have broken the ice. Another is that he has shown his unconcern by letting you go first, and now he can come in to help out.

Also, he may feel that he is



By DR. RUTH WESTHEIMER

needed to straighten out some misinformation the therapist is getting. And, definitely not the least important, he sees that you are serious about the problems between you and that you are earnest about wanting to make things better for his sake and yours.

I think that you both have mistaken ideas about time spent on foreplay, if he perceives it as burdensome. It should be something you come to somewhat primed for, not simply you presenting yourself to him cold and expecting him to get things going through his own determined efforts. Both of you should have anticipated being together, and you both should have been putting yourselves and each other in receptive moods through friendly, playful, warm talk and behavior before any physical act begins. Extended foreplay, or preforeplay, has to precede foreplay. If anyone thinks this is tiresome, there is something wrong in the relationship that needs care and repair.

Q: I am writing in response to the letter from the girl who was about to marry the only man she had ever had sex with and was wondering if she ought to have that experience with other men. And, if she didn't, wouldn't she always wonder about it and feel some regret. You told her not to, and to stick with the one she loves, and you were right on target.

I was in her position a couple of years ago, and, to satisfy my mind, I had sex with two other men. I thought the others would be different and exciting, but I found that it was merely unfamiliar. The experience showed me I was missing nothing, but it has left me feeling terribly stupid and guilty. I see

one of these men almost daily and that is a painful business. I would have been better off with a mildly unsatisfied curiosity.

A: Thanks for endorsing my advice. I love being told I am right on target. But I am forced to say that not every woman who decides to satisfy that curiosity has exactly the same experience as you. Some women who are about to marry, or have been married for a while, have decided that some time in life they must try sex with at least one other man to see what it's like. They try it and find it much more exciting than what they have been having with their husbands or fiancés. Maybe tasting forbidden fruit enhances

their enjoyment. Maybe the other guy is technically a better lover than the husband.

The bad thing is that the fling with that other man interrupts the growth of mutual trust, love and sensuality between that committed couple. In her mind there is always that other man. I have so often heard the woman say, "I love my husband more, he is a finer person and more interesting. But the other man is more exciting and satisfying sexually." For the woman who is building a long-term intimacy with her husband, it is much easier to bear a little unsatisfied curiosity than it is to rid her mind of that destructive comparison.

Harvey's

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Speaking out best way to fight racism

Dear Abby: Not long ago, an acquaintance told me that her 5-year-old son had had an accident. She told me that when she took him to the hospital for emergency care she said, "I want a white, American doctor, and don't let my son bleed to death while you're looking for one."

Although I found such a racist remark offensive, I remained

silent. It's certain that whatever I might have said would not have altered her views, but I feel that my silence condoned her sentiments. What should I have said?

Color-blind in W.Va.
Dear Color-blind: You should have said exactly what you thought — that she was an ignorant, narrow-minded bigot to believe that a doctor had to be white and American in order to be competent, and you were offended by her racist remark.

Propos remaining silent when you should have spoken up, I offer this gem of a piece that I have kept for more than 30 years. It was written by the Rev. Martin Njemoeller, a German Lutheran pastor who was arrested by the Gestapo in 1938 and sent to Dachau concentration camp until

he was freed by the Allied forces in 1945.

I Didn't Speak Up
"In Germany, the Nazis first came for the communists, and I didn't speak up because I wasn't a communist. Then they came for the Jews, and I didn't speak up because I wasn't a Jew. Then they came for the trade unionists, and I didn't speak up because I wasn't a trade unionist. Then they came for the Catholics, and I didn't speak up because I was a Protestant. Then they came for me, and by that time there was no one left to speak for me."

Dear Abby: My husband and I recently had five couples to our home for dinner. It was a lot of work, as an extensive menu had been requested. We spent the entire day preparing the dinner and were busy in the kitchen up until the time we served it. We didn't even have a chance to sit down and converse with our guests.

The dinner was delicious — everyone raved. But immediately after the dessert, one of the guests asked for a newspaper to check the movie listings!

Before we knew it, four couples were putting on their coats and running out the door so they wouldn't be late for the movie. I will say in their defense that they invited my husband and me to join them, but we declined.

I may be old-fashioned or too sensitive, but when people go to someone's home for the kind of

meal we prepared, and then run away to a movie immediately afterward, I call that unacceptable behavior.

To add insult to injury, they telephoned us to say they couldn't get into the movie of their first choice, and would we check the listings for their second choice!

What do you think of such people?

Too Sensitive in N.Y.

Dear Sensitive: The behavior you describe is not only "unacceptable," it's downright rude! You say the menu had been "requested," which would indicate that your dinner guests came primarily to eat. Well-mannered guests would have remained after dinner to converse. These folks obviously came only to eat, so all you missed was the company of a lot of "oink-oinks" to round out the evening.

peppers, etc. — are nutritious and may provide your children a welcome change of pace.

Dear Dr. Solomon: How does a patient with diabetes know if and when he is having a low-sugar reaction. And if he knows that he is having a low-sugar reaction, what is he supposed to do about it?

Amos, Modesto, Calif.
Dear Amos: A low-sugar reaction can happen at any time, and it often occurs with little or no warning. Symptoms include shakiness, a fast heartbeat, sweating, tingling and fatigue.

A patient who experiences a low-sugar reaction needs more sugar without delay. This can be obtained by drinking four ounces of orange juice or six ounces of cola. Another possibility is for the patient to eat candy or glucose tablets. A little later, some protein and fat, which are found in such foods as milk and peanut butter, should be taken in order to reduce the possibility of a second reaction.

For Angelo, San Francisco, Calif.: Aflatoxin is a cancer-causing mold that commonly grows on corn and other crops.

Leafy greens provide calcium

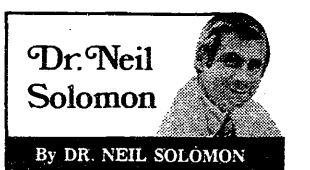
Dear Dr. Solomon: Would you please list some foods besides milk that can provide a person with calcium?

Linda, San Francisco, Calif.
Dear Linda: Calcium may be obtained from dark leafy green vegetables, beans, lentils, almonds and canned sardines and mackerel.

Dear Dr. Solomon: I don't think that the use of sulfites in salad bars affect many people, at least not as many as a lot of other diseases do. But if these sulfites are as bad for some people as the newspapers and magazines say they are, why doesn't the government do something about it by passing a law or something?

Annie Lee, Louisville, KY
Dear Annie Lee: As you suggest in your letter, the overwhelming majority of the population are not bothered by sulfites; those who are affected by them, for the most part, are people who have asthma. However, if a person does have a reaction to sulfites, the consequences can be disastrous, including death.

As for possible government action, the Food and Drug Administration has banned the use of sul-



By DR. NEIL SOLOMON

fitas as a preservative for fruits and vegetables in restaurants and supermarket salad bars.

Dear Dr. Solomon: I have run out of sandwich ideas for my children's school lunches. Do you have any suggestions about what I can do to make sure that they don't start dumping their lunches in school?

Mrs. K.Y., NYC
Dear Mrs. Y.: A school lunch does not have to come in sandwich form. For example, a wedge of cheese or a container of cottage cheese is a good source of protein, as is a chicken leg or wing. You can also try packing soup or chili in a wide-mouth thermos jar, or filling celery stalks with peanut butter. And how about pita bread filled with your children's favorite sandwich stuffing?

Of course, raw vegetables — carrots, celery, cucumber, green

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