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**Ο Όμιλος Κρητικής Παράδοσης βοηθά τα παιδιά μας για να δημιουργήσουν μέσα από πολύμορφες επικοινωνίες και συναντήσεις το ζεστό Κρητικό συντροφισμα στη ζωή, στη δράση και στη σκόλη, στη χαρά και τον πόνο, στο στοχασμό και τ' όνειρο, έτσι για να νοιώσουμε ξανά τον παλμό της αιωνόβιας Κρήτης να μας σμίγει και πάλι σε καινούριες αναζητήσεις.**

Ο Όμιλος Κρητικής Παράδοσης και φέτος συνεχίζει να προσφέρει τη δυνατότητα στα ελληνόπουλα της παροικίας μας να μάθουν τους περήφανους χορούς του τόπου μας. Τα μαθήματα εκμάθησης ελληνικών χορών δίδονται φέτος κάθε Πέμπτη βράδυ από τις 7.30 μ.μ. στο οίκημα της Κυπριακής Κοινότητας 58-76 Stanmore Road STANMORE. Τα μαθήματα είναι εντελώς δωρεάν, προσφορά του Ομίλου Κρητικής Παράδοσης, στα ελληνόπουλα του Σύνδνευ.

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## health

## People don't quit smoking even after a heart attack

Even a heart attack cannot stop smokers from smoking. Every third person who has had a heart attack, lights up a cigarette right after they get out of the hospital, even though they know they are putting their life in danger. Those who continue to smoke, increase the chances of getting a second heart attack in the next ten years. The results of this research were presented by the American Cardiology College and are based on a global research, which includes Greece.

According to the horrifying data of the World Health Organization, more than one billion people will die during the 21st century because of smoking. In danger are not only the ones who smoke a pack of cigarettes per day but also the ones who limit



themselves to 14 cigarettes or less. The alarming fact is that young people and those under 45 years of age are hospitalized because they are smokers. Imagine what the danger is for the ones who not only smoke but also have excess weight, diabetes, high blood pressure or high cholesterol!

Meanwhile, Greece is among the countries, which has the most smokers and

their number keeps increasing. Because of the ban of public smoking in July, many people go to see doctors in order to stop smoking.

One motif to stop smoking is that only few weeks after you stop you can see the effects. Blood pressure and the LDL bad cholesterol drop right away and the concentration of blood thickens, which helps for less blood-clots.

## Survey

## Greeks shop on Saturday

A survey done by Visa Europe showed some very interesting facts about the Greeks habits. Based on the research, Greeks prefer to go grocery shopping on Saturdays but depending on the age they go in different times: 40% of consumers between 25 and 34 years old prefer visiting the supermarkets in the afternoon and the older people – over 65, prefer to grocery shop in the morning.

The quietest time in the supermarkets is around noon, because 80% of Greeks prefer to buy food products in the afternoon. If you don't want to wait in line when you go shopping for clothes, then you should go in the late afternoon, because 80% of the surveyed said that they like shopping in the early afternoon. 47% of consumers prefer to do their grocery shopping from supermarkets and 45% from smaller neighborhood stores. The data from the cloth market is quite different. The malls usually dominate the market but the survey shows something else – 44% say that they prefer shopping from big stores and 29% buy their clothes from neighborhood stores. Only 23% of the surveyed prefer shopping in the malls.

Interesting is the social dimension of shopping – women prefer buying their clothes alone – 49%, or with a friend – 24%. Men are not the perfect company for shopping, because only 14% of women would choose to go shopping with a man. On the other hand, it seems that men trust the choice of their other half, because 42% of them believe that women are the best company when shopping for clothes.

In comparison to consumers in other European countries, Greeks prefer paying cash – 94% when grocery shopping and 87% when shopping for clothes. In Great Britain, consumers admit the safety advantages of shopping with a credit/debit card and this is why 60% of them do it and only 33% pay cash.



## NewsInGreece

## Greek man kills wife, himself at their home

A laborer strangled his wife and hanged himself in northern Greece on Tuesday after falling behind on home mortgage payments and receiving a foreclosure warning, police said. The man also tried to strangle his 9-year-old son at the family's home, but his 15-year-old daughter intervened and neighbors who heard the screaming alerted police who rushed to the scene in the village of Hortiatis, outside the northern Greek city of Thessaloniki, police said.

Both children survived and were to receive counseling from a state psychologist.

## Small plane carrying 2 missing off Greek island

ATHENS, Greece (AP) - Greek authorities say they are searching the sea off the western island of Zakynthos for a missing aircraft with two people on board. The Merchant Marine Ministry says the private plane is believed to have been carrying two Israeli nationals. It left Zakynthos on Tuesday evening for the nearby island of Corfu, some 300 miles (475 kilometers) northwest of Athens.