# **Beating The Blues**

## Dear Tim:

I've got a bad case of the post-holiday blues. I don't know what it is, but there's something about having the excitement of the holidays behind and nothing but a long cold winter ahead that really brings me down. How do I shake the funk?

-Blue on Belrose

# Dear Blue:

Feeling a little let down after all the hype and hoopla of the holidays is natural. For god's sake, Madison Avenue's been building us up for this since before Halloween. What you need is the therapeutic warmth and soothing sound of a roaring fire. Throw in a bottomless mug of steaming hot cocoa with those mini marshmallows floating on the top. Drop in a favorite CD. I suggest James Taylor. Glenda prefers The Beatles. Either way, you've got yourself an evening of ready-made relaxation and a sure cure for the post-holiday blues. Firewood's out front:



# DEAR TIM

cocoa and marshmallows are in aisle 3. Keep a stirring spoon handy.

#### Dear Tim:

I don't know about you, but I got some seriously bad gifts this holiday season. Have you seen those ties where you plug them into a battery and they light up? I got two. And one of them has a skunk in a sombrero on it. Do my children hate me?

-Bummed on Buckley

## Dear Bummed:

I doubt they hate you (unless they're teenagers). I'm sure they just think vou're colorful. Once I got a Richard Nixon Chia Pet. At first I thought it was funny. but seeing Tricky Dick with a bean sprout afro turned out to be rather frightening. To this day I still can't eat salads at holiday meals. Anyway, I've found that the best way to make up for lousy gifts is to go out and buy yourself something nice. Like a big screen TV. You'll feel better and you can slowly vent your frustration over hours and hours of Super Bowl pregame festivities. Give it a try. And by the way, batteries are in aisle 5.

# Dear Tim:

Boxers or briefs?

-Victoria on Vassar

#### **Dear Victoria:**

Briefs if you're a competitive swimmer. If not, boxers.

**Dear Tim** is presented as a public service by Tim Huffman, owner of **Huffman's Market** at Tremont Center in Upper Arlington. Tim is not a licensed psychologist, though it's been suggested he have <u>his</u> head examined. Write to him in care of Huffman's Market. If you do, Tim's wife Glenda says you're only encouraging him.