

# Sleepless Thanksgiving

## Dear Tim:

Every Thanksgiving my wife works for hours preparing the perfect holiday feast. I tell her that, to be fair, I will do all the dishes. Invariably, I go in to watch the last half of the game after dinner and wind up falling asleep on the couch. By the time I wake up, the dishes are done. I know what you're thinking, "What's so bad about that?" From a selfish standpoint, nothing. Catching a game and a nap is a pretty great way to spend a Thursday in my book. But I try to be a progressive husband and pull my weight when it comes to household chores. It's just that I've done this enough times that it's become a bit of a running joke. I'd like to be able to blame it on that "turkey drug" that makes you sleep, but I'm not too certain I can sell that. What do you suggest?

—Snoozer on Shrewsbury

## Dear Snoozer:

First of all, that "turkey drug" is called tryptophan, and from what I've read, it *can* alter your body chemistry enough to make you sleepy. What it *can't* do is make you walk into the TV room and



## DEAR TIM

lie down. I suggest trading places with your wife this Thanksgiving and taking on the meal-making chores for a change. Between the heat in the kitchen, the constant bells and whistles from the stove and oven, and your wife's recurrent reminders that your doing things wrong, there's little chance you'll fall asleep. Of course, there's little chance you'll watch the game, either, but that's a small price to pay for breaking the cycle of slumber. Stop in and see us for all your holiday fixings, including one of our flavorful Bowman Landes turkeys. Your wife will thank you, and so will I.

## Dear Tim:

Did you hear about that famous singer's sister who was caught lip-synching on *Saturday Night Live*? First she blamed her band. Then she blamed a computer. Then she said it was acid reflux. Can't anybody just admit they screwed up?

—Lippy on Linkbury

## Dear Lippy:

I can. In fact, that's how I spend most of my Sundays. If you believe the acid reflux story and know how to get in touch with this girl, let her know that dietary and lifestyle modifications along with antacids are typically the first lines of defense against acid reflux. And if she's ever out this way on the Milli Vanilli reunion tour, we've got lots of fresh, healthy foods all over the store, and antacids in aisle 5.

## Dear Tim:

What was your favorite part of this election season?

—Politico on Postlewaite

## Dear Politico:

The end.

---

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 or at [www.huffmansmarket.com](http://www.huffmansmarket.com). Or bring this ad in for a free 2005 calendar you can use to remember his birthday.