

EDITORIAL

with Frances Niblock

Hot enough for you?

We shiver and wait all winter for summer – and then complain long and hard about how hot it is, and it has been hot enough this week that a Humidex Advisory was issued by Environment Canada.

The Advisory follows a combination of high heat, high humidity (greater than 40 degrees Celsius) and/or other weather conditions that can be hazardous to health. Even short periods of high temperatures can cause serious health problems. When a Humidex Advisory has been issued by Environment Canada, Halton's Health Department issues a Heat Alert.

It is a caution that those who are especially at risk during heat and smog related weather conditions including older adults (over 65 years), infants and young children, and those with chronic heart or lung disease, including asthma. Parents, coaches and others supervising children must be aware of the health risks during a heat alert and ready to act if someone experiences symptoms of heat-induced illness, such as rapid breathing, weakness or fainting, headache, or confusion, seek medical attention right away.

Stay out of the hot sun or heat, and going to air-conditioned sites (e.g., malls, community centres) if you can. Avoid strenuous outdoor activity and, if possible, reschedule sports practices and jogging times. Drink lots of water and natural fruit juices (avoid alcohol, coffee, cola).

Get the latest weather and heat information from Environment Canada's web site at: www.weatheroffice.ec.gc.ca/forecast/canada/on_e.html. For air quality and smog alert information, visit: www.airqualityontario.com and for information on heat and smog, visit Halton's website at www.halton.ca/airquality, or dial 311, or call 1-866-442-5866.

Looking Back



Ten Years Ago

- National drug store chain Pharma Plus signed letters of intent with Acton Pharmacy and Glen Lea Drug Mart to buy the businesses and relocate to the new Acton East plaza.

- Eleven kids, and two volunteers at the Town's musical theatre camp suffered no lasting effects after being rushed to hospital complaining of nausea, dizziness and breathing trouble.

- Halton Hills staff and politicians consoled themselves – saying "that's business" after Magna announced its \$150-million car plant will be built in Milton, not Acton.

Five Years Ago

- Town Council approves \$90,000 for improvements to the Acton Indoor Pool, including a new furnace, and for the first time, air conditioning.

- A 34-year-old former Halton Hills man remained in custody following his arrest for the hit-and-run death of Nassagaweya resident Lauren Cooper, 18, killed while roller-blading in the 15 Side Road- Second Line area.

- Former Mayor Kathy Gastle threatened to take the current council to the Ontario Municipal Board if it places a heritage designation on the former Barber Mill property.



BE PREPARED: With building supplies purchased with donations from the Acton Legion and other donors, Scouter George Henderson (left) and Conall Doherty worked on putting a new roof on the Scout House. – Submitted photo

Rich beyond money

The past six weeks have been quite a life style change for the Dude and me. Although we were told by many, we really had no idea how two little persons could control so many things. I have no idea how some families with triplets, quadruplets or more do it.

Little things, like just leaving the house, which we took for granted before, has become quite the production. If anything else has to go into the diaper bag, we're going to have to convert to a suitcase. When Little J goes to visit her grandparents and her brother stays with us, the massive diaper bag becomes two because each kid has to have a bag when they go in different directions.

I never thought about stuff like that before, and the first time they went in different directions, I almost forgot about the necessity of double bags. Speaking of diapers...let's just say that added to my daily to-do's is emptying the diaper genie.

Grocery shopping, which is a challenge as any mom of a young child will tell you, proved to be really interesting the first couple of times. Popping in to a store to pick up something you were out of, or forgot, is gone for a while.



By
Angela Tyler

Grocery shopping now takes planning, most importantly – which grocery store can accommodate a toddler sitting in the front, a baby in a "car seat bucket" and of course, the groceries. Let me tell you, not all grocery carts are created equal when you have these requirements.

Sleep...what a lovely concept which I think is highly overrated at this moment in my life. I don't know who is suffering more from sleep deprivation – the Dude or me. Lucky us, we have two night hawks. Reducing daytime naps for Little J makes no difference. She comes by it naturally with two parents who can run on little sleep and now prove it daily.

"Keep the baby awake," I've been told to get his days and nights to when they should be. Right now, by the time one goes to sleep, the other one wakes up and so it continues. One night I just went from bedroom to bedroom putting people back to sleep, including the Dude that night when he was

suffering from allergies. The other morning he asked me "Did we really go to sleep?" I just shook my head and replied, "No...we went to bed. Going to sleep and going to bed are two different things."

However, all this really isn't that horrible. One night we will be able to sleep a full night...in about 10 years, I figure. At some point, the diaper genie will be in our past and grocery shopping...well that has improved as Little J almost bursts with excitement when she gets a cookie or coo-coo from the ladies in the bakery department. All the little challenges are all worth it.

A couple weeks ago the Dude asked me, "Did you ever think you'd have two kids?" Honestly, no I didn't. I always thought I would have one child, and it would be a boy. Young girls always think about their future – house, husband, kids, all that stuff. Yet, here we are, with two kids – a girl and a boy, two diaper bags and a double stroller. When we had our son, people congratulated us and told us we had a "Millionaire's Family" and I wondered what they were talking about. I'm still not sure, but I know we aren't millionaires, but this feels like we won a million.



THE NEW TANNER
PUBLISHING LTD.

373 Queen Street East, Unit 1
Acton, Ontario L7J 2N2
email: thenewtanner@on.aibn.com

(519) 853-0051 Fax: (519) 853-0052

Publisher
Ted Tyler

Editor
Frances Niblock

Editorial Contributors
Mike O'Leary Angela Tyler

Advertising and Circulation
Marie Shadbolt

Composing Ken Baker **Typesetting** Melissa Paul

Distributed to every home in Acton and area,
as well as adjoining communities.

Every effort will be made to see advertising copy, neatly presented, is correctly printed. The publisher assumes no financial responsibility for typographical errors or omissions in advertising, but will gladly reprint without charge that part of an advertisement in which an error may occur provided a claim is made within five days of publication.

All articles, advertisements and graphic artwork appearing in The New Tanner is copyrighted. Any usage, reproduction or publication of these items, in whole or in part, without the express written consent of the publisher of The New Tanner is a copyright infringement and subject to legal action.