

Morven celebrates Australia Day

Exactly one month after Australia Day the community of Morven came together on Sunday 26th February to celebrate after the original event got washed out.

The Morven Progress Association organised the event and were very happy with the success of the day. Around 50 people came along and joined in the yabbie races which young Charlie Jukes and his family caught 40 yabbies for, the thong and dirty gumboot throwing and raffles. The raft race provided a great spectacle with spectators throwing eggs and cow dung at the rafts and laughing hysterically as some sank while others stayed afloat with grace and style.



Sitting on the winning raft was Lochie and Hamish Williams



Osca Jukes and Jett Pitt having a great time by the water



The raft races in the creek were a lot of fun

More Than Half the Nation Skips Breakfast

Despite our best intentions more than half the nation is regularly skipping breakfast, more than a third are eating breakfast on-the-run on weekdays and 38 per cent admit to skipping and settling for a coffee instead - according to a new study by Kraft Foods Australia, released today to coincide with the launch of belVita Breakfast, a new range of biscuits specially designed for breakfast. The Kraft Foods Aussie Breakfast Report researched the breakfast eating habits of Australians and reveals that despite 42% of Australians acknowledging that breakfast is the most important meal of the day, more than half (56%) are missing out on their morning meal at least once a week, and almost a third are skipping as many as three times per week.

For many Australians, as the report's findings suggest, breakfast is no longer the family occasion it once was, with increasingly rushed lifestyles meaning the prospect of enjoying breakfast at the kitchen table is no longer achievable for many time poor Aussies. The reports reveals a number of reasons why people sometimes skip breakfast, with the main ones being that they don't feel like eating first thing in the morning (65%), being disorganised (49%) and sleeping in (40% say this). A high number of Aussies also blame being crunched for time (36%).

Melanie McGrice, one of Australia's leading dietitians, said: "Many of us still attach great importance to the nostalgic ideal of sitting as a family around the table eating breakfast together, however our increasingly busy lifestyles are changing the way we eat breakfast.

"From a nutritional perspective it is important we start the day right by not just having something to eat, but having a filling and nutritionally complete breakfast which includes a serving of dairy, grains and fruit, she said.

DENTAL NEWS

A straight smile is a great smile. Part 2

In part 1 of this series we looked at the orthodontic services that Roma Dental Centre provides for you and your family. Today we are focusing more on what orthodontics really are and what is in it for you.

What is orthodontics?

Orthodontics is a field of dentistry that focuses on treating irregularities of teeth and faces. Treatment involves the design and use of corrective appliances (such as braces, plates and functional appliances) to bring teeth and jaws into proper alignment.

Why have orthodontics?

There are numerous benefits. Orthodontic treatment will:

- Create beautiful looking teeth and an attractive smile
- Enhance your self confidence
- Reduce the risk of tooth decay and gum disease by improving "cleanability"
- Decrease the risk of irregular or excessive tooth wear
- Help establish normal oral function related to chewing, breathing and speech
- Decrease the risk of dental trauma (accidental chipped,