

Pet doggedly persecuted by savages

By **BELINDA SCOTT**
belinda.scott@coffscostadvocate.com.au

ZEPHYR is too frightened to leave her owners for a minute. The little dog is the sole survivor of two savage dog attacks that have claimed the lives of three out of four dogs owned by Trevor and Liz Jamison within a month. All three were dearly-loved pets which had been part of the Korora Basin family for many years. Harry the cattle dog cross, Rosina the toy poodle and elderly three-legged Sally, the staffy; killed three weeks ago, all are believed to have died as the result of attacks by the same pair of dogs.

Those dogs have been described as a smaller dark coloured dog, believed to be a shar pei and a larger companion, with a light brown coat, about the size of a labrador, but with longer hair. The savagery of the attacks and the fact one of the Jamison's dogs was attacked and killed inside their house on Saturday night has caused widespread concern in the community. Liz Jamison arrived home about 8.30pm on Saturday to find Rosina dead in the hallway of her home. The dog had been disembowelled and its throat slashed and there were bloodstains through their house and even on the eider-

down on their bed. Harry the cattle dog cross was later found dead in the garden. Horrifyingly, while Mrs Jamison and a friend were cleaning up on Sunday, the pair of dogs believed to be responsible entered the house again, terrifying Mrs Jamison before they were chased away. "They were after Zephyr," Mr Jamison said. The Jamisons, who live on a small farm, no longer leave their dog alone and take her outside only on a lead. Police and Coffs Harbour City Council rangers are investigating the incidents and Trevor Jamison said both had been extremely helpful.



Petrified . . . Trevor Jamison with Zephyr, the only survivor of two savage attacks on the Jamison family's pet dogs within a month. PHOTO: BRUCE THOMAS



Survivors . . . Angie Walters and Lee Millard-Newton will take on a 55km paddle of the Ord River with the support of John Senes (centre). PHOTO: SUBMITTED

Hard day's journey for dragon paddlers

By **KUE DAVIS**

AFTER surviving breast cancer, there's really nothing that Coffs Coast locals Angie Walter and Lee Millard-Newton can't do. And now, they're out to prove it, as they head to Kununurra this weekend for a marathon 55km paddle on the Ord River in Western Australia. The single-day paddle is part of Dragons Abreast Dragonboat Club, and will see breast cancer survivors from around Australia and New Zealand participate. Angie, who is also regional representative for Dragons Abreast on the NSW North Coast, said it was going to be an arduous journey. "The one-day, 55km paddle will take us through some of the most spectacular scenery in the world - the mighty Kimberley!" she said. "It is no ordinary feat for strong, experienced and fit sportspeople, so for those post breast cancer to be tackling this paddle, it will be a

daunting and an extreme personal challenge." She said the event was a demonstration of how valuable the Dragons Abreast organisation is in empowering breast cancer survivors to lead full and active lives. "It challenges us all to stretch our horizons in a supportive and welcoming environment," she said. National Ambassador for Dragons Abreast and local Coffs Harbour hairdresser John Senes said Dragons Abreast doesn't get enough recognition for the work it does for local women. "Being a hairdressing salon owner I work mostly with women, so I believe that the awareness, inclusiveness and participation that Dragons Abreast promotes is fundamental to their ongoing journeys," he said. For more information about dragon boating on the Coffs Coast email coffscost@dragonsabreast.com.au or coffscostdragonboatclubine@hotmail.com.

Save a healthy \$851 on your grocery bill

EATING fresh fruit and vegetables is a convenient, cheaper and healthier option than eating fast foods, according to health experts. The Real Cost of Healthy Food report card, released recently as part of the 'Go for 2 & 5 campaign' shows preparing and eating healthy food is a cheaper as well as healthier option, with a healthy daily menu giving a saving of \$851 per person each year. Although many people think fast food is both convenient and good for your wallet, the report card showed despite a serious drought and recent floods, fruit, vegetables and other healthy foods were less than one-third the price of junk food alternatives. According to Jillian Adams from the North Coast Health Promotion, the current third phase of the 'Go for 2 and 5' campaign aims to dispel the myth that healthy food is costly.

"A lot of us tend to think that we live such a fast lifestyle where we cannot afford to eat healthily without spending too much money," she said. "We often resort to snacks and fast foods that tend to be higher in fat and sugar and contain fewer nutrients. When you combine this food habit with our inactive lifestyles, your body will pay the price." With half of our adults either overweight or obese and an increase in childhood obesity in recent years, it is important we keep our weight under control to avoid chronic disease, such as diabetes and heart disease. She said maintaining a healthy diet that included two serves of fruit and five serves of vegetables each day was an easy way to tackle the problem without blowing the family budget. The report card can be accessed online at www.gofor2and5.com.au

CATCH UP ON ALL THE FISHING IN TOMORROW'S ADVOCATE

WANT LONGER LASTING SEX?
Talk to the doctor at AMI about Nasal Delivery Technology
CALL NOW FOR A FREE CONSULTATION 1800 20 40 90

WESTPAC LIFE SAVER RESCUE HELICOPTER Invites you to the

STARGAZERS BALL

SATURDAY - JUNE 20 at the NOVOTEL PACIFIC BAY RESORT COFFS HARBOUR

DRESS Black tie or lounge suit
TIME 6.30pm pre dinner drinks
TICKETS \$130 per person

Enjoy a wonderful 3 COURSE MEAL (including beer & wine)
Dance to the band FUNKY MUSTARD

TO RESERVE YOUR TICKETS NOW, CONTACT JUNE SMYTH
6650 9893/0411 303 660 JUNE@HELIRESCUE.COM.AU

