



GDHS presents three One Act Plays on June 5 at 7:30 p.m. Impromptu, (above), directed by Lisa Sheppard, stars Andrew Zubacs (left) as Tony, Sarah Mills as Winnifred, and Andrea Bouskill as Laura. Laura loves Tony, Tony loves Winnifred and Winnifred is ambivalent. The second is Early Frost

directed by Amy Leask starring Jennifer Burrill as Hannah, the old woman and Bianca Dubois as Lydia, the little girl. The old woman is haunted by the memory of the little girl she locked in an attic 50 years ago. The third play stars Joy Swain, Tina Daquano and Emily Hamilton.

Humor can increase productivity, says expert at Chamber lunch

By STUART JOHNSTON

Humor is one of the best tools available to relieve stress and increase productivity, members of the Chamber of Commerce heard at its annual luncheon Tuesday.

Rural Georgetown resident and professional consultant Steve Donahue addressed the Chamber on the topic of humor, its importance in the workplace, and in everyday life.

His 30-minute "pep-talk" naturally included humor as a means of stressing his points. In fact, his entire speech could almost be compared to a stand-up comic's routine ("This is my first time speaking where everyone in the room knows where Limehouse, Ont. is..."), but his message was serious.

According to Donahue, the late W.C. Fields once said, "smile first thing in the morning...just to get it over with."

Donahue believes that statement to be just as true as it is funny, because having fun doesn't usually include laughter, but smiles.

"It's been proven that smiles positively effect the chemical balance of the brain, and it doesn't matter if it's real or not," he said. "So, smile at someone, they'll smile back, and you can think you've just chemically altered that sucker's brain."

Donahue stressed that using humor in business is very important because it increases productivity and improves communication, and urged everyone to try and "see the lighter side of every dark situation."

"We hear that there's nine per cent unemployment in Canada right now, but, hey, that's perfectly acceptable to 91 per cent of the country," he said.

"Try and have fun at work — I know it may sound unusual...How many go into work and say, 'what can I do to have fun today?', or is a translation, 'what can I do to get fired?' Just make the effort, and you will have fun."

He noted that many people associate "fun" with "funny," and stressed the two are not always

synonymous. Being funny does not always work — it can be a win/lose situation — either you're funny or you're not, and that can be stressful, he added.

"If you are a business owner, and if you're very funny all the time, people may assume that's the only way to have fun in the workplace," Donahue added. "People sometimes find funny threatening."

As a way of demonstrating humor as a stress reliever, Donahue made the approximately 40 people in his audience do a series of muscle-relaxing exercises.

"Laughter creates involuntary muscle relaxation — it's not always appropriate to laugh, but can you do it when under stress?" he asked. "There is always a silver lining, a lighter side...You must learn to be a comic warrior. You can practice lightening up and not be so serious about life — it's great being serious about a job, but lighten up with yourself."

Make an effort to notice the humor in the world around you, Donahue added, as a way of "lightening-up."

"Comic observation — the ability to see humor — is very important. Notice humor that's not so obvious, but it's everywhere," he said. "Ever notice signs in jewelry stores that say, 'ears pierced while you wait.' What are you going to do, pick them up Thursday? Now, that's funny. If you notice this stuff, I think you should save it."

"I have maybe oversimplified the effect of humor, but it can have a profound effect on you."

Fire briefs

Dryer fire

Approximately \$2,500 damage occurred to a clothes dryer and its contents after the clothes caught fire late last Friday afternoon at a Churchill Rd. North home in Acton. The clothes ignited because the lint collector was clogged, according to the Fire Department. No injuries were reported.

Furnace malfunction

The motor of a furnace at a Baird Cr. home in Georgetown seized late Tuesday evening, causing the belt to burn, according to the Fire Department. No damage occurred, but the smell of burnt rubber permeated the home.

Cigarettes stolen

The Village Store in Brookville was broken into on Monday at 4:40 a.m. and \$1,100-worth of cigarettes were taken. Two male suspects forced open the sliding window of the dairy bar using a pry-bar to gain entry, Halton Regional Police said. They removed the cigarettes and a cash drawer containing \$30 in coins. Three different neighbors were awakened by the alarm and saw two men run to a nearby car, which was driven away by a third man. The police have a description of the car and are investigating the crime.

Television missing

A television and VCR went missing from a room at Georgetown and District High School over the weekend. The theft may have occurred on Saturday night, which was prom night, police said. The 26" Electrohome TV and Sharp VCR are valued at \$750.

Stereo stolen third time

A Georgetown man says stereo equipment was stolen from his car for the third time, police reported. Overnight on Saturday \$3,000-worth of equip-

Police beat

ment went missing, including three amplifiers, a pair of speakers and an equalizer. The window on the passenger's side of the vehicle was smashed while it was parked on McFarlane Dr. near Guelph St., police said.

Picnic tables missing

A resident of Elmore Dr. in Acton had his picnic table go missing overnight May 24, and two nights later the picnic table he bought to replace it also went missing. The resident lives by Fairy Lake and values the first picnic table at \$100 and the second picnic table at \$200, police reported. Last year some chairs were taken from his property, police added.

Grade 8 student arrested

A Grade 8 student from Georgetown was arrested Monday and charged with mischief under \$1,000 after all the windows in a vehicle were broken. The vehicle was parked in a lot on Todd Rd. during the day Saturday when the mischief occurred, police said.

GEORGETOWN

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