

**A must read joke...**

**Daddy, how was I born?**

A little boy goes to his father and asks "Daddy, how was I born?"

The father answers: "Well son, I guess one day you will need to find out anyway!"

Your Mom and I first got together in a chat room on Yahoo.

Then I set up a date via e-mail with your Mom and we met at a cyber-cafe.

We sneaked into a secluded room, where your mother agreed to a download from my hard drive.

As soon as I was ready to upload, we discovered that neither one of us had used a firewall, and since it was too late to hit the delete button, nine months later a little Pop-Up appeared that said: You got Male!!!



**September star sign**

TOP 10 REASONS YOU ARE A VIRGO!

10. Give the best critical reviews.
9. Your Motto: Get real, already!
8. So neat and clean.
7. Will do the worrying for you.
6. Keep our standards high.
5. Great comedic timing.
4. Support the Maalax Company.
3. So good at hiding emotions.
2. Model for excessive-compulsive ads.

AND THE #1 REASON YOU ARE A VIRGO IS YOU WERE BORN UNDER THE SIGN OF THE VIRGIN!

**VIRGO**

**Metal:** Quicksilver. Also, silver and tin jointly ruled by Mercury and Moon.

**Herbs for Health:** Fennel, cooked and in salads, savoury as a spice, valerian as a relaxing tea.

**Foods for Health:** Endive, cress, beetroot, figs, strawberries and almonds.

**Flowers:** Field flowers, cornflowers and lilies.

**Scents:** White rose and heliotrope

**VIRGO**

The Virgin...August 23 to September 22

Virgo your element is Earth and your quality is mutable. You are the most mentally oriented Earth sign, ruled by messenger Mercury. The Earth element means you are a sensate type, motivated by practical goals.

As the mutable Earth sign, you are able to juggle many different facts and details at once and usually manage them all. Able to shift and change readily, 'mutability' is the basis of your management skills. Virgo can be most neat and organised or chaotic and messy, but there will always be some corner of your home, which shows your obsession with order. You are most happy when able to serve your ambitions and the people you love, but also able to keep time for yourself in your busy schedule. Sixth sign of the zodiac, your key phrase is "I analyse".



**MIND STRETCHERS**

8			5					
	5	9	4	7	3			1
1	4	2				9	7	
			9		8			4
9		4		3		5		8
3			1		2			
		6	2			8	7	3
2			7	8	4	9	5	
					6			2

		2	9	3				
8	1				6			
			1			3	4	8
2	7						3	
1						8	9	
6	4	5			1			
			5			7	6	
				6	9	2		



**TRAVEL**

**Greek islands are 'enchanting'**

The islands of Greece have been described as "magical" by one enthusiastic traveller who spent time exploring the sights.

A offers people the chance to relax and unwind in picturesque surroundings, Leon Logothetis wrote for the Huffington Post.

"The islands are still a magical destination, a place where you can escape, forget your worries and re-energise yourself in a setting fresh out of a Hollywood movie," he enthused.

Mr Logothetis recounted a recent vacation on the isles, which he referred to as the "jewel" in Greece's crown.

The diversity in cuisine, nightlife and scenery are enough to in-



trigue holidaymakers and encourage them to return time and again to the country, he claimed.

In a recent article for the London Evening Standard, Sarah Sands concluded that following a break in Corfu, the island has a feeling of security and a seeming lack of crime, which adds to the beauty of the destination.

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**RECIPES**

**Baked Macaroni** (*Makaronia Sto Fourni*)

**INGREDIENTS**

1 lb. Macaroni 1/4 cup butter 1 1/2 cups (Kefalotiri and Gruyere) Grated cheese A portion of bechamel sauce



**METHOD**

Boil the macaroni in 4 quarts of boiling salted water. Drain well and return to the pan.

Prepare the bechamel sauce as the instructions describe.

In a greased casserole (youvetsi) put the macaroni in layers with one cup of the cheese. Pour over sauce. Sprinkle with remaining cheese and bake in a hot oven for 30 minutes.

