

For more news, visit insidehalton.com/oakville-on.
'Like' the Oakville Beaver on Facebook.



BONUS WEEK

OCT 26TH—NOV 2ND

GET UP TO **\$750** BONUS CASH

TOWARDS SELECT NEW 2015 MODELS*



PLUS YOU STILL GET

AS LOW AS

0%
APR
PURCHASE
FINANCING

FOR
UP TO

84
MONTHS**

OR

**GREAT
REBATES**

ON SELECT NEW 2015/2016 MODELS

PLUS RECEIVE A



WINTER SAFETY PACKAGE[^]

AT NO EXTRA CHARGE (UP TO \$2,300 MSRP VALUE)

WINTER TIRES | RIMS | SENSORS

WITH THE PURCHASE OR LEASE OF MOST NEW CARS, CUVs AND SUVs

IT'S EVEN **EASIER**
TO GET INTO A **FORD**



Go Further

VISIT YOUR LOCAL ONTARIO FORD STORE OR ONTARIOFORD.CA TODAY.
HURRY, OFFER ENDS NOVEMBER 2ND.

Vehicles may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible manufacturer incentives (Ford retail customer promotional incentives) or take advantage of the time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP). *Offer valid between October 26 and November 2, 2015 (the "Offer Period"). To Canadian residents. Receive \$500 towards the purchase or lease of a new 2015 Ford Fusion, Mustang (excluding 50th Anniversary Edition), Taurus, Flex, Explorer, Expedition, Transit Connect, E-Series Cutaway, Transit Van/Wagon, Transit Cutaway/Chassis Cab, F-150 Super Crew, F-150 Super Cab, F-250 to F-350 (all F-150/Raptor models excluded) (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not redeemable. **Until November 30, 2015, receive 0% APR purchase financing on new 2015 Edge, and 2016: Escape models for up to 48 months; or 2015: Focus BEV, C-MAX, Taurus, Flex, F-150 (excluding Regular Cab XL 4x2 Value Leader); and 2016: F-250, F-350 to F-450 (excluding Chassis Cabs) models for up to 72 months; or 2015: Focus (excluding BEV), Fiesta; and 2016: Fusion models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: \$25,000 purchase financed at 0% APR for 48/60/72/84 months, monthly payment monitoring sensors when you purchase or lease any new 2015/2016 Ford Fiesta, Focus, C-MAX, Escape, Edge (excluding Sport) or Explorer between October 1, 2015 and November 30, 2015. This offer is not applicable to any Fleet (other than small fleets with an eligible FLEET) or Government customers and not combinable with CPA, GPC, CFIP or Daily Rental Allowances. Vehicle handling characteristics, tire load index and speed rating may not be the same as factory supplied all-season tires. Winter tires are meant to be operated during winter conditions and may require a higher cold inflation pressure than all-season tires. Consult your Ford or Canada Dealer for details including applicable warranty coverage. Some conditions apply. See Dealer for details. ©2015 SiriusXM Inc. and are used under license. © Ford Motor Company of Canada, Limited. All rights reserved.

That's
Life

Andy
Juniper

Guest Contributor



The perils of being alert when you should be inert

I haven't slept in five full nights. Actually, I've managed to steal a few winks here and there, but for the most part I've been wide awake at times when I seriously should have been sound asleep.

You know, out like a light.

I guess you could say I've been up when I should have been down.

That I've been counting sheep (until my mind is all out of ewes) when I wanted to be sawing logs.

That I was altogether alert instead of altogether inert. That I was being snubbed by the Sandman.

Ah, I think you might be starting to get the picture: I'm suffering from acute insufferable insomnia.

I've had insomnia before, but this latest outpouring of ultimate wakefulness — should such a word even exist — has taken sleeplessness to all new levels.

I'm finding it near impossible to fall asleep, and when I do, I'm waking up about two hours later. And not slowly waking up, either; I go from deep slumber to hyper-charged awake (mind racing, body rarin' to go) in a nanosecond.

Honestly, it's all rather torturous and, worse, tiresome.

Science, of course, has a thing or two to say about how a person functions on only a few hours of sleep each night over a series of daze... er, days.

They yawn (well, thanks for that, Captain Obvious). They get moody (I cried when I read this, and then laughed, and then I cried again).

I can't remember, but I think they experience memory problems (my wife to me, just this morning: "No, honey, we don't have a daughter named Trudy.").

They become accident prone (I fell
see Insomnia on p.17

((SiriusXM))

Available in most
new Ford vehicles
with 6-month
pre-paid subscription