Poetry 'star athletes' to tackle titles

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POETRY will again fill the town hall at this weekend's 10th Nimbin Performance Poetry World Cup.

And with poets travelling from as far as Western Australia, Victoria and Queensland, the Cup is quickly becoming a flagship event on the national performance poetry circuit.

Co-ordinator Gail Clarke said about 500 people were expected to attend the two-day slam, with a record 46 contestants signed up to perform.

"It's a chance for poets to share their passion with an audience," she said.

Ms Clarke said performance poetry had it over the mere written word because it was so engaging.

"They stand up and communicate and the audience is spellbound," she said.

"The poems are about things from the everyday to world events."

The Cup has been building each year, with this weekend's event expected to be the biggest yet.

Poets will compete in heats from 10am today. They will have eight minutes on stage to win over the audience and judges. Poets can use their time to perform one poem or a number of shorter pieces.

Tomorrow 19 finalists will compete in the semi-finals starting at midday to be one of the eight who will tussle for the Cup in the final.

Two judges will evaluate each performance, while the audience will vote for the people's choice award.

The final will be tomorrow at 7pm and entry is $15 for waged and $10 for unwaged. Entry to all other events is free.

Last year's winner was Doubting Thomas. The people's choice went to Zelly Opps with a poem about the human race.

WEIGHT LOSS: Doctor says machine is the answer to dreaded love handles



COOL HANDS: Dr Craig Layt with the CoolSculpting machine which freezes and kills fat cells.

Freeze-dry fat claim

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IT may sound too good to be true, but a weight loss treatment – that freezes and disposes of fat cells – may one day mean that muffin tops and love handles are a thing of the past.

The new treatment, touted as a non-invasive alternative to liposuction, has recently received approval from the Therapeutic Goods Administration and is available to patients on the Gold Coast.

Dr Craig Layt, a Gold Coast plastic surgeon and president of the Australasian Society of Aesthetic Plastic Surgery, says the treatment, known as CoolSculpting, was developed after Harvard researchers noticed fat cells were especially sensitive to the cold. "If you keep fat at a certain low temperature for a period of time, and apply pressure, it will kill off fat cells," said Dr Layt, who used the treatment on himself last week. "It's a drawing-like feeling that is slightly uncomfortable, but quickly becomes numb. It's similar to the feeling of having an ice-pack on an injury. "

A vacuum-type device is clamped to the target area and cooling plates chill the fat for an hour. The chilling permanently destroys the fat cells, which the body disposes of through the liver as it does with dietary fat. The fat cells are gone for good, but will return elsewhere if a patient over-eats or quits exercising.

> "It's ideally suited to a person in reasonable shape but who just can't shift that muffin-top
> Dr Craig Layt

"It's a spot procedure for localised fat deposits and is ideally suited to a person who is in reasonable shape but just can't shift that unwanted muffin-top or love handles," said Dr Layt.

People who are obese or trying to remove cellulite are better suited to other treatments.

A treatment starts at $800 for a small area, such as love-handles.

"Many patients will find that one or two treatments are enough and that results can be seen about two to three months after treatment," he said.

The treatment is cheaper than liposuction and does not require time off work.

The machine can be transported from the Gold Coast to Ballina, but Dr Layt will consider investing in a second machine for his Ballina clinic.

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Elder's death results in new NAIDOC date

LISMORE City Council has again postponed the date of this year's Lismore Community NAIDOC Celebrations planned for Heritage Park.

The council's community development officer Lee-Ann Emzin said the recent passing of a treasured elder from Cabbage Tree Island meant the scheduled August 9 date was no longer appropriate.

"As a mark of respect to the Aboriginal community, the council have made the decision to postpone the NAIDOC celebrations for another two weeks," Ms Emzin said.

She praised NAIDOC organisers and stallholders for their flexibility.

The Lismore community NAIDOC celebrations will now be held on Thursday, August 23 from 10am to 2pm.



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