

Glory Days and Tylenol nights

Not long ago, while attending an event, I chatted with a group of young people.

In this case, the young 'un I spoke to was about the same age as my daughters— in fact, she attended school with one of them.

The conversation led to reminiscing about when my daughters were young and enjoying activities in school.

"You know Mr. Brown, it's funny," one of them said to me, "That was years ago, but I still feel the same way about a lot of things. I know I've matured, but I find my interests and outlook really haven't changed very much."

I told her to tack three decades onto her age and she'd be the same as me, and I still look at life pretty much the same way as when I was young, with the same basic interests and values.

And I also told her that I didn't really expect that to ever change much.

Later, as I thought about that conversation, I realized how much I do cling to the same likes and dislikes that I had 'back then'.

I like the same foods, I become irritated about the same social issues and I find comfort in the same thoughts. I enjoy the same music.

I go to a cruise night, and smile to myself as fond memories flash through my head while I admire the old muscle cars that were popular when I was in my early 20s.

What has changed, I find, is that I'm more mellow about things that once tore me apart. I've learned they simply aren't worth the effort.

I thought about passing that half-century milestone a few years back, a time when people turning 50 discover a new food group.

It's called 'Tylenol.'

I thought about those physical things that get to me— the mind is willing, but the body ain't.

I now find that being over 50, (and actually

Ted Brown



staring 60 in the face in a few years) that I've come to realize some 'activities' are better left for a younger person to look after.

You know, silly things, like lifting something that was quite light 20 years ago, but now makes every sinew in my back scream out in protest.

Or God forbid, physically trying to keep the pace with younger people, at work, or at play.

I call these activities 'Tylenol events'.

Taking it a step further, I now go so far as to identify them in degrees, like a one Tylenol job, two Tylenol job, three Tylenol job... and so on, right up to the grand daddy— 'Tylenol 3'.

In 1984, Bruce Springsteen released a great rock 'n roll song entitled *Glory Days*.

In it he tells of reliving those past glories of our youth, over and over again. Naturally, Springsteen failed to mention the Tylenol part.

Of course, that was 24 years ago, so he, like everyone else that age, probably hadn't discovered the Tylenol food group— yet.

I know we all reminisce about days gone by, and enjoy those funny and precious moments again and again— that's human nature.

But now, when I hear Springsteen wail out *Glory Days* on the radio, I find I mentally change the title a bit, just to reflect my age.

It's now *Glory Days— and Tylenol Nights*.

Vote October 14



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If you'd like to help Bruce or need further information, please contact us at:

Campaign Office, 124 Main St. S., Georgetown L7G 3E6
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The Regional Municipality of Halton
www.halton.ca

Volunteers Needed for Provincial Drinking-water Lead Testing Program

Halton Region is looking for residents and businesses who are connected to municipal groundwater systems to volunteer for a community-wide drinking-water sampling program. Previous volunteers are asked to continue their participation in this and future rounds of testing.

- We are looking for people who live in homes built before 1990 and suspect they have a lead service connection, or lead in their home's plumbing. (Homes built before 1952 may have lead service connections or internal lead plumbing, and homes built before 1990 may have lead solder connecting copper pipes.)
- Halton staff will require access to your property to collect a sample. Testing is free and the results will be shared with you.

Please register for this program by calling Halton Region at 905-825-6000 or 1-866-4HALTON (1-866-442-5866). For more information visit the website at www.halton.ca/LeadInWater.

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Thank you to our partners and sponsors for making the 2008 Halton Children's Water Festival a success.

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Children's Water Education Council Halton Catholic District School Board
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Aird and Berlis LLP	Dufferin Aggregates	Thomson, Rogers	The Halton Children's Water Festival is supported by a generous multi-year grant from the Ontario Trillium Foundation.
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For more information visit www.haltonchildrenswaterfestival.com.

Halton Regional Meeting Schedule

October 8	9:00 a.m.	Planning and Public Works Committee
	9:30 a.m.	Regional Council

1151 Bronte Road, Oakville, Ontario L6M 3L1
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THANKSGIVING WEEKEND

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This Year's Theme:



"Erin's Horn of Plenty"

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- Opening Ceremonies
- Truck Pull October 10 - 6:30 p.m.
- Ambassador of the Fair Competition October 10 - 7 p.m.
- Baby Show October 11 - 11 a.m.
- Tractor Pull October 11 - 6 p.m.
- The Ballagh Bunch - Fiddle & Step Dance Group October 11 - 7 p.m.
- Demo Derby & Fireworks October 12 - 6:30 p.m.
- Talent Competition October 12 - 7 p.m.
- Chili Cook Off October 13
- Horse & Livestock Shows Everyday!
- Children's Entertainment Everyday!
- Agriculture Awareness Display
- Machinery Display

Come and have fun at the Erin Fall Fair

www.erinfair.ca

General Information contact the Fair Secretary Marlene at 519-833-2808

Midway Pre-Sale Tickets available at:

Budson Farm & Feed and Hillsburgh Foodland

\$40 for 40 Tickets

until Thursday, October 9 at store closing time.