

Funny About Fairs

Dear Tim:

I don't know what it is, but midsummer is my favorite time of year. I know it's hot and all, but to me it means lazy days by the pool, cook-outs and – my favorite – fair season. There's something about a good old-fashioned county fair that just gets me. I don't know if it's the sights, the sounds or the smells, but all that down-home fun and fried food just does it for me. Every time I think about a corn dog or a funnel cake, I just get more excited. I know you're a fair veteran. Got any tips for me to make the most of this fair season?

—Fairly Excited on Fairfax

Dear Fairly:

As a fellow fairgoer, I know how you feel. I think they're pretty great. In fact, we use lots of county fairs around Ohio to find some of the best livestock available to stock our in-store butcher shop. I guess my advice to you would be to pace yourself. There are lots of great fairs just a short drive from here, and all have their particular brand of local charm. Unfortunately, they all have more than their fair share



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of deliciously bad-for-you foods, too. So make sure you're balancing your elephant ears with a healthy dose of vegetables. And keep off the tilt-a-whirl for a while afterward. Trust me.

Dear Tim:

I just read a story about a medical study that says diet soda is just as bad for your health as regular soda – even with less sugar, calories and caffeine. I'm doing my best to be healthier, and I thought a move to diet soda was a step in the right direction. What am I supposed to drink now?

—Thirsty on Third

Dear Thirsty:

I think the study you're talking about, rather than condemning diet soda, actually tied the consumption of soda to certain likely health conditions. It was more about the cumulative health habits of soda drinkers than an overall indictment of diet drinks. I think if you're making healthy lifestyle choices, the occasional soda isn't going to hurt you. I'm pretty sure your blood pressure went up more reading that story than it did drinking your Diet Pepsi with lunch.

Dear Tim:

I don't know about you, but I've been swept up in all the hype about David Beckham coming to America, joining the MLS and coming to Columbus to face the Crew. I even sat through Victoria "Posh Spice" Beckham's reality show. The one thing I haven't been able to do is find any Posh & Becks keepsakes locally. What have you got for me?

—Kicker on Kingston

Dear Kicker:

Beck's beer. Brewed just for the occasion. Galaxy green bottle. Aisle 1.

Dear Tim is presented as a public service by Tim Huffman, owner of Huffman's Market. Write to him in care of Huffman's Market, 2140 Tremont Center, Upper Arlington, Ohio, 43221, stop by and say hi, or visit www.huffmansmarket.com.