

Junior Sports Star: Nicolette Kyriakou

SOCCKER talent Nicolette Kyriakou has proved a reliable defender on the pitch, displaying formidable skills in her role as a fullback.

The Kingsgrove resident has notched up many of her finest achievements this year, winning selection to represent NSW.

She was selected for the Project 22 under-13 state team. Last year she was part of a side which was a finalist in the under-13 girls soccer state titles.

The former Earlwood Wanderers player trains four times a week and competes regularly with the side.

In April, the Kingsgrove North High School student was picked for Football Federation Australia's National Junior Championships side, with her efforts contributing to the team's undefeated title.

"I was just setting up and defending," she said modestly.

Though she competes in netball and athletics, it is soccer that she names as

her favourite sport.

Kyriakou, who took up the sport as a six-year-old, joined the St George Saints club as an 11 year old and went on to play Premier League for the Sutherland Sharks under-12 girls side.

She also represented Sydney East in the state finals in 2008 and last year.

She was nominated for the Junior Sports Star Award by her school's sports co-ordinator Jason Rozario.

"I've seen great potential from an all-round sport side of things," he said.

"Not only is she fantastic at soccer, she also represented us in St George zoning in swimming."

Add to that cross country and athletics and you have one of the school's finest athletes.

- The 2010 Cumberland Courier Sports Star Award is sponsored by Rebel Sport. To nominate an athlete go to theexpress.com.au.

Article from *The Express*



Talented soccer player Nicolette Kyriakou.

Barwon Prison version of MasterChef slammed

SOME of the state's sickest criminals have battled for the title of Prison MasterChef inside Victoria's toughest jail.

The competition - inspired by the Channel 10 ratings juggernaut - has been held inside Barwon Prison's notorious Hoya protection wing, which houses the state's most depraved criminals.

Sex monster John Xydias, who filmed himself raping almost a dozen drugged women, boasted of winning a crate of treats after being crowned Australia's first Prison MasterChef last year.

His ex-girlfriend Josie, who cut ties with the sex fiend in May, slammed the competition. "It's like a boys' camp in there. It really is. I'm all for them learning how to cook, but this competition is just too much," she said.

"He's eating better in there than you and I."

Xydias, a former suburban chef who was an expert at preparing date-rape cocktails, was a hot favourite to take out this year's event, which was to start in June.

The Community and Public Sector Union, which represents prison guards, has backed the program.

CPSU spokesman Julian Kennelly



Prisoners prepare lunch at Barwon Prison. Picture: Alex Coppel Source: Herald Sun

said it was part of a hospitality course welcomed by staff.

Mr Kennelly said prisoners getting involved in constructive activities was better than them sitting around "making shivs" (makeshift knives).

"We're not fussed about it," Mr Kennelly said.

"The days of chaining prisoners upside-down by a concrete wall are gone."

Xydias boasted of beating a rogues gallery of the state's most hated villains in last year's criminal cook-off.

The unit houses fiends such as the Mornington monster John Sharpe, Bega schoolgirl killer Lindsay Beckett and cop killer Peter Allen Reid.

People Against Lenient Sentencing president Steve Medcraft said victims of crime would be disgusted.

"They're just making a mockery of the crimes that were committed against them," he said.

"These aren't petty criminals," he said.

"They're the most conniving, cunning and reviled low-lives of society and we've got the authorities bending over to help them make their lives a little bit easier."

A Corrections Victoria spokeswoman said: "Barwon Prison, like all other Victorian prisons, has a hospitality course to assist people to learn skills as part of rehabilitation programs, which help reduce crime and protect the community."

Xydias was said to be thrilled with the culinary title, which earned him a bounty of sugary treats. "He got a case of chocolates and stuff like that from the prison shop," Josie said.

"I don't know what won it for him, but it definitely wasn't a croquem-bouche."

- with Mark Butler



The Australian women choose Greece for IVF

According to Herald Sun, Greece is one of the most popular countries among the Australian women who want an In Vitro Fertilization (IVF).

The deficiency in sperm donors in Australia forces the women to visit other countries in order to have a baby. Such countries are Greece, South Africa, Spain and the USA.

The severe legislation in Australia that forbids donors to remain faceless and to be paid, results to their decrease. In contrast, in other countries the donors are paid and faceless.

Greece and South Africa are the most popular countries, because the cost of an IVF there is lower.

Corrections Victoria deny 'Prison Masterchef' incident

Corrections Victoria has issued a harsh rebuff following reports that convicted serial rapist John Xydias took part in a competition dubbed "Prison Masterchef". The story ran on The Age website on Tuesday morning, before it was corrected in the afternoon. "These reports are incorrect and Corrections Victoria is concerned about the impact this false impression could have on victims of crime," a Corrections Victoria spokesperson said. "Corrections Victoria only provides accredited TAFE courses run by TAFE facilitators, as part of programs to help reduce repeat crime which ultimately helps protect the community," she said. The spokesperson denied any prize had been awarded in the form of "chocolates for the prison shop", as reported in the Age article. Greek Australian John Xydias will serve a minimum of 20 years' jail before being eligible for parole.

(source: neos kosmos)

X-Factor: Open Call to Greek American Talent



Greek X-FACTOR judges arrive in New York to look for the next big star. The most successful talent show of Greek TV is back and looks for this year's big star! Special auditions for Greek-

Americans will take place for the first time in New York. All performers or vocal groups that have the x-factor have the privilege to participate in the Greek version of THE X-FACTOR 3 show!