

Sections of Long Walls of Athens discovered

The Long Walls of Athens, constructed in the mid 5th century BC, connected the city-state of Athens with its port city of Piraeus. They were begun in 461 BC under Themistocles after his victory at Salamis, possibly by Cimon, and completed under Pericles in 457 BC, with the aim of making Athens an impregnable city and preventing its being cut off from its harbor and from the rest of the world when besieged by land. This ensured that Athens would never be cut off from supplies as long as it controlled the sea.

The two well-fortified Long Walls were 1 "stade" (160 me-



ters) apart, 6000 meters long and 20 meters high. There were three harbors at the port of Piraeus at the time, for grain

ships, merchant ships and warships, and ensured that Athens could receive supplies during the Peloponnesian Wars.

The Long Walls were destroyed by the Spartans in 404 BC after Athens was defeated in the First Peloponnesian War and surrendered to Sparta. Conon rebuilt them in 393 BC during the Corinthian War, but they were destroyed again by the Roman general Sulla in 86 BC. The two Long Walls, 40 "stadia" (7 kilometers) in length, ran parallel to each other, with a narrow passage between them.

There are three walls in all, with a third wall running from Athens to the Bay of Phalerum (Neo Faliro, today).

Initially, the western wall connected the southwest of Athens

with Piraeus, while the eastern wall ran from the south of Athens to the Bay of Phalerum, while a few years (445-443 BC) later a third and middle wall, known as the "third wall" or "southern wall", was erected near to and parallel with the western wall. The two walls to Piraeus (western and southern) are known as the Long Walls, while the eastern wall became known as the Phalerian Wall.

Substantial sections of the southern wall have been recently uncovered at Neo Faliro and adjacent Moschato, during ongoing upgrade works on the IS-AP train line.

It's a new world

MORE than 735,000 students are settling back into lessons at more than 2,210 schools across the state - including around 62,000 children attending kindergarten for the first time.

“This can be an anxious time, particularly for those parents who are sending their children to school for the first time,” Minister for Education and Training Verity Firth said.

“Dedicated staff will be on hand to answer any questions they may have about how they can best prepare for school.”

Canterbury Public School's 32 first time kindergarten students started school on Friday and principal Cheryl Robens said they have settled in already.

“We had an extensive transition program at the end of term four in 2009 and I think that was important to make new students feel comfortable with their new school and new teachers,” she said.

The school is very family orientated and Ms Robens said the connection between the school and community is of paramount importance.

“We're about community so we want to include our families, especially our new families, in the school community,” she said.

This year the school has big plans to expand their music program with the support of their newly formed music committee and apply a strong focus on numeracy.

To coincide with another school year, a hotline for parents is available.

Ms Firth said the NSW Government hotline



Glad to be back together after a long day apart mother and daughter Dimitra and Lily Pergamalis embrace.

- 1300 738 338 - offers information and advice about how to best prepare for the new school year.

“Other resources include a Time to Start School information booklet for parents of children starting Kindergarten, which is also available on the website,” Ms Firth said.

“It covers everything from what to pack for lunch to helping your child prepare for their first day in the classroom.”

For further information visit schools.nsw.edu.au

Article from the Valley Times

High blood pressure: the silent killer of the century

High blood pressure is often referred to as a ‘silent killer’ because most people don't feel any symptoms until it has caused considerable damage to their body. High blood pressure affects more than 2 million Australians and contributes to thousands of deaths every year. In the latest edition of MedicinesTalk, the National Prescribing Service (NPS) recommends people have their blood pressure checked regularly even if they feel healthy, aren't overweight and don't have a family history of high blood pressure. “High blood pressure, also known as hypertension, increases your chances of developing serious health problems like stroke, heart attack, dementia and kidney disease,” NPS CEO Dr Lynn Weekes said. “Given its silent nature, most people with high blood pressure don't feel sick, so they don't realise they have a problem. Usually the only way of knowing there is a problem is by having your blood pressure checked by a health professional.”

How often your blood pressure should be checked depends on your age and health. Blood pressure is considered high if it's greater than 140/90 mmHg (or 140 over 90). Your doctor may recommend starting medicines to help reduce blood pressure, depending on your overall risk of cardiovascular disease. If you have other health conditions such as heart disease, diabetes or kidney disease your doctor may recommend you start treatment at a lower level of blood pressure. For some people, lifestyle changes such as losing weight, reducing the amount of salt in their food, exercising regularly and quitting smoking are enough to reduce their blood pressure to normal levels. Others will need to take blood pressure medicines long term – usually for the rest of their lives – so it's important to know about side effects and which medicines can impact on the efficacy of the medicine and the importance of continuing with healthy lifestyle and low salt intake. “Even if you have no cause for concern, having your blood pressure checked is painless, quick and easy, and it might just save your life,” Dr Weekes said. For more information about blood pressure download the latest edition of MedicinesTalk at www.nps.org.au/consumers/publications/medicines_talk or contact 02 8217 8700.

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