

The Dallas Morning News

Monday, January 26, 2009

Tried-And-True Solutions For Bad Cold Or Flu Symptoms

By JAMIE KNODEL / The Dallas Morning News

When you're achy and sneezy and fluctuating between the chills and sweating out a fever, the last thing you want to do is make a decision. But there you are in the drug aisle, facing a sea of promised relief from the cold and flu. There are countless over-the-counter options, but what really helps?

We're not doctors, but here's what works for us. And by the way, be sure to read labels carefully, and if you have medical conditions, check with your doctor before trying any of our suggestions.

Jamie Knodel

Got that stuffed-up-sinus-headachy feeling? If only you could breathe. Well, you can with **NeilMed's Sinus Rinse**. I can vouch for that. My children, who've tried Entsol, Ocean and ear bulbs with a baking soda, kosher salt and water solution mixed by me, much prefer this squeeze-bottle method. It's not pretty, but it's easy and it works, which is why they ask for it when they're miserable.

Laura Schwed

INSIDE

MOVIES: Tight economy casts pall over Sundance **3E**

PEOPLE'S PHARMACY: Readers say lemon juice kills warts **4E**

WEIGHT LOSS: Grand Prairie mom's story of triumph **10E**

TELEVISION: 'Biggest Loser' tackles hunger, too **10E**

HEALTHY LIVING

Take one of these and call us in the morning



Sure, a hot shower helps. But when you add SudaCare Shower Soothers to the equation, you get bliss. Suddenly, you can breathe again. Plop the tablet down on the shower floor and let it dissolve in the running water. The disk releases soothing vapors that help break up congestion.

Jamie Knodel

Looking for relief from cold or flu? Here's what does the trick for us

When you're achy and sneezy and fluctuating between the chills and sweating out a fever, the last thing you want to do is make a decision. But there you are in the drug aisle, facing a sea of promised relief from a cold or flu.

Of the many over-the-counter options, what really helps?

We're not doctors, but here's what works for us. And, by the way, read labels carefully. If you have a medical condition, check with a doctor before trying our suggestions.

Compiled by Jamie Knodel

I like to take NyQuil because it lets me sleep through most of my wretched symptoms. The green flavor is best because it doesn't taste like an icky child's cough syrup. I never use NyQuil pills unless they are gel caps because they need much longer to take effect than the liquid.

Misty Bailey



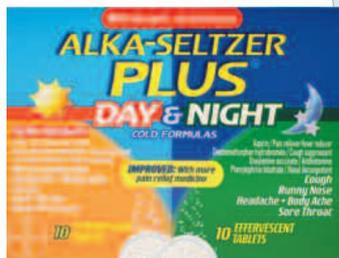
There's a reason doctors say, "Bed rest and plenty of fluids." It works. My favorite fluids: apple juice and Gatorade. I find that I don't need to take anything else if I stay in bed for two days and drink, drink, drink.

Nancy Moore



When I was a child, my parents gave my sister and me Alka-Seltzer Plus for colds. The horrible taste was only tolerable because it knocked me out in about 30 seconds. Now, it's available in delightfully tasteless caplets: all of the sedation, none of the aftertaste.

Ryan Rusak



Mucinex DM Maximum Strength reduced my nonstop cough to a shadow of its former self in a day, and I haven't noticed any strange side effects or drowsiness. It's in tablet form, which is a plus if you don't like cough syrup. I hate the name, but it's doing the trick.

Allison Stewart



Got that stuffed-up-sinus-headachy feeling? If only you could breathe. Well, you can with NeilMed Sinus Rinse. I can vouch for that. My children, who've tried Entsol and Ocean nasal sprays and a bulb syringe with a solution of baking soda, kosher salt and water, much prefer this squeeze-bottle method. It's not pretty, but it's easy and it works, which is why they ask for it when they're miserable.

Laura Schwed

I'm all about vitamin C. Also, I depend on plain old saline solution for the nose. It's cheap and drug-free. A pharmacist told me it speeds recovery from a common cold, and she was right! Some people go the Neti Pot route. But I like this better because you can take the little plastic bottle to bed (with a box of tissues, of course).

Sharon Kilday



CD REVIEW

'Dream': heart and heartland

MUSICALLY SPEAKING



MARIO TARRADELL
mtarradell@dallasnews.com

When Bruce Springsteen is at his best, as he is during *Working on a Dream*, his albums tend to play like intense movies filled with turmoil, revelation, foreboding, acceptance and eventually tranquility.

It's even better if the Boss can encase it all in memorable melodies, soaring choruses, affecting lyrics and creative intimacy. He does just that on *Dream*, his excellent follow-up to 2007's acclaimed *Magic*. *Dream* has more of an expansive, heartland vibe than the meat-and-potatoes, rocking *Magic*.

Springsteen is always a real-instruments musician. No synthesizers for him. And while *Dream* is hardly akin to *Nebraska*, his sonically bare-bones



Bruce Springsteen

A- *Working on a Dream*
Columbia

project from 1982, tracks such as "Tomorrow Never Knows," a country-flavored number, and the two album closers, the largely acoustic "The Last Carnival" and "The Wrestler," certainly give *Dream* a roots-grounded feel.

Even on the more urgent, up-tempo cuts, specifically the sprawling story song "Outlaw Pete" and the brooding blues-rocker "Good Eye," which sports foreboding, metaphorical lyrics, the music sounds homespun.

There isn't a dud in this bunch, revealing different favorites with each listen.

However, pay close attention to "Kingdom of Days" and "This Life." The songs showcase a most melodic and thoughtful Springsteen. Both are sweet (but never sticky) peacocks to a loved one.

"With you I don't hear the minutes ticking by," he sings on "Days." "I don't feel the hours as they fly / I don't see the summer as it wanes / Just a subtle change of light upon your face."

Ah, the intensity has a cathartic resolution.

In stores today

Springsteen's *Working on a Dream* is one of a slew of prominent CD releases on the first

See **MUSICALLY** Page 2E

Comics, puzzle error

We goofed on the Comics pages in Monday's GuideDaily. On Page 4E, we ran Tuesday comics, horoscope, puzzle and solution to the Monday puzzle. Today, we are printing Monday comics, puzzle and the solutions to the puzzle in Monday's section, as well as the Sunday solution. **Page 8E**

THEATER REVIEW

Dane attraction

'Rosencrantz' succeeds; 'Hamlet' needs stronger direction

By LAWSON TAITTE
Theater Critic
ltaitte@dallasnews.com

PLAN YOUR LIFE

Through Feb. 7 at Dallas Hub Theater, 2809 Canton St. Runs 185 minutes. \$15 to \$30. 1-877-238-5596, www.dallashubtheater.org.

Two shows performed simultaneously by a single cast: Amazing how one can satisfy, the other fall apart.

SATER is mounting Shakespeare's *Hamlet* in the larger of the two spaces at the Dallas Hub Theater. In the smaller adjoining one, the same actors flow in and out of *Rosencrantz and Guildenstern Are Dead*, Tom Stoppard's comedy based on the old tragedy. Tim Shane and Jason Fitzmaurice co-directed both.

Christopher Dontrell Piper and David Jeremiah play Stoppard's title charac-

ters, and they display the same virtuosity that made them so convincing in Upstart Productions' *Topdog/Underdog* at the same venue last fall. Piper again takes the role of the guileless innocent, Jeremiah the gruffer, more thoughtful interlocutor. Each has impeccable comic timing to keep Stoppard's verbal and philosophical games from turning dull.

They're immeasurably aided by Adam J. Dietrich's

brilliant turn as the traveling Player. For such a young performer, Dietrich has garnered a world of experience at Fort Worth's Hip Pocket Theatre and elsewhere. But he has seldom had the opportunity to show such rhetorical panache and such sly wit.

These performers all venture off into *Hamlet*, and Dietrich there has to play Laertes as well as speak the Player's "Hecuba" speech in a way that puts the rest of the performance to shame. The Hub's *Hamlet* has many nice touches, but it sorely needs a stronger hand at the helm.

In his first stage Shakespearean role, for instance, See **THEATER** Page 2E



G.J. MCCARTHY/Staff Photographer

Jeff Swearingen plays Hamlet in two different productions at the Dallas Hub Theater.

