

How to eat like a Greek

Many doctors and dietitians recommend a "Mediterranean diet" for its heart-healthy benefits. Here's what that means:

Eat whole foods, not processed. That means plenty of fresh fruits and vegetables and items in their original form — low-fat cheese instead of cheese dip, for example. Limit sweets, especially packaged ones.

Don't make meat a main course. Meat should fill just a quarter of your plate. The other quarter should be whole grains — such as whole-wheat bread, pasta or rice — and the remaining half should be fruits and vegetables. Aim for seven to 10 servings of produce daily.

Limit red meat. Have it just a few times a month. Get your protein from healthy non-meat sources: fish, beans, lentils, chickpeas, seeds and nuts (just watch serving sizes, as nuts in particular are high in calories). Grill fish or saute it in a small amount of canola oil.

Drink a little red wine. Have a glass a day for the antioxidants and protection against blood clots. If you don't like alcohol or can't drink it, you can substitute purple grape juice.

Replace butter with healthy oils. Use olive or canola oil in recipes and dip bread in olive oil instead of using butter. Many people also enjoy hummus (mashed chickpeas) or tahini (blended sesame seeds) as a dip or spread.



Cut back on salt. Use herbs and spices such as cilantro, dill, basil and mint to flavor food instead.

Go to low-fat dairy. Avoid whole milk and full-fat yogurts and cheese.

Enjoy your food. Slow down to eat, preferably with family and friends. Remember that your stomach needs about 20 minutes to register fullness.

Live healthfully. Drink plenty of water, exercise and get enough sleep.

Article from Seattle Times



Film review

Tomorrow When the War Began

John Marsden has written a Tomorrow series of books (1993-1999) as well as a series about his central character, Ellie, The Ellie Chronicles (2003-2006).

And this seems to have paid off as the opening week in Australia saw box-office of over \$4 million. The readers must have wanted to see how the film turned out, and don't seem to have been disappointed.

It's very much an older teenage movie as it opens. In the country town of Wirrawee (filmed in the Hunter Valley with excursions into the Blue Mountains), some of the high schoolers want to go camping during the show weekend. They spend some time organising seven for the trip. For the boys, there is one of **Greek descent, another Asian**. The girls are much of a muchness, although one is wealthy and pampered, another is devoutly religious. One is in a relationship with the third boy. The leader is Ellie (Caitlin Stacey, convincing). While on their trip, they chatter and banter, with some touches of the hormones, and the visual style is often that of television commercials for this age audience. No problems in the target audience identifying with the characters. We know that there is a war as the film opens with Ellie speaking to camera and narrating what has happened. What has happened is an invasion from a neighbouring Asian country, the adults rounded up and patrols moving around the town as well as planes flying overhead and helicopter surveillance. The film improves when they discover the war. At least, it moves from a teenage movie popular at the multiplex to a more complex and interesting story of a group of young people, inexperienced but using some savvy, worried by the dilemmas they have to face - Peter Malone, Australian Catholic Office for Film & Broadcasting. Starring Caitlin Stacey, Rachel Hurd-Wood and Lincoln Lewis. Directed by Stuart Beattie. 103 minutes. Rated M (M (violence, drug use and coarse language).

Article from cathnews

LOVE GREEK SHOWBIZ & ENTERTAINMENT NEWS THIS WEEK ON UBI WORLD TV

Love seeing famous stars and popular celebrities? Love catching up with the latest and the juiciest entertainment news?

If you love Greek showbiz, you'll love the hottest news and gossip from the world of Greek entertainment in the all-new season of your favourite shows this week on Alter Globe, exclusively on UBI World TV, the leading provider of the best TV and radio channels from Greece and Cyprus.

That's Life Summer

There's a brand new show on Alter that's sure to satisfy your cravings for showbiz and celebrity gossip!

As sizzling as the Greek summer, That's Life raises the temperature with spicy intrigue, hot tell-all banter and explosive revelations!

Watch closely and follow the cameras of That's Life as it focuses on everything that's happening in the world of your favorite stars every day.

Get all the news on famous celebrities including backstage dramas, gossip and intrigue on That's Life, airing every day at 12.45pm AEST on the Greek channel that explodes with entertainment, Alter Globe, exclusively on UBI.

Poly Bla Bla

Welcome the new season of Poly Bla Bla!

Stamatina Tsimitsili, with her dynamic co-hosts, makes Greek mid-days come alive with a brand new menu guaranteed to be fun, entertaining and intriguing as always!

The stunning Brunette and her colleagues swim in the deep waters of social commentary and entertainment happenings to present the hottest showbiz news.

Exclusive interviews, reports, revealing themes and of course all the back-

stage events for even more 'bla bla'. Catch all of these and more in the brand new season of Poly Bla Bla, airing every day at 19.30pm AEST on the Greek channel that explodes with entertainment, Alter Globe, exclusively on UBI.

Get the largest and the best Greek TV and radio service in Australia and New Zealand. Subscribe NOW to receive a great offer.



Simply call 1300 400 800 from anywhere in Australia, 0800 4000 23 from anywhere in New Zealand, email sales@ubivisits.com or visit worldtv.com or www.ubivisits.com.

Victoria University conducts offensive survey 'in partnership' with nationalist lobby group, the 'United Macedonian Diaspora'

The Australian Macedonian Council (AMAC) was disappointed to discover the content of a survey conducted by the Centre for Strategic Economic Studies, a research centre of Victoria University, for people of Slav-Macedonian background: <http://www.cfscs.com/survey-macedonia-2010.htm>. According to this link, the survey was conducted "in partnership with the Macedonian Ministry of Foreign Affairs and the United Macedonian Diaspora". According to the announcement made by AMAC, the UMD is a nationalist, US-based lobby group with its head office in Washington DC. The UMD is well-known for their supporting territorial claims by the Former Yugoslav Republic of Macedonia against Greece and Bulgaria. More specifically the questionnaire includes "inappropriate terminology", such as Question 1, which asks for the respondent's country of birth and provides the option "Aegean Macedonia (in Greece)". AMAC states that "the term 'Aegean Macedonia' is a term coined by the Communist Party of Yugoslavia in order to legitimise its claims on the Greek province of Macedonia and, in particular, the port of Thessaloniki". Question 15 then asks the respondent to what extent it agrees with the 'Roadmap for Advancing Australia-Macedonia Relations'. According to the announcement "the 'Roadmap' is a 14 point plan a lobbyist construction of the UMD which it announced earlier this year. One of the Roadmap's points which the survey asks the respondent to state the extent to which they agree is "Australia should recognise Macedonia's constitutional name without delay".

The announcement continues; "AMAC fails to see how the nationalistic formulations of a lobby group such as the UMD and offensive, racist terminology could form part of an anthropological research project which purports to examine "how people maintain links with a homeland which represents an important part of their family background, identity or cultural heritage."

AMAC has written to Victoria University and those conducting the survey and awaits a response.