

**NRL FOOTY TIPPING**

**Don't forget to get your footy tips in!**

**REGISTER NOW!**

Every point counts in the race to become Champion Tipster, so make sure you have picked your winners at [www.citysouthnews.com.au](http://www.citysouthnews.com.au)

If you haven't signed up simply visit the website, follow the instructions and you could be in the hunt for the \$100 weekly prize or the star prize of two tickets to the NRL Grand Final.

Good luck and good tipping!

City South News

ONLINE AFL COMPETITION

Want to take on the AFL? Then enter our exclusive online AFL tipping competition at [www.questnews.com.au](http://www.questnews.com.au)

**GET ONLINE**

For the latest online, visit [www.citysouthnews.com.au](http://www.citysouthnews.com.au)

# Kneecap pains

PATELLOFEMORAL pain syndrome is a common problem, particularly in people taking part in activities involving walking, running or cycling.

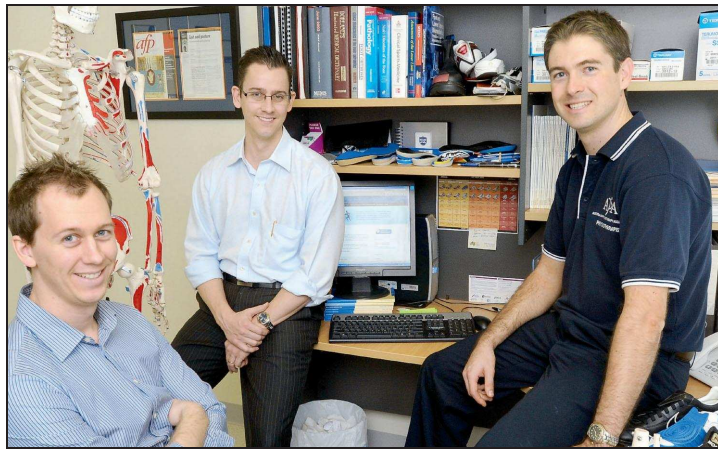
The pain may first be a dull ache around the front of the knee after exercise and will often come on sooner and linger longer as the condition worsens.

Along with the pain you may notice clicking, popping or grating sounds when you squat or walk up or down stairs.

While the pain is not severe for most people, the condition can hang around for years and can have a significant impact on your ability to exercise.

Many factors can play a role in the development of this condition. Fortunately, many of these can be modified and so the condition is quite treatable once the most likely culprits in your case are identified.

Potential treatments may include kneecap mobilisation,



**Feet first: Kent Sweeting, Ben Sweeting and Ben Ward will blog monthly in Healthy Performance.**

taping, orthotics, strengthening exercises for the quads and hip muscles, massage, lower limb stretches and advice regarding footwear and training.

Ice, analgesic medication and anti-inflammatories may also

assist by controlling the pain but are not cures in themselves. **Ben Ward**

Healthy Performance blog continues at [www.citysouthnews.com.au](http://www.citysouthnews.com.au).

## Trip of the lifetime to honour the first Anzacs

LINDA and Lindsay Basing have returned from a trip of a lifetime after winning the Lone Pine in 09 Trip to Gallipoli from the Yeronga Services Club and Yeronga Dutton Park RSL Sub-Branch.

They recorded their experience.

"We were surprised on how many young people were at

Anzac Cove for the service. Good to see the spirit of Anzac is still alive with the young ones.

"The ceremony was very moving and when the ode played it gave the cove a feeling of reverence and sadness."

Full story at [www.citysouthnews.com.au](http://www.citysouthnews.com.au).



Linda and Lindsay Basing.

## Cats are music to my ears

**NOW ONLINE**



**Married Without Children** with Katie Cliff

[citysouthnews.com.au](http://citysouthnews.com.au)

I HAVE to say it wasn't my first choice for a Saturday night out.

The prospect of wailing cats hissing in your ears for two hours doesn't really excite most people, but I scored a few free tickets so I thought I'd put them to use.

Yes, I dragged my husband along to the musical *Cats*.

It was a decision I felt good about until my expectations were shattered in the car on the way in, where I learned there's no real dialogue in the play and no storyline to follow.

But I was pleasantly surprised.

Blog continues at [www.citysouthnews.com.au](http://www.citysouthnews.com.au).

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Do YOU Suffer from Acute Exacerbations of CHRONIC BRONCHITIS?

Do you have a chesty cough that keeps returning?



Acute exacerbations can be really debilitating.

Medical specialists are currently seeking volunteers who suffer from acute exacerbations of chronic bronchitis.

If you're aged over 60 or above, smoke or you're an ex-smoker and have at least 2 exacerbations of chronic bronchitis in the last 12 months, you may be eligible to participate in a new study comparing different treatments to help alleviate the symptoms and reoccurrence.

Please call 1800 500499

Have your say

### Draft South East Queensland Climate Change Management Plan

Residents of South East Queensland are invited to have their say on the *Draft South East Queensland Climate Change Management Plan*.

The draft management plan contains proposed planning actions to help reduce the region's greenhouse gas emissions and make it more resilient to the impacts of climate change.

These 'draft actions' were developed following preliminary consultation with government and non-government stakeholders and investigations by state and local governments.

We would like you to tell us how you think these draft actions should be prioritised—and whether there are any additional actions that should be considered.

When finalised, the plan will be used to implement the climate change policies of the *South East Queensland Regional Plan 2009–2031*.

For more information on the *Draft South East Queensland Climate Change Management Plan*, including how to submit a response, go to [www.dip.qld.gov.au/climatechange](http://www.dip.qld.gov.au/climatechange) or telephone 1800 070 609.

The deadline for responses is 5pm on Friday 11 September 2009.

TMP Q066176

