

You sleep what you eat?

There's one part of being middle-aged that can be annoying— not being able to sleep at night.

For years now, I've maintained that the problem isn't being middle-aged, but more cuz we've spent a lifetime without sleep.

As teens, we were out all night, socializing, hanging out with friends. As young married couples, we were awake all night... well, you know.

As a result, we became young parents, and were up all night looking after our babies.

When those babies became teens, we were awake all night waiting for them to come home with the family car.

So when they finally moved out, we'd spent so much time being deprived of sleep, well, the explanation is obvious— we've forgotten how.

All kidding aside, middle-age seems to be a time when that precious thing called sleep tends to allude us. My problem is brain overload, when my mind refuses to shut down and allow me to drift off. There was a time I'd take that quiet time in the dead of the night to 'problem-solve,' thinking out things that needed to be solved.

But that wore thin after a few years, and now that I've solved all the problems in the world, all I want is a good night's sleep. After a bad Easter weekend (too much chocolate, too little sleep) I started researching to find out what aids sleep.

For me, the killer is caffeine, be it in coffee, tea or any soft drinks with the name 'cola' at the end.

Ted Brown



Oh yeah, and chocolate, of course.

The Sidekick, on the other hand, could stop by Tim's at 11 p.m., chug a massive double-double, and still have no problem sleeping, only momentarily pausing as her head hits the pillow, before nodding off. Not me. I gotta lay there for an hour or so, to think of reasons for NOT going to sleep.

In an effort to uncover that Holy Grail of slumber land, I began researching what makes one sleep, focusing on foods in particular.

It seems, the best foods to eat are leafy green ones, like salads and green vegetables.

Makes sense— after all, did you ever see a rabbit that didn't sleep soundly?

Second on the list were whole grains, like whole wheat, brown rice, and oats which are supposed to have a calming and soothing effect on the nervous system and the mind.

The 'bad' list suggests staying away from the obvious— caffeine fixes, and anything spicy or gassy. They also said (much as it broke my heart) to stay away from alcohol— wine, beer, and spirits, cuz they

See A TED BIT, pg. 9

Honda damaged

Approximately \$8,000 worth of damage was caused to a Honda parked on Mill St. in Acton Sunday between 1 and 3 a.m. The car had been scratched.

iPod stolen

A \$300 iPod was stolen from a knapsack in a classroom at Christ the King School Friday afternoon.

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The Regional Municipality of Halton

www.halton.ca

Tire Drop Off Day

At the

Halton Waste Management Site

Saturday, April 26, 2008
8:00 a.m. – 3:00 p.m.

On **Saturday, April 26**, Halton residents are welcome to drop off up to eight passenger vehicle tires (rims included), bicycle and/or wheelbarrow tires free of charge at the Halton Waste Management Site. Tires that cannot be accepted include commercial vehicle, truck and tractor tires. All tires collected will be recycled.

As in previous years, we gratefully accept non-perishable food or cash donations on behalf of Halton area Food Banks.

Spring Cleaning? We can Help!

Bring your reusable clothing and household items to the Salvation Army Depot at the Halton Waste Management Site.

A Community Partnership

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