

Free Press Youth Page

fresh tracks
by Barbara McIntosh

OH, BLESSED SLEEP

I hate mornings! I mean, I find it impossible to bounce out of bed at the revolting buzz of my alarm clock and greet any morning with any degree of enthusiasm. It takes two cups of coffee and at least two hours of semi-conscious stumbling about before things begin to register. If nothing wakes me up I can sleep all day. Needless to say, it makes life difficult in a society indoctrinated with the philosophy of early to rise, early to work.

Determined to lick my problem, I delved into some medical files and came up with some fascinating stories on sleeping.

According to certain psychologists Rip Van Winkle, Sleeping Beauty and other legendary super-sleepers may actually have been victims of a disorder termed hypersomnia. This rare illness results in weird sleeping patterns and has been recorded by doctors all over the world.

Last year, Dr. A. Bonkola of the University of Toronto conducted his own study on the disease. He cites case histories of three young Canadians who have been treated at Toronto's Psychiatric Hospital.

One young man of 16 suffered sleeping attacks which lasted up to six days. Now in his early 20's, he dozes off for several days in the late spring and early summer, and can only be roused with a great deal of difficulty to eat. After a few days he suddenly snaps out of it and is perfectly well.

Physical disorders including brain abrasions and hormone imbalance are at least partially responsible. However, it is believed that much of the problem is psychological. A domineering mother, dependence on others and deep seated hostilities are common factors in a number of cases.

The prolonged sleep may be an unconscious escape route from problems or tensions or it could represent a desire to die to inflict injury on oneself.

I decided hypersomnia is definitely not my problem.

Continuous use of 'pot' can also result in an upset system and unusual sleeping habits. People who turn on regularly often find that they are unable to sleep for several days and then drop into a deep sleep for several more days. If the pattern continues they find their eating and social habits are out of focus as well.

This isn't my problem either.

Former friends claim it's a simple case of hyper-laziness, so to prove them wrong I'm going to start a regular program of early hikes around town—one of these mornings.

The great debate

By Bob Bonnette.

On Thursday, November 21st, an informal debate on Student Power was held in the gym. The point being debated was whether or not student power is being carried too far by today's high school and university students.

Student Power for the purpose of the debate was defined as "the student movement towards demanding more control of schools which they attend, including administrative policies, regulations, activities etc."

On the Affirmative side (those against Student Power or those who think it's gone too far) were Mr. T. Curtis, Mr. H. Goodman, Neil Anderson 12B, and Rick Lambert 12B. On the Negative side (those for Student Power) were Mr. Skerret, Mr. J. Bray, Jim Lee 13, and Ray Saitz, 13.

The debate lasted a full period and an informal discussion was held afterwards with the audience.

Neil Anderson gave a strong argument against Student Power, using statistics to back up his argument. In the end the majority of students present believed that Student Power was going a bit too far.

All in all, the debate was worth while going to and very informative. Does Student Power affect you? Think about it.

In the middle of a performance a voice over the P.A. said: Will the owner of a white Pontiac bearing licence plate number 8532317958973519082746530 please remove his car from the parking lot. The licence plate is blocking the driveway.

Question: What did one magnet say to the other magnet?
Answer: You are very attractive today.
Did you hear about the near-sighted turtle?
He married an army helmet.



A FASHION SIDELINE to Thursday's cooking modelling easy to make patterns from demonstrations was Norma Cree (left), Lynn McCull's, Dunn, Donna McCrae, and Debbie Thompson (Staff Photo)

A sizzle missile for space-age cooks

The pill will never replace cooking because people simply enjoy eating declared Mrs. A. Heater during a demonstration of culinary talents at an all-girl assembly in the high school auditorium Thursday afternoon.

The program was presented by the Home Services Department of United Gas Limited in Hamilton, making the tour of schools in the area.

Concept 21 as it was called, was supposed to be a peek at

what the future cook could expect at the turn of the century, with the odd commercial for gas (specifically United Gas of Hamilton) thrown in between the Swiss Fondue and the Soup-er-sonic Chili.

The emphasis was on what Mrs. Heater termed "convenience foods" meaning frozen concentrates and canned preparations, combined into space-age dishes like the Sizzle Missile.

Students viewed the simmering brew in a mirror attachment above the burners.

Mrs. Heater added a few predictions on general housekeeping while she cooked. She suggested that due to an eventual shortage of land, people may be living in complex thousands of stories high, spending most of their time within the same building community.

Dishwashing may become a thing of the past, when every housewife has her own robot to follow her about cleaning up after meals. We may even arrive at the age of portable homes that can be collapsed, moved, and plugged in at a new location.

Back in the present, she gave out tips on everything from purchasing cooking ware, to chopping onions.

Unfortunately, when time ran out, no one had a chance to taste the results, but each girl received a Concept 21 cook book for future flights.

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Mrs. Olga Martindale was born in Winnipeg but moved about to various parts of the country with her family. She took her B.A. from McMaster University and has been teaching for 12 years. In her third year at A.D.H.S. she is the only Latin teacher in the school.

Pedagogues are people

When she was a little girl, Mrs. Martindale had dreams of becoming a famous female-criminal lawyer. However, in grade 13 she concentrated on maths and sciences so she could go into pharmacy. Somehow she ended up in languages. She spent the first six years in elementary schools. "I wanted to start with the grass roots and see if I liked it first," she says. Then she went on to teach French and Latin at the high school level.

While still a student herself, Mrs. Martindale was interested in music and the art club. She is an opera singer and has performed solo work in a number of productions. She used to play the piano but admits she hasn't had time for it in the past few years.

Recently she resumed her interest in oil painting. She likes to do scenes because "I enjoy seeing them on walls. They're the most relaxing to do and look at." Her favorite artists are Michelangelo and Leonardo De Vinci from the Renaissance period.

Her favourite composer is Mozart. "Even though he wrote in the 17th century his music has a lively clear beat. Actually I really like the Beatles, too. Most of their songs are terrific. I guess I like most modern music as long as it has a definite beat and it isn't way out."
Mrs. Martindale feels that if students were given the chance not to go to school, they would still show up for classes. "It's only natural, for the young to rebel against the old," she says. She definitely doesn't like the "hickory stick" image of school and agrees that students should be treated as individuals. However, she feels that student-teacher relations should



not reach the "buddy-buddy" stage.

With her husband Paul Martindale who teaches geography in the school, she has done considerable travelling around the world. During a trip this summer, she was able to meet and talk with students in the Ukraine. She learned to speak fluent Ukrainian from her parents as a child, and it was the first time she had met her relatives in the homeland.

Mrs. Martindale describes those she met as keen students. "Actually, they are no different from young people over here in

their ambitions and needs." She found that they were very interested in western tastes. The girls wore eye make-up and the boys sported moderately long hair. She was surprised to find that many spoke English with an Oxford accent.

"I didn't find they were out to indoctrinate us. They were most interested in asking if we had records or clothes we wanted to sell." She concluded that a student power movement in the Ukraine hasn't really gotten off the ground. "There is unrest among the intelligentsia, but they are not allowed to show it."

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