

END OF DAYLIGHT SAVING TIME MEANS AN EXTRA HOUR OF SLEEP COMING

Don't forget to set your clocks back an hour before you go to bed on Saturday or Sunday, as Daylight Saving Time comes to an end early Sunday morning.

Clocks fall back one hour at 2 a.m. on Sunday, meaning an extra hour of sleep that night.

Implemented to help people make better use of daylight, the idea of changing clocks to make better use of the sun's natural light was first conceived by Benjamin Franklin in 1784 and presented in the essay "An Economical Project." His proposal did not gain traction at the time, but the

idea of moving time ahead was proposed more stridently by New Zealand entomologist George Hudson in 1895.

While Thunder Bay, Ont. became the first Canadian city to use Daylight Saving Time in 1908, Germany was the first country to introduce Daylight Saving Time during the First World War on April 30, 1916.

While the extra hour of sleep is nice, Daylight Saving Time and the return to Standard Time can disrupt the body's circadian rhythm, leading to health concerns.

The spring switch

(where we lose an hour of sleep) has been linked to an increase in car accidents due to fatigue, as well as an increase in workplace injuries and even heart attacks and strokes according to some studies.

The return to Standard Time, meanwhile, has been linked to a drop in accidents and heart attacks, but also brings about increased rates of depression and seasonal affective disorder.

The Halton Hills Fire Department recommends that homeowners use the time change to check and if necessary replace the batteries in their smoke alarms.

COMMUNITY

GEORGETOWN BREAD BASKET HOSTING COMMUNITY OPEN HOUSE

The Georgetown Bread Basket will be hosting a community open house to welcome visitors to their new facility.

The food bank, now located at 49B Mountainview Rd. N. in Georgetown, has recently seen a rapid increase in the number of residents requiring its services, which ultimately led to its relocation in spring of 2018.

"The food bank relocation would not have been possible without the generosity of the Georgetown community, including local businesses and organizations, who went above and beyond to make this project successful," Lori Brading, chair of the Georgetown Bread Basket, said.



Veronica Appia/Metroland
Georgetown Bread Basket at its new location on Mountainview Road North.

"We're looking forward to opening our doors to the community so that they can see the results firsthand. Everyone is welcome."

The open house will be held on Nov. 3 from 1-4 p.m. The Georgetown Bread Basket will also be holding a ceremony at 2:30 p.m. that day, to honour the businesses and organizations that aided in the project.

For further information about the Georgetown Bread Basket, visit georgetownbreadbasket.ca/.



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