

The Healing Power of Produce

Dear Tim:

I went to the eye doctor again this year. He keeps upping my glasses prescription. I'm about a swig away from those Coke bottle lenses we always joke about. He says I should consider that new-fangled laser surgery you hear so much about these days. What do you think?

—Googley-Eyed in Grandview

Dear Googley:

Forget that fancy-schmancy surgery. I hear carrots are good for eyesight. They're in the produce department; aisle 1. And if you need some bottles to grind those lenses, Coke's in aisle 1, too.

Dear Tim:

My son-in-law is a real pain. He always says he's going to stop by and help with our yard work and



DEAR TIM

then never shows. Did my daughter marry a dud?

—Hacked Off on Henthorn

Dear Hacked:

She probably did. We have duds, too – Milk Duds. They're a lot sweeter than your son-in-law, so we keep them in the candy section in aisle 2. If that pain of yours persists, take two aspirin. They're in aisle 6. If that

doesn't do the trick, I've found fear is a good motivator. James in the meat department is pretty handy with a cleaver. I have his home number if you need it.

Dear Tim:

My brother and I have recently started weight training. He says lifting more weight is the fastest way to bulk up. I say it's more repetitions. What's your take? There's tickets to the new Schwarzenegger flick riding on your response.

—Pumped Up in Pataskala

Dear Pumped:

I've always found the fastest way to add mass is more ice cream. We keep it in the freezer case in aisle 6. Enjoy the movie.

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 his head examined. Write to him in care of Huffman's Market. If you do, Tim's wife Glenda says you're only encouraging him.