

what's on

Bangalow / Byron Shire
Relay for Life
April 1 and 2, Bangalow Showground.

IF your idea of a good time is for you and ten friends to run around a showground track for 24 hours at a time, then the Relay for Life will suit you. Organisers are looking for teams to sign up for the big Cancer Council run. There'll be lots of entertainment for runners and prizes to be won. All the money goes toward research into cures for cancer.

More on: 0409 832 001



Ballina Bridal Fair
Ballina RSL Club, Sunday 12 March

NOW in it's fifth year, the Bridal Fair just keeps getting bigger. There'll be more than 80 exhibitors featuring anything to do with the big day. There'll be an outdoors program content this year for the first time, as well as live music and coffee. Men should probably just stay in the bar.

More on: 6686 2544

Bangalow Billy Cart Derby
Sunday 21 May, Bangalow Main Street.

GENTLEMEN, start your engines. Now is the time to start thinking about the sort of speedster you will need to clinch the title. The categories this year include homegrown, traditional, professional, novelty and, for the first time 5-7 year old, 8 - 11 year old, 12 - 15 year old

Olivia Newton John
Sydney Opera House, 14, 15 and 17 March

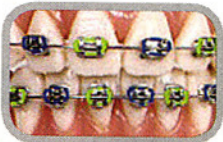
THE North Coast's own Australian first lady will only be doing three concerts in Australia this year. This week, she is doing one in New Zealand, then she's off to Japan for five concerts, before coming back to the Opera House.

More on: www.ticketmaster.com.au



The answer is COLOURED

If you are thinking about having braces to straighten your teeth but are worried about not looking fashionable or trendy, then think again. Now you can choose from a range of different coloured "o" rings (modules) that hold the wires onto your silver, gold or clear braces. For example, from pastels such as PINK, TEAL, BABY BLUE, SOFT GREEN, LAVENDER, ORANGE and LIVE GREEN to fluros such as RED, HOT PINK, GREEN and YELLOW to glow in the dark or GOLD and SILVER, even BLACK (popular with the boys). Colours can be changed every month at your usual adjustment by Dr Roger Peate, Specialist Orthodontist. So have some fun with colours and contact us on 0416 126 646 for all appointments and information about orthodontics.



Practices: Ballina, Alstonville, Lismore, Goonellabah, Mullumbimby & Banora Pt

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what's new



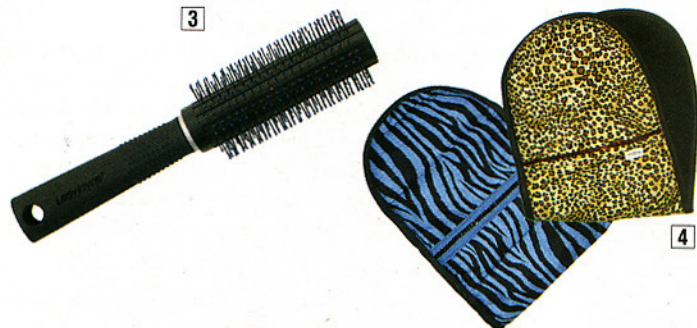
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1 *Collectables* by Ashanti – Soul Princess Ashanti's fantastic new CD, out now through Universal Music. *Collectables* features rare remixes, album tracks plus four new songs.

2 Spectacare, the Danish designed electronic glass polisher for glasses and sunglasses is now available in Australia. Pack includes batteries and polishing pads for RRP \$69.90. More at www.spectacare.com. Available from Optometrists or direct from Fielo Trading Co. (Burleigh), Phone (07) 5562 2902



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3 Lady Jayne has unveiled a fantastic new range of brushes which feature ergonomic handles and seamless design for a professional finish every time. Stockists: Kmart, Target, Big W and pharmacies. More at www.lady-jayne.com

4 Housewives, be desperate no more! Smitten is a new range of kitchen couture for the domestic goddess. Cute, sexy and chic – you'll want this gear whether you're whipping up a soufflé or reheating in style! More on 0403 899 118 or visit www.smitten.com.au



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5 Create a stylised look for windows and doors with Miracle Moods pole sets/ pole tracks/ finials and accessories for the home. Mix and match jewel colours and coordinate with any fabric. Enquiries: 0418 990 096 or email miraclemoods@optusnet.com.au

6 It's the Chinese Year of the Dog so adopt a Pawphan for your child and help support the RSPCA. There are many breeds available for adoption; Large Pawphan RRP \$24.99, Small Pawphan \$9.99. Available at leading department stores and toy stores such as Target, Kmart, Big W and Toys R Us.