

IN BRIEF

Tweed produce on Paul's menu

TELEVISION cook Paul Mecurio will whet the appetites of Australian viewers when his cooking show focussing on Tweed produce appears on Channel Seven early this year. The *Dancing With the Stars* judge visited top restaurants in the area including Roughies and Fins at Salt Village, and tasted some of the region's produce at Tropical Fruit World and Mavis's Kitchen near Mount Warning for the episode of *Mecurio's Menu*.

Centre seeks volunteers

THE Family Centre Volunteer Home Visiting Service is looking for members. Duties include supporting families in parenting roles, providing emotional and practical support and helping families to access communities services. Enquiries call Yvonne on (07) 5524 8711.

Teens get up to some new 'trix'

TWEED teens can become acrobats at a two-day workshop on Monday and Tuesday. The Extreme Teens Trix combines acrobatics with a variety of extreme sports like skating, wake boarding and fire twirling. The workshop runs from 10am to 2pm both days at the Murwillumbah Showgrounds. For bookings telephone (02) 6670 2262.

Cat owners put on a leash

IF YOU received a kitten for Christmas then Tweed Shire Council wants you be a responsible animal owner. Council is urging owners not to let the cat roam, ensure they wear a collar and bell, and get them desexed and registered.

From a simple business card to a book, John Hinwood's ... Spreading the word of miracles

BY PATRICK WILLIAMS

EXPECT a miracle.

It only takes these three words to turn life around according to Casuarina Beach chiropractor John Hinwood.

Dr Hinwood has released his book titled *You Can Expect a Miracle* in Australia after a successful launch in America last year.

The book was inspired by Dr Hinwood's fascination with the phrase which was presented to him while in a supply store in 1977.

Dr Hinwood was handed a white business card that only had the words 'Expect a Miracle' printed on it.

"I thought it was a good message that I wanted to put up in my practice. I thought if people didn't expect miracles they wouldn't regain their health," Dr Hinwood said yesterday.

He has since handed out more than 70,000 copies of the same card to clients, family, friends and strangers around the world and in the Tweed.

"I give them to everyone. The girl at the checkout counter, the man at the service station, everyone," Dr Hinwood said.

"It's not about getting anything from it, it's about helping people to get more out of life."

Dr Hinwood said his book comprises brief accounts of miracles from around the world written by himself and others.

"We have just got to open ourselves up to it," Dr Hinwood said.

"If you are not looking up for

it, you won't see them."

One tale featured in the book originates from the car park in Centro Tweed.

"My wife and I bought a big bunch of flowers for colleagues and a lovely old lady who parked next to us in the car park commented on how beautiful they were," Dr Hinwood said.

"Most women receive flowers like those when they marry or at their funeral when they're no longer around to enjoy them, so we gave them to her.

"Several weeks later my wife and the old lady bumped into each other in the supermarket at Centro Tweed and the old lady said the flowers changed her whole perception of strangers."

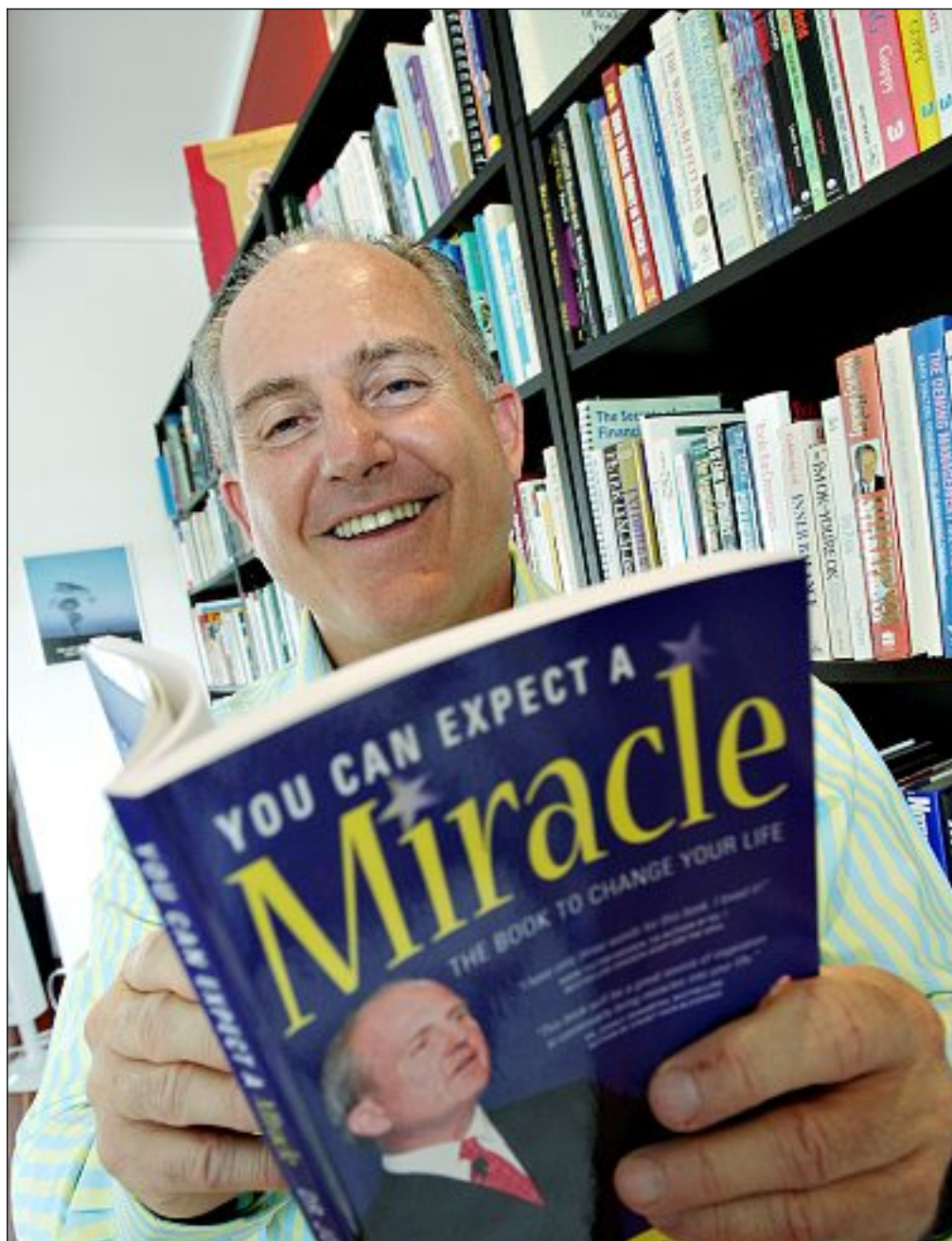
Dr Hinwood, who founded the company Expect A Miracle for the sole purpose of spreading the joy of miracles, said the business card has different effects on individuals.

"When you live in a state of joy and you understand that your life on this earth is about service to others, you can expect a miracle, then the universe continually showers you with miracles as you live your life in positive expectancy," he said.

Dr Hinwood said he was always looking for more evidence of everyday miracles and had established a website to help gather stories.

"I believe we have all had miracle experiences at some time in our lives, and I ask people to post at least one story on the website to enrich the lives of other," he said.

■ www.expect-a-miracle.net.



□ CASUARINA Beach chiropractor Dr John Hinwood takes a peak through his new book *You Can Expect a Miracle*. Photo: CRAIG SADLER

POSITIVE THINKERS

> **Stephen Convey:** Author of international best-selling book *The Seven Habits of Highly Effective People*. His remarkable sets of inspirational standards are for anyone who seeks to live a full, purposeful and good life.

> **Mark Hansen (pictured left):** Co-writer of the *Chicken Soup for the Soul* book series, which features short inspirational stories and motivational essays.

> **Mohandas Karamchand Gandhi:** Political and spiritual leader of India. His actions led India to independence and inspired movements for civil rights and freedom across the world.

> **Anthony Robbins (pictured right):** Author of self-help book *Unlimited Power: The New Science of Personal Achievement*. Robbins tackles subjects such as health and energy, overcoming fears, persuasive communication and enhancing relationships.



Course places still open at Southern Cross University

HOPEFUL university students still have time to achieve their higher education dreams this year, with places at Southern Cross University still available.

The university is offering places up until early February in a variety of degrees at its Tweed Heads campus.

Students can also take advantage of new courses in occupational therapy and education (early childhood), which are being offered for the first time.

A spokeswoman from

the university said it was the perfect opportunity to improve qualifications for better life and career options.

"People applying for any course should consider having a back-up to their first preference if they think they won't get into the course they want," the spokeswoman said.

"Mature-age students can sometimes be considered for advanced standing based on previous education and work experience."

Applications can be

made now through UAC or QTAC, or directly through the university for distance education and postgraduate study.

"Regardless of whether you are a school-leaver or not, the application process is the same," the university's spokeswoman said.

■ For more information about courses and how to apply, interested people should email enquiry@scu.edu.au or call 1800 626 481.

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