

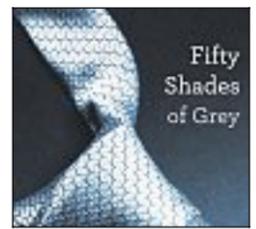
It's All About You Diva

Will book deliver baby boom?

ANOTHER day, another 50 Shades of Grey story. So what is the latest development being attributed to the popularity of E L James' sadomasochistic tale, now the fastest-selling paperback of all time?

Well, a baby boom allegedly. That's right, women up and down the United Kingdom are so turned on by the story of Christian Grey and his submissive, Anastasia Steele, that apparently everyone's at it like rabbits.

It's a wonder anyone's turning up to work at all. Ellis Cashmore, a professor of culture, media and sport at Staffordshire University, has predicted a spike in the number of newborns in Britain next year as a



Best selling book Fifty Shades of Grey.

result of the erotic book (and its two sequels).

"With the millions of copies it has sold, it makes complete sense to assume that in nine months' time we are going see a baby boom," he says. "It's not a difficult equation: more sex equals more pregnancies, which equals more babies."

—The Independent

Bubbly flows for good cause

By SARAH GREEN
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CHAMPAGNE and shoes – the perfect way to support charity.

Champagne lover and creator of Wearing Memories Kiron Barui hosted a "Bubbly Day" to raise funds for Childhood Cancer Support initiative – Clear Day – at the Downs Club last weekend.

She wore a bubbly dress and the dance floor was layered with bubble wrap set to dance the afternoon away.

Italian shoes were for sale with all proceeds going towards the charity and bubbly... lots of it.

Kiron's goal is to raise a year's supply of Clear Days for CSS.

Clear Day was set up by Toowoomba's Jo Capp and her friend Dannielle Powell whose sons were both diagnosed with types of childhood cancer. Jo's son Reid was diagnosed in May, 2007 with Ewing's Sarcoma – a rare form of bone cancer.

"During our time spent in Brisbane for Reid's treatment we stayed at Childhood Cancer Support in Herston," Jo said. "It was here that I realised that as a carer of a child with cancer I had lost some of my other identity and needed time out away from hospitals, medicines and Reid."

"I took 24 hours and the curtains lifted and I remembered all the other things I had in my life." Clear Day was born.

"Kiron's goal to raise a year's supply of Clear Days for CCS is spectacular and very generous," Jo said.

Kiron created Wearing Memories which is sterling silver designed jewellery to hold the champagne cap.

"Every time I pop a bottle of champagne I have the most amazing time and create another memory," Kiron said.

"I started to save the champagne caps and write the event and date on the reverse side. As I became more involved in the atmosphere of the event, I started to wear the champagne cage with the cap on my finger. I designed a ring to hold my champagne caps. Now every time I pop another bottle of champagne I write on the cap, place it in my ring and wear my memory as it unfolds."

For every 10 items sold the generous Toowoomba business owner will be donating a Clear Day valued at \$400. Her goal is to have a calendar of Clear Days.



WITH HEART: Kiron Barui (left) from Wearing Memories, Melanie Long and Jo Capp (right) organised a fundraising Bubbly Day for the Childhood Cancer Support initiative Clear Day at The Downs Club last Sunday. Clear Day was established by Jo and Dannielle Powell whose sons had been diagnosed with cancer.

SPARKLE

THE message of a "Bubbly Day" for Childhood Cancer Support's Clear Day was about the importance of taking care of you. New York columnist Cara Alwill Leyba joined the fundraising event at the Downs Club last Sunday via Skype to chat about this very topic and her first book Sparkle: The Girl's Guide to Living a Deliciously Dazzling, Wildly Effervescent, Kick-Ass Life.

As women we have become professional self critics, Cara told the Toowoomba gathering.

"We've become so convinced by society that we need to attain a level of perfection that just isn't real," she said.

"We're on a never-ending mission to change and it always winds up making us feel like crap. Instead, why not focus on all the fabulous qualities we already possess?"

Cara donated three signed copies of her new book for the Clear Day initiative. Sparkle is a self-help book with a twist: rather than encouraging women to change, the book encourages women to celebrate themselves exactly as they are – flaws and all. So raise your glass and toast yourself. Sparkle by Cara Alwill Leyba is available through the Amazon website.



It's being fit that matters

IT'S okay to be fat - so long as you are fit, according to a study. How many inches you measure round your waist may matter less than how often you visit the gym or play football.

Rising obesity is one of the world's greatest health challenges but it may be that fatness is the wrong target for concern and fitness is what really counts.

Researchers have found that up to half of people who are defined as "obese" are in fact fit and healthy and at no greater risk of becoming ill or dying prematurely than normal weight individuals.

The finding will reassure sportsmen and women who find themselves carrying a few extra pounds while maintaining a high level of performance on the field.

Brazil's soccer legend Ronaldo had a fondness for fast food and England cricketer Sir Ian Botham was known as Beefy.

Obesity is known to be linked to a range of chronic diseases.

—The Independent



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