

# Gold medal performance

Have you caught Olympic fever? I'm afraid we're addicted in my house. We can recite names and stats as easily as Bob Costas. We know who's competing, when, and the particular obstacles each athlete had to overcome to make it to Atlanta.

And while I'd prefer the kids to be outside getting some exercise themselves, at least the Olympics provide better viewing options than *The Young and the Restless*, *Oprah*, or *Maury Povich*.

The trouble, as with any addiction, is when it interferes with your life. I've been staying up way past my bedtime to see how the gymnastics events turn out, leaving me bleary-eyed the next day.

If I'm passing by the television on my way to the washing machine, it's too easy to rest on the arm of the couch and watch one little race. But like those potato chips, you just can't watch one. Before I realize it, an hour has passed and the laun-

## ACROSS THE FENCE

With Joanne Stevenson



dry is still not done.

The same is true of the other work that needs doing. We're lucky to have dinner some days, and like Atlanta's Centennial Park, it looks like a bomb went off here.

So, in true Olympic form, we held our own Household Olympics last week. With the TV off, we performed events focused and determined.

In the bathroom cleaning event, my daughter was superb. She showed great form cleaning sinks and mirrors, though she lost a few points on the toilet apparatus.

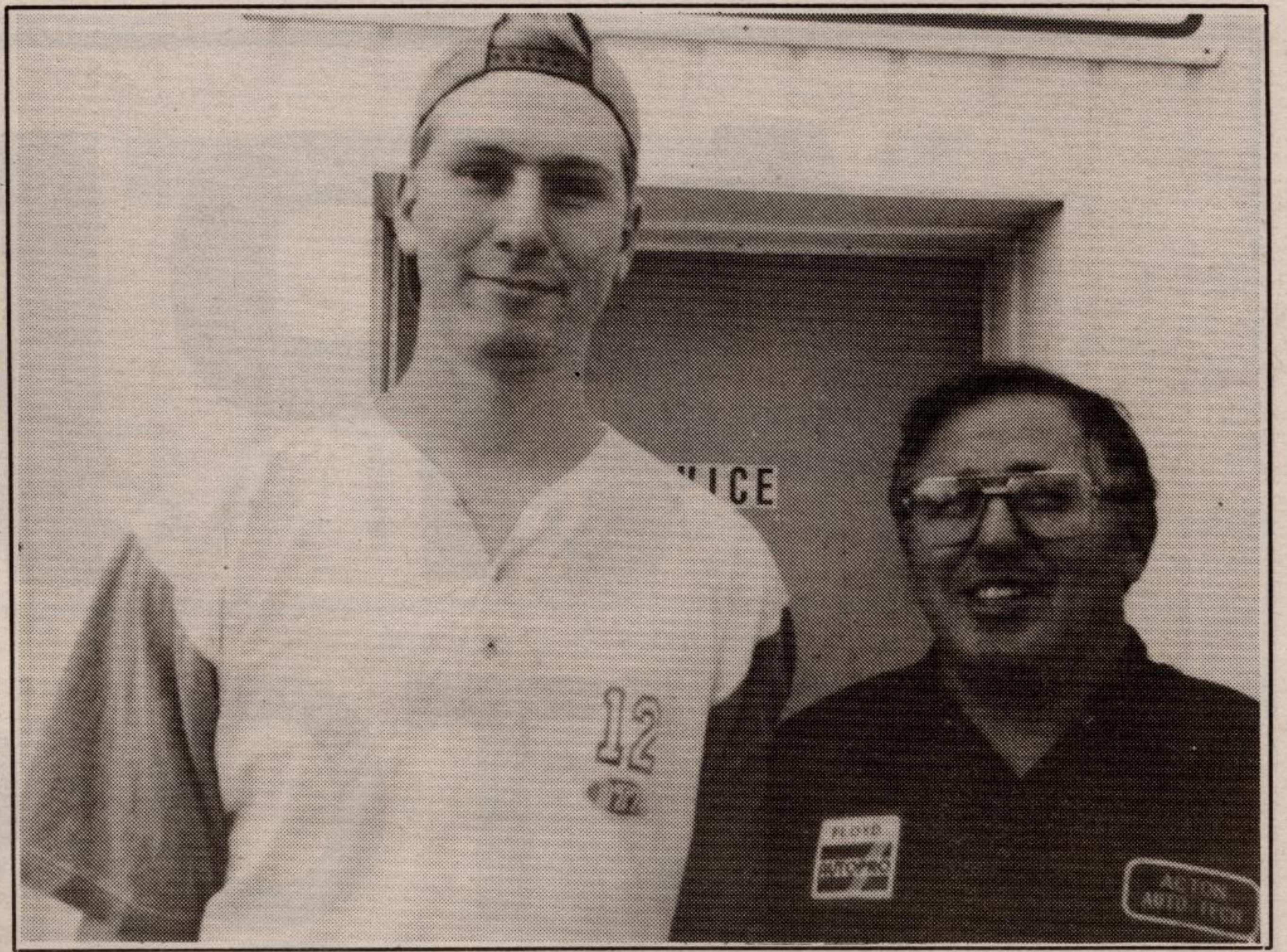
My son faced the dusting challenge with great courage. I think he set a new record - what should normally take

an hour to do, he did in a scant 30 minutes! The judges suspect steroid use.

On floor washing, my other daughter put forth a fine effort. Though her routine did not include scrubbing on hands and knees, her mopping skills were well within Olympic standards.

For my part, I've been compared to Keri Strug, who performed a gold medal vault on a sprained ankle. Even with my bad knee, I managed to cut and edge the lawn, trim two hedges, vacuum and leap over piles of laundry.

My best event was at the bar however. Nothing like a cold beer to celebrate our victory!



HEROIC ACT: Adam Forrest, left, is being recognized by Ottawa for saving the life of his uncle, Acton resident Floyd Foster.

# Hero to receive medal of bravery for saving uncle

BY FRANCES NIBLOCK  
The Acton Tanner

To Acton's Floyd Foster, his nephew Adam Forrest is both a hero and a good luck fishing talisman.

Two years ago Forrest saved his uncle's life and now both are planning a trip to Ottawa this fall when Forrest will receive a Medal of Bravery for his act of heroism.

Forrest, now 20, was fishing with his uncle at Washdale Falls, north of Washago on July 23, 1994 when Foster got caught in an undertow and was pulled into a whirlpool.

Forrest says he didn't think - he just jumped in to try to save his uncle.

"I just grabbed for him - the current pulled him away twice, but I managed to find him again and pull him to

shore," Forrest explains.

"To me he's a hero," Foster insists.

"I was gone and he kept trying to find me. When I was unconscious I was on a whitecloud and it was like a near-death experience, but Adam pulled me back," Foster recounts, noting that he quickly recovered in hospital.

Although the incident occurred two years ago, just weeks ago Forrest received a letter from Prime Minister Jean Crétien officially notifying him that he will receive a Medal of Bravery, one of 18 being handed out this year by Governor General Romeo Leblanc.

"Getting that letter in the mail was pretty cool and I'm excited. I'm not going to brag, but when I opened the letter I thought 'right on'," says

Forrest.

Both Foster and Forrest, fishing buddies for at least 10 years, say the incident made their already close relationship even closer.

"Uncle Floyd says he wants to take me on more fishing trips - just in case," Forrest says.

No word if they will take their poles when they head to Ottawa this fall for the award ceremony.

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## THE ACTON Tanner

### New logo!

The Acton Tanner is sporting a brand new logo this week. To go along with it, the size of the paper has also changed, making *The Tanner* a little shorter in depth. That's physical depth, not the depth we go to to bring our readers pages filled with interesting local news stories, features and sports coverage as well as timely photographs taken at local events.

We want to hear from you! Call, write or fax us with your comments on the paper, what you like and what you think needs to be improved.

Send a letter to the Editor, call us with your own story ideas or let us know of any upcoming events.

That's what a hometown newspaper is all about and we want to keep it that way!