



Winners:

Name? Jean Leshures.

Occupation? Canadian Figure Skating Association coach of 18 years.

What ages do you coach? From six to 16. That means I end up skating six days a week: Every morning as well as after school and Saturday mornings. I also coach Canskate and preschoolers as young as three for the Prince George Figure Skating Club.

How did you get into skating? I'm originally from Vancouver Island and when they built a new rink, I started out with an old pair of skates and took a real liking to it.

Who was your first coach? Sandra Willard of Victoria. She was recently in the news as Chris Collingwood's coach.

Do you have other sports? We love swimming in my family. After all that skating, anything that's warm and indoors is welcome.

photo by Lisa Murdoch



FITNOTES

CRY BABIES — Crying babies can break your heart as well as your sleeping patterns. And a baby with colic is especially trying, since the crying can continue for hours. It's a common condition. Anywhere from 10 to 20 per cent of newborns suffer from colic. The bad news is that no one knows for sure what causes it. The good news is that colic usually mysteriously disappears after three or four months. In the meantime, though, it can drive you mad.

Once your pediatrician has done all tests necessary to determine that your crying baby is not ill, it's time to take evasive action.

Here is some advice from Working Mother's magazine:

■ A small number of breast-feeding babies have shown improvement when their mothers stopped drinking cow's milk.

■ Pay close attention to your baby right after feeding and burp him often. It may also help to keep your baby upright during and after a feeding.

■ Know your limits. If you can no longer comfort your crying infant, try putting him in his crib for 15 or 20 minutes.

■ Keeping a diary that includes times and duration of crying can be helpful. Although it seems as if the baby is crying constantly, he probably isn't. Not only will keeping a diary alert you to this fact, it will help you gain a sense of control.

■ Most importantly, get out as often as possible. If necessary, ask your parents or a baby-sitter to take over for a night so you and your spouse can stay at a motel and get some sleep.

SMOKING AND COLIC — Breast-feeding mothers who smoke may be more likely to have infants with colic than non-smoking mothers, according to a letter in the Journal of the American Medical Association.

Researchers at the University of Oslo in Norway studied 885 mothers and found 40 per cent of the babies breast fed by smokers showed signs of colic, crying more than two to three hours a day, at least four days a week. This was

compared with 26 per cent for non-smokers' babies.

Other problems for smoking mothers: More smokers than nonsmokers reported that they had to stop breast-feeding early because of "too little milk." Further, nicotine found in breast milk in notable concentrations suggests that "other substances in tobacco probably are excreted in breast milk," the study said.

The authors conclude that breast-feeding mothers "should be advised not to smoke" or at least to reduce the number of cigarettes "to a minimum."

EGG ADVICE — Eggs that are stored uncovered in the refrigerator lose moisture and can absorb odors from other foods. Tufts University Diet & Nutrition Letter recommends that for optimal taste and freshness, store them in the cartons they come in and use within five weeks of purchase.

HANDY WORK — Can the laying on of hands have any effect on health? Researchers at State University and at University Hospital in Utrecht, the Netherlands, think the answer to this is "yes," according to Omni magazine. But the reason for it may have more to do with mind than with spirit.

The scientists divided 96 people suffering from hypertension into three groups. The first group underwent physical contact with psychics. The second group sat behind a curtain while psychics tried to lower blood pressure through thought projection. And the third group received no treatment at all.

At the end of 15 weeks, all three groups had significantly lowered their systolic and diastolic pressures. According to the researchers the overall fall was probably due to psychological factors or maybe even to the seasonal variability of blood pressure.

Their conclusion: "There is no substantial evidence for the paranormal effect."

(Kim Upton is editor of the Health & Fitness News Service.)

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