

Curtailing Common Colds

Dear Tim:

It seemed like cold and flu season came early this year. I don't know if it hit your family like it did mine, but we've already missed some school and work. I know they say there's no cure for the common cold, but can you suggest some preventive measures?

-Sniffing on Sunset

Dear Sniffing:

There are a lot of old wives' tales out there about avoiding colds, but I don't know that any of them has more credence than another. I've always put stock in eating right, washing your hands regularly to prevent the spread of germs, getting plenty of sleep and having a regular dose of Vitamin C. I get mine through a daily glass of Simply Orange orange juice from the refrigerated case in aisle 5. But even that plan's not foolproof. I still seem to get a cold a few times a year. So when your next one strikes, I'd suggest having plenty of decongestant and



**DEAR
TIM**

Kleenex (also in aisle 5) handy. Like you, I'd prefer the ounce of prevention. But I always try to be prepared with the pound of cure.

Dear Tim:

I hear Santa Claus is going to be at the Tremont Center holiday celebration next Wednesday. Word is you know the big man personally. Any chance of you putting in a good word for me?

-Worried on Westwood

Dear Worried:

That depends. I can only put in a good word if you've actually been good. And while I'd love to take your word for it, I can't see risking my chits with St. Nick if I can't be sure. You know what could convince me, though? Your buying some canned goods from aisle 2 and donating them to the Mid Ohio Food Bank. That would show me your heart's in the right place this holiday season. And it would probably mean you wouldn't need my help with Kris Kringle either.

Dear Tim:

Truth or dare?

-Instigator on Inchliff

Dear Instigator:

Truth. Dare always lands me in jail, and the bail budget's tight in the current economy.

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.