

Citizens get a taste of police life  
 COMMUNITY leaders and celebrities are being recruited to undergo special one-off police training, under a program to strengthen relations between the police and the community.  
 The Community Awareness of Policing Program is a global initiative, giving community leaders experience in the challenges faced by NSW Police officers and similar programs have been used by the FBI, New York and San Francisco Police Departments. These agencies have found that providing the community with insights into law enforcement techniques and how police operate lead to efficient investigations.

# Infrastructure launched

By MITCHELL NEEMS

THEY may not have been on, but the upgraded lighting facilities at Armidale Sportsground still managed to steal much of the spotlight at the launch of council's Nation Building projects.

Almost half a million dollars worth of new or refurbished infrastructure was celebrated at Monday's ceremony, which was officiated by Member for New England Tony Windsor.

The projects, funded by last year's \$495,000 cash injection from the Federal Government's Regional and Local Community Infrastructure Program (RLCIP), were officially opened in front of a crowd that included Member for Northern Tablelands Richard Torbay and Armidale Dumaresq Council Mayor Peter Ducat.

The RLCIP was part of the Federal Government's Nation Building Economic Stimulus plan, designed to encourage growth and economic activity through construction.

"To be eligible to receive funding, the nominated projects were required to be ready to proceed and thus able for construction to commence within the six month period following the signing of the funding agreement," Council's director of engineering and works, David Steller said.

"This has been a successful program with local tradespeople employed to complete the projects which will serve the community long into the future."

Mr Windsor praised the role the community played in the distribution of funds, saying 'fairness was the allocator, not politics'.

Cr Ducat echoed Mr Windsor's sentiments, thanking 'the Federal Government for making the funding available, and more importantly for giving the community the opportunity to select the projects and prioritise



Tony Windsor, Cr Peter Ducat and Richard Torbay admire the new lights at the Armidale Sportsground

how the money was spent'.

The site of the launch, Armidale Sportsground, was just one of seven locations where either construction or refurbishment was carried out under the program.

The lighting upgrade on the ground cost almost \$350,000, of which only \$90,000 was provided from the Nation Building program.

Steve McMillan, president of the Armidale Sports Council, who together with Armidale Dumaresq Council contributed the remaining funds to the project, said his organisation's 'number one priority for some time has been this sportsground'.

Mr Windsor applauded both the

Armidale Dumaresq and the Armidale Sports Council, as well as the wider community for their support of the upgrade.

"These things don't just happen and much of the credit should go to the community, not the government," he said.

Projects also funded by the program include; the refurbishment of Rologas Fields' female change room and referee room, the Curtis Park automatic toilet facility, a Monkton Aquatic Centre barbecue and shade structure, the Wicklow Fields toilet block, an Armidale Courthouse toilets refurbishment and an upgrade of Armidale Skatepark.

## Petrol Price Watch

Prices yesterday	Unleaded	Diesel
Shell Marsh St	\$1.29.9	\$1.29.9
Caltex North Hill	\$1.29.9	\$1.30.9
Caltex Miller St	\$1.29.9	\$1.29.9
Caltex Airport	\$1.29.9	\$1.30.9
Coffs Harbour average	\$1.27.5	\$1.29.7

## OURWEATHER

**TODAY:** Isolated showers. Isolated thunderstorms in the north. Light to moderate east to southeast winds. Minimum of 14 with a maximum of 26



IT WILL BE A GREAT DAY FOR

Buying your ticket to tonight's Tropicana Festival at 'The Stro'.

**TOMORROW:** Isolated showers. Isolated thunderstorms in the north. Light to moderate east to southeast winds. Minimum of 14 with a max of 26.

**FOR THE RECORD:** Scattered thunderstorms in the north. Showers in the southeast. Fine and mostly sunny. Minimum of 16 with a max of 26.



Health Information

## Eating for a long and healthy life

It is sometimes stated that we are what we eat. That's not to say a diet rich in root vegetables means there's a chance we might begin to look like a carrot (redheads have their hair colour genetically predetermined). However, there's no doubt what we consume both in quantity and quality directly affects our health and wellbeing. Interestingly, it's not only the colour of our hair and our eyes that is established before we're born; children have a genetic predisposition to prefer certain tastes (the fact that some children prefer meat pie and sauce to seafood risotto might, therefore, be blamed on what took the fancy of their grandparents!) Nevertheless, the main influence on a young child's eating behaviours and food choices are their parents and care-givers. We adults must set the example. We can help children to establish healthy eating habits that are carried into adulthood.

However, older children and adolescents are also subject to many other influences on their eating habits. These include peer pressure and, not surprisingly, television. Several studies have shown rates of overweight and obesity in children related to hours of TV viewing (a recent study has also shown increased death rates from all causes in adults watching more than four hours of TV daily - these deaths being apparently linked to lack of mobility). Obese children have a significantly higher risk of becoming obese adults with all the associated health risks. Soft drinks, vitamin drinks and energy drinks have all become fashionable. Consumption of such drinks is a fashion that should not be allowed to extend to children.

Up to the age of 12 months, breast milk, infant formulas and water are the only fluids recommended. From 12 months onwards, cows' milk is an important source of calcium, protein and some B group vitamins for children and adolescents; and the trend toward the greater consumption of soft drinks, instead of milk, is fraught with danger. Cola drinks seem to present particular problems.

In the United States, the consumption of cola beverages has been associated with bone fractures in physically active high school girls, possibly due to the high phosphoric acid content in cola drinks. In addition, caffeine increases the rate of elimination of calcium from the body. Similarly, energy drinks are considered unsuitable for children, mainly because of their caffeine content.

As with drinks, so with food; fashion and fad diets might be commonplace with adults, but have no place with young children. A child on a vegetarian diet is at risk of a number of nutrient deficiencies. So, such a diet for a child must be carefully planned; while a strict vegan diet is not recommended at all.

As well, there are a number of specific foods which are considered unsuitable for children under the age of five - foods such as nuts, lollies, popcorn and pieces of raw vegetables and raw apple.

Of course poor food choices can occur as we get older as well. It would seem most unlikely that anyone in Australia could be malnourished; and yet malnutrition among older people is quite common; and it's a condition that often goes unnoticed.

Elderly men seem to be more at risk than elderly women (men living alone are less likely to eat regular well-balanced meals), but some risk factors affect both men and women. Gastro-intestinal symptoms such as heartburn, indigestion, constipation, vomiting and diarrhoea might be obvious. Perhaps less obvious are conditions such as arthritis, difficulty in swallowing, poor fitting dentures, dry mouth, oral infections and medication side effects.

If you are caring for a child or may be an older person, and you'd like some nutrition advice, call into one of the 2000 pharmacies around Australia providing the Pharmaceutical Society's Self Care health information - they have a series of fact cards on nutrition. For the nearest location, go to the Pharmaceutical Society website at [www.psa.org.au](http://www.psa.org.au) and click on "Self Care Pharmacy Finder" or phone 1300 369 772.

**Hannon's**  
**Mountview Pharmacy**  
 Rockvale Road. Phone 6772 7557  
 Your Self-Care  
 Chemist in Armidale

# New group home for disabled

A GROUP home to be built in Armidale to house five young people with a disability is the first in a \$1.2 million program.

The initial development, in Dumaresq St, is being undertaken by Community Housing Limited (CHL) under the Young People In Residential Aged Care (YPIRAC) program, a national initiative administered by the Department of Ageing, Disability, and Home Care.

CHL, a national and international provider of affordable housing, purchased the site from private owner and the project is not part of the social housing projects that utilise old public housing sites in Dumaresq St.

It is, however, the first of a number of developments planned by CHL for Armidale.

Managing director Steve Bevington said the Dumaresq St project was 'a positive first step in a longer term relationship to build the level of affordable housing stock in the Armidale community'.

"CHL will receive \$1.2 million in YPIRAC funds to build the properties on land purchased in Armidale, with ongoing support provided by a local support agency," he said.

"While CHL will be managing the project, there will be subcontracting opportunities for local Armidale businesses."

The five bedroom purpose-built home in Dumaresq St will also have a support office on site.

The project is currently in the design phase and CHL is to submit the Development Application (DA) to

Armidale Dumaresq Council to go through the local planning approval processes that will provide opportunity for community consultation.

The Department of Ageing, Disability and Home Care will select the local support agency via a tendering process.

CHL has 15 years' experience in specialist tenancy management and has almost 2000 properties under management.

Mr Bevington said the company's properties are quality built, socially and environmentally sustainable, affordable homes with tenants selected who meet the eligibility criteria.

"In most cases our tenants have links to the local community which help them live closer to their families and local links," he said.

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