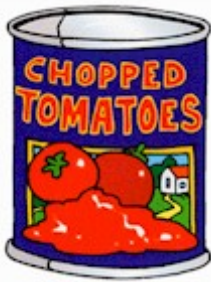


Engelsk ressurshefte



HiST, AMMT - Engelskeksamen TK, 26.05.05.
Heftet inneholder 18 nummererte sider pluss forside.



Canned food

Canned food, contrary to popular belief, can form part of a healthy balanced diet. It's often assumed that canned foods are a poor source of vitamins and minerals. Canned foods in many cases provide similar amounts of vitamins and minerals to fresh equivalents, and are often a good source of protein and fibre too. Foods from each of the main food groups needed for a balanced diet - Breads, pasta, cereals & potatoes; Fruit & vegetables; Milk & dairy; Meat, fish & vegetarian alternatives – come in a can, offering a convenient choice and at the same time can form part of a healthy diet. This is especially the case if you choose products with low salt, no added salt, no added sugar or foods canned in fruit juice or water rather than syrup or brine.

Canning of foods is just one type of food preservation. Canned foods are often overlooked as an economical source of nutrients, but the very process of canning preserves foods and nutrients and in some cases increases the bioavailability of nutrients. Canning of foods first occurred in the 18th century but in jars! Due to the demands of long sea voyages, armies being away from home for long periods and the increasing needs of urban populations, effective means of food preservation were required. At the time, methods of preservation included drying, smoking, pickling and salting of foods, but were inadequate for preserving foods for a long period of time.

In the 1790s Napoleon's Government offered a huge reward for a new method of preserving foods suitable for the French Military. It was Nicolas Appert in the early 1800s who came up with a method for sterilising foods in bottles and won the generous prize. Meanwhile in the UK, a patent for a tin-plated iron can (tin coated steel or aluminium is used today) was granted to Peter Durand by George III, with the introduction of the canning process to the UK soon after. The first automated can making machinery was introduced in the 1890s. Due to the methods employed in canning, canned foods rarely require the use of additional preservatives.

The majority of canned products are canned immediately or very soon after harvest, when nutrient concentrations and eating quality are at their highest. This ensures that many of the vitamins and minerals are retained in the can. Canning is a useful way to preserve vitamins, as concentrations of some vitamins can decrease by 50% within the first 7 days after harvest when stored at ambient temperatures.

Vitamin C and folate are both particularly labile nutrients; however, despite some initial losses that occur during the canning process, vitamin C and folate concentrations remain constant throughout the shelf life of the product. Canned spinach, kidney beans and chickpeas are all good sources of folate. Canned baby sweetcorn, apricots and gooseberries all provide more vitamin C than their fresh equivalents. Canned foods are already cooked, so preparation of canned foods results in minimal further loss of nutrients. Additionally canned foods are good sources of some minerals; iron and zinc can be found in meat and meat products, whilst calcium can be found in many canned fish.

See for yourself! Look at the facts below:

- It's a myth that canned foods are all high in salt, fat or sugar. Due to advances in technology many canned products are preserved in water rather than brine or fruit juice rather than syrup, and many of your favourite canned meals come in lower fat choices too.
- Canned fruit and vegetables count towards the recommended 5 daily, 80g servings of fruit and vegetables. Remember to eat a wide variety! Ideally choose those that are not canned in syrup or brine.
- Canned beans and pulses such as red kidney beans and chickpeas can also contribute towards your 5 portions of fruit and vegetables (1). Canned beans and pulses are good source of a number of vitamins and minerals. For example, canned kidney beans are a source of calcium, required for

maintaining healthy bones, phosphorus, an essential component of all cells, and thiamin which is required for energy metabolism. Chickpeas are a source of the antioxidant, vitamin E.

- Canned fish provides more calcium than fresh fish – fresh fish have to be de-boned but the canning process softens small bones, enabling them to be eaten, and thereby it acts as a source of calcium needed for maintaining healthy bones.
- Canned salmon, mackerel, sardines and kippers are all sources of omega-3 fatty acids, which play a role in the prevention of heart disease. The omega-3 fatty acid content is comparable to that found in fresh fish.
- Tuna canned in brine or spring water, unlike fresh tuna is low in fat (the canning process removes fat) and is therefore useful for those watching their calorie or fat intake.
- Canned tomato soup is one of the best sources of the antioxidant lycopene, which has been linked with a reduced incidence of some types of cancer. Cooking tomatoes makes lycopene more available for the body to use.
- Canned meals can form part of a healthy balanced diet. Canned Irish stew is a source of iron, and can often be lower in fat than home made stew. Teamed with a couple of servings of low or no added salt vegetables it makes for a balanced meal providing vitamins, minerals, fibre and protein.
- Contrary to popular belief, canned fruits and vegetables are a source of vitamin C. A 100g serving of tomatoes, spinach or apricots all provide almost a quarter of the Recommended Daily Amount (RDA) for vitamin C, providing more than fresh equivalents. Whilst a serving of canned gooseberries or blackcurrants provides over half of the RDA.
- Canned fruits, vegetables, beans and pulses are good sources of fibre, for example 3 tablespoons of kidney beans provide 6g of fibre whilst half a can of ratatouille provides 3g. Adults should aim to consume at least 18g of fibre daily; children proportionately less.
(1) Beans and pulses can only contribute one portion per day.

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<http://www.nutrition.org.uk> (28.04.05)

RDA = Recommended Daily Intake

In Brazil, Beauty Is Never Enough

RIO DE JANEIRO, May 4, 2005

Remember this song?

"Tall and tan and young and lovely."

As she is, even "The Girl From Ipanema," is getting a little extra help these days. Vanessa Nunes, 32, wasn't happy with her looks so she got a breast job.

"I was looking like a girl, I was feeling like a girl, and now, right after leaving the clinic I felt different already," says Nunes. "Something like, 'OK people are looking now.'"

"I like it."

As **CBS News Correspondent Trish Regan** reports, more and more Brazilians, long recognized as some of the most beautiful people in the world, are willing to go under the knife to become even more beautiful.

In the last five years, the number of plastic surgery procedures performed in Brazil has more than doubled. Breast and even buttocks augmentations, typically right before the country's annual Carnival, have become so popular that there's often a shortage of silicone. It's caused some to dub the country's annual party the "Silicone Carnival."

Meanwhile, Miss Brazil 2001 has freely admitted to having 23 cosmetic procedures, including liposuction, breast implants and silicone for her cheeks and jaw, all before the ripe old age of 22. One reason for all the plastic surgery in Brazil might be the year-round hot weather. People spend a lot of time outdoors at the beach and there's pressure to look good. The man said to be behind this Brazilian craze is Dr. Ivo Pitanguy. He says looking good is not a luxury, but a spiritual necessity.

"If you correct the defect, whether aesthetic, whether reconstructive, it's not important. You should be in peace with yourself, in harmony," says Pitanguy.

For Nunes, it means not only feeling, but looking like a woman. To her, the risks and the pain of plastic surgery were worth it. Asked if she'd advise her friends to get plastic surgery, she says: "Definitely. Don't even think twice. Get it done."

Because in a place like Rio, where vanity is actually admired, the girls from Ipanema have an image to live up to.



bbc.co.uk

A stitch in time

As a record number of people go under the knife to improve their appearance, **BBC Wales' Week In Week Out** (Tuesday 4 November, BBC ONE Wales) follows one woman in her sixties as she undergoes a facelift.

Rita Clark from Welshpool is single again after a forty year marriage. She's lost weight, is getting fit and she wants a facelift to complete her new look.

"I feel so much younger on the inside than the reflection I see," Rita says.

"I had the money and that was the decider. I've never spent anything on myself so I'm going to now."

Rita decided to have her surgery in South Africa, one of a new breed of medical tourists looking for first world operating skills at third world prices. Week In Week Out went with her to see the results first hand.

At home, it's estimated that 75,000 cosmetic surgery operations were carried out in the UK last year. It's a fast-growing market with ever more unusual procedures. But psychologist Dr Eileen Bradbury warns: "It's becoming so normal to go through quite extreme measures to look good. It's pathologising normal people."

And it can be devastating when it goes wrong. One woman left with facial scarring after laser surgery tells the programme: "I had it to give me more confidence but it's done the opposite. I'd just like to turn the clock back to before I had it done."

Specialist plastic surgeon Max Murison is concerned about the image of the industry and has called for a change in the law to protect the public from maverick surgeons.

"You need more qualifications to operate on a dog," he says.

"I couldn't operate on a dog, but a vet could operate on me if I gave him permission."

bbc.co.uk (02.05.05)

Cosmetic fillers

(CNN) --In 2002, almost 2 million people had Botox injections to temporarily erase their facial wrinkles. Now, new types of injectable materials called "fillers" are becoming more popular.

Fillers plump the face from underneath the skin -- actually filling in the wrinkles. For those who don't have the money, time or desire for a facelift, the new injectable fillers offer a cheaper alternative.

Fillers are made of collagen, human skin or the patient's own fat.

<http://www.cnn.com/2003/HEALTH/04/17/fyh.cosmetic.fillers/index.html> (02.05.05)



Family That Nips & Tucks Together

May 5, 2005

Talk about family ties: An entire family of women - Erica Termine, Danielle Termine, Rita Whelan and Joanne Termine - who've all had "the works." Between them, they've had a face lift, a neck lift, a breast lift, an eye lift, work on their arms and liposuction of the stomach, abdomen, waist, hips and thighs.

As **CBS News Correspondent Mika Brzezinski** reports, that's [three generations](#), led by their matriarch, 79-year-old Grace d'Amore. She started her makeover at 75. And like every good grandma, she likes nothing better than having the whole family together. So together they went to have their procedures done.

"We were all in the same room," says d'Amore.

The number of Americans going in for, well, tune-ups, has grown about 7 percent a year over the past three years. It's no longer taboo, and much easier to get.

"Now you can throw things on your credit card, you can go to your credit union, you can be financed even at the doctor's office, so I think you're going to hear more and more of it," says 59-year-old Rita Whelan. She had the most drastic transformation. She was nipped and tucked from a size 12 to a size 6.

"I've had a lot of work done," she says.

So why would she go through all that?

"Because I wanted to change the shape of my body," she says.

She also needed a new start after losing her husband of 39 years to cancer.

"It took a toll on me, it took a lot," she says.

"She needed a lift, she needed a renewal," says sister Joanne Termine.

"A family member understands better than anyone else why their own family members would want to change their appearance," says [Dr. Sheldon Sevinor](#), the plastic surgeon with the family-friendly practice.

"I have had a huge increase in the numbers of families and husbands and wives who are having plastic surgery together," he says.

Asked to identify a downside of plastic surgery, Erica Termine says: "I have a 6-year-old daughter and she knows mommy had surgery to make her 'skinny.'" So it's not if her daughter will do it, but why.

"Yeah, for nobody else but herself," she says.

Then there's the money to think about too - tens of thousands of dollars. Asked how much they've spent, Rita Whelan says: "Oh God, I can't begin to calculate."

"She was never good with numbers," says Joanne Termine, with a laugh.

And at 30, Erica Termine, says she might not be done.

"I am thinking I may want implants," she says. "I don't know, maybe botox."

It's a type of family bonding that didn't exist even a generation ago.

So what's different?

"What's different is, years and years ago you thought about it," says Joanne. "But today you can think about it and do it."

The TV Chef Battles Junk Food in British Schools

By Damien McGuinness

A new TV series by celebrity chef Jamie Oliver has sparked a national debate in Britain about the poor quality of food served to the country's school children. Parents and teachers, outraged by the appallingly low nutritional value of school meals, are answering the challenge. Now, it appears, Prime Minister Tony Blair may too.



RTL II
After changing the way people cook, giving unemployed youth jobs as cooks at his acclaimed restaurant, 15, Jamie Oliver is now trying to bring nutrition to the wasteland of school cafeterias.

For a country with a reputation for bad food, Britain has always had a surprising number of celebrity chefs: from the 19th century Mrs. Beaton, who gave the lady of the house hints on how to manage the servants, to Delia Smith, who opened British eyes to the joys of balsamic vinegar in the 1970s. But then again, maybe a nation which traditionally prefers its lunches to be liquid is in need of the occasional word or two of advice.

"Naked Chef" Jamie Oliver has become that advisor. More mockney than Michelin, he has proven in one "sorted" swoop that being male, young and from Essex, hardly an area renowned for its classiness, is no bar to doing fancy things with squid and salad. Not content with merely getting Britons to distinguish between pappardelle and penne, Oliver recently took on an even greater challenge: waging war on the miserable grub served up in British schools.

The recently aired documentary series "Jamie's School Dinners," shocked the nation by describing in painful detail exactly what was in the school lunches British children were eating. When it comes to nutritional value, British school meals, Oliver found, scored a zero. In the series Oliver works together with feisty Dinner Lady Nora (now a semi-icon in her own right) in London's Greenwich district to revamp meals at local schools, replacing smiley faced puffs made with potato by-products, gristle burgers and canned peas with fresh vegetables and organic meat that actually have nutritional value.

5.3 million viewers

Oliver's fight to junk the junk food in schools has proven to be a winning formula. It has also proven to be the culinary equivalent of political dynamite. Cynics might point out that Oliver's book sales, which have sold hundreds of thousands of copies around the world, will get a further boost from the publicity generated by "School Dinners." But it can't be denied that he has single-handedly forced the government to move on an issue which has been ignored for decades. British Prime Minister Tony Blair last week contributed an article to the *Observer* newspaper, announcing that the government would take action. "We'll soon announce details of the new School Food Trust," he wrote "including substantial funding to enable it to assist schools nationwide. It will draw on the remarkable work of Jamie Oliver in schools."

The success has also taken Channel 4, which broadcast the series, by surprise. "In view

of the success of Jamie's other programs we had expected this series to do well," says Channel 4 spokesman Matthew Robinson, "but we were really amazed by the wider human and political effect that the program has had. That is something which you could never predict." Indeed, the series drew as many as 5.3 million viewers per episode, with close to 10 percent of the British population tuning in. The nearly legendary cat fights between Oliver and Nora combined with the initial rejection of the Naked Chef's meals by pupils -- addicted as they were to a steady diet of grease and fried foods -- got British viewers hooked.

On the back of the program's success, Oliver has launched a campaign, called Feed Me Better, which aims to put pressure on the government to introduce higher nutritional standards. The campaign's Web site contains an online petition for the prime minister, which by this week had already gathered almost a quarter-million signatures.

Meanwhile, the British government is expected to release details on the School Food Trust within the next few weeks and the program should be up and running by summer.

"The Trust will provide advice to parents and schools on how to improve the quality of school meals," a Department for Education spokesman says. "We also want it to be a source of advice for the government and, of course, to parents." The government says it will revise the minimum nutritional standards for school meals and provide training for school cooks to make the dinners healthier by September 2005.

Real change or pre-election gimmick?

Not a bad result for a TV chef. But will it go far enough? Although the government did introduce free fruit for primary pupils in 2001, critics say that after eight years of scant improvements to school meals, Tony Blair's intentions smack of pre-election gimmicks.

"The School Food Trust is just a sticking plaster (band-aid) to get the government through the next election," says Phil Willis, a member of parliament and education policy spokesman for the Liberal Democrat Party. "It deflects the debate from the serious issue that young people are doing less and less exercise, and eating food that has no nutritional value. The government is not tackling any of the underlying issues. And 37 pence (53 euro cents or 69 US cents) is wholly inadequate to provide a balanced and healthy meal."

For many, the infamous 37 pence, the target amount schools are allowed to spend per meal, has become a symbol of all that ails the school dinner system. Oliver himself has suspended judgement on the government's plans until he hears the concrete proposals. "Rather than jumping into bed with either party," he wrote on his Web site this week, "I am just going to remain on the grass roots level and be the voice for the dinner ladies, parents and kids". What he is however clear about is that more funding is needed.

School lunch with 21.2 percent fat

School food started going down hill in the late 80s and early 90s when compulsory competitive trading was introduced by the government, then led by the Conservative Party. Schools were forced to put meal contracts out to tender -- and they often opted for cheaper rather than better, regardless of the nutritional standards. The inevitable consequence was reheated frozen meals and victuals so processed that calling it food at all would require a vivid imagination. Since "Jamie's School Dinners" the most renowned example has been Turkey Twizzlers. Manufactured by Bernard Matthews, they contain 21.2 percent fat when cooked -- double some recommended guidelines. After the show aired, a number of local authorities across Britain banned the product from school dinners.

The consensus in Britain is that "Jamie's School Dinners" has had a major impact on how school meals are viewed. "Jamie Oliver has really changed attitudes and he has brought to light what is actually in the food," says Margaret McParland, a teacher at English Martyrs Primary School in Litherland, a small town in Northwest England. "I didn't really think about it before. I just assumed that processed food was somehow real food but all mixed up. But the program showed what rubbish is really in these products."

At Our Lady of Compassion School in Formby near Liverpool, head-mistress Margaret Lynn echoes this sentiment. Although her school has pursued a healthy eating policy for many years now, with even 5-year-old vegetarians catered for, she says that since Oliver began championing the cause of better meals for school kids, there has been a definite shift towards healthier options and greater enjoyment of food.

"I really admire him and thought the program was very good," she says and pauses briefly before adding: "The only thing I didn't like was the bad language. He wouldn't have been able to swear like that in my school."

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School meals 'must be made free'

By Sean Coughlan
BBC News education reporter

Healthy meals should be made free for all pupils, says the school caterers' professional body.

This would be the real solution to improving children's diets, said Neil Porter, chairman of the Local Authority Caterers Association. The long-term health benefits would soon outweigh the extra shorter-term costs, he said.

"You could really ensure that nutritional standards are met," Mr Porter told the BBC News website.

'Commercially driven'

He said that if people were serious about wanting better school food, they had to accept it could not be on the basis of always driving down costs.

"The big problem we have is that it's been commercially driven. And the big question is 'Should school catering be treated as a business?' And quite frankly, I don't think it should be," said Mr Porter, whose association represents caterers in the private and public sectors.

"The way forward is for meals without charge for all pupils."

WINNING SCHOOL MENU

Aberdeen Angus tortilla with Peter Pan salad (beef wrapped in a tortilla with rice and a crunchy salad)

Glamis Castle Cups with Glen Clova Cream (chocolate-drizzled brandy basket filled with raspberry and rhubarb dessert)

Prepared for 80p in 90 minutes by Lynne Howe (above) of Tannadice Primary School, Forfar

Since celebrity chef Jamie Oliver highlighted the dismal food on offer in some schools in south London, there has been a barrage of proposals to raise standards. This included the government promising £280m to make meals healthier - followed swiftly by allegations that they were jumping on a parent-friendly bandwagon. Speaking in Coventry, ahead of the School Chef of the Year Award, Mr Porter said if parents and politicians really wanted better school meals they needed to consider more root-and-branch approaches. The most direct route to this would be to give all pupils a healthy meal without charging parents - as already happens in countries such as the educational top performer, Finland. It would be a no-nonsense way of tackling the problem, Mr Porter said, cutting through arguments about how much parents could afford and about how to regulate providers and sub-contractors.

"If you can ensure that children throughout their school life are in a culture of eating healthily, they're going to carry that into the rest of their lives. This means major long-term benefits for the health service. "

'Crisps on way to school'

From the school's perspective, it would cut down on the bureaucracy of cash collection.

For pupils, it would take away the choice of whether to spend the money on crisps on the way to school.

"If you did the calculation on these savings, it would soon reduce the cost."

In terms of how much it would cost, the only authority to currently provide free school meals (for all primary children) is Hull - at a cost of £3.8m per year.

If this was taken as a local authority average, it would mean about £600m across England.

But Mr Porter said that it seems unlikely that the political will existed for such a direct intervention.

There were fears about appearing to be a "nanny state".

He also said it would mean reversing compulsory competitive tendering for school meal contracts, where some local authorities "evaluate on price and price alone and don't take into account the true quality of the service".

There had to be more "joined-up thinking" over improving food standards and investment in staff training, modern kitchen facilities and dining areas big enough for the numbers of pupils.

Transported meals

Although optimistic the "tide is turning" on school meals, he warned there were practical limitations on the improvements promised from extra government funding. For example, some schools had no kitchen to improve.

"If I'm honest, I don't believe that any of this funding will impact on that. Transported food is a really old-fashioned way of providing meals.

"No matter what energy and hard work you put into producing those meals, once they go into a box to be transported, you can't control how it's treated. It can be soul destroying."

But he was unconvinced by stories about schools unable to escape lengthy contracts with meal providers or of private finance contracts stopping schools having their own kitchens.

"It's up to the local authority. They can specify whether there is going to be a kitchen in a new school. The provider is only working to what's in the contract."

The school chefs award ceremony, held in Henley College, heard that much creativity existed in school kitchens, but had been missed in the hue and cry prompted by Jamie Oliver's television series.

The winner of the competition, Lynne Howe, who cooks at Tannadice primary school, in Forfar, Angus, said school meals were much better than had been depicted.

Her own winning meal had been created at a cost of 80p - and she said that similar efforts could be produced by other schools.

"I just hope that all the promises about school meals won't disappear again after 5 May," she said.

Story from BBC NEWS:

<http://news.bbc.co.uk/go/pr/fr/-/1/hi/education/4481937.stm> (02.05.05)

Published: 2005/04/26 13:16:34 GMT

Norway gets tough on smoking

By Karen Allen
BBC Health Correspondent

Norway is to be one of the first countries in the world to bring in a national ban on smoking in restaurants, bars and cafes.

As a campaign is launched to prepare the Norwegian public for the change, Dr Gro Harlem Bruntland, the country's former premier and until recently, the head of the World Health Organisation, has challenged ministers in Britain to become more bold with their anti-smoking laws. The aim of the Norwegian ban is not only to protect staff that work in these establishments from the harmful effects of passive smoking, but also to "de-normalise" smoking as a social pastime.

It will come into force next summer - some consolation for smokers who will have to take their habit outside and puff away in temperatures of minus 20 degrees during the harsh Scandinavian winters. Other countries like the Netherlands are on course to follow Norway's lead.

Bold moves needed

Britain, however, is unlikely to do likewise. Ministers have made it clear they favour voluntary smoking bans - fearful that they will be accused of running a "nanny state". They have signed up to the first worldwide convention on tobacco control. But Dr Bruntland made it clear in an interview with the BBC that for Britain stronger moves are needed. She warned ministers that unless they were prepared to face political "discomfort" they wouldn't be going far enough - and would make little headway in getting smoking rates down.

"If we hadn't made bold steps - steps that in the beginning were opposed - we would not be where we are today," she said.

"Unless you have to struggle and fight for it then you are probably not going far enough."

Tobacco advertising has been prohibited in Norway for 30 years, and in 1988 an amendment to the Tobacco Act ensured restaurants and bars had to be 50% smoke free from 1998. However, the moves seem to have had little effect. One in three people in the country smoke, and there has been a rise in tobacco-related deaths.

HAVE YOUR SAY

If you extend the logic you would be banning hot food from restaurants in case the chef burns himself

Julian, England

A packet of cigarettes costs about £6 in Norway - but people can still afford to smoke, as the country has the highest per capita income in the world. Now ministers have decided the time has come for radical action.

Setting a lead

Bjorn Inge Larsson, from Norway's health department, is confident Norway is setting a lead which other countries will soon follow.

"Most countries will have this kind of regulation within a few years."

A spokesman for Tiedemanns, Norway's biggest tobacco firm, argues that a total ban on lighting up in product places is going too far.

"There is full information in society, and has been for 50 years that is a harmful product and everyone knows. It is a personal choice whether you use it or not."

But industry whistleblower Dr Jeffrey Weigand backs the Norwegian stance. His testimony to congress in the mid-1990s proved US tobacco giants had chemically enhanced cigarettes.

"This is an industry that has manipulated and tricked and obfuscated, and smuggled. It truly needs to be regulated."

Ireland has just passed legislation paving the way to outlaw smoking in a similar way. But pub landlords in nine of the Republic's 26 counties have passed motions in parliament criticising the move - and some have vowed to risk heavy fines by ignoring the law. The Netherlands plans to initiate a ban next year and Sweden and Finland are still debating the issue.

Story from BBC NEWS:

<http://news.bbc.co.uk/go/pr/fr/-/2/hi/health/3210185.stm> (29.04.05)

Published: 2003/10/24 09:08:20 GMT

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Consensus IT Writers Awards

Rachael Osman-Chin

Robin Hood of the Internet

29-May-2004

Australian Financial Review

Submitted for **Best Investigative** category



He's wanted in the US, but so far Hew Raymond Griffiths has avoided extradition. His crime? Alleged online piracy, for which he receives nothing.

In a sleepy mid-coast NSW town an alleged member of an international pirate gang is hiding from the world. But despite the nature of his alleged crimes, he has never left Australian shores. In fact, this scruffy looking man in his early 40s rarely leaves the Bateau Bay house he shares with his dad.

Hew Raymond Griffiths has spent a large part of his life staring into a computer screen, leaving behind his real-life persona of an unemployed computer programmer to become "Bandido ", hero of the internet subculture. But besides having no job to go to, the awkward Griffiths now has one big reason to stay indoors. Just before Easter he escaped extradition to the United States to face trial and a possible jail sentence for the alleged theft of software, games and music between January 1999 and December 2001.

While the thefts Griffiths was charged with were only worth a few thousand dollars, the US authorities chased him because they believed he was a ringleader within the online piracy gang known as DrinkOrDie, whose members are suspected of stealing countless millions of dollars worth of property since the mid-90s.

"Today US law enforcement initiated the most aggressive enforcement action to date against illegal software piracy," US Attorney General John Ashcroft said when US federal agents issued search warrants against Griffiths and other suspected online pirates in December 2001. "Many of these individuals and groups believed the digital age and the internet allowed them to operate without fear of detection or criminal sanction. Today, law enforcement in the US and around the world proved them wrong."

The Australian Federal Police set about tracking down Griffiths after a federal grand jury in the US indicted him in March 2003. Five months later Griffith was arrested in his housing trust home and spent two months in custody before being released on bail.

But for now, he is back at home with his dad, albeit at a new address thanks to the inheritance left to him by his recently deceased grandmother.

Since his escape from extradition, Griffiths' solicitor has advised him to maintain a low profile so as to not incite another attempt to haul him in front of a US court. After a lifetime spent hiding from the real world, Griffiths will now spend his days with the threat of another extradition attempt hanging over his head.

But the man the US authorities want in jail along with other members of the gang is a far cry from the comic book image of a criminal mastermind.

With his once shoulder-length hair cut into a rough page boy bob and a small sports bag, possibly packed for his first ever trip overseas, slung over his shoulder, Griffiths shied away from the handful of reporters at a Sydney local court after he walked away from the extradition hearing in late March.

"He is a person of no means whatsoever," said Griffiths' solicitor Antony Townsden.

Waiting for Griffiths on the other side of the Atlantic was the US Department of Justice, which had already put more than 10 of the estimated 40 members of the DrinkOrDie gang into prison for up to three years on charges in 2002.

Townsden said there was "no way" his client could adequately defend himself in a US trial. To date none of the convicted DrinkOrDie members has defended themselves, opting instead to plead guilty and throw themselves on the mercy of the court.

Griffiths has escaped that fate, at least for the time being, because the judge hearing the case ruled the US charges were too vague, namely they didn't specify Griffiths' alleged breaches of copyright in sufficient detail to satisfy the rules that govern the extradition process. Sydney magistrate Daniel Reiss went so far as to say the case the commonwealth director of public prosecutions argued on behalf of the US Department of Justice stretched Australian extradition laws "beyond recognition". But despite the zeal with which the US Department of Justice chased Griffiths and his alleged fellow gang members, not a cent was made by any of them.

As strange as it seems, making money is not the point of the electronic fantasy world Griffiths allegedly belongs to. Known as the warez scene, it is a geek paradise where social status means nothing and technical ability means everything, where help desk operators, system administrators, computer engineers, students and the unemployed become masters of the online universe, or at least powerful enough to steal from the big software companies that employ many of their brethren. Respect is earned by having the ability to crack high-tech security codes designed to protect movies, games and software from being copied. But unlike thieves who break into bank safes, these members of online warez groups give away the loot for free, with extra respect given to those members who can distribute these goods online before they are available for sale in real-world retail stores.

Not surprisingly the owners of films, software and games are waging an ongoing battle against those who steal their property for sport, and the war is far from over.

"I've no love for the despicable copyright barons," said one programmer in an online discussion group about the 33-month sentence handed down to a 24-year-old US DrinkOrDie member in late 2002. But while the fate of the DrinkOrDie gang members has stirred sympathy in some corners of the internet world, there are many who are keen to distance themselves from what they see as the fringe element, despite their own highly idiosyncratic views of how to deal with other people's property.

"We are not all free information loving, hippie types," says Open Source Industry Australia spokesman Con Zymaris, who nonetheless refers to traditional copyright law as "the flat earth theory".

Open source software programmers such as Zymaris share the warez scene belief that good software should not have a price tag.

But there is a huge difference between the two groups. Open source practitioners create free software while warez scene practitioners merely steal from those who sell software for money.

"There is a very specific reason why open source people give something away," says Zymaris.

Like the warez scene, intellectual prowess is the currency of open source. So much so that unlike the usual case of an intellectual property owner charging money for the use of their creation, open source practitioners have developed licences that demand those who use the code they have created must "pay" the entire open source community in new code.

"It is a strange concept to get across," says Zymaris, adding these open source licences, which have been around for about 15 years but are largely unheard of outside the programming community, pave the way for court action against those who break its conditions like mainstream copyright protection measures.

But while the intellectual achievements of the open source community are explained in detail and distributed free to anyone who wants to understand them, the warez scene members merely boast about what they steal without giving away the secrets of how they did it.

"We don't have a lot to do with those guys," Zymaris says, adding that while warez scene members hide behind nicknames such as "ForceKill " and "Deviator ", open source practitioners use their real names online because they have no reason to hide when the rules of the real world intrude into their electronic paradise.



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