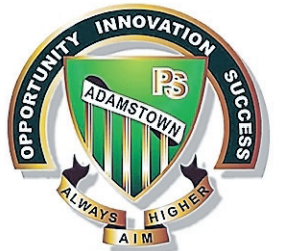


Primary entry #48: Adamstown Public School

The Adamstown Way



Which do you prefer?

Picture: Jack Cromarty, Rohan Cunningham

Shopping is now man vs the machine

By RIVVAH HEYWOOD, BELLA FIRLI and ZARA KELLY

WE are living in a machine-dependant age. The way we interact with the world is changing all the time. Gone are the days, when a trip to the grocery store involved chatting to the grocer. The introduction of self-serve checkouts has changed the way we shop today.

It is clear that these changes are saving companies money and customers time. However, there is a real cost to these 'improvements'. Companies are replacing human-operated checkouts with self-service checkouts – usually clustered in groups of six or eight machines. These machines are often manned by just one employee, in case a customer requires assistance. The cost saving motivates stores to replace human operated checkout systems with self-serve checkouts.

The impact this system has had on human interaction is significant. There are no conversations between a customer and a self-serve checkout. No 'Hello, how are you today?' or 'Please come again'. Are any advantages outweighing the cost of people having a local person maintain a job, or does the saving have more value than a friendly conversation? By making a decision to avoid the 'machine man' next time you shop, you can make a difference to your own life and the life of others.

Author celebrates 100

By KIRA SMITH, ANNIKA MALLOCH and HARRIE CLARKE-DAY

JUAN Mahony, a local policeman, published his second book to coincide with the 100 years centenary of Anzac. His book, *A Digger's View*, is a compilation of hand coloured photographs of World War One.

Mr Mahony visited Adamstown Public School to talk to the editorial team about the process involved in publishing his work.

How long did it take to produce the book?

Gathering the photographs was the easy task. Each photograph had to be scanned and individual pixels accurately coloured. The process took around five years.

How long did it take to colour the photos?

Each photograph took up to 17 hours. The colours had to be a correct representation of the uniforms and colour patches of the era. The colour patches signify what part of the army the soldier served in.

Where did you get the photos from?
I am a keen historian, I have always had an interest in World War One. For years, I have scoured eBay, garage sales and book shops to locate photographs.



Author Juan Mahony pictured with members of the Adamstown Public newspaper team.

Picture: Ella Hicks

Have you sold many books?

The book is in the second reprint: so yes, it has sold well. Recently two copies were sent to Buckingham Palace; one for Prince Charles and another for Prince Harry. Another book was sent to Latvia in

the Arctic Circle.

What part did you most enjoy?

The finished product and hearing that people enjoyed the book. I have had many letters and calls to say that relatives have found

ancestors in the book. That is rewarding in itself, to think that I can share their family history with them.

His book is available online at thediggersview.com.au/ as well as selected bookstores.

Scott Edgar has retrained as a personal trainer after losing his leg.

Picture: Imanee Burke



Fitness is embracing difference

By ASHTON EDGAR, GRACE DANSLOW and EBONNIE ARMSON

IN 2011 Scott Edgar had to have his left leg removed. He had been working as a chef, however following surgery he needed to review his career. Scott chose to retrain as a personal trainer and now works supporting people who have disabilities.

Mr Edgar is positive about

his life since the amputation and his new career.

He works at Genesis Maitland as a personal trainer. He sees around 90 clients a week running 60 tailored sessions to develop personal fitness for his clients.

Mr Edgar said that "every day is different and what I do from day to day depends on the specific needs of my clients."

Mr Edgar said that he

found his career rewarding and enjoyed his own training and the training he does with others.

When asked about the importance of what he does he said: "I know I can change a person's life and they can change mine."

Mr Edgar is the only amputee personal trainer in Australia and says that it is a job that he thoroughly enjoys.



Supporting the Good Stuff in our community

Because we are owned by our customers, we think it is important to support the communities that support us. That's why we invest over \$1.5 million each year in community programs to help families lead healthy, active and happy lives.

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