

## ACROSS THE FENCE

With Joanne Stevenson



# Where does the time go each year?

I always look forward to the fourth Saturday in October with great anticipation. If you could measure anticipation, it would be equal to the amount of dread I feel as the fourth Saturday in May approaches. These, of course, are the days we change our clocks – spring forward, fall back – and either lose an hour or gain an hour depending on the season. If you haven't realized by now that the clocks were all moved back an hour on the weekend, you're living an enviable lifestyle.

Every fall as I change my clocks before going to bed, I hope that *this* will be the year I spend that extra hour catching up on some sleep. There have been some years when I've done just that, but at 4 or 5 years old, I just didn't appreciate it the way I would now. Oh, why is sleep wasted on the young?

When I was in high school, I foolishly thought I might spend the extra hour staying out with my friends. Blast that "change the clocks at 2 am" rule while I had a 12 o'clock curfew. Apparently those people in Greenwich, where these time decisions were made, were all parents of teenagers.

It was after I had children when I began longing for sleep in earnest. Just one night straight through, or even five hours of unbroken sleep, would do wonders for my energy level, my sense of well-being, my ability to finish a sentence without forgetting what I was talking about. An extra hour of sleep would be heaven.

But really, when it comes to infants, it doesn't matter if you're losing an hour or gaining an hour – you're messing with the baby's sleep patterns, and that's *never* a good idea. I'm sure I spent my extra hour fretting about how to adjust the baby's schedule to the new times.

This weekend I offered to take my sister's kids overnight to give her and her husband a chance to sleep. I don't think either of them has slept through the night for at least a year. Their kids are aged 5, 3, and almost 2 (she kept the 5-month-old with her for the overnight) – you can imagine how desperate their need for sleep might be.

I didn't realize it was the time change weekend when I offered to take the kids. No matter. I'd catch up another time.

I was prepared to be up in the night with one or another of them; I was prepared for the little ones to be up early, with no regard for Daylight Savings Time.

Don't you hate it when your internal alarm proves to be a false alarm. I found myself awake on Sunday morning when everyone else slept in. Not an hour, but the kids *did* give me 10 minutes alone with a coffee and the newspaper.

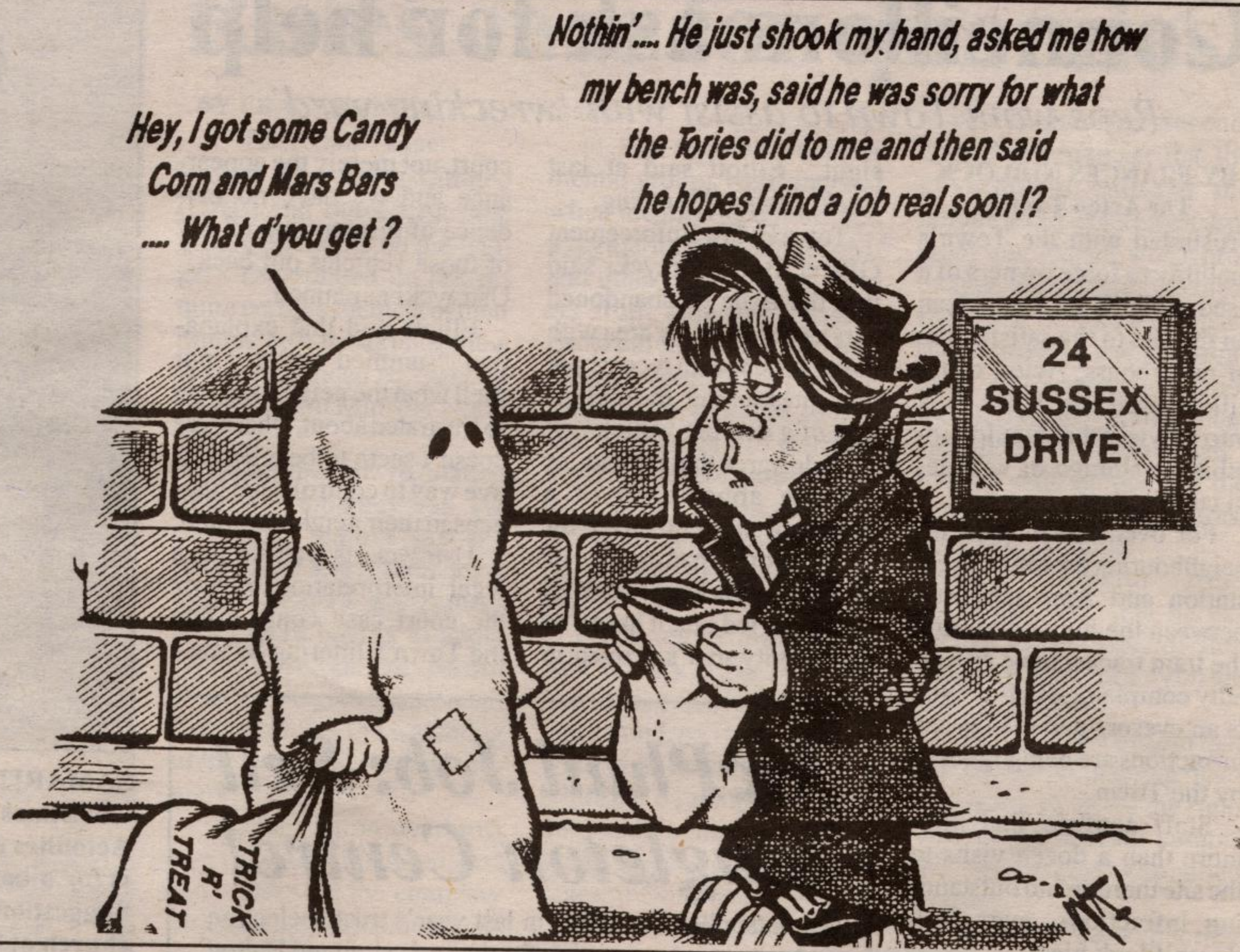
So what did you do with *your* extra hour? Read a book, rake the leaves, make Halloween costumes? Or was there an extra hour of laundry for you to do?

At least in the fall there is a sense – perhaps mistaken – that we have some choice in how to spend that extra time. There is no choice in the spring. It never fails that when the clocks spring forward in May, it's an hour of sleep we lose. Couldn't we, just once, lose an hour of work? Or how about an hour in the dentist's chair?

I, for one, would gladly give up that extra hour of laundry!

## Same time last year ...

Halton Board of Education trustees vote unanimously to end Junior Kindergarten ... The name McKenzie-Smith Bennett is chosen for the linked McKenzie-Smith and M.Z. Bennett schools ... Close to \$7,200 worth of women's coats are stolen from the olde Hide House in a daring daylight robbery.



## Your LETTERS

### Clarification needed

To the Editor,

Several weeks ago an article appeared in your paper regarding a presentation given by myself and two other citizens to our local Council, in relation to an agreement signed by UAL ad the Town.

Councillor Rennie made refer-

ence to what he perceived as a lie that he heard that night, according to the article.

As your paper did not state the name of the individual to whom this remark was addressed, I contacted Mr. Rennie. I now have a letter from Councillor Rennie which confirms that the accusation of lying was not directed toward me.

I am disturbed by the way in which this matter has been handled. Both councillors and the media have a responsibility to act with conscience and clarity when making references to anyone's character.

Pat Woode  
R.R. 4, Acton

### No. 1 should be 'do not drink and drive'

To the Editor,

Re: Your Opinion column of Oct. 23 about recent fatal traffic accidents in the area.

I was puzzled by your list of how to avoid becoming a traffic accident statistic. As Numbers 1 and 2 you list the things we all should do as responsible and careful drivers. As Number 3 you tell us not to drive while impaired.

In at least two of the four traffic fatalities mentioned, impaired driving was a factor.

First and foremost on our list should be *Do not drink and drive!* People who drink and drive obviously do not care about the traffic laws, so for them, points No. 1 and 2 become redundant.

Driving while impaired is not an accident – innocent people are bound to get hurt as impaired drivers do not wish to think or care to think before they drink.

Sadly, on Oct. 19 we saw again that for some people the "Do not Drink and Drive" message does not sink in.

Cees Braamse  
R.R. 1, Acton

### 'Hat's off' to a great Green-a-thon!

*Editor's note: The following letter was submitted to Principal Logan of McKenzie-Smith Bennett school, and then to The Tanner for publication. The Green-a-thon was an environmentally inspired fundraiser held last Friday, run by the school's parent group, P.E.P., and supported by staff and the community.*

To the Editor,

I couldn't resist picking up a pen to write this short note. Please do the Green-a-thon again, and again!!

Both my children, Thomas in Grade 2 and Sarah in Kindergarten, were incredibly excited about help-

ing to beautify the school grounds. They are so interested in the environment and here was an opportunity to apply that interest!

I had the luxury of having the afternoon off work and thoroughly enjoyed participating in the process. All the kids seemed energized by the special jobs they had, and, of course, there is both the immediate and long-term gratification.

I should also add that helping my children with their pledges was a joy! Those who pledged were obviously impressed with the concept.

Hats off to the creators, organizers, staff and children!

Victoria J. Glassford  
Acton

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