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QUEBÉCOIS



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**HE SAYS,
SHE SAYS...**

"That way people can get their meat and fresh bread close to home."
--Michel Larocque

(THE RECORD, JANUARY 13TH)

Educational Gym introduced at Galt

By Corrinna Pole
LENNOXVILLE

The student body at Alexander Galt Region High School (AGRHS) shuffled into the gym dressed in snow gear yesterday. The purpose of the gathering was to launch the school's new "Educational Gym" program. The program's aim: to get over 1,000 students at the school physically active.

AGRHS's Principal Serge Beliveau called the assembly a special event and committee chair Morgan Quinn (teacher and former coach) a visionary.

"We've been waiting for something like this for a number of years," said Beliveau. "Three years ago the vision for this project was started with (Quinn) and the committee shared in the vision."

The committee formed in 2005 with Quinn and concerned AGRHS athletics teachers to analyze and evaluate the school's athletic program. From that committee, the need to help create physically fit students evolved and has been developed into the program.

Teacher and coach Steve Dunn is the coordinator of the project that will see each student, athletic or not, spending more time getting fit over and above their regular physical education courses as well as trying to replace unhealthy habits with healthy ones.

Once every cycle, that's one in every nine days, an afternoon will be allotted for students to be involved in one of the program's activities, not only in the gym but elsewhere. The activities will range from athletics like skiing, rock climbing and swimming, to guest and motivational speakers presenting lessons or the sampling of healthy foods.

"This is beneficial to students, staff and the communi-



PERRY BEATON

Educational Gym took kids outdoors running through an obstacle course in eight inches of snow.

ty," said Dunn. "Our goal is to see fitness levels increase. We hope we are taking a global approach in trying to change the culture and give our students more healthy options."

The task is to also change the thinking when it comes to fitness, not just athletics. Students may not like the mandatory Phys Ed program schools have, but may enjoy exploring other activities they feel are fun and enjoy doing on their own time. A healthier lifestyle is a benefit to students in an age when childhood obesity is on the rise and the fitness levels of most students are on the decline. Dunn

points out that there is also collaboration between fitness, academic work and interaction with peers.

The program partners with the ETSB (Eastern Townships School Board), Bishop's University and Champlain College. Research analysis from McGill University, which Dunn is involved with, has also helped to shape and develop the program. Funding was achieved through a partnership with the Fonds Régional d'investissement jeunesse de l'Esrie (FRIJ). The \$50,000 initiative will cover most costs for the next two years, but it may not cover all activities.

"Depending on the activity (there will be a cost)," said Dunn. "We hope to offer a reduced cost for certain activities. Students can choose what they want to participate in...certainly a student can participate in the program without any cost."

Allowing students the choice of which activities they wish to participate in keeps them involved in the process. Their involvement started last year when they were asked, along with staff and parents, to take a survey to find out which activities were appealing.

PLEASE SEE PHYSICAL ON PAGE 4

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Cold rubs dangerous for young children

By Corrinna Pole
SHERBROOKE

The effects of Vicks VapoRub (VVR), the ointment used to relieve symptoms of cough and congestion, can be dangerous for young children, according to the January issue of the medical journal *Chest*. Researchers have found the misuse of cold rubs, VVR or generic brands, may cause respiratory distress in infants and small children.

Drs. Bruce Rubín, Carlos Abanes and Shinobu Arima studied the product's effect on ferrets that have a similar airway anatomy and cellular makeup as humans. An 18-month-old girl, who developed severe respiratory distress after the product was applied directly under her nose, inspired the study.

In an article titled "Over-the-counter cough remedy", Rubín and his team, found that VVR encourages mucus production. Rubín said the ingredients in the product could be irritants, which cause the body to produce more mucus to protect the airway, according to a CBCNews article. In the narrower airways of infants and young children the increase in mucus or inflammation can narrow them more severely.

The effects of the salve may make you feel better but it doesn't help breathing Rubín said. The ingredients in the product - the menthol - tricks the brain into thinking that it is easier to breathe by triggering a cold sensation, which is processed as indicating more airflow.

For adults and older children, the study's authors concluded, the effect may be of little physiologic consequence, but in infants and small children this potentially can lead to respiratory distress.



Pharmacy shelves stocked with VapoRub. CORRINNA POLE

Procter & Gamble's (P&G) product label clearly warns it is not indicated for children under two. They disagree with the findings pointing out that their product has a long-standing history of being safe and effective when the label is followed.

"The article in *CHEST* describes animal studies prompted by a single case report," according to a statement issued from P&G representative David Bernens. "The animal findings are of unknown human clinical relevance. The safety and efficacy of Vicks VapoRub has been demonstrated in multiple human clinical trials, which have included more than a thousand children ages one month - 12 years."

Parents should not misuse cold rubs by applying them to young children and the product should not be applied in or under the nose, regardless of age.

The researchers recommended time tested treatments for congestion: saline (salt water), gentle suction with a rubber bulb, warm drinks or chicken soup, and time. A child struggling to breathe is a medical emergency.

Last December, citing reports of abuse, overdose and rare side effects, Health Canada issued an advisory that children under six-years-old should not be treated with cough and cold medication.

TBL Council approves major infrastructure

Backs down on environmental promises

By Jessica Brown
RECORD CORRESPONDENT

The Brome Lake town council meeting was short and sweet this month, following the quieter holiday period. Council approved several big infrastructure projects, including a by-law for a loan to start work on the Blackwood Dam. The \$1.4 million will completely upgrade the dam to government safety standards. Anticipating some rebuke at the amount of the loan, Councillor Cynthia Wilkinson looked at the audience and simply said, "It has to be done. That's it."

The second major investment approval was for a by-law to completely redo the aging waterworks and paving on Centre road from Victoria to Bondville and along Bondville all the way to Mountain. That includes all sewer and drinking water pipes. According to councillor Donald Gagne, responsible for infrastructure, "This project in complete is roughly about \$4.8 million. We won't be able to do that all in one year, but we will at least start."

The Mayor, Richard Wisdom, reiterated Councillor Wilkinson's point from earlier in telling citizens there really is no choice but to do major investments in infrastructure. "The project has to go through we've had so many breaks in the pipes lately."

In a surprise move, the council approved the rebuilding of 633 Lakeside, the home that burned in late October. The house does not conform to the new laws governing building a home around the lake. That is to say, the footprint is within the 15 metre minimum from the shoreline. However, because the road is directly behind the foundation, the owner cannot move the house back. Council decided not to apply their own laws protecting the lakeshore and lake

and are permitting the reconstruction of the house. The owner may have to adhere to installing an above average septic system to assure the maximum protection of the lake. The town claims it will be vigilant about the construction and inspectors will watch over it carefully.

Other notable information from the meeting includes Councillor Donald Gagne being appointed interim mayor for the next two months as Councillor Paula Richardson is absent. The town has approved the Tour des Arts 2009 request for support from the Pacte Rural. The town is committing \$1500.00 to the group.

A resolution was passed to create a Canada Post commemorative stamp for the Duck Festival.

The annual statistics from the urbanism committee were presented. There were 362 permits issued in 2008 for a total of \$14,990,489.00 down several million from 2007. There were 31 single family dwellings built each with an average value of \$274,000.

The town's chimney sweeping by-law will be updated. The town will now do business with three registered and certified chimney sweeps and all homes with fireplaces will be forced to have mandatory sweeping annually.

The council extended their sympathies to the family of the man who recently died at Owens Corner. Mayor Wisdom said the MTQ is putting in a stop light, however, the lights are back ordered and as soon as they get them, they will go in.

"We've made the request for a number of years and it is finally getting done."

Work has started on the Davis Bridge in Fulford. There will be a month during the winter when it will be closed to pedestrians. It will be on the web site as soon as they know the exact dates.

PHYSICAL:

CONT'D FROM PAGE 1

"The consultation process was thorough and supports the initiative," said Dunn.

Sitting on the committee will be student council president Erica Porter, Douglas Sullivan, who is a parent and ETSB commissioner for Lennoxville, and the school nurse, Nathalie Morin, who is affiliated with the CLSC to see that the physical aspect is met.

Porter says the afternoons of fun will help less active students get active and benefit those who can't shoulder the cost of athletics clubs.

"For some they might want to be involved (in sports) but can't afford it," said Porter. "It can cost \$400 just to get involved in some sports, like in hockey or soccer. To register and get equipment it's expensive, not everyone can afford it so this will help them to get involved."

Student Danica Montgomery also believes it's a great idea and that sur-

veying the students was a good step.

"I think it's an awesome idea," said Montgomery. "It's important for everyone to get involved...it also gives us an opportunity to get together and play outside not just on weekends. I think it was great being able to do the survey so they could hear what people liked to do."

Porter and Montgomery are both 16 years old and involved in many athletics programs at the school including soccer, badminton and rugby.

The school is the only one in the region to initiate the program, which will be two-year project at the regional high school. The pilot project will be exported to other ETSB schools after it is refined.


At the end of the assembly Beliveau produced a letter from Premier Jean Charest congratulating the school and students on the project. Staff and students then went outside to enjoy an afternoon of activities.

Dunn unofficially introduced the project at the school's Spirit Day, which took place last October.

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