

Gym Rat Rantings

by Bob Ring



A Glass of Red Wine

As you know, Shelley W. pays me big bucks (that would be zero) to write these articles each month. Even so, I feel a responsibility to occasionally write something truly helpful. Well, this month is it – the subject is cheap red wines.

I am actually under doctor's orders to drink one glass of red wine per day. (I'll sell you his name for \$10.) And since he didn't specify how big the glass could be ... I prefer bottles.

So Pat and I have done extensive research and experimentation to determine our favorite cheap (OK inexpensive) red wines:

Cabernet Sauvignon	McManus	\$9-13, Low price at Total Wine and sales at Safeway*
Carmenere (Chile)	Casillero del Diablo	\$8-12, Low price at Total Wine and sales at Bashas*
Malbec (Argentina)	Alamos	\$5-14, Low price at Total Wine and sales at Walgreens*
Petite Sirah	Bogle	\$7-9, Low price at Total Wine and sales at Bashas*
Pinot Noir	Mark West	\$9-14, Low price at sales at grocery stores* and Walgreens*
	Robert Mondavi Private Reserve	\$9-15, Low price at sales at grocery stores* and Walgreens*
Zinfandel	Bogle Old Vine Zin	\$7-14, Low price at Total Wine and sales at Bashas*
	Pepperwood Grove	\$5-9, Low price at Total Wine and sales at Albertsons*
	7 Deadly Zins	\$9-18, Low price at Total Wine, Cost-Co and sales at Albertsons*

*Usually have 10% discount for six-pack; occasionally have 25-30% overall discount.

You may not agree with these selections. Tell us **your** favorite inexpensive red wines or additional low-cost sources and I'll write another article. To your good health!