

Accident!

Bad news

- ss** Hello Amy. How was your weekend?
- my** Oh hi, Jess. It was OK thanks. Have you just stepped out of the shower?
- ss** What do you mean? Oh, yeah, my wet hair! No, I've been for a swim.
- my** What? You swam, before school? What time did you get up?
- ss** I didn't have to get up much earlier than usual! The swim's instead of breakfast. I've been to the pool every morning since the middle of summer. It's very refreshing – it wakes you up.
- my** I'm impressed. It's not like you to be so energetic, or to go without a meal!
- ss** I need a little more exercise. Anyway, I'd better dash. See you at break, OK?



Amy



Our week starts really badly with the news about Mikey. Josie hears it first, and she's very upset indeed. We all are, of course. I hope he'll be OK.

Unlike in your country, the conditions for cyclists are not good in the UK, with too few cycle paths and very busy roads. Why is it different in the Netherlands? Is it safe for you to cycle to school?

Amy Yeah, bye! Hey, Josie, what's the matter?

Josie It's unbelievable!

Amy What is? You're as white as a sheet. Stop trembling and tell me what's wrong.

Josie I just got this text from a friend of mine who knows his sister. It's such a shock! I hope he's going to be all right.

Amy Josie, I don't know who or what you're talking about! What is it?

Josie It's Mikey. He had a really bad road accident last night! He was riding his bike and a car came round the corner far too fast and skidded and hit him.

Amy Oh no! That's awful!

Darren What's up with you two? What's she crying about?

Amy Shut up, Darren. Apparently Mikey was in a crash yesterday.

Spud Mike? What happened?

Darren Search me!

Amy He's injured. A car ran into him and knocked him off his bike.

Spud Wow, that is bad news!

Darren Yeah! Was there much damage to the bike? That mountain bike of his was new and really expensive.

Amy Never mind the stupid bike! What about poor Mikey? Didn't your friend ask Sharon how badly he was hurt?

Josie Look, I'm only repeating what she told me. They took him to hospital straight away but she didn't have much more information than that. I didn't get many details.

Spud What a nightmare. When did this happen? And where?

Josie I think it took place a few miles out of town, late last night. He was cycling off road when it started to rain so he was heading back on the Grindleford road. That's all I know.

Darren That's a dangerous stretch of road in autumn.

Amy But how is he now? I mean, did he break any bones? Is he conscious?

Josie I don't know. I don't even know if he's going to live or die ...

Road hog

Westgate teenager hurt

Drunk driver accused of dangerous driving

■ From our reporter, Sophie Miles

A road accident in the quiet village of Grindleford shocked the staff and pupils of Westgate College this week. Thirteen-year-old Michael Wilson, who is in Year 9 of the local secondary school, is still in hospital in Tolchester.

The accident happened on a country road between Grindleford and Tolchester late last Sunday. The teenager was returning home in heavy rain when a car hit him. He was cycling on a road with no street lighting, no pavements and no cycle lanes.

Police think that the motorist, Jez Hallam, 18, approached the bend where the accident happened at over 40 miles per hour. It is possible that his car drove over a little oil on the wet road, and then skidded over onto the other side of the road. The car hit Michael's mountain bike, then went into the ditch. Mr Hallam, who is a builder from Tolchester, got out unhurt. He called for the ambulance,

which rushed Michael to the Accident and Emergency Unit of the Tolchester Royal Infirmary. A hospital spokesperson told this newspaper that the teenager has got a broken leg, as well as back and head injuries. He is now conscious again, but only his parents are allowed to see him while he is in intensive care. Michael's other relatives and his school friends have to wait until he moves onto a general ward before visiting. The spokesperson added that the damage to his back could be serious.

The road was empty at the time, but witnesses saw Mr Hallam driving dangerously as he left Tolchester's most popular pub, The Ring of



Teenagers can drive from the age of 17 in the UK, but many people want that to change and become 18. Young drivers often drive too fast. Many also think it's OK to drink and drive, which is even more dangerous.

At what age can you learn to drive in your country? At what age can you drink alcohol? Or go to pubs? Do you think these age limits are OK or should they change? What punishment would be right for someone who drives a car after drinking too much alcohol and then causes an accident?



tells. The police arrived with the ambulance, and an officer gave Mr Hallam a breath test. This showed that the driver was drunk and was therefore driving illegally.

Family and friends are still in shock as they wait for news of Michael's condition. The editor of this newspaper has started a

campaign for safer cycling. There are too few cycle lanes and there is too little lighting on our country roads. Also, there are too many young drivers who think they can drive safely after drinking alcohol. This is not acceptable. The choice is ours. The people of Tolchester have to decide what we can do to improve this situation.

Early days

- Josie** Excuse me, are you a doctor? Could you tell me the way to Spicer Ward please?
- Man** I think you have to take the lift to floor E, then follow the signs.
- Josie** Thank you. Oh, sorry, er, do you know where the lift is?
- Man** Yes, of course, it's just down that corridor on the right.
- Josie** Thanks very much. I hated hospitals when I was little. I always thought they smelt funny. Floor E, did he say?
- Spud** Yes, that's it down there. You have to rub your hands with this sterilizing stuff first. It's to stop people bringing in germs. Now what?
- Nurse** Hello, can I help you?
- Josie** Is this ward yours?
- Nurse** Yes, I'm a nurse on this ward.
- Spud** We'd like to see our friend Mike Wilson please. They said we could visit him now.
- Nurse** Ah yes. See the third bed on the left? That's his. He's doing fine, you don't have to look so worried!
- Josie** There he is! Mikey! How are you?
- Mike** Spud, great to see you. Ouch, don't hug me, Josie, I've still got a few massive bruises!
- Spud** Wow, and that's a huge cast on your leg! I could draw a cartoon on it for you if you like.
- Mike** Sure, why not? So did you bring me anything nice?
- Josie** I thought you probably had too much chocolate, so I brought you a few apples.
- Mike** And some CDs, and what's this?
- Josie** Oh no, that's mine. These are for you.
- Mike** Mountain biking mags? Huh, thanks a lot!
- Spud** Yeah, that bike of yours was a complete write-off, I heard. So how are you, anyway?
- Mike** Not so bad. I'm one of the lucky ones. I met a guy called Tom who was seriously into extreme sports, and he had a crash on his BMX bike. He'll probably walk again but it'll take a lot of physiotherapy and a few more operations.
- Josie** And what about you, Mikey? Your mum told me about your X-rays.
- Mike** Well, they don't know yet, but the consultant's quite optimistic. Everyone's been very encouraging, but it is scary. I'll probably have to be in a wheelchair for a while, but there's very little they can do until the bones in my leg mend. Oh, don't start, Josie, it doesn't help.
- Josie** Sorry, Mikey, it's just that I hate seeing you like this. You even sound different!

Mike



One minute I was cycling home, the next minute – bang! I can't remember much more about it. Now here I am in a hospital bed with a broken leg. The nurses are very nice to me, and I'm allowed to get visitors now so it's not too boring.

The National Health Service (NHS) provides free medical care in the UK. Hospitals are very big, with dozens of different wards. Is health care free in your country? Have you ever been a hospital patient? Or visited a friend in hospital? What was it like?

oud

Hey, we have to stay positive, Josie. Don't cry, he'll be OK. We came here to cheer him up, remember? And what better way to start than with a few pens and a little artistic genius from yours truly ... and I think we'll start near your toes and work up.



Teenage drinking

Underage binge drinking is causing serious damage

- 1 **Inside Out** investigates the problem of underage drinking and discovers that in some cases, alcohol causes more problems amongst teenagers than any illegal drug.

- 6 **Drinking and driving offences are on the increase amongst young motorcyclists and car drivers. It now seems evident that teenagers even younger than 16 have serious drink problems.**

- 10 Doctors are worried about the increase in the number of young teenagers who are drinking heavily. The British Medical Association (BMA) published a report about it last year. 'Alcohol and Young People' suggested that not only was there a general rise in the proportion of 11 to 15-year-olds who drink alcohol regularly, but also that there is an increase in how much they are drinking.

- 15 Ecstasy, cocaine and heroin are some of the harmful substances that youngsters use today. But surprisingly, research has revealed that the thing causing the greatest problem is alcohol.

Starting early

'Alcohol is the drug that causes most problems. Our concern is that these young people are starting to drink at really early ages. We found one regular drinker who was seven,' says Tom Aldridge, author of the report.

- 20 A successful scheme in Chelmsford allows young people to talk about their problems in private. Parents are not informed about their child's drinking without the child's permission, or unless the child is at risk.



CASE STUDY: TERRI

25 Terri began drinking at the age of 12. When Terri's dad had a pint, she joined him with an alcopop. After the death of her dad, Terri began relying on alcohol more. As she was living with a friend rather than her mum, 30 there was no one to check her behaviour.

35 'I was doing two to three bottles of whisky a day ... When I woke up one morning and I had no drink in and my hands were shaking ... that's when I realized it was really bad,' says Terri.

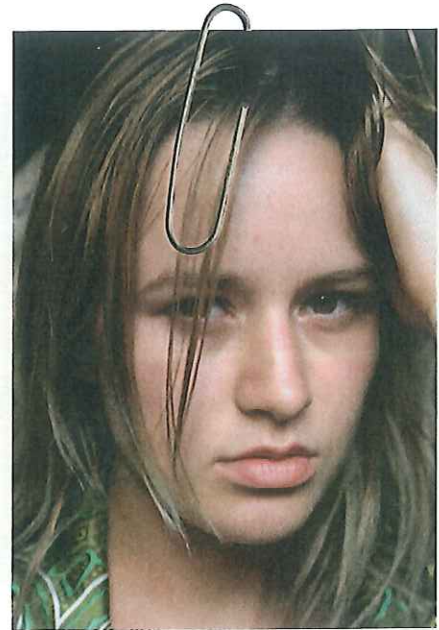
40 Terri has been talking with her counsellor Martin for two years. She still drinks occasionally, but she is getting back on her feet. Terri says this success is because Martin listens to her.

45 'When I first started talking to people, counsellors, psychiatrists, I didn't like them, they're too bossy ... but Martin is really nice,' says Terri. Martin visits the areas where kids hang out drinking. 'We just give them information and talk to them before they get too drunk,' says Martin.

No simple solution

50 Although these cases are extreme, they are not unusual. In a society where drinking is part of our social culture, it is a problem with no easy solution.

The Chelmsford scheme doesn't claim to have all the answers to our country's problem with alcohol. But it offers support to youngsters, and it's certainly a step in the right direction.





Health and fitness

A

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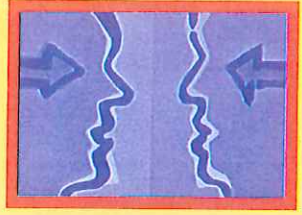


HOL ADVICE SERVICE

DO YOU KNOW WHEN TO SAY YOU'VE HAD ENOUGH TO DRINK?

B

The Alcohol Advice Service can help you to take a longer look at your drinking. It's friendly, confidential and will give you continuing support until you feel confident to go it alone. It is a free service.



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NHS

WELL SOON

WITHOUT ANTIBIOTICS

Soul surfer

The amazing story of the thirteen-year-old surfer girl who lost her arm in a shark attack but never lost her faith – and of her successful return to competitive surfing. A story of girl power and spiritual strength.

It came, literally, out of the blue.

I had no warning at all. The water was crystal clear and calm; it was more like swimming in a pool, rather than the deep ocean waters in Kauai, Hawaii, where I go almost every morning to surf with the other girls on the Hanalei girls' surf team. The waves were small, and I was just kind of rolling along with them, relaxing on my board with my left hand hanging in the cool water. I remember thinking, 'I hope the surf picks up soon ...,' when suddenly there was a flash of gray.

That's all it took: a split second. I felt a lot of pressure and something pulling sharply. I couldn't make out any of the details, but I knew that the huge jaws of a fifteen-foot tiger shark had my board and my left arm. Then I watched in shock as the water around me turned bright red. Somehow, I stayed calm and started to paddle toward the beach. My left arm was gone, along with a huge chunk of my red-white-and-blue surfboard ...

I didn't even scream.

People say to me, 'Weren't you terrified?' 'Didn't you think you would be eaten alive?' I guess that would be the normal reaction, but it wasn't mine. Maybe I was in shock; maybe I was on autopilot. I'm not really sure, but when I look back on it now, I'm glad

of one thing: I'm glad I never had more than a split second to realize that I was being attacked. If I had, I'm not sure I would have been so calm. I'm not sure I'd ever be able to go back in the water again ...

Next thing I knew, I was in the hospital. My mom stayed by my side the whole time. My dad went out to deal with visitors and the ever-growing number of reporters.

'I want to be the best surf photographer in the world,' I told my dad. That was my way of saying, 'Listen, I know my surfing days are over ...' He just nodded, 'I'm sure you will be,' and tried to smile. He knew what it meant as well.

But by Saturday I was feeling better; my mind was less foggy, and there were so many people coming to see me. My hospital room filled with balloons, toys and more flowers, I remember it smelled great. But I also remember seeing a lot of sad faces as people walked through the door – at least for the first minute or two. They wanted to see the same Bethany they had known before – and frankly, I looked pretty changed. So I quickly set them straight: I was the same person on the inside.

I put on a brave face for everyone, but I can't pretend it didn't get to me at times. I have this thought every second of my life: 'Why me?' Not necessarily in a negative way – like 'Why did this horrible thing have to happen to me?' But more 'Why did God choose me and what does He have in mind for me?'

Sunday came. We usually go to church on Sunday,



it not that day. Lots of visitors came in the afternoon, so church came to us. The whole youth group from the Kauai Christian Fellowship and the North Shore Community Church showed up, prayed for me, and sang a bunch of worship songs I knew.

For a while, I doubted that I would ever surf again. Everybody knows that it takes two arms to surf. I tried to tell myself, 'Hey, I'm OK with this. I mean, surfing isn't everything, right?' But even before I got out of the hospital, I was talking differently about the possibility of surfing again. My whole family stood behind me and tried to encourage me. I had about three to four weeks of healing and recovery before I could give surfing with one arm a try. The doctor ordered me to stay out of the water until everything healed up. I set a deadline for myself: Thanksgiving Day.

When the day came, I decided to ride a long board, because a short board makes a wave much harder to catch. My first couple of tries didn't work: I couldn't get up. I have to admit I was a little bit discouraged. I thought it was going to be easier than it was. My dad, who was in the water with me, kept shouting, 'Bethany, try it one more time. This one will be it!' I did. Then it happened. A wave rolled through, I caught it, put my hand on the board to push up and was standing! Of course, once I was on my feet, everything was easy.

I'm back in competitive surfing now, with one arm and my own surfing style, and I'm winning

too. Nowadays, everywhere I go people call my name or come up to me. I'm a celebrity of sorts, but I don't feel very comfortable with that. I could have kept quiet after the shark attack, and no one would be watching me on TV.

Sometimes you make a choice and you don't understand exactly everything that goes with it.

This choice is what happened when, sitting with my family and a few close friends at the beach house in Anahola, I decided that I would be willing to go on TV and tell my story. My mom was a little worried that the media exposure might be too much for me to handle, not just for me but for all of us. 'I'm OK with doing interviews if you guys think that God can use me,' I told her.

From *Soul surfer* by
Bethany Hamilton

