

Peanut Butter Predicament

Dear Tim:

I pride myself on being a meticulous meal planner, but my son would eat his favorite peanut butter and jelly three times a day if I offered. I grew up on peanut butter so I understand its appeal, but I'm concerned he's not getting the kind of nutrition that the government recommends. Any idea how I can get him to eat more healthfully?

—Perplexed Over PB&J

Dear Perplexed:

I don't know if government recommendations are the wisest go-by anymore. Remember, these are the same enlightened stewards of safety who brought us "duck and cover." If your son's such a fan of peanut butter, why not just supplement his sandwiches with something other than jelly? Elvis did pretty well with peanut butter and bananas. OK, bad example. But strawberries are delicious and nutritious, and we've got some of this season's late bloomers still coming



DEAR TIM

in. Stop by aisle 1 to pick a pint, and count your blessings that your kid doesn't crave caramel.

Dear Tim:

Paper or plastic?

—Recycler on Redding

Dear Recycler:

My family doesn't discriminate. They're happy to spend with either, and they have no shame in hitting me up for weekly "loans." In fact, I'm such a sucker they've started calling me

Mark. My wallet's always light and my MasterCard is melting. Needless to say, I spend a lot of time in aisle 5 — thank God for Excedrin.

Dear Tim:

I'm so torn up over Ben and Jen's breakup. They seemed so right together. He doted on her and she was so happy around him. I thought for sure this one would last. And they would have had such beautiful children. What happened?

—Distraught on Dierker

Dear Distraught:

I think it was called *Gigli*. If you haven't seen it (and judging by the box office numbers, you haven't) it's probably already in our video rental section. And while you're in aisle 6, pick up a copy of *People* magazine. They're bound to have a reliable relationship post-mortem in there. Grab a box of Kleenex from aisle 5 on your way out, too. It's a real tragedy.

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.