

# Nervy About Germs

**Dear Tim:**

It seems the closer we get to cold and flu season, the more I avoid going out. In fact, the idea of starting my holiday shopping puts me in a panic. Am I a germaphobe?

**-Isolated on Inverness**

**Dear Isolated:**

First let me say that I'm not a doctor (although I played doctor with my neighbor Suzy back in third grade). In my opinion, though, any apprehension that has you radically changing your behavior might be cause for concern. The good news is, there are lots of online shopping options now, so you don't have to go out unless you want to. As a matter of fact, if you call ahead or email us at [orders@huffmansmarket.com](mailto:orders@huffmansmarket.com), we'll bring your groceries right to your door. Including hand sanitizer. Just remember not to let your fear control your life – or ruin your holiday. There are too many wonderful things worth going out for.



**DEAR  
TIM**

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*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](http://www.huffmansmarket.com).*