

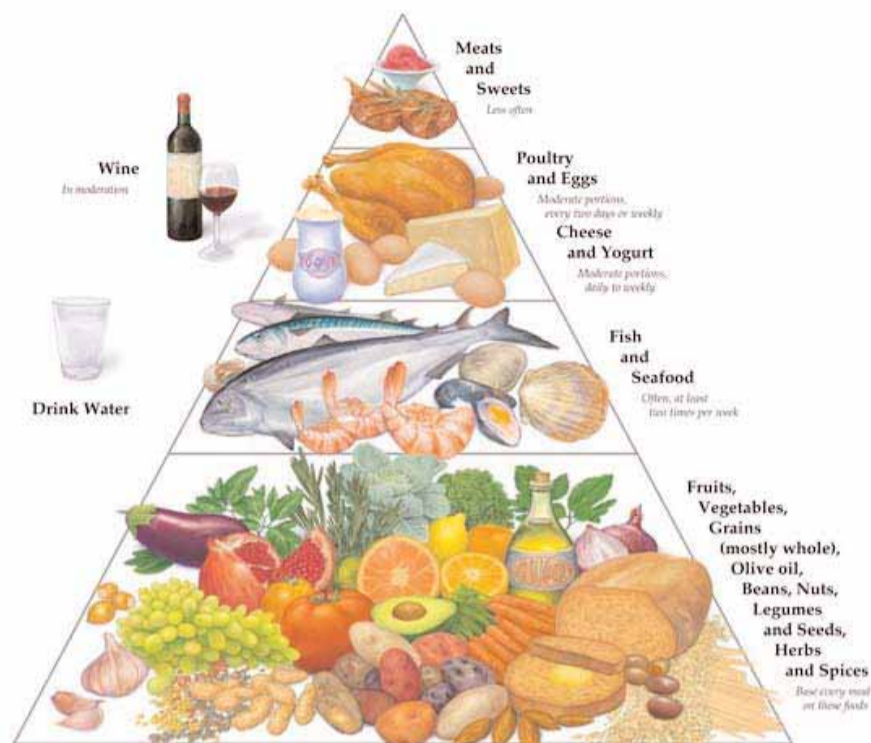
MEDITERRANEAN DIET 101: Eat like the Greeks

Have you heard the buzz about the Mediterranean diet? Study after study is showing that it's one of the healthiest diets out there.

Research in the *British Medical Journal* suggests that adopting a Mediterranean meal plan may lengthen your life... The more closely people adhered to a plan that focused on fruit, vegetables, legumes, grains, fish and olive oil, the lower their risk of death from a range of ailments.

Plus, dieters who ate plenty of unsaturated fats lost more weight than lowfat fans, a study in *The New England Journal of Medicine* shows. They also took in more fiber and had lower risk for diabetes than those on other eating regimens.

Is this all Greek to you? Check out this simple guide to eating like you're from Athens - the Mediterranean Diet Pyramid created by Oldways:



Play More, Stress Less

Adolescence is one of the most stressful periods in a person's life. Teenagers are coping with physical, emotional, social, mental and sexual changes. They may be experiencing problems with peers, family issues, school-related problems, or even sexual abuse or family or community violence. This National Stress Less Day, Wednesday 7 October, Marrickville Council will hold the first ever Stress Less Fest event for school students twelve years and older. The event aims to encourage youth to 'sign up, link in and get involved' - the theme for Mental Health Week 2009. Because recreation has been shown to be an effective way to prevent or manage depression and anxiety, the Stress Less Fest will give teenagers a chance to try out a whole range of activities like street art, hip hop dance, AFL, cricket, karate, drama, jewellery-making, badminton, soccer and more. Teenage participants will meet people from local sports clubs, activity groups and youth services in the local area. Stress Less Fest will run from 10am - 4pm on Wednesday 7 October at the Debbie and Abbey Borgia Community Recreation Centre in south Marrickville. Registration forms can be downloaded from www.marrickville.nsw.gov.au or contact Charlie Coorey on 9335 2222 to find out more.

Raptis resurrection begins

RAPTIS Group is manoeuvring for a comeback almost a year to the day after it collapsed. This week, the development company's corporate doctors will put forward a plan to quarantine the group's debt to allow shares to resume trading, documents have revealed.



This means Jim Raptis's listed empire, which crumbled under almost \$1 billion worth of debt, will once again be free to raise funds on the Australian Securities Exchange to kickstart future developments.

The proposal comes amid rumours Mr Raptis -- who built a large chunk of the high rises at Surfers Paradise and Broadbeach -- is on the prowl for acquisitions.

If the plan goes ahead, this will be the second time the Chevron Renaissance developer has survived financial devastation, having emerged from administration in the early 1990s. On Friday, administrators Brian Silvia and Andrew Cummins, of BRI Ferrier, will ask creditors, many of whom have suffered their own financial setbacks since the group's implosion last year, to vote on establishing a creditors trust.

Creditors trusts carry the debt of a company, leaving the corporate shell with no liabilities.

Unsecured creditors, mainly tradies and small businesses, are owed almost \$30 million. Already, the company is operating under a deed of company arrangement as its administrators continue to sell assets.

This would end if a trust were established.

The trust will include 35 million preference shares worth 1c each of which will be

sold or converted into ordinary shares at a later date.

This will dilute Mr Raptis's 62 per cent holding in the company.

If voters agree to go ahead with the trust which, according to a creditors' report obtained by *The Bulletin* will deliver a more promising outcome than liquidation, it will see Raptis Group emerge from the financial crisis wounded but not dead, unlike many other Gold Coast development companies.

Just over a year ago, a shortfall in equity led Capital Finance Australia to appoint receivers to Raptis Group's Southport Central Tower 3.

Capital Finance, owed \$200 million, appointed KordaMentha to oversee the completion of the third tower and the repayment of the \$21 million owed to unsecured creditors.

This triggered a default of all other loans to associated Raptis Group entities and, earlier this year, administrators to the parent group were called in.

The impact on the Gold Coast was widespread.

Work on the proposed Hilton development, which employed thousands of subcontractors, stalled for months until ANZ appointed Brookfield Multiplex to manage the completion of construction.

Mr Raptis could not be reached for comment yesterday.

Music, mementos museum on Lefkada



A Museum of Music and other Mementos operates in the old city of Lefkada, on the homonymous Ionian Sea island, housing rare objects collected over the past 30 years by Takis Katopodis.

Some 50 phonographs as well as, gramophones, old vinyl music records, gravures, postcards and old photographs, swords, knives and guns, laternas (a variant of the barrel piano very popular in Greece in the late 19th and early 20th century), old bank notes, local embroideries and tools, used in professions that do not exist anymore or are close to being extinct, together with many more small treasures, take the visitors on a journey to past times reflected in the Greek black and white movies of the 50s and 60s. The private museum was founded in 1990 and is the only one of its kind in Greece.