

⇒ and FileMaker, 4D has created a loyal following by delivering a scalable database that runs with equal efficiency on both the Windows and Macintosh operating systems.

4D Australasia managing director Damon Carley said he wanted to capitalise on 4D's committed user base. "4D has a very loyal following in Australasia with more than 25,000 users around the region," he said. One enthusiastic 4D developer is Sydney-based LEAP Legal Software, which employs 17 people and produces software that is used by more than 400 Australian legal firms.

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LEAP Legal Software managing director Christian Beck first used 4D to develop a program for his father's legal firm. "I've now developed a successful business around that initial program and 4D is still the database development tool we use," he said.

"4D has developed into the things I need today - client-server, cross platform - with a simple upgrade path. Most important to us is its robustness, as we have a large number of clients but don't need a lot of support people. The cost of ownership for our clients is low and the cost of maintenance for us is low."

University of Western Sydney lecturer in Information Systems, and decade long 4D-user, Ms. Marilyn Wells, said the University would use 4D for a knowledge management research project. "4D is still the unknown database, but it is a robust and cost-effective tool which is particularly important for under-resourced universities," she said.

4D Australasia intends to overcome the "unknown database" moniker through creating a higher profile for the software in Australia and New Zealand. The company has already secured major educational clients, including University of Melbourne, University of Western Sydney and the NSW Department of Education and Training's Open High School.

The latter recently selected 4D to develop a complete curriculum management system to maximise electronic delivery and virtual classroom activities. The University of Melbourne's Faculty of Arts selected 4D as their preferred development environment. ■

Real extra virgin olive oil please

Extra virgin olive oil is a special product, it is very GOOD for you. The health benefits are varied, numerous and well documented. Consider just a few examples:

Olive Oil for Heart Health

"What makes olive oil important in heart disease is its high concentration of monounsaturated fatty acids, compounds that decrease blood levels of LDL cholesterol (the type associated with plaque build-up in the arteries) and increase levels of protective HDL cholesterol."

Lynn Grieger, RD, CD, CDE
<http://www.heartinfo.com/>

Olive Oil Helps Prevent Colon Cancer

<http://www.chiroweb.com/find/archives/nutrition/foods/olive.html>

Ridding yourself of wrinkles

Advice on how to have beautiful skin at any age - By Nicholas Perricone, MD

The Anti-inflammatory Diet

Included in the recommended food list, extra virgin olive oil.
<http://www.msnbc.com/news/692884.asp>

Olive oil is 'virgin' when it is mechanically extracted. Other qualities and/or products are chemically extracted or chemically refined. Virgin olive oils range in quality from 'Lamp' (industrial use, not intended for human consumption) to 'Extra' (the highest quality based on a series of chemical and taste analysis).

Extra virgin olive oil is more expensive to produce. What some food chain companies do is mix a little virgin, or extra virgin, with chemically derived oils, seed oils, refined hazelnut oil, canola oil, or other. They put 'extra virgin' on the label and sell it to consumers without telling them what's really in the bottle.

Dr. Michael Jacobson, Ph.D., Centers for Science in the Public Interest suggests: "People are paying good money for what they think is the real thing, but instead they're getting a cheap imitation of the real thing".

What would motivate food importers, packers, brokers, distributors, and retailers, to consciously be part of a process of selling a deceptive product?

"These crooks are motivated by money, it's very simple". That's what Dr. Michael



Jacobson, Ph.D., stated in an investigative report on the CBS affiliate KPIX website.

In a published article Richard J. Sullivan, President of the North American Olive Oil Association reports:

"One packer/distributor recently confided: 'I am a crook, but not in a wrongful way' "My customers [other distributors'] knew from the price that I was not selling them 100% olive oil. "

These 'fraudulent' practices are so prevalent that in Spain the *Instituto de la Grasa - Journal Grasas y aceites* has published *Algorithms for the detection of hazelnut oil in olive oil* -
<http://www.ig.csic.es/Revisi/Fas51i/Abs51i/Ab51if32.html>

Cheap imitations are not going to help prevent colon cancer, they will not reduce the LDL cholesterol levels in your arteries or help keep your skin healthy. And to top it off - they taste bad!

As a consumer what can you do?

Take the advice of Dr. Weil: "Buy extra-virgin olive oil. Spend the extra buck - it could cut your risk of heart disease."
<http://www.cardioresults.com/men.htm>

Olive oil consumers can and should compel importers, brokers, distributors, and retailers to do the right thing. Insist on real 100% extra virgin olive oil. The olive oil rip-off has come home, but you don't have to buy it - send it back to where it came from. ■

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Extra Virgin Olive Oil
<http://www.antoniocelestano.com>

Sources:
<http://sovrana.com/naooaler.htm>