



For optimum health, try the Mediterranean way

There's method in your Medness with this plan

When Oldways, a dietary think tank (www.oldwayspt.org/med_diet.html), introduced the Mediterranean Diet Pyramid in 1993, extra-virgin olive oil, sun-dried tomatoes, feta cheese and Kalamata olives were hard to find.

Fifteen years later, the key ingredients are available in nearly every supermarket, and the Mediterranean eating style is widely recognized as the gold standard for optimum health, endorsed by the Harvard School of Public Health and the World Health Organization.

"The science coming out of the universities and research institutions continues to support its healthfulness. It's one of those things that have not been a fad," says Dun Gifford, founder and president of Oldways in Cambridge, Mass.

In the traditional diets of Greece, Crete and southern Italy, people typically consume olive oil as their princi-

pal fat, rounding out their diet with plenty of fruit, vegetables, legumes, fish, lean meats and low-fat dairy. Daily exercise and moderate red-wine consumption are also an important part of the lifestyle.

The Greek Salad whose recipe follows pays homage to the Mediterranean Diet, albeit with a slight modern twist: fat-free feta. Fat-free feta is a fairly new product showing up in many dairy cases alongside the blocks and crumbles of plain, reduced-fat and multiflavored versions. "It has the same taste, flavor and texture," Gifford says. "I don't think reduced-fat or fat-free feta is a bad thing; it's just a part of modern living." Skip the fat in the feta, and you have room to add a few more lovely ripe olives. Pepperoncini is a mild to medium-hot yellow-green pepper available at most supermarket salad bars. It's also found in the pickle and salad-dressing aisle.

Cyprus to charge five for worst airline disaster

Cypriot prosecutors said they would bring criminal charges against five people over a 2005 air crash which killed 121 people.

The Helios Airways Boeing 737-300 was travelling from Larnaca in Cyprus to Prague when it crashed just north of the Greek capital Athens on August 14 2005, killing everyone on board in Greece and Cyprus's worst air disaster.

"We have concluded that criminal prosecution is warranted against certain individuals who we believe bear responsibility for the crash," said Cyprus's chief prosecutor, Attorney-General Petros Clerides.

The aircraft was gliding on autopilot in Greek air space for two hours with most people on board unconscious before it ran out of fuel and crashed into a hillside. A flight attendant with a trainee pilot's licence had taken the controls and tried in vain to avert the disaster.

Clerides declined to specify the charges, which he said were still being drafted, or name the individuals concerned. "These concern serious, possibly the most serious offences of our criminal code."

An inquiry by Greek authorities published in October 2006 blamed the crash on a preflight check which failed to see that a gauge regulating oxygen to the aircraft was on the wrong setting, and pilots' failure to pick up on warnings the aircraft was running out of oxygen. It also cited deficiencies in the safety culture of the airline.



Helios, which was renamed after the disaster, has since shut down. Nearly all the victims were Cypriots, including many families with children. "We want everyone involved in this crime to be prosecuted. It's been three years, and this case should go to court," said Prodromos Prodromou, whose nephew Andreas had attempted to pilot the plane.

Two Greek F-16 fighter jets scrambled to intercept the aircraft saw a pilot slumped over the controls, and a second man wearing an oxygen.

The second man was the flight attendant who broke into the cockpit and briefly flew the aircraft. He was thought to be the only person conscious on board at the time of the crash.

Greeks win fishing contest in Alacati

A Greek citizen and his crew have caught the biggest fish at the 7800 International Offshore Fishing Tournament, taking home \$8,500 in prize money.

Christos Kamitsi and his crew, in the boat Eirini, caught a 40.8 kilogram tuna fish on Sunday to win the prize. Mahmut Özgener, chief of the Turkish Football Federation, or TFF, handed them the prize money and a fishing line worth \$3,000.

In the total category, I.skender Atakan and his crew finished first in the boat Camelia, with 84.2 kilograms of fish that they had caught.

Judges awarded Jason Susar, who competed for the second year in a row, a special prize like last year, for not catching any fish.

Scandal over Vatopedi: International Capital and Aristocracy, Mixed with Greek Politics

Over the past few weeks, Greece has been engrossed by an unfolding scandal involving a prominent monastery situated on isolated Mt Athos, the monastic community that makes up the third leg of the Halkidiki peninsula in northern Greece.

The monastery in question, Vatopedi, is possibly the richest and most prestigious and such institution on the "Holy Mountain," which clings to Byzantine edicts and rituals that were introduced more than 1,000 years ago. The Athonite monks thus preserve some of the world's most significant religious art and medieval manuscripts, in huge quantities built up in part by the generous endowments of Greek, Georgian, Bulgarian, Serbian, Romanian and Russian patrons in centuries past. The Vatopedi story involves numerous powerful actors and financial interests. Since the story erupted some

six weeks ago, a flood of information surpassing the ability of even the most attentive of readers has deluged the Greek media. Numerous media, and especially Alpha TV in Athens, have played a role in exposing the deals and creating a heavily politicized atmosphere around the case. Rather than exacerbate this proliferation of data, we will simply present a concise account here. As one of the largest and wealthiest Athonite monasteries, Vatopedi commands a certain power within the hierarchy of monasteries here, and in the Orthodox world in general (see also Vatopedi's official website). Also, being situated on the northeastern shore of the Athonite peninsula, near a sheltered harbor; it enjoys easy access by water, lying within close proximity to the nearest ports in the non-monastic portion of the peninsula.