



JOYCE
BEATON

A Mule

A favorite writer and personality of mine is Adela Rogers St. Johns. Now 80 years of age, she is sharing her life in her recently published autobiography. She speaks of the problems she had throughout her life trying to hold the reins over three mules with style and ease. The three mules being a job, children and a husband.

I would have to include three additional mules, friendships, relaxation and my own personal needs. One conclusion I've reached is that a well-balanced life depends on the decision as to how much energy we're willing to give for what we want in return.

Realizing every person has her own allotment of energy, it still adds up to 100 per cent. We usually dote it out on things that interest us the most or on the things in our life it is imperative we do.

Time study

I decided to do a time study on myself, measuring the energy spent and analyzing the important of the activity. This is my finding.

—5 per cent is used up during the first hour of the day. Between seven and eight in the morning there are bad tempers to soothe, socks to find, fights over time allotted for the bathroom, breakfasts to prepare, school books and lunches to be in readiness for the exodus. By 8 a.m. a husband and three sons are dispersed (thank God the fourth son is of an age he now takes care of his own morning and is gone before the rest of us get up, otherwise I might have to add another per cent of energy spent!).

—1 per cent expended as I prepare myself for the day. Bathing, dressing, eating, arranging itinerary.

—1 per cent returned to me as I drive to work. This time of the day is a joy to me. It's my time alone. I restore my energy reserve as I sing along with the radio at the top of my lungs and smile at the truck drivers (it's always such a harmless, ego-building way to flirt with a man!).

—50 per cent of my daily allotment is spent on the job (perhaps you'd better not tell my boss that I'm only using half my energy here!).

—10 per cent is used on what I'll refer to as extra-curricular activities, more accurately described I suppose as my leisure (although sometimes my leisure can look like work to some people). At any rate I'm not giving away all my secrets!

—20 per cent goes to the dinner hour. The time between 5 p.m. and 7 p.m., as anyone with a family knows, can draw on more energy than one would imagine. From the preparation of the dinner to the washing up odishes and the anking of lunches for the following day, one depletes what little is left of the day's energy.

—5 per cent seems to be the figure left and this has to be classified under relaxation and recreation.

Our vitality

Some days the percentages get all screwed up and fall differently. It's interesting to study one's self and see how we really expend our vitality on what means the most to us. It really does work out to more than what is imposed upon us in the long run.

I can't believe the excuse that a man's job, or anyone else's, makes demands on him forcing him to have no energy left for his family. If he wants to spend the time with them he will, it's as simple as that.

We all set our own priorities and if we don't we're not truly in charge of our lives to the extent we should be. We end up running around willy-nilly, shooting off energies like blank cartridges.

We satisfy no one - least of all ourselves.



CAROL SINGING

The Pioneer Girls and Sunshine Makers choir of the Georgetown Alliance Church went carolling at McDonald's last Wednesday evening, entertaining the customers with their renditions of old favorites.

CVCA agrees to accept developer's land offer

Member of the Credit Valley Conservation Authority (CVCA) accepted a resolution to acquire 62.35 acres of the shoreline west of the Credit River in Georgetown last week which has been offered to the authority by owner Bruce McLaughlin for a moderate sum.

Although CVCA member Ken Harrison urged the authority to buy the land claiming that "it is a disaster area" as it stands, chairman A. G. Clark

son cautioned that taxes on property can turn out to be higher than anticipated and the matter should be investigated before it is undertaken. "Bruce isn't in the habit of giving things away," he warned.

Peel regional Coun. Ken Harrison told the group that as the embankment now stands "it's a blight on us." Mr. Harrison said he visited the area last fall along with Operation Manger Basil Noels checking erosion problems and he was appalled at what he saw.

"I don't mind a bit of cement being dumped there that shouldn't be, but when you find

a truck load of meat..." he said.

Mr. Harrison explained that a pile of meat and bones big enough to fill a half ton truck had been dumped at the bottom of the embankment. It had been there for some time, he speculated, because some animals, probably dogs, had dragged pieces back up onto the road.

The authority decided to make a project out of buying the property so that the ministry of natural resources can be asked to grant 55 per cent of the price to the authority. All member municipalities will also be levied for the project if it is undertaken.

Petition settled

A petition prepared by Georgetown high school students has been settled with no problems, according to the principal.

Mike Furlong told The Herald that the request that teachers be barred from the cafeteria was withdrawn before the students brought it to him.

The second point involving the cost of bussing was not a matter with which he could deal, he said, because Travelways runs an in-town bus service.

The third point concerning the smoking area was dismissed, he said, because the present smoking area is better than the one the students were asking for. It offers smokers some shelter from the elements while the one named in the petition was in the open.

Storing Ice Cream
Just-purchased ice cream should be placed in a frozen food compartment and used within a week. However, if stored in a deep freezer at 0 degrees F., it will keep well for up to two months.

HALTON HILLS: A SEAPORT

Halton Hills will not become a seaport on the Great Lakes—at least not in the foreseeable future.

That's the assessment of Mayor Tom Hill and several regional councillors following the revelation by Oakville Coun. Laurie Mannell last week that the regional engineering department has purchased a manual on canal construction.

Mr. Mannell, rising during approval of accounts for the public works department said he fully expects "that in the spring we will get a report on how to build a canal from Lake Ontario to Halton Hills to make it a seaport."

He said the more he ran down the \$20.67 book expenditure "the more ridiculous it became."

It all started when he spotted the account listed under a payment to the Royal Bank of Canada for a bunch of grapes. What that bunch of grapes turned out to be was a bank draft to a book shop in Vineland, New Hampshire, named - Bunch of Grapes.

Regional engineer Bob Moore said later that the book, which does illustrate canal construction, is being used as resource material for administration work on large-scale projects.

He admitted there is no thought of a canal to Halton Hills.



CHRISTMAS GREETINGS

When the Pioneer Girls of the Halton Hills Pentecostal Assembly visited Kincoort last week to bring Christmas greetings to the residents they presented a Christmas tree full of candy to Mrs. Emily Bessey for the

residents. Krista Mantle, 10, and Cindy Prymment, 10, made the presentation before the girls began to sing carols for the residents.

Police charge youth after device explodes

A 16-year-old youth has been arrested and charged with having possession of an explosive device after an explosion outside Georgetown district high school last Thursday.

The youth is alleged to have made a chemical explosive device and to have placed it in a snowbank outside the teachers' cafeteria. The device exploded without injuring anyone or causing any damage.

A 1977 van was badly damaged when the vehicle went out of control on 15 Sideroad on Dec. 4.

The driver of the van, Mark Fendley, 18, of Georgetown was not injured in the accident. The vehicle was west-bound on 15 Sideroad when it went out of control and rolled over on its side, knocking down approximately 30 m. of page wire fence.

Damage to the van was estimated at \$3,000.

Big Catch
White sturgeon found in the Snake River on the Idaho-Oregon border can weigh close to 300 pounds.

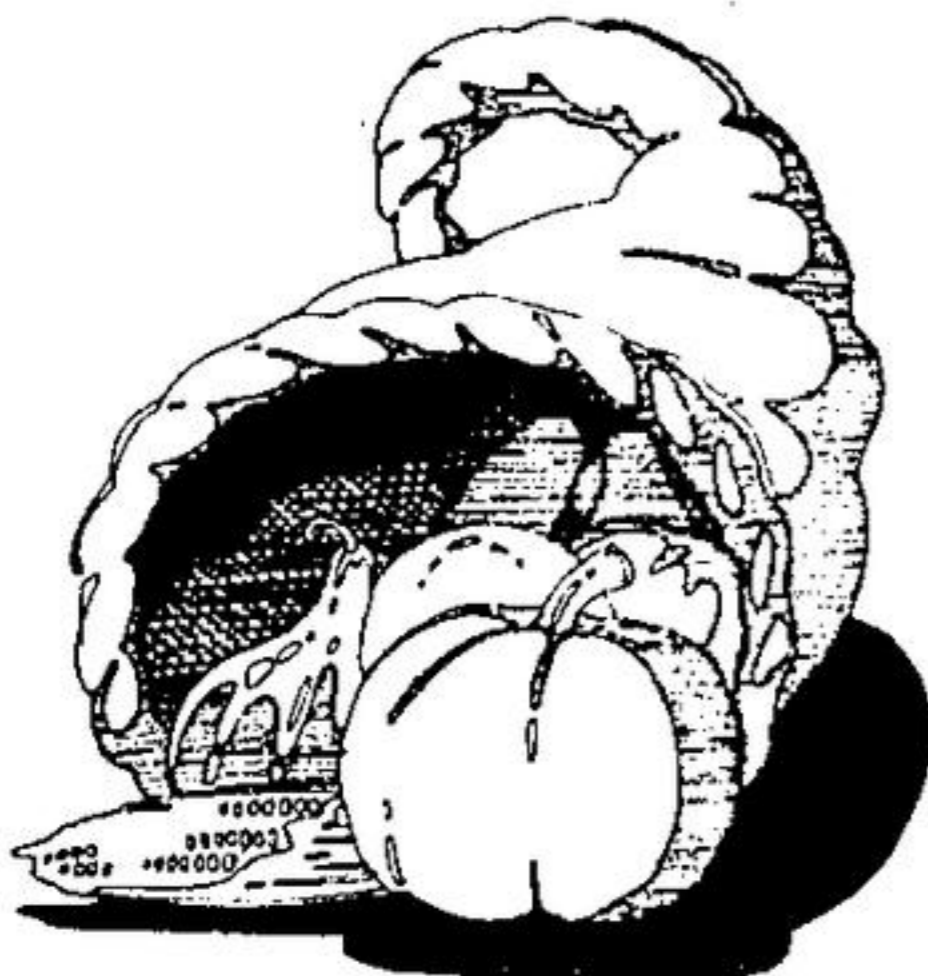


A Beautiful 1978

Bushels of Best Wishes for a wonderful New Year filled with prosperity.

Exchange Tavern
37 KING ST.
877-3541

HAVE A HAPPY PROSPEROUS NEW YEAR



Looking forward to a great year in 1978 with renewed business from all of our great friends and business associates. We hope the new year brings you the best of everything.

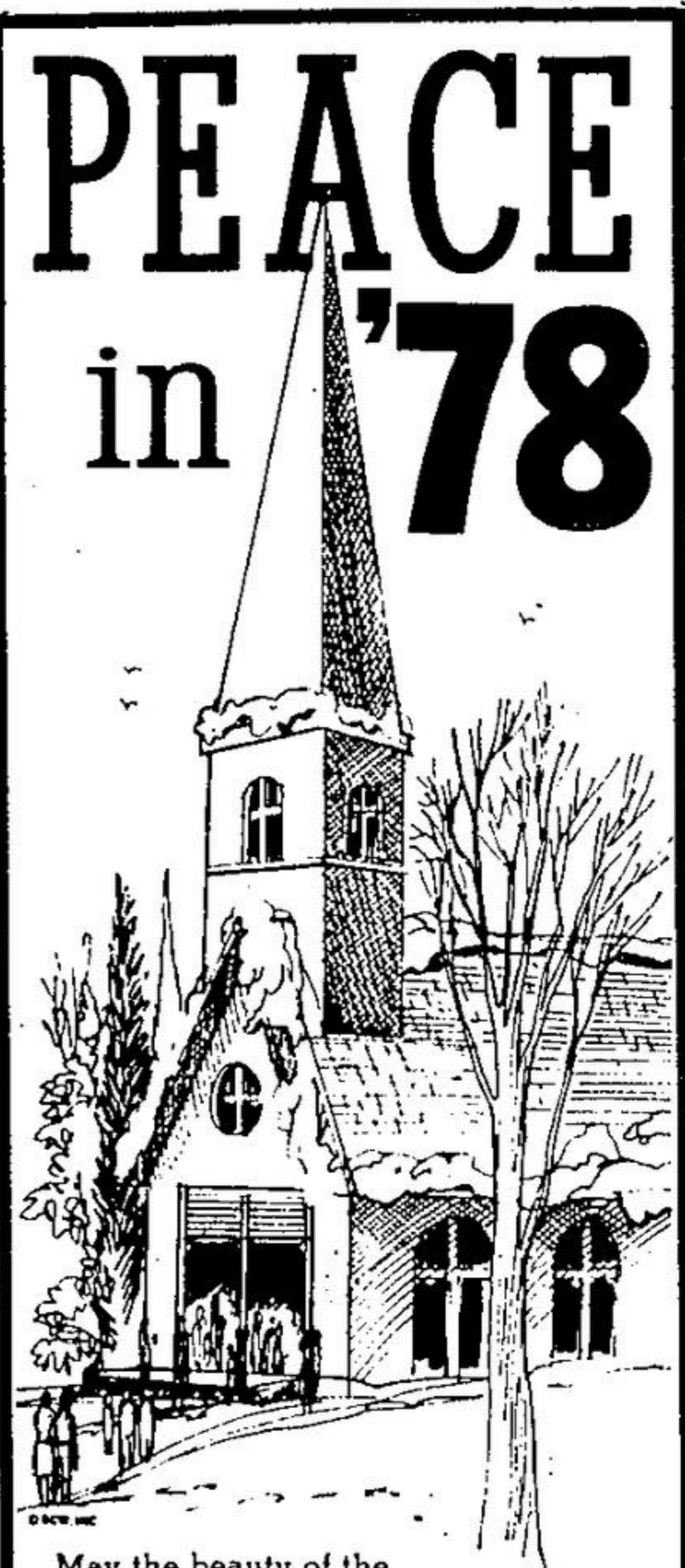
PRESTON'S LUCKY DOLLAR STORE
GLEN WILLIAMS



We wish you a New Year filled with wonderful things including good health and happiness. We look forward to seeing you in 1978.

FROM THE FOLKS AT
DELREX SMOKE SHOP
HANK, RUTH, HELEN
FRAN, FRED, CATHY
GEORGETOWN MARKET CENTRE

877-9284



May the beauty of the New Year give you love and renewed hope for the future. We enjoy working with you and we hope that all of our fine patrons will visit us again, very soon.

★
BOUWMAN'S TRUCK SERVICE LTD.
12 Todd - Georgetown



Happy New Year

Ring out with good wishes for a happy New Year to wonderful friends and patrons. We enjoy doing business with you and we hope that you will visit us again soon.

MALTON OVERHEAD DOOR
R. R. 1 NORVAL
877-9683