

# Cheers for the Mayhem

By Charlotte McBride

CHEERLEADING is making its way off the field and into a competitive arena of its own.

As a sport, cheerleading mixes gymnastics, dance and impressive stunts.

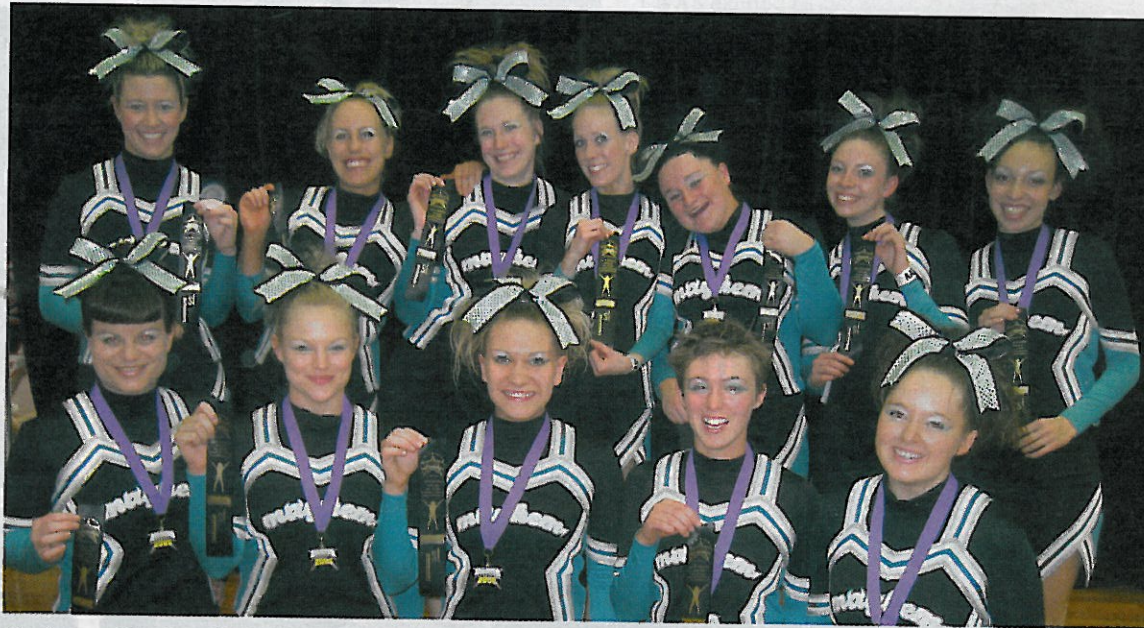
"It's everything for everybody... it's for every age and physique. It's just a lot of fun," says Canberra City Mayhem and Chaos coach Michaela Morgan.

Many of the nation's top cheerleading teams have been started in Canberra. Mayhem Cheerleaders is a new team based in Belconnen and already has a few titles under its belt including winning the the ACT State Pom Championships in Canberra in August.

Rebecca Dean, one of the members of Mayhem, says that cheerleading is becoming a sport in its own right.

"Cheerleading is huge in the US and is now becoming quite big in Australia, too. It's a lot of fun and teamwork is the key to a good performance."

This is true when considering the stunts that cheerleading



Canberra City Mayhem Cheerleaders... "The team helps each other as we go along."

features. There are a lot of jumps that would need a supporting team to be performed safely.

Despite the impressive stunts, Rebecca says that a beginner

does not need previous experience in gymnastics.

"We have wonderful coaches. The team helps each other as we go along."

Anyone interested in becoming a Mayhem cheerleader contact Michaela Morgan on [Kaylamorgan@hotmail.co.uk](mailto:Kaylamorgan@hotmail.co.uk).

# Beware, blue eyes

ADOPTING a healthy lifestyle, eating a healthy diet, avoiding processed foods, wearing sunglasses and not smoking can reduce the likelihood of developing age-related macular degeneration (AMD), the leading cause of vision loss in the world for people over 60 years of age according to eye expert Bob Wootten.

Wootten says individuals are most at risk of developing the condition if they have ever smoked or been in smoky environments, have a family history of AMD, have blue eyes, are female, are white or don't eat enough fruit and vegetables.

"Scientists and researchers from Harvard University and the US National Eye Institute have proved in clinical trials that only 6mg of lutein a day reduces the risk of AMD by 43 per cent," he said.

Herron has formulated a "vision enhance" capsule with 10mg of lutein, which is more than the daily requirement recommended.

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