

Husband's visit with ex irks wife

DEAR ABBY: My husband, "Rollie," and I have an issue regarding his ex-wife, "Flora." She lives seven hours from us in the same city as their grown children. Rollie sometimes goes without me to spend time with the boys. I don't have a problem with not being included on these trips because I know my husband misses his sons and wants to spend "guy time" with them.

My issue is Rollie is too cheap to pay for a hotel so he stays with Flora. I find this unacceptable. Can you give me your view?

— THE CURRENT MRS. IN JAMESTOWN, N.Y.



Dear Abby
ADVICE

DEAR CURRENT MRS.: I can see both sides of this question. Rollie loves his money and you love Rollie, and his staying with his ex is a gut-level threat, whether real or imagined. Out of respect for your feelings, your husband should stay with one of his

grown sons when he goes to visit. That way, he won't have to shell out any money, and you won't have to worry about appearances.

DEAR ABBY: I am 14, just got my first boyfriend, and I don't know how to tell my mom. I don't want to ask my friends because I don't want them to know that I haven't told my mom yet. I don't want to lie and not tell her about him. Please help.

— DESPERATE IN LONGVIEW, TEXAS

DEAR DESPERATE: Many people your age see each other in groups. If the young man isn't already a part of your group of friends, start including him. That way, your mother can meet and get to know him, and the concept that you might like each other won't be threatening to her.

www.DearAbby.com

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally, even backward. Find them and CIRCLE THEIR LETTERS ONLY. DO NOT CIRCLE THE WORD. The leftover letters spell the Wonderword.

FITNESS ASSESSMENT

Solution: 7 letters

T	T	Y	T	N	A	I	C	I	S	Y	H	P	S	Q
R	R	T	E	E	S	N	O	I	T	I	R	T	U	N
A	E	I	E	V	G	A	G	E	S	O	N	E	P	S
I	P	W	C	I	R	R	F	N	F	E	S	R	P	S
N	X	O	O	E	D	U	A	E	M	T	O	O	L	E
E	E	R	S	L	P	E	S	T	I	T	R	F	E	N
R	R	K	D	M	L	S	N	O	E	T	O	C	M	E
S	U	O	E	O	I	I	N	I	S	R	I	L	E	R
D	G	U	E	O	O	N	N	T	M	B	N	U	N	A
R	I	T	N	P	A	T	R	U	O	R	D	B	T	W
O	F	A	P	I	H	A	L	R	N	I	E	S	S	A
C	L	A	R	G	E	A	E	R	A	T	X	T	T	O
E	V	E	I	H	C	A	D	E	N	G	I	S	E	D
R	H	E	A	L	T	H	I	E	R	I	S	K	S	D
C	H	A	R	T	S	E	N	I	T	U	O	R	T	R

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Achieve, Aerobic, Ages, Appointment, Area, Awareness, Charts, Clubs, Designed, Determined, Diet, Expert, Figure, Formula, Healthier, Heart, Height, Index, Lean, Lower, Needs, Nutrition, Physician, Professional, Protein, Questionnaire, Records, Risks, Routines, Safe, Sports, Supplements, Survey, Target, Test, Trainer, Triceps, Workout

Yesterday's answer: Salahuddin

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Build others up (with your words).
A well-timed compliment can lift a weary spirit.
"The Lord has given me an instructed tongue, to know the word that sustains the weary." Isaiah 50:4

The four-letter word game FOURWORD

	A		
A	C		
			N
		T	S

Place the letters below into the blank spaces on the left to create four-letter words down and across.

Victoria Dennis © 2009

C	R	O	P
L	I	V	E
A	P	E	S
W	E	N	T

EEHIM
NORST

30-3

previous solution

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Cool Stuff

Lancaster's Sunlight Makeup line. Infinite Bronze, captures the warmth and light of the sun. The Beauty Variations Compact Powder (\$39) combines five shades to mix and match. The Sunlight Palette Eyes-Lips-Cheeks Shade Sunny (\$35) adds a sensual shimmer: At Shoppers Drug Mart.



The St. Ives Mineral Therapy line blends intense moisturizers and naturally-sourced minerals that work together to gently replace the moisture your skin naturally loses, to leave it feeling soft and refreshed. The line includes a Moisturizing Body Wash, Hydrating Body Lotion, Restoring Hand Creme and Nourishing Body Creme: \$6.99-\$9.99 at drug and grocery stores and major retailers.



Whether you want protection from the sun, or a deeper tan, the extensive Lancaster line of sun care has you covered. The line includes a High Protection Age-Defying Cream SPF30 that protects and moisturizes, Oil Free Milky Spray that glides on smoothly, Tan Maximizer for a deeper glow and Tinted Tan Deepener for quick and lasting colour: \$32-\$36 at Shoppers Drug Mart.



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Solavie Eco-global is a unisex line created for climate conditions rather than skin or hair types. The six Enviro-types — Mountains, Urban, Tropics, Shore, Plains and Desert — use nutrients from plants native to each area. St. John's Wort, lavender and echinacea revitalize in mountains climes, while yarrow extract, chamomile and geranium oils soothe skin and hair in the plains. The line includes Face Wash, Face Nourish, Body Nourish, Hair & Body Wash and Hair Nourish & Style: \$10-\$38 at natural products stores, pharmacies or www.solavie.com

365 Cellular Elixir by Lancaster is an intense serum that protects and supports the skin's natural DNA repair process, while a pearlescent pigment gives the skin immediate radiance. It comes in formulas for normal and delicate skin: \$69-\$95 at Shoppers Drug Mart.



Move over Huge Hefner. Now everyone can get a touch of the Playboy lifestyle with Press to Play deodorant body sprays (\$6.99). They come in three scents — fresh and woody Miami, exotic Hollywood and aromatic Malibu. They also come in Playboy eau de toilette fragrances (\$19.99).



From pasty to tasty, Rimmel London is banishing winter with Sunshimmer Maxi Bronzer (\$8.99) and Vinyl Bronze Mirror Shine Lipgloss (\$6.49.) Maxi Bronzer comes in three shades with a hint of sparkle. The lipgloss comes in five warm shades. And for flawless-looking skin, Stay Matte Clarifying Matte Foundation (\$8.99) blends easily: At Shoppers Drug Mart, Pharmaprix, Wal-Mart, Zellers, London Drugs, Westfair and Pharmaplus.

