

Students warned about drugs and alcohol

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don't miss a spot."

One could tell that Greer is a natural with youngsters by the way she spoke to them and injected humour that made the students laugh.

Greer started to explain the effects of drugs on the brain by first placing her hand on a student's head and asking what her hand was. The kids knew that joke and responded that it was a brainsucker- starving!

Greer said that there are millions of cells in the brain and they are working constantly. "When you add alcohol, drugs and nicotine, the brain gets fogged up," she said. "Brain cells die anyway- there is no rebirth. When you add drugs and alcohol and nicotine, they are killed faster."

She said forgetfulness and poorer vision result from this. "You say things you didn't mean because you didn't think about what you were going to say first," Greer said.

Sight, smell and taste

Sister Greer explained to the students that when people get sore throats because it is clogged up, it hurts to talk, swallow and eat because the throat is dry- "something is affected," she said.

The throat is delicate like a thin slice of onion skin and when you add something foreign like smoke, it causes the esophagus to break up and the result is a sore throat, Greer explained.

When people drink too much and get sick, she said, they vomit.

"But the throat is made to go one way- down, not up. When you vomit and throw up, it pushes everything the wrong way- up."

Greer said the result is bleeding which is hard to stop because it is inside. "You can't put a bandaid on the inside."

Lungs

Greer said the lungs are taken for granted. "When somebody smokes or vomits and swallows, all that gook goes back into the lungs," she said.

Greer made an example for the kids by asking them if they could turn a raisin back into a grape by putting it into a glass of water. Some youngsters responded yes and some said no.

"The answer is no," Greer said. "Once the lungs are damaged, they can't be switched to easily- the damage is there for life."

She said we need to breathe to live so we should take care of our lungs.

Liver

"The liver is the washing machine of the body," Greer told the students. "It can wash out 1 oz. of alcohol per hour from the body."

She explained that when the liver gets tired, for example from over-drinking, it can't wash out the body.

Pancreas

The pancreas takes care of the sugar in the body, Greer said. There is a lot of sugar in alcohol therefore diabetics can't drink. Alcoholics have been know to turn into diabetics, she said.

Arms and legs

Greer explained that the use of drugs and alcohol can block up the body system and result in water retention.

Heart

The use of drugs and alcohol can impair the flow of oxygen going to the heart, said Greer.

Mixing drugs

Greer told the kids it is a bad thing to mix drugs like aspirin and alcohol.

"It is not a bad thing to drink," she said. You have to be old enough to drink; you have to respect alcohol and you have to measure it properly and not over-drink she said.

Open own pop

Greer told the kids they should not experiment by making a concoction. A major danger then is that you "don't know what it is," said Greer. "When you're at a party, open your own pop."

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Drugs and alcohol

Above is Sister Alice Greer. She is shown talking to students at Holy Angels elementary school in Schreiber on Thursday, April 2. Greer is a Chemical Dependency Counsellor from the Smith Clinic in Thunder Bay- she is also with the

Congregation of the Sisters of St. Joseph. She told the students that drinking is not bad, it is the abuse of alcohol and drugs that makes them bad. Greer explained to the students what would happen to their bodies if they abused drugs.

TERRACE BAY RECREATION COMMITTEE DISCIPLINE POLICY

1. Policy Objectives:

It is the objective of this policy:

- To Promote the public use and enjoyment of community recreation facilities and programs.
- To minimize the cost of maintenance of community facilities due to vandalism.
- To provide for the safe and orderly conduct of recreation programs without interruption.
- To make users aware of the responsibilities which accompany their rights to the use of community recreation facilities and programs.
- To prevent occurrence of inappropriate behaviour in community recreation facilities and programs.
- To deal with incidents of inappropriate behaviour fairly and impartially.

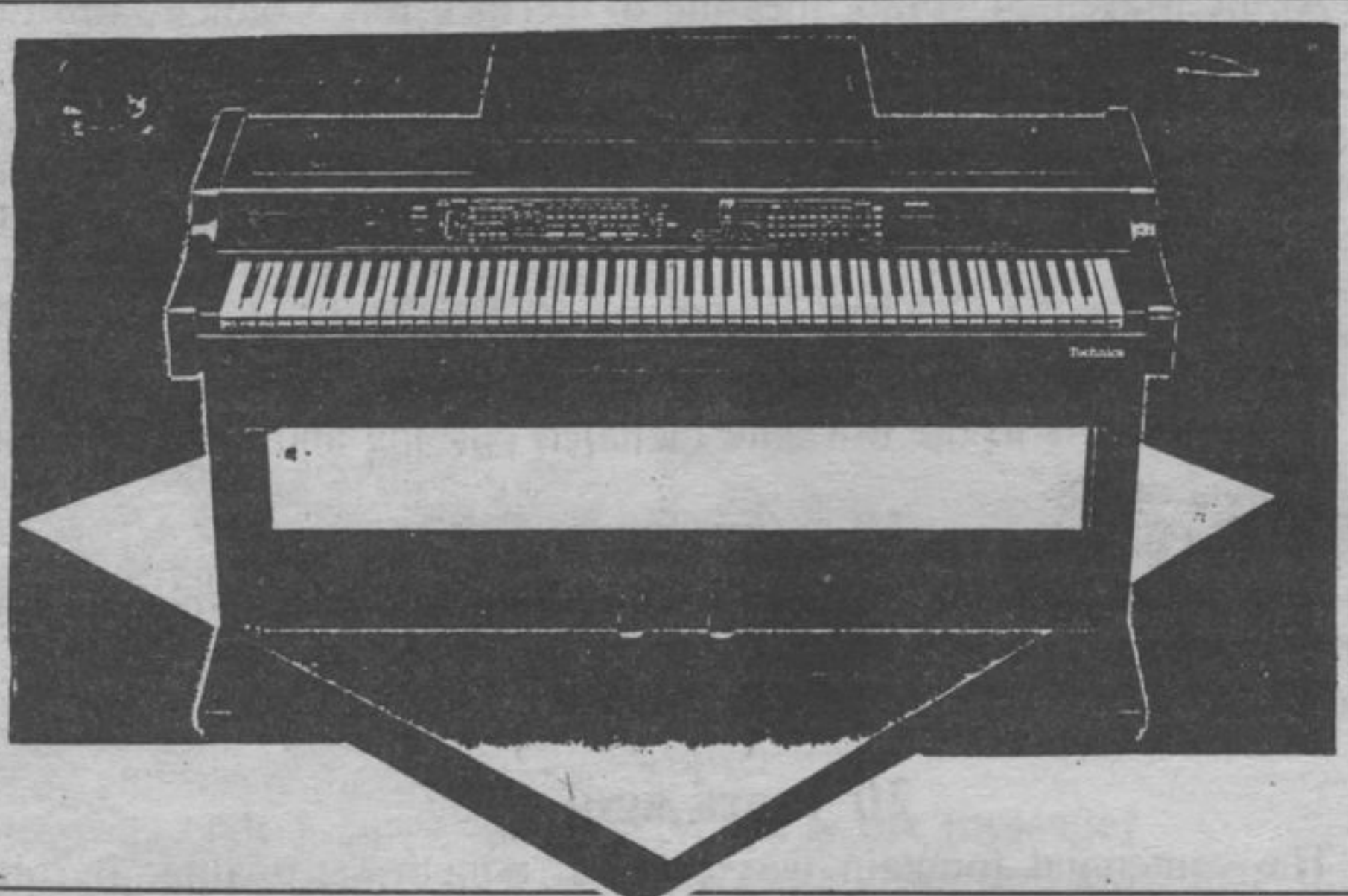
2. Policy Description:

To achieve the above objectives, the Municipality has established rules of conduct for participants in community recreation facilities and programs. When these rules are violated, the municipality will impose discipline in accordance with the following points of procedure.

- It is the responsibility of the Recreation Director to ensure that the rules of conduct are observed. Every incident of inappropriate behaviour will be reported to him.
- In addition to reporting such incidents to the Director those members of the Recreation Staff designated by the Director have the duty and the authority to expel any person or persons from any Recreation Facility or program until the matter can be dealt with by the Director.
- Upon becoming aware of an incident of inappropriate behaviour the Director may impose such disciplinary measures as he feels necessary to rectify the immediate situation. If suspension of any person's access to the facilities is imposed such suspension shall not be longer than two weeks.
- When the Director imposes disciplinary action as allowed in #3 he shall, as he deems appropriate:
 - Interview the offender and when appropriate the parents.
 - Notify User Group if discipline action is to affect individual participation in said program.
 - Maintain a record of all minor disciplinary action he issued for information of the Recreation Discipline Committee.
 - The Director shall submit a written report for all incidents of a severe nature that exceed disciplinary limitation as outlined in #3 to the Recreation Discipline Committee.
 - After receiving the incident report submitted by the Director the Recreation Discipline Committee may summon a meeting to review the incident. The Committee shall recommend to Council the disciplinary action for each incident. The recommendation shall be in the form of a committee report to Council of its findings and their recommendation in the matter.
 - The Council shall by resolution after reviewing the report of the Committee and such other evidence as it deems appropriate in the circumstance, finally decide the disposition of each case.
 - Any disciplinary measures imposed by the Director and/or extended by the Recreation Discipline Committee up to the date Council considers the report of the Committee, shall be valid and binding.
 - Any person affected by a decision of Council under Section #6 may appeal the decision of the Council to the Recreation Discipline Committee, who shall hear the appeal and make a recommendation to Council on its disposition.
 - Requirements of restitution for the cost of damage is mandatory.
 - The following are examples of disciplinary measures which may be applied as circumstance warrant:
 - Suspension of the offender's right of access to all or any part of the community recreation facilities.
 - Suspension of the offender's participation in community programs of recreation.
 - Requirement of community service work.
 - Recommendation to user groups that the offender be prohibited from or restricted in participation in their activities.
 - Restriction of the offender's time of use of community recreation facilities and programs.
 - Referral of the matter to the Police or the Courts.

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