



Oprah Winfrey ends Greek island vacation early after companion Stedman Graham's mother dies

Condolences to Stedman Graham. We hear that Oprah Winfrey's longtime companion, Winfrey herself and her best friend, Gayle King, were taking a private yacht tour of the Greek islands with friends when Graham learned that his mother, Mary Graham, had died at her home in Whitesboro, N.J., on Aug. 10.

A spokesman for Winfrey confirms that she attended Graham's funeral, which was held in Whitesboro on Saturday. A spokeswoman for Graham did not respond to a request for comment by deadline. "Millionaire Matchmaker" Patti Stanger announced to the Web via Twitter on Saturday that she may need to use her own services very soon: She's called off her engagement to 51-year-old real estate executive Andy Friedman after a six-year relationship.

Greek foods prevent skin cancer

Love basking in the sun, but scared of those harmful sunrays? Well, now there's a safer way to make fun in the sun safer — stick to a Mediterranean diet.

Dr. Niva Shapira of Tel Aviv University's School of Health Professions has shown that a diet rich in antioxidants and omega-3 fatty acids, like the diet eaten in Mediterranean regions where melanoma rates are extremely low, can help protect us from skin cancer.

The sun's rays damage both the skin and the immune system by penetrating the skin and causing photo-oxidation affecting both the cells themselves and the body's ability to repair any damage, she explained.

Her prescription is to 'go Greek' with foods such as olive oil, fish, yogurt and colorful fruits and vegetables to fight the oxidizing effect of the sun, as well as regular applications of sunscreen and appropriate body coverings such as hats, beach coverups, and other sportswear.

Previous research demonstrated that the sun's UV rays damage the skin by exciting its molecules and causing them to become oxidized, said Shapira.

"My theory was that if you prepared the body with sufficient and relevant antioxidants, damage could be reduced," she added.

For a study at the Baltic Sea, Dr. Shapira and Prof. Bodo Kuklinski of Rostock University organized two groups. One group was provided a drink

high in antioxidants, while the other enjoyed beverages such as sodas.

Those who hydrated with the antioxidant-rich drink had fifty percent fewer oxidation products (i.e. MDA) in their blood at the end of the two-week period, which included five to six hours of exposure to the sun daily.

Further studies proved that these antioxidants, especially carotenoids — fruit and vegetable pigments like red from tomatoes and watermelons and orange from carrots and pumpkins that accumulate in the skin where they serve as a first line of protection — had delayed the phenomenon of skin erythema, which indicates the initiation of tissue and DNA damage that can lead to skin cancer.

"In foods, many vitamins and various antioxidants and bioactive ingredients work to support one another and the body's natural protective mechanisms. Synergies between the nutrients in your food, which make a significant contribution to health, may contrast with the relative isolation of a vitamin supplement," said Shapira.

The study has been published in Nutrition Reviews.



Carrots, tomatoes, watermelon, olive oil, fish and even red wine boosts the skin's ability to repel harmful UV rays from the sun, experts say. The secret is in the rich antioxidants found in these colourful foods. It may also explain why skin cancer is lower among Mediterranean people than in northern Europe, the US and Australia — despite living in countries that see plenty of sunshine.

John Stavridis - A Commanding Position

Last month, Sydney's John Stavridis, 41, reached a big milestone for himself and Sydney's Greek community. He took command of HMAS Arunta, a warship in the front-line of Australia's naval defence.

With the rank of Commander in the Royal Australian Navy, John has had his eye on the Captain's chair for some time.

"I always wanted to join the Navy and, with a family history of naval service, it only seemed natural.

"Twenty three years ago my parents were very supportive of my career choice and I have never looked back."

CMDR Stavridis was born in Sydney, the son of Jordanis and Kaliopi who emigrated to Australia from the islands of Lemnos and Samos in the 1960s.

He joined the Navy in 1988 straight out of Sydney's Trinity Grammar School. He attended the Australian Defence Force Academy in Canberra for a university degree, and graduated with honours in 1991.



After navigation training he specialised as a maritime warfare officer and began to travel the world.

"I have been to a lot of places with the Navy; Asia, the Americas, the Pacific and the Middle East, although I am still waiting for the opportunity to take my ship to Europe — and one day hopefully Greece."

Commander Stavridis considers the Royal Australian Navy an employer of choice.

"I could not think a better

employer in Australia today," he said. "It is the range of job opportunities, adventure and travel, job security and world-class training that make this career so rewarding."

"To give an example the Navy has sponsored me

through two masters' degrees."

Commander Stavridis could be the first Australian of Greek heritage to command an Australian warship, but he is not sure.

"What I do know is that all

"What I do know is that all us Greek-Australians in the Navy today are serving with pride."

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"The Navy is very supportive and accepting of my cultural heritage and I personally hold close the Greek customs, language and traditions. My faith is also important to me and the Navy is also very supportive of that."

CMDR Stavridis has now moved to Perth, WA, where HMAS Arunta is based but his travels are continuing. He and his crew will be deploying to Darwin and South-East Asia in August to take part in multi-national naval exercises.

Article from the Australian Department of Defence

