

News Bulletin

Good morning and welcome. In today's program: a new initiative of Burgos City Council to promote fitness and good health. Will they get us walking 30 minutes a day? Bullies and their accomplices, is it reaching epidemic proportions? We'll look at these issues and many more but first a round-up of local news.

The shortage of nursery places may come to a head if no proper action is taken. Waiting lists for some nurseries are over one year, particularly for the under-tuos. This is a common complaint from families in our region who see in it a major stumbling block for wanna-be mothers and the accomplishment of equality of access to employment. This is primarily a childcare issue, not a pre-school education concern, they claim. Apparently, one of the major obstacles in starting a new nursery for this age group is the absence of purpose-built facilities. A number of existing nursery and playgroup facilities are housed in accommodation which, although perfectly acceptable and safe, does not yet meet the highest quality standards that are now required in totally new facilities.

Burgos is leading the way in the region in amount of glass recycled. It is also outdoing most other cities in areas such as number of bottle banks per head of population, Segovia being a close second. It is estimated that every burgales contributed 17,98 kilos of glass containers to the total 297 tons collected last year.

There is a new book out entitled *Despistado, Acelerado e Inquieto. ¿Es Hiperactivo?* Written by the psychiatrist practitioner Jesús de la Gándara, among others. He looks at hyperactive children and the disruption that it brings about.

The new courthouse, recently relocated to Avenida de Reyes Católicos, is not fully operational yet, some sources claim. This modern and unpretentious building, which also houses purpose-built chambers for civil marriage ceremonies, still has apparently many areas on different floors with bare concrete walls. The courthouse was opened six months ago.

Path to Health

We said it at the beginning of the program. Burgos City Council in conjunction with the Regional Health Board have put forward a proposal of a kind that is bound to capture your mind. Rosa has been following it and joins us now with the details.

G The catch phrase chosen is *Andar en Salud*, which is meant to put to people this message: walking is not just fun, it may be the fast track to fitness and gorgeous health.

H I saw they have designed a cute mascot. A spiky-haired fellow, with a big smile, and most conspicuous of all, an enormous heart that looks like it is going to burst out of his chest any minute.

G That's *Andarín*, and again the point being made is that a regular programme of walking can do your heart good.

H What exactly is in the health-giving mix?

G It's a perfect combination of sightseeing and invigorating exercise. The Department of Sport and Recreation have designed six walk routes, starting off at different locations and running through different areas within Burgos.

H I heard the Councillor in news at eight this morning saying that the goal is to encourage all Burgaleses to get into the habit of taking regular exercise. He said specifically that we should all gradually build up to the recommended 30 minutes walking a day. That last bit sounded you know quite serious, as if it is not to be taken lightly. Are there any scientific grounds upon which this proposal is based?

G Apparently there are, Javier.

H and how are we supposed to squeeze 30 minutes' walking into our already tight schedules?

G The idea seems to be to try and incorporate walking into one's daily activities: walk to work, to meetings or the shops. And the list may be endless.

H Well they have a point there because we are fortunate to live in a city where everything is within walking distance. I wonder if this could work same wonders in ... Madrid for example.

G If you don't mind being late , yeah, it might work fine.

H And the benefits of physical activity are.....

G It keeps your heart strong, improves muscle strength, helps to manage your weight...

H and makes it not necessary to resort to drastic weight drops through torture in gyms...

G And above all, it makes feel good.

H Last but not least.... OK, so no more sedentary life. How about people with some serious chronic diseases such as heart disease, high blood pressure or osteoporosis who have been traditionally advised to take up some physical activity but one that does not put them at any risk.

G Those seem to fit in all right, Javier, apparently. You see, the routes proposal provides for a guide that will ensure nobody puts himself or herself at risk. He will make sure that everybody taking part and with a history of heart trouble has talked to a doctor, and will advise them to stop if they experience unusual symptoms, such as chest pain, dizziness or breathlessness.

H You said earlier on that these routes add some sightseeing to the healthy mix. Are those guides responsible for this too?

G They are. They will be pointing out sights and amenities to be seen as they stride on together with some brief comments about art or the historic relevance of this and that. The load of such information will vary and will obviously richer in those history-packed routes such as number one running through the old city quarter and out and around the University Campus.

H Will the length of those routes vary too?

G It does. This one, number one runs for 5.5 km. approximately and might take some 70 minutes.

H Who are they thinking of when they print those estimates? Does the guide set the pace that suits everybody?

G They are warned against those enthusiasm-driven walkers that would leave everybody else behind at the next turn. They are supposed to set the pace of the slowest walker.

H Very good. Off you go.

G Who me? Never in my life.

H You may regret it. Just in case our listeners do want to join in we'll give the website details to visit: www.aytoburgos.com

Anti-social Behaviour at Schools

Here is an e-mail that applauds the decision by the Department of Public Works to widen pavements at the expense of roads. Carlos says “I can only agree with that. I walk everywhere in Burgos. We all need to see smallish cities like ours as places to walk about and not drive through. It is our best strategic move to develop Burgos’ potential as a cultural and entertainment town with historic character. And I’m not the only one who praises these people for taking on these streetscape improvements.

Another one along the same lines “Narrower roads slow down traffic”. I guess that he means that that is on the plus side, but I wonder what motorists have to say to that. “I’m in favour of, he says, reducing the number of cars to a real minimum.”

Here is one concerned with the proposed underpass to be constructed under the roundabout at Plaza Logroño. “Will it ever come into existence?”, he asks himself apparently with some doubts in his mind.

We’ll read more later in the program. Now we’ll turn our attention to some shocking figures. Bullying incidents and anti-social behaviour at schools nationwide are on the rise and Burgos is no exception. Sociologists are sounding the alarm and predict that this wave of violence in schools will pick up intensity. Many are the explanations put forward but nobody suggests a single workable solution.

Here is with us today Fernando, a would-be teacher and a secondary school past-pupil himself.

H Good morning and welcome Fernando.

G Good morning and thanks for having me on the program.

H First, and being acutely aware of your level-headedness,

G That is an overstatement.

H I have always upheld the principle of always telling the truth and all that you know. Anyway, would you describe the situation as an epidemic of violence?

G I don’t think that is becoming so severe and widespread as to call it epidemic, but certainly it is very contagious and you know kids copy TV heroes and types of behaviour which are not , shall we say, exemplary.

H School disputes during breaks that would have limited themselves to some verbal abuse now end in fist fights, or even worse. Where is that aggressiveness coming from?

G As I said, they replicate violence in the media but they also display what you would call unrestrained natural violence.

H You mean that they get carried away because nobody has ever tried to stop them.

G That's right.

H Who would you point an accusing finger at?

G I don't want to play the blame game.

H Yeah that's very honest of you but we need to get down to specifics. We can go over classic culprits, and see how much blame they should take. A sheer decline in values.

G That one is the very bottom-line but as an argument it's very vague and woolly.

H The deterioration of the traditional family.

G Parents tend to be, sometimes unconsciously or unaware of the repercussions, more permissive. They give up their authority over their offspring because ...

H ... they are afraid to put them off.

G Maybe.

H As to bullying itself, or as I like to put it, terrorising others and making their lives miserable...

G That's more like it all right.

H Are there sitting ducks, if you like, boys and girls easier as a target?

G I know what you mean. There are. Shy, less sociable, boys and girls with conspicuous physical features. You know big ears, huge bellies and that kind of thing.

H As a precaution, would it be enough for parents to tell their kids to keep a distance from these guys?

G Unfortunately not, because once they choose their victim they are very persistent.

H School counselling professionals say it is very difficult for parents to find out. What is it? Bullied kids are ashamed to admit they are being bullied, is it?

G That's right. You'll have to be alert and look for signs that might give away the bullying.

H Such as

G Torn clothes, scratches, unwillingness to go to school, nightmares...

H It sounds really frightening. Now would you dare to be the only one that puts forward a workable solution to all this?

G I think that the answer has always been there but nobody dares to propose it because it is not politically correct.

H and

G Educating parents and providing teachers with tougher means of control.

H OK, Fernando, I hope that somebody somewhere will listen to you. Thanks, bye.

G Bye now.