

It wasn't me driving, honest

Angela Liati, the woman convicted of lying to protect the disgraced former judge Marcus Einfeld, is fighting her own speeding offence in court. And proving that she learnt something from the experience, she is using what has become known as "the Einfeld defence". Liati was last month sentenced to 200 hours' community service for lying to police about who was behind the wheel when Einfeld's Lexus was caught by a speed camera in

Mosman in 2006. The former Federal Court judge was jailed in March for telling a court that the driver was not him, but a dead American academic, Teresa Brennan, in an attempt to avoid paying the \$77 fine.

Liati is challenging a parking fine and at least one of two speeding fines on the basis that "I was not the driver" according to court documents. She faces a \$231 fine after her car was caught by a speed camera on the

Eastern Distributor and a \$77 parking fine in Lavender Bay. Both offences occurred in 2006, the same year of Einfeld's offence. Liati, a former partner of the late multi-millionaire car dealer Peter Warren, provided Einfeld with an alibi, saying she was in the passenger seat while Brennan was driving. But the story fell apart after another Einfeld friend, Vivian Schenker, said she was in the car and Einfeld was driving at the time of the offence. Asked



who she had nominated as driving this time, Liati laughed, "no one who was dead at the time".

Article from The Sydney Morning Herald

Third LA Greek Film Festival

The LA Greek Film Festival is taking place for the third time and it will present its films to everybody in Hollywood. Premieres will have Small Crime by Christos Georgiou, and the festival will end with Guinness by Alexis Kadaras. In total, seven full-length films will be shown, eight short films and seven documentaries. 15 of them will be shown for the first time on the festival, which will take place between June 25th and 28th. Standing out in the program is the Greek-American director Penelope Spheeris (on the photo), whose is the famous movie Wayne's World.



The films, which will be screened on the festival and will fight for an Orpheus Award are Well Kept Secrets by Panos Karkanevatos, Goodnight Irene by Paolo Marino-Blanco from Portugal, Guinness by Alexis Kadaras, Run It by Evangelos and Georgios Giovanis from the US and Valse Sementale by Konstantina Voulgari. The documentaries are Bathers by Eva Stefani, Chameleon Beach by Adam Schmedes from Denmark, No Subtitles Necessary: Lazlo & Vilmos by James Kresantis from the US, On The Edge by Basil Doganis from Japan, ? for ?rouble and the self admiration society by Dimitris Atiridis, Themis by Marco Gastine, The Night Fernando Pessoa met Constantine Cavafy by Stelios Charalambopoulos.

The short films included in the festival are I am gay by Nikolas Kolovos, Instructions by Costas Yiallouridis, Mariza by Constantinos Krystalis, One Night Together by Eleftheria Astrinaki, Street Battle by Christos Kanakis, Syntagma na Christina Yoakimidi, The Grandfather by Nikia Chrissou from Cyprus, and We Call Her Daisy by Stefan Georgiou from Great Britain. Except for seeing the films, everyone can visit a one day seminar, which will deal with the subject of the Greek presence in international cinema productions. Part of this seminar will be Nia Vardalos (director of My Big Fat Greek Wedding) and the famous cameraman Fedon Papamihail (Lost Arcadia). This year, the LA Greek Film Festival will include in its program meetings with Hollywood professionals, which provides an opportunity for young directors to show their movies to famous producers and distributors.

Eat Like A Greek (And Drink Like One, Too)

It's easy to eat like a Greek in the summer. A drizzle of olive oil over ripe veggies, lightly grilled fish, glass of wine, maybe some fruit and you're done. Who needs Ben and Jerry?

But a new study from Greek researchers who are intent on teasing out the best of the best diet suggests that some parts of the Mediterranean cooking and eating style may be more important than others.

In their ongoing, multi-year survey of 23,000 Greek men and women, Harvard professor Dimitrios Trichopoulos and several colleagues were surprised to find that eating more fish, seafood and cereal, and limiting dairy seemed to have little influence on longevity. Instead, the diet's keys to long life seemed to be the extra olive oil, the lack of meat, and the moderate drinking of wine.

Now, this is only one study with a number of limitations (Chief among them: It's a survey that asked people to recount what they ate. Survey respondents sometimes forget and lie.) Nutrition science especially, tacks and jibes like a sailboat in a shifting wind. Overhauling your diet based on just one bit of research is never a good idea, the best scientists

will tell you.

Still, eating like a Greek -- or at least the way most Greeks used to -- seems sound, most nutrition researchers agree.

NPR's Joe Shapiro spent some time with Trichopoulos for a story in 2007, and talked to other scientists on Crete, too. As Shapiro notes,

One irony is that today, people in Crete have succumbed to the same bad eating as Americans: Fast-food, prepared food and eating on the run has led to high rates of obesity in children, even higher than among kids in the U.S. Trichopoulos has another line of research that Shapiro found at least as appealing as the Greek diet. A healthy lifestyle's crucial to long life, too, Trichopoulos says. Don't forget to nap.

Want to live a long time?

When you prepare dinner tonight, go heavy on the vegetables, skip the meat, and enjoy a bit of wine.

Past research already has linked the so-called Mediterranean diet with longevity. A new study finds that certain aspects of the diet -- such as high consumption of vegetables and olive oil, low consumption of meat, and moderate consumption of alcohol -- may be more strongly linked to longevity. Researchers looked at the Greek participants in the European Prospective Investigation into

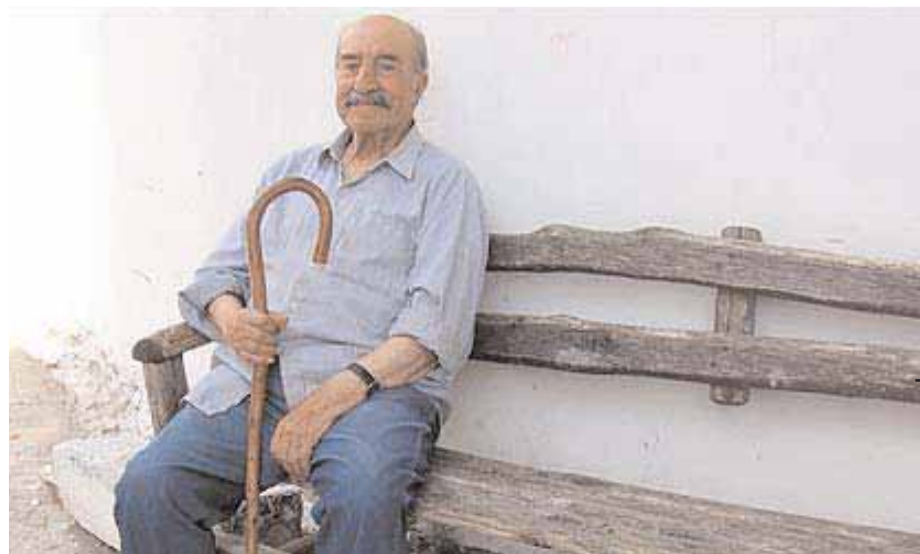


Sure he was the sun god, but what did he eat?

Cancer and Nutrition. This included 23,349 men and women not previously diagnosed with cancer, heart disease, or diabetes. Researchers examined their diets and followed them for 8.5 years, on average, until June 2008. All diets were rated according to how closely they adhered to a traditional Mediterranean diet.

During the study period, there were 652 deaths among 12,694 participants who had lower Mediterranean diet scores of 0-4 and 423 deaths among the 10,655 participants who had higher scores of at least 5. In general, those with higher scores were more likely to still be alive at the end of the study.

Certain aspects of the diet were more linked to this phenomenon than others. Contributors, in order of importance, were: moderate alcohol consumption, low consumption of meat and meat products, high vegetable consumption, high fruit and nut consumption, high monounsaturated to saturated fat ratio, and high legume consumption.



Michalis Fiorakis, age 101, comes out of his home in Avdou during the cooler evenings to greet people from this bench. After napping, he goes to the taverna to eat and drink with friends. He's known for singing as he walks up and down the streets.