

Hawthorn vitamins

Locals at Hawthorn can now get a huge range of vitamins at bargain prices.

Vitamin Me general manager Tony Uechtritz says unbeatable deals on big names brands were on offer.

"Don't worry if you are unsure what is best for you as many of the friendly staff are either qualified naturopaths, dieticians or specialists in sports supplements," he says.

"They are committed to helping customers not just find the products they want, but assist in improving their health and well being as well.

Uechtritz says Vitamin Me's vision is to become Australia's leading independently owned vitamin and sports nutrition retailer with exceptional market share both in retail and on-line.

Five retail stores are already open in Melbourne, one in Hobart and the online store is another avenue for customers from all over Australia to get their vitamins at such competitive prices.

Uechtritz says that while the company is currently implementing a major rollout, their competitors are standing still or going backwards so suppliers are incentivizing Vitamin Me for their aggressive growth.

"We're spending record amounts with suppliers securing the best deals ever seen and passing those savings onto our customers," he says.

746 Glenferrie Rd, Hawthorn.
Open Monday to Sunday.
Inquiries: 9818 3400.

Miss Cherie answers your questions



Contact Miss Cherie with questions about sex, love, relationship and anything in between via editor@utimes.com.au

Three's a crowd

Dear Miss Cherie,
My boyfriend of three years wants a threesome with a friend of mine from history class who I introduced him to the other day. She does seem very 'out there' and yes she is absolutely gorgeous. I am really not feeling this at all but am scared that he will lose interest if we don't. I am a pretty jealous person and probably wouldn't feel good afterwards. What should I do?

Confused, Richmond.

*Hi Confused,
He's obviously feeling very sexually adventurous, while you are not interested in joining him on his*

pluralistic adventures.

And it's good to know what we like and don't like. You seem to have established that you would not like to watch your boyfriend have sex with your history buddy, or any other girl, which is understandable.

What's important is that you and your partner are on the same wavelength. Either you both feel inclined towards a certain aspiration – the mentioned threesome – or you don't.

A threesome is not just something that you can take back. Depending on the third party, it can make things irreparably awkward but what's more it could alter a mutual feeling of trust between you and your partner permanently.

Our emotions and feelings are a complex beast and it's always better to try to deal with something at the time because if not then it will build up to be dealt with later.

If your partner has an incredible desire for it, at the expense of your comfort and security then slap him with a dead fish. If that doesn't wake him up then leave him with himself and his new girlfriend – a dead fish – and watch as threesome becomes a onesome, starring himself.

Love abroad

Hey Miss Cherie,
A girl I've been seeing for a couple of months has been accepted to do a semester abroad in Canada. What can I do? I don't want her to go and if she does really go then I would like to come too, if she'd let me, although I think she's keen to do it on her own. Advise please.

Missing Her Already, Melbourne

*Hello Missing Man,
Dude! I have been in your position before and yes it sucks. The whole 'we're young and life is an oyster before us' notion can conflict with relationships, me thinks.*

Firstly though, if this is what she wants to do and you really care about her then let her do it. You know that old saying, "If you love someone then let them free" and all that.

Secondly, this same poem has a second part: "If it is meant to be, then they will come back to thee" or something like that. So let her go.

Wssshhhh and she's gone. Tears, sappy movies, Aerosmith songs – it sucks I know. So you guys will talk, email, skype, send over sentimental little gifts and secretly stalk each other's Facebook profiles.

Then after being friends and talking with her for a while you may go over and visit her at some point.

But let me inform you that she, as the action instigator, holds the ball in her court. Only she can confirm that she wants you to come over, of own free will and that this is not clouded by emotion or obligation.

But then again in the whole scheme of things, it's only a semester apart. And if you both want, meet up halfway

through or at the end. Rendezvous in New York! Both willing, love has no geographical boundaries. Though a word of warning: Pressure is what can often kill a lot of long distance relationship. Remove pressure and things are much better.

Miss Cherie. xo

uwin



Jason Mraz in Concert

Utimes and Chugg Entertainment are giving away to readers of Utimes FIVE Jason Mraz double pass concert tickets for April 21. To enter send an email with 'WIN JASON' in the subject line to win@utimes.com.au by April 13. Also let us know your name, address and where you study. Prizes will be posted out to winners.

The Women's Clinic on Richmond Hill



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NEW CLINIC APPOINTMENTS for guys who have sex with guys

Appointments available to book, call (03) 9341 6200

If you are a guy who has sex with other guys, it is recommended that you be screened for sexually transmissible infections every 3 to 4 months.

Contact us or your campus health service