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HELLENIC AMERICAN ACADEMY'S GOLF OUTING



The best female golfers of the Outing: (L. to R.): Dora Karras, the organizer, Hermione Toto, Gia Marinis, Mrs. Marinis and Denise Maniatis.



Many bizness people sponsored the event at Deerfield Golf Club that benefited Hellenic American Academy, a bilingual Educational Institution affiliated with Holy Trinity Greek Orthodox Church. Pictured above (L to R.): Peter Parthenis, Hermione Toto, Denise Maniatis, Tassos Costianis and Tom Livaditis.



The participants enjoyed 18 holes of golf, lunch, dinner, golf cart and a large gift bag. Congratulations to Dora and Dr. Spiro Karras for all of their efforts to make this event a very succesful one.

LETTER TO THE PRESIDENT OF U.S.A BARACK OBAMA

On May 18th, 2009 Classical Scholars from around the world, sent a letter to the President of the United States of America, Barack Obama.

May 18, 2009
The Honorable Barack Obama
President, United States of America
White House
1600 Pennsylvania Avenue, NW
Washington, DC 20500

Dear President Obama,

We, the undersigned scholars of Graeco-Roman antiquity, respectfully request that you intervene to clean up some of the historical debris left in southeast Europe by the previous U.S. administration.

On November 4, 2004, two days after the re-election of President George W. Bush, his administration unilaterally recognized the "Republic of Macedonia." This action not only abrogated geographic and historic fact, but it also has unleashed a dangerous epidemic of historical revisionism, of which the most obvious symptom is the misappropriation by the government in Skopje of the most famous of Macedonians, Alexander the Great.

We believe that this silliness has gone too far, and that the U.S.A. has no business in supporting the subversion of history. Let us review facts. (The documentation for these facts [here in boldface] can be found attached and at: <http://macedonia-evidence.org/documentation.html>)

The land in question, with its modern capital at Skopje, was called Paionia in antiquity. Mts. Barnous and Orbelos (which form today the northern limits of Greece) provide a natural barrier that separated, and separates, Macedonia from its northern neighbor. The only real connection is along the Axios/Vardar River and even this valley "does not form a line of communication because it is divided by gorges."

While it is true that the Paionians were subdued by Philip II, father of Alexander, in 358 B.C. they were not Macedonians and did not live in Macedonia. Likewise, for example, the Egyptians, who were subdued by Alexander, may have been ruled by Macedonians, including the famous Cleopatra, but they were never Macedonians themselves, and Egypt was never called Macedonia.

Rather, Macedonia and Macedonian Greeks have been located for at least 2,500 years just where the modern Greek province of Macedonia is. Exactly this same relationship is true for Attica and Athenian Greeks, Argos and Argive Greeks, Corinth and Corinthian Greeks, etc.

We do not understand how the modern inhabitants of ancient Paionia, who speak Slavic – a language introduced into the Balkans about a millennium after the death of Alexander – can claim him as their national hero. Alexander the Great was thoroughly and indisputably Greek. His great-great-great grandfather, Alexander I, competed in the Olympic Games where participation was limited to Greeks.

Even before Alexander I, the Macedonians traced their ancestry to Argos, and many of their kings used the head of Herakles – the quintessential Greek hero – on their coins.

Euripides – who died and was buried in Macedonia – wrote his play Archelaos in

honor of the great-uncle of Alexander, and in Greek. While in Macedonia, Euripides also wrote the Bacchae, again in Greek. Presumably the Macedonian audience could understand what he wrote and what they heard.

Alexander's father, Philip, won several equestrian victories at Olympia and Delphi, the two most Hellenic of all the sanctuaries in ancient Greece where non-Greeks were not allowed to compete. Even more significantly, Philip was appointed to conduct the Pythian Games at Delphi in 346 B.C. In other words, Alexander the Great's father and his ancestors were thoroughly Greek. Greek was the language used by Demosthenes and his delegation from Athens when they paid visits to Philip, also in 346 B.C.

Another northern Greek, Aristotle, went off to study for nearly 20 years in the Academy of Plato. Aristotle subsequently returned to Macedonia and became the tutor of Alexander III. They used Greek in their classroom which can still be seen near Naoussa in Macedonia.

Alexander carried with him throughout his conquests Aristotle's edition of Homer's Iliad. Alexander also spread Greek language and culture throughout his empire, founding cities and establishing centers of learning. Hence inscriptions concerning such typical Greek institutions as the gymnasium are found as far away as Afghanistan. They are all written in Greek.

The questions follow: Why was Greek the lingua franca all over Alexander's empire if he was a "Macedonian"? Why was the New Testament, for example, written in Greek?

The answers are clear: Alexander the Great was Greek, not Slavic, and Slavs and their language were nowhere near Alexander or his homeland until 1000 years later. This brings us back to the geographic area known in antiquity as Paionia. Why would the people who live there now call themselves Macedonians and their land Macedonia? Why would they abduct a completely Greek figure and make him their national hero?

The ancient Paionians may or may not have been Greek, but they certainly became Greekish, and they were never Slavs. They were also not Macedonians. Ancient Paionia was a part of the Macedonian Empire. So were Ionia and Syria and Palestine and Egypt and Mesopotamia and Babylonia and Bactria and many more. They may thus have become "Macedonian" temporarily, but none was ever "Macedonia". The theft of Philip and Alexander by a land that was never Macedonia cannot be justified.

The traditions of ancient Paionia could be adopted by the current residents of that geographical area with considerable justification. But the extension of the geographic term "Macedonia" to cover southern Yugoslavia cannot. Even in the late 19th century, this misuse implied unhealthy territorial aspirations.

The same motivation is to be seen in school maps that show the pseudo-greater Macedonia, stretching from Skopje to Mt.

(Continued p. 7)

National Hellenic FREE PRESS

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8. *To uphold the Greek Cypriot cause.*
9. *To assist all Greek-American fraternal, cultural, patriotic and religious organizatios.*
10. *To install Americanism in the Greek-American community.*

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Why do we fall in love?

For centuries, love has been celebrated - and probed - mostly by poets, artists, and balladeers. But now, its mysteries are also yielding to the tools of science, including modern brain scanning machines.

Social psychologist Arthur Aron of SUNY-Stony Brook, a coauthor of the brain scanning studies and other research on love relationships, stresses the value of marriage workshops and couples counseling to enhance relationships. Also, to make a marriage really good, he says:

Keep novelty and excitement going. Have a "date night" every week or so. Do novel things - take a course together, travel, join a new group of friends. (Get that dopamine system, which loves novelty, going again.)

Capitalize on the good stuff. If something good happens to your partner, get sincerely excited about it so you can both enjoy the good fortune. It's not clear yet which brain circuits are at play here, says Aron, but associating your partner with good times is clearly a plus.

At a university in Stony Brook, N.Y., a handful of young people who had just fallen madly in love volunteered to have their brains scanned to see what areas were active when they looked at a picture of their sweetheart. The brain areas that "lit up" were precisely those known to be rich in a powerful "feel good" chemical, dopamine -- the substance that brain cells release in response to cocaine and nicotine. Dopamine is the key chemical in the brain's "reward system," a network of cells associated with pleasure -- and addiction.

In the same lab, older volunteers who claimed to still be intensely in love after two decades of marriage participated in the same experiment. The same brain areas lit up, showing that, at least in some lucky couples, that honeymoon feeling can last. But in these folks, other areas lit up, too -- those rich in oxytocin, the "cuddling" chemical that helps new mothers make milk and bond with their babies, is secreted by both sexes during orgasm, and that, in animals, has been linked to monogamy and long-term attachment.

It's way too soon - and hopefully, always will be - to say that brain scientists have translated all those warm and fuzzy feelings we call romantic love into a bunch of chemicals and electrical signals in the brain.

But they do have a plausible hypothesis: that dopamine plays a big role in the excitement of love, and oxytocin is key for the calmer experience of attachment. Granted, the data are preliminary. But the findings so far are provocative.

And it's conceivable that, as Emory University neurobiologist Larry J. Young pointed out in the journal Nature earlier this year, once scientists understand the chemistry of love, drugs to manipulate the process "may not be far away."

In fact, a study published this year in Biological Psychiatry supports that idea, showing that oxytocin may help human couples get along better. Swiss researchers gave 47 couples a nasal spray containing either oxytocin or a placebo. The couples then participated in a videotaped "conflict" discussion. Those that got oxytocin exhibited more positive and less negative behavior than those given the placebo. Oxytocin was also linked to lower secretion of cortisol, a stress hormone.

Emory's Young noted in the Nature paper that both Prozac, an antidepressant, and Viagra, an erection enhancer, appear to affect the oxytocin system, though it's not yet known whether such drugs affect relationships by changing brain chemistry.

In the initial love study at SUNY-Stony Brook, 10 women and 7 men in intense, "early-stage" love were put into a functional MRI brain scanner, which can detect activity in specific parts of the brain. They were then shown pictures of their loved one or a neutral person.

One dopamine-rich region in particular consistently lit up when these lovebirds viewed the loved one, but not the neutral person, according to the research, published in 2005. The intensity of the brain's response to falling in love, says coauthor Lucy L. Brown, a neuroscientist at Albert Einstein College of Medicine, suggests that it "is not just an emotion but a drive, a real goal like food

Social psychologist Arthur Aron of SUNY-Stony Brook, a coauthor of the brain scanning studies and other research on love

relationships, stresses the value of marriage workshops and couples counseling to enhance relationships. Also, to make a marriage really good, he says:

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Capitalize on the good stuff. If something good happens to your partner, get sincerely excited about it so you can both enjoy the good fortune. It's not clear yet which brain circuits are at play here, says Aron, but associating your partner with good times is clearly a plus.

The team found the same brain areas at work in people recently rejected by a loved one. Perhaps loss of love triggers the same kind of craving as withdrawal from cocaine or cigarettes, suggests Helen Fisher, a biological anthropologist at Rutgers University who also worked on the study.

In new data presented at scientific meetings this year and last, Bianca Acevedo, formerly at Stony Brook and now a post-doctoral fellow at the University of California-Santa Barbara, focused on 10 women and 7 men still in love after 21 years of marriage. Like the young lovers, when these volunteers were put in scanners and shown pictures of their partners, their dopamine-rich areas lit up. "But in contrast to those newly in love," says Acevedo, other brain regions did, too, including areas rich in oxytocin, vasopressin (a similar chemical) and serotonin, a brain chemical associated with well-being and calmness.

The link between long-term attachment and oxytocin has long fascinated researchers, among them, Sue Carter, a neuroendocrinologist at the University of Illinois in Chicago.

Carter's work has centered on prairie voles, known for their enduring bonds. Compared with other rodents, prairie voles -- among the only 3 percent of mammals that form monogamous bonds -- have more active oxytocin. Moreover, brain cells with "receptors" that specifically latch onto oxytocin lie in the very brain regions believed to be important in forming attachments, Carter says.

Other researchers have shown that when mice (not known for their monogamous ways) are injected with a gene containing instructions for making the receptor for oxytocin, the mice cozy up to their mates like voles.

Lack of oxytocin is important, too. For instance, if female animals are stressed by being isolated, their oxytocin drops. In humans, Emory University research shows that women who were seriously abused as children have low oxytocin levels as adults.

One question emerging from all this is whether knowing the chemistry of love can help in picking a compatible partner in the first place.

Fisher, the Rutgers anthropologist, who consults for the dating websites Match.com and Chemistry.com, thinks so.

She believes that certain personality types correspond to the preponderance and ratios of specific chemicals in the body; her team is now examining blood, urine, and saliva samples to test her theory.

In a study that involved 28,000 clients using the Chemistry.com dating site, Fisher built personality profiles based on people's answers to a long questionnaire, then sorted them into different "types" and followed their dating experiences to see which types were attracted to which other types.

Creative, risk-taking personalities, which she calls "explorers," may have more active dopamine systems, as well as more activity of another brain chemical, norepinephrine, she says. She found that "explorers" are drawn to other "explorers." People she calls "builders," conventional, calm, conscientious folks, may have more active serotonin and may also be drawn to other "builders."

By contrast, Hillary Clinton types - "directors" - who are analytical and tough-minded, may be high in testosterone and regularly drawn to their opposites, the "negotiators" like Bill Clinton, who may be fueled by estrogen and oxytocin, Fisher says.

Whether this love chemistry will pan out in the new research is still an open question. In the meantime, remember those prairie voles - they get what Fisher calls "life's greatest prize - an enduring mate and partner." (from "Boston Globe").

www.thechicagogreekhours.com

METROPOLIS SUMMER FESTIVALS

Date	PARISH	City	State
MAY			
May 22-25	Assumption	Town & Country	Missouri
May 23-25	SS. Constantine & Helen	Swansea	Illinois
May 22-24	St. Athanasios	Aurora	Illinois
JUNE			
June 6, 2009	Holy Trinity	Sioux City	Iowa
June 6, 2009	Assumption	Olympia Fields	Illinois
June 6, 2009	St. Nicholas	Appleton	Wisconsin
June 6, 2009	St. George	Des Moines	Iowa
June 6-7	St. Basil	Chicago	Illinois
June 12-14	St. Andrew	South Bend	Indiana
June 12-14	St. Demetrios	Hammond	Indiana
June 12-14	SS. Constantine & Helen	Wauwatosa	Wisconsin
June 12-14	Kimissis Tis Theotokou	Racine	Illinois
June 19-21	St. Demetrios	Elmhurst	Illinois
June 19-21	Annunciation Cathedral	Chicago	Illinois
June 19-21	St. Nicholas	Oak Lawn	Illinois
June 20-21	Assumption	Hegewisch	Illinois
June 20-21	St. George	Chicago	Illinois
June 26-28	St. Nektarios	Palatine	Illinois
June 26-28	Annunciation	Milwaukee	Wisconsin
June 26-28	Holy Cross	Justice	Illinois
June 27-28	St. Iakovos	Valparaiso	Indiana
June 27-28	St. George	DeKalb	Illinois
June 28, 2009	Holy Trinity	Fond Du Lac	Wisconsin
JULY			
July 10-12	All Saints	Joliet	Illinois
July 10-12	SS. Constantine & Helen	Merrillville	Indiana
July 10-12	St. Sophia	Elgin	Illinois
July 11-12	St. Andrew	Chicago	Illinois
July 11-12	St. Spyridon	Palos Heights	Illinois
July 11-12	Holy Apostles	Duluth	Minnesota
July 17-19	St. Haralambos	Niles	Illinois
July 17-21	St. George	Schererville	Indiana
July 18-19	Assumption	Madison	Wisconsin
July 25-26	SS. Constantine & Helen	Rockford	Illinois
July 25-26	St. Spyridon	Sheboygan	Wisconsin
AUGUST			
Aug 21-23	St. Demetrios	Chicago	Illinois
Aug 21-23	St. Demetrios	Libertyville	Illinois
Aug 22-23	SS. Constantine & Helen	Palos Hills	Illinois
Aug 22-23	St. George	St. Paul	Minnesota
Aug 28-30	Holy Anargyroi	Rochester	Minnesota
SEPTEMBER			
Sept 4-7	Holy Trinity	Chicago	Illinois
Sept 5-7	St. Nicholas	St. Louis	Missouri
Sept 6-7	Assumption	Chicago	Illinois
Sept 11-13	St. Mary's	Minneapolis	Minnesota

AHEPA Commends Hellenic Caucus Initiative to Restore Funding for Voice of America Greek Service

The American Hellenic Educational Progressive Association (AHEPA), a leading association for the nation’s three million American citizens of Greek ancestry, and countless Philhellenes, commends the initiative of the Congressional Caucus on Hellenic Issues to generate the support of their colleagues to restore \$500,000 in federal funding for the *Voice of America* Greek Service for Fiscal Year 2010. Ten members of the Hellenic Caucus, led by Co-Chairs Reps. Carolyn **Maloney** (D-NY) and Gus M. **Bilirakis** (R-FL), signed a letter sent yesterday to House Appropriations Subcommittee on State, Foreign Operations, and Related Programs Chairwoman Nita **Lowey** (D-NY), and Ranking Member Kay **Granger** (R-TX), requesting the restoration of the program’s funding.

“The Greek Service is extremely crucial to the American Hellenic community and to the United States’ interests in the Eastern Mediterranean and Balkans,” said National President Ike **Gulas**. “It plays a significant role in communicating an accurate message to a part of the world that is situated on the doorsteps of the Middle East and the Balkans.”

He added, “We thank the leadership of the Hellenic Caucus for spearheading this initiative. Furthermore, we commend the Hellenic

Caucus members who voiced their concern about the elimination of the program. The community is grateful.”

In addition to Hellenic Caucus Co-Chairs Reps. **Maloney** and **Bilirakis**, Subcommittee on Europe Chairman Robert **Wexler** (D-FL), Reps. Zack **Space** (D-OH), John **Sarbanes** (D-MD), Niki **Tsongas** (D-MA), Lincoln **Diaz-Balart** (R-FL), Henry **Brown, Jr.** (R-SC), Dina **Titus** (D-NV), and Suzanne **Kosmas** (D-FL) co-signed the letter.

In March 2009, Gulas submitted written testimony to the House Appropriations Subcommittee on State, Foreign Operations, and Related Programs, requesting the federal government restore FY10 funding for the *Voice of America* Greek Service. The testimony has been entered into the Public Record.

“The Greek Service is constantly targeted for elimination and that just doesn’t make sense,” added Gulas, who said the TV broadcast portion receives a 4.5% viewer rating in Greece, and that combined with radio and the Internet, the Service is viewed or heard by one million persons. Ratings for Cyprus are unable to be surveyed due to improper funding. “It makes it extremely difficult for the Greek Service to plan for the future, secure syndicates overseas, and keep staff when its future is uncertain.”

The last two fiscal years, the House Appropriations Subcommittee on State, Foreign Operations, and Related Programs has restored funding for the Greek Service under Rep. Lowey’s chairmanship.

“We look to the Chairwoman’s leadership again this year to correct this budget shortfall,” said Gulas. “We deeply appreciate her previous support for this government program.”

To view AHEPA’s testimony, and a copy of the House letter, please visit www.ahepa.org/mainnews.

The mission of the AHEPA family is to promote the ancient Greek ideals of education, philanthropy, civic responsibility and family and individual excellence through community service and volunteerism.

AHEPA was established in 1922 by visionary Greek-Americans to protect all from prejudice from the KKK. In its history, AHEPA has joined with the NAACP and B’nai B’rith International to fight discrimination. It has grown to become the largest membership-based association for Hellenic-Americans and Philhellenes in the world.

For more information about AHEPA, or how to join, please contact AHEPA Headquarters, 202.232.6300, or visit www.ahepa.org.

LETTER TO BARACK OBAMA

(From p. 1)

Olympus and labeled in Slavic. The same map and its claims are in calendars, bumper stickers, bank notes, etc., that have been circulating in the new state ever since it declared its independence from Yugoslavia in 1991. Why would a poor land-locked new state attempt such historical nonsense? Why would it brazenly mock and provoke its neighbor

(250 names of professors follow)

The Obedient Greek Wife!

There was a Greek immigrant man who had worked all his life, had saved all of his money, and was a real “miser” when it came to his money.

Just before he died, he said to his Greek wife...”When I die, I want you to take all my money and put it in the casket with me. I want to take my money to the afterlife with me.”And so he got his wife to promise him, with all of her heart, that when he died, she would put all of the money into the casket with him.

Well, he died. He was stretched out in the casket, his wife was sitting there - dressed in black, (what else), and her best friend was sitting next to her.

When they finished the ceremony, and just before the undertaker got ready to close the casket, the wife said, “Wait just a moment!”She had a small metal box with her; she came over with the box and put it in the casket. Then the undertaker locked the casket down and they rolled it away..

So her friend said,”Girl, I know you were not fool enough to put all that money in there with your husband.”

The loyal wife replied, “Listen, I’m a Greek Orthodox and I cannot go back on my word. I promised him that I was going to put that money in the casket with him.”You mean to tell me you put that money in the casket with him!””I sure did,” said the wife. “I got it all together, put it into my account, I wrote him a check. If he can cash it, then he can spend it.” AMEN!

the New Acropolis Museum

Here is a smal tour of the Museum's Permanent Collections. The Museum contains five Permanent Collections:

The Acropolis Slopes, divided into sub-categories on The Settlement, and The Sanctuary;

The Acropolis during the Archaic Period, with sub-categories on The Hekatompedon, The Ancient Temple, and The Votives;

The Parthenon, with sub-categories on The Monument, The Metopes, The Pediments, and The Frieze;

Other Monuments of the Classical Acropolis, with sub-categories on The Propylaia, The Temple of Athena Nike, and The Erechtheion; and Other Collections, with sub-categories on The Sanctuary of Artemis Vravronia, The Votives of the Classical and Hellenistic Periods, and The Votives of the Roman Period.(www.theacropolismuseum.gr)

OTHER MONUMENTS OF THE CLASSICAL ACROPOLIS

The main monuments that constitute the Classical Acropolis are **the Propylaia**, the **Temple of Athena Nike** and **the Erechtheion**. The Propylaia, the monumental entrance to the Acropolis, were built in 437-432 BC, following designs by the architect Mnesikles, in order to replace the earlier gateway. In 427-423 BC, the Temple of Athena Nike was built, perhaps by the architect Kallikrates, on the bastion southwest of the Propylaia, to replace an earlier small temple on the same site. The Erechtheion is the last of the Periclean buildings. Construction began during the Peace of Nicias (421-415 BC) and ended after 410 BC.

Greek American Rehabilitation & Care Centre Hosted Annual Spring Gala

The Greek American Rehabilitation and Care Centre of Wheeling held their annual Spring Gala “*Mia Vradia Sta Bouzoukia*” on Saturday, May 9, 2009 at the Crowne



Performers from Greece - Stella Georgiadou and Konstantinos Xristoforou

Plaza O’Hare Hotel in Rosemont, Illinois. Chairwoman, Cathy Demos along with co-chairs Victoria Bousis and Maria Ress, advisor, Eleni Bousis and their dedicated committee, outdid themselves once again this year with a beau-



Greek American Rehab & Care Centre Board of Directors Members, Peter Kopsaftis and John Davis.

tiful and extravagant event. The Gala, which is the largest fundraiser of the year for the centre was a great success, demonstrating the love and loyalty that our community has for the home and our elderly. Master of Ceremonies, John Davis kept the evening flowing, and entertained everyone with his charm and wit. Making her first public appearance, Dr. Angie Harisiadis with her angelic voice, performed during the dinner hour and captivated the entire audi-



Peter Kopsaftis, GARCC board member, Dr. Nicholas Papanos, GARCC Medical Director, Lou Apostol

ence. The charismatic performers, Konstantinos Xristoforou and Stella Georgiadou enamored the audience and rocked the room. The stage, sound and lights transformed the banquet room to a *bouzoukia* like atmosphere and the singing sensations kept everyone on the dance floor which all contributed to an enjoyable evening filled with “kefe” all night long. During the evening festivities, a special presentation was given to Mrs. Eleni Bousis, Board President of the Greek American Rehabilitation and Care Centre by Mr. Peter

Karahalios, Vice President of the Board. This Appreciation Award was given to Mrs. Bousis for her ongoing compassion and dedication to the elderly and needy of the community. Mr. Karahalios noted that through Mrs. Bousis’ leadership, the organization had greatly strengthened the financial stability of the Care Centre.



Yiota Giannoulas, Alexi Gannoulas, Illinois State Treasurer, Marina Kitsis

There was also a surprise announcement during the dinner made by Mr. Shawn Jeffers, Executive Director of Little City Foundation that Mrs. Bousis would be the recipient of the organization’s prestigious Sidney L. Port Legacy of Distinction Award



Event Co-Chairwoman, Victoria Bousis, Event Chairwoman, Cathy Demos

at their Golden Anniversary Dinner on November 7 at the Fairmont Chicago. Mrs. Bousis is a board member of the Little City Foundation located in Palatine which was established in 1959 to assist people with disabilities in all stages of life. This award is considered the highest honor presented by Little City to a Board member who displays a caring spirit, generous heart and unending commitment to the children and adults at Little City. Our congratulations are extended to Mrs. Eleni Bousis who will be the first woman recipient of this award.

The Greek American Rehabilitation and Care Centre is a not-for-profit nursing home offering short-term rehabilitation and long-term skilled care for the elderly and chronically ill, including a Memory Loss care floor. Many of our residents are on Medicaid, which unfortunately does not cover all expenses involved in their care. The Gala is a means for us to reach out to the community for assistance in reducing the shortfall from the funds we receive from the state and the amount it costs to care for our residents. The Care Centre which opened in March of 2002 is the only nursing home in the Midwest that is owned by the Greek American Community. This state-of-the-art facility provides quality health care in a warm and cozy, home-like environment, where residents are treated equally with love, respect, honor and dignity.

On behalf of the Gala committee, the board of directors, staff, volunteers and residents, we thank you, the Greek American Community for your continuous love, loyalty and support of the Home. Thank you for allowing us to build and sustain this wonderful Care Centre that will be here for many generations to come.

Plant Your Roots in Greece

The Birthplace of Olympic Ideals
& Universal Spirit



Plant Your Roots in Greece

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The "Plant Your Roots in Greece" Foundation, promotes the spirit of reconciliation of the modern man with his natural environment in combination with the Olympic ideal of volunteerism. In collaboration with groups of volunteers, students, athletes, fire fighters, citizens, and hunters and with the regional Municipal Authorities, it has reforested Greek regions affected by fire and natural disasters.

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"Plant Your Roots in Greece Foundation", is a non-profit tax-exempt organization, incorporated in Washington DC.

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NEWS FROM GREECE

Papandreou: government lacks voters' trust

The government lacked the voters' trust and was in a more difficult position after the European Parliament elections, where society had rejected its policies, main opposition PASOK leader George Papandreou stressed on Tuesday.

"The government is a part of the crisis, which it created itself, and a hostage of its own dead-end policies, which is why it cannot offer Greece any prospects," PASOK's leader said.

Addressing a meeting of his party's Parliament group coordinating body, Papandreou stressed that the government was unable to undertake initiatives in this way.

He said that PASOK would continue to exercise responsible opposition and address itself to those groups of voters that abstained from the elections, expressing their displeasure toward the entire political system.



The meeting also focused on PASOK's tactics in Parliament, with Papandreou stressing that the party would have an important role to play in the coming months.

PASOK's president said that the party will focus on issues concerning the economy, agriculture, the proposal for changing laws on ministerial responsibility, illegal immigration, tourism, fires and fire-fighting and the government's role in covering up

scandals.

On the issue of ministerial responsibility and changing the law, Papandreou accused ruling New Democracy of trying to raise a "smoke-screen" in order to conceal its responsibility for scandals, cover-ups and non-transparent actions.

New Acropolis Museum inauguration live on museum's portal

The New Acropolis Museum will be inaugurated on Saturday, June 20, by President of the Republic Karolos Papoulias in an official ceremony that will be attended by heads of state and government and noted international figures, and will be broadcast on television throughout the world



The inauguration ceremony will also be broadcast live on the internet, on the Museum's website at www.theacropolismuseum.gr, which opened its electronic gates to the public on Monday.

The website introduces the Museum to

online visitors, enabling them to tour the display areas, and to read up on its history and operation.

The site is a virtual electronic map that takes the visitor on a tour of Greece's unique cultural heritage, unfolding the route from antiquity to the present that encompasses not only the exhibits and Greece's history, but also modern-day Hellenic culture.

The site will also apply an e-ticketing system, for the first time by a Greek museum, enabling future visitors anywhere in the world to book entry to the New Acropolis Museum at a specific date and time. This innovative application will enable the Museum to manage visiting hours while at the same time decongesting possible waiting lines at the entrance.

Entry to the Museum on its first three days of operation (Sunday, June 21 to Tuesday, June 23) will be available only to holders of e-tickets, while tickets will begin to be sold at the Museum beginning on Wednesday, June 24.

The inauguration ceremony will be accompanied by a week of events in the city of Athens, which will be suitably decorated and spruced up for the big day.

Unveiling the events programme, culture minister Antonis Samaras said that the unveiling of the exhibits will use "unexpected" methods, with new technologies used to showcase the antiquities acting as the "artistic event" of the evening.

The new Museum will officially open its doors for the first time at 18:00 on June 17, when accredited arts correspondents will be given a two-hour tour of the galleries, followed by another tour for the general directors of Greek mass media at 20:00.

On June 18, there will be a tour of the new

museum for members and staff of the Museums Council and Central Archaeological Council. At 20:00 in the evening on the same day, the museum will be opened to academics, artists and people of the arts and letters, as well as members of Committees for the Restitution of the Parthenon Marbles around the world and the association of American Friends of the Acropolis Museum. The foreign press will then be allowed in on June 19.

The official inauguration on June 20 will take place in the presence of President of the Republic Karolos Papoulias, with many heads of state and government among the guests, in addition to ministers, the presidents of the IOC and UNESCO, former presidents of Greece, representatives of the Melina Mercouri Foundation, publishers and TV station owners.

From June 21-23, the new museum will be open to the public who have booked through the e-ticketing programme, but the number of visitors will be divided into three daily zones and not exceed 2,550 people.

The ministry has set the admission price for the museum at one euro throughout 2009, in view of the global crisis and in consideration for Greek taxpayers who funded its construction, while from 2010 the admission price will rise to 5 euros. From 2011 onwards, the price of the ticket will be adjusted, with special discounts for pensioners, children, students and the disabled.

Inflation falls to 1.1 pct

Inflation in Greece fell to 1.1 percent in May, down by 0.4 percentage points from 0.7 percent in the preceding month of April, according to figures released on Tuesday in Brussels by the EU statistics service Eurostat.

In the eurozone, the average inflation declined from 0.6 percent in April to 0 percent in May, down substantially from 3.7 percent in May 2008, and compared to 0.7 percent in April (against 4.0 percent in April 2008).

The lowest inflation rates in May were in Ireland (-1.7 percent), Portugal (-1.2 percent) and Spain and Luxembourg (+0.9 percent), while the highest rates were in Romania (+5.9 percent), Lithuania (+4.9 percent) and Latvia (+4.4 percent).

In relation to April, inflation in May declined in 24 EU member states, remained unchanged in Denmark, and increased in Hungary, while no figures were available for Britain.

Fire in Hymettus contained



The fires on Mt. Hymettus in Athens and in Marmari on Evia island have been placed under control, the fire brigade announced on Tuesday morning.

According to a Fire Brigade announcement, the Hymettus blaze has been contained in a gorge at Kremastos Lagos area, while rekindlings at the crest are being tackled mainly by water dropping helicopters.

Caption: Residents of the southern Athens district of Ano Glyfada, try to contain the blazes on Monday 15 June 2009.

BG share capital increase

National Bank of Greece (NBG) on Tuesday announced a planned share capital increase, through which it aims to raise up to 1.25 billion euros. Previous shareholders will be given first option, with two shares for every nine existing shares at 11.30 euros per share. The bank's board will meet on Thursday to decide the exact size of the share capital increase and the precise terms.

The move was praised by Bank of Greece governor George Provopoulos, who said it was positive since it would increase the bank's already strong capital adequacy and also pointed out that increased size also increased competitiveness. The central banker dismissed fears that the share capital increase would drain the Greek stock market of funds, saying that the Greek market was now international and such issues did not arise.



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Economists see end to US downturn



New house building in the US increased in May after a record low in April.

The US economy should emerge from recession by the late summer, according to economists from some of the country's top banks. The American Bankers Association's Economic Advisory Committee has said it expects economic activity to increase by 0.5% between July and September.

But committee head Bruce Kasman said, "the economy will return to growth [in the quarter] but not to health." The bankers also said US unemployment would hit 10% early next year.

Separately, the secretary-general of the Organisation for Economic Co-operation and Development (OECD) has said that economic recovery within the group's 30 countries will begin at the end of this year. Speaking in Mexico, Angel Gurría added that the US would be one of the first countries to come out of recession.

Housing recovery

US consumer spending, which accounts for about two-thirds of economic growth in the US, should increase in the second half of the year and help to moderate lay-offs and cuts in investment spending, the Economic Advisory Committee said.

"Coupled with support from policy stimulus

and an improvement in financial market conditions, these developments have made it likely that the overall economy will expand in the second half of the year," it predicted. Mr Kasman, chief economist for JP Morgan Chase, also said that a recovery in the housing market would be an "important contributor" to economic growth.

But he cautioned against too much optimism. "Growth in the coming quarters is likely to gather momentum but will not prove sufficiently robust to undo much of the severe damage done to our labour markets and public finances," he said. This means that growth would not return to "trend pace" until the middle of 2010, he added.

For this reason, unemployment would remain at or above 9.5% for the whole of next year. The current unemployment rate in the US is 9.4%, the highest since 1983.

Mixed messages

The US economy contracted by an annual rate of 5.7% in the first three months of 2009. It has shrunk for three consecutive quarters - the first time that has happened since 1975.

And recent figures have sent out mixed messages about the timing of any recovery. Earlier on Tuesday, figures showed that the number of new houses being built in the US in May bounced from record lows in April.

But separate figures showed that industrial production fell by more than analysts had expected.

Netanyahu concedes a little in key speech

Washington welcomed Netanyahu's speech, but is unlikely to concede on settlement natural growth

indicated he should.

The Israeli prime minister's body language suggested that he was doing it under diplomatic duress.

One Israeli journalist observed that he looked like someone vomiting up the words "Palestinian state".

That was because the idea, however hedged around with conditions, is anathema to his ideology.

Mr Netanyahu, who understands communication via the TV camera, might also have chosen to emphasise a certain distaste for what he was

doing, to send a message to his own supporters that he did not like it, and he was going to make sure that they would be talking about Israel's vision of Palestinian independence, and not the Palestinians' own.

Reaction to speech

The speech was billed as an answer to President Obama's in Cairo.

But Mr Netanyahu used a very different tone to the new and generous one adopted by President Obama.



The fact that Israeli Prime Minister Benjamin Netanyahu felt it necessary to make a speech at all about a Palestinian state shows that American pressure works.

US President Barack Obama has taken every opportunity he can to restate his view that the only chance of Middle Eastern peace lies with the creation of a Palestinian state alongside Israel.

Had Mr Netanyahu been prepared to concede the principle of some form of statehood for Palestinians after the Israeli elections in February he might have emerged with a centre-right coalition rather than one dominated by the hard right.

But he did not feel he had to until the Americans

George Carlin's Views on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions. 'How old are you?' 'I'm four and a half!' You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. How old are you? 'I'm gonna be 16!' You could be 13, but hey, you're gonna be 16! And then the greatest day of your life! You become 21. Even the words sound like a ceremony. **YOU BECOME 21. YES**

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed? You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would! So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80's and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; 'I Was JUST 92.'

Then a strange thing happens. If you make it over 100, you become a little kid again. 'I'm 100 and a half!' May you all make it to a healthy 100 and a half!!

HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them.'

2. **Keep only cheerful friends.** The grouches pull you down.

3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. 'An idle mind is the devil's workshop.' And the devil's name is **Alzheimer's**. 4. **Enjoy the simple things.** 5. **Laugh** often, long and loud. Laugh until you gasp for breath. 6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.

7. **Surround yourself with what you love**, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. **Your home is your refuge.**

8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. **Don't take guilt trips.** Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is..

10.. **Tell the people you love that you love them**, at every opportunity.

AND ALWAYS REMEMBER : Life is not measured by the number of breaths we take, **but** by the moments that take our breath away.

Lift off for Nasa's lunar probes

Nasa has successfully launched two spacecraft to the Moon on missions that will pave the way for a return to the lunar surface by US astronauts.

LRO (Lunar Reconnaissance Orbiter) and a crater observation mission blasted off from Florida on an Atlas V rocket. Data gathered by LRO will help mission planners select future landing sites and scout locations for lunar outposts.

The second mission will send a rocket crashing into the Moon to scour the debris plume for evidence of water ice. The Atlas main launcher, carrying both payloads, roared up from Cape Canaveral Air Force Station at 2232 BST (1732 local time) - the third and last of three launch opportunities on Thursday.

Thunderstorms around the launch site prevented a launch of the rocket at the original time of 2212 BST (1712 local time).LRO will enter a low polar orbit around the Moon at an altitude of around 50km (31 miles) - the closest any spacecraft has continually orbited Earth's natural satellite. It will spend at least one year orbiting the Moon, using its six instruments to collect detailed information about the lunar environment.

Comprehensive view

"Together with the international armada of missions that have been flown and are still in orbit, (this mission) will really bring the Moon to a new plateau of understanding," Professor James Head, from Brown University in Rhode Island, US, told BBC News. Professor Head is a co-investigator on the spacecraft's laser altimeter experiment. The spacecraft will map the surface in unprecedented detail and will enhance our understanding of the Moon's topography, mineral composition, temperature ranges and lighting conditions. The mission will also seek to characterise the Moon's radiation environment, helping mission planners assess the risks

posed to astronauts. Data collected by LRO could help in the selection of future landing sites.

"The more we learn about the Moon, the better scientific questions we can pose, and the better locations we can find for future lunar landings for robotic and human explorers," said David Paige from the University of California Los Angeles (UCLA), principal investigator for LRO's Diviner science instrument. The second mission, the Lunar Crater Observation and Sensing Satellite (LCROSS), aims to answer whether there is water on the Moon - either in the form of ice or hydrated minerals. It consists of two elements: a shepherding spacecraft and a Centaur upper stage rocket.

After being guided to a permanently shadowed crater at the Moon's south pole by its shepherding spacecraft, the Centaur rocket separates. Hitting the Moon at more than 9,000 km/h (5,600 mph), the 2,200kg Centaur will kick up a huge plume of debris which could rise some 50km (30 miles) above the surface. It is expected to loft some 250 metric tonnes of material above the lunar surface.

Four minutes after impact, the shepherding spacecraft follows a very similar path to the rocket, descending through the plume.

It will use its instruments to analyse the material, searching for water ice and vapour, hydrocarbons and hydrated materials. The spacecraft will collect data continuously until it too slams into the lunar surface, creating a second plume.

The impacts will be watched closely by astronomers using ground-based telescopes.

Any natural reserves of water will figure prominently in planning for future manned lunar bases. It can be split into hydrogen for rocket fuel and oxygen for breathing and makes an excellent shield against radiation.



Italian Prime Minister Silvio Berlusconi's joke about the newly-elected Barack Obama being "young, handsome and sun-tanned" hangs over him on his first visit to Washington since the election.

US still hopes to talk with any Iranian president

The Obama administration will continue to seek talks with Iran's leaders despite an "awful lot of questions" about Iranian President Mahmoud Ahmadinejad's claim of reelection, Vice President Joe Biden said recently. The effort to tread a fine diplomatic line came as violent protests continued to flare in the Islamic Republic, and the opposition candidate called for a new



election. The contested election results put the Obama administration in a deepening bind on an issue that is one of the most important foreign policy matters facing the White House. President Obama had called for an effort to renew ties between the countries, and his administration had hopes that Ahmadinejad's main rival, Mir Hossein Mousavi, would triumph. But with Ahmadinejad claiming victory and Mousavi calling for the result to be annulled, the Obama administration tried to avoid taking sides. Instead, Biden said that, prior to the elec-

tion, the "decision has been made to talk" to whoever is president as long as the United States is convinced that would be in Washington's interes. "Talks with Iran are not a reward for good behavior," Biden said. Rather, he said, they are a reflection of the United States' best interest: "We want them to cease and desist from seeking a nuclear weapon and having one in its possession, and secondly to stop supporting terror." In Tehran, thousands of protesters have taken to the streets to denounce the results of last week's election. Protesters have smashed windows and set some buildings on fire, while baton-wielding police raced to stifle the dissent. There was no official word on casualties. Iranian authorities shut down some Internet sites and text-messaging systems that had been used by Mousavi supporters to organize resistance. "I urge you, Iranian nation, to continue your nationwide protests in a peaceful and legal way," Mousavi said in a statement. Biden stressed that the protests in Iran against the election results - and the action against some Mousavi supporters by Iranian security forces - raised "real doubts" about whether the elections were democratic. He also acknowledged in the interview that he had once called Ahmadinejad a "madman" and "the crazy president," but he said yesterday that he and other administration officials were now compelled to speak carefully. Even Biden's effort to tread carefully in his remarks represented a stronger tone than was used by the administration on Saturday, when White House press secretary Robert Gibbs said in a statement that the White House was monitoring reports of voting irregularities.

Pappas Honors Chicagoland Ethnic Museums

More than 50 ethnic museums and exhibits will be honored for their cultural contributions to Chicagoland, Cook County Treasurer Maria Pappas said today. "These museums and exhibits are born of love and respect for heritage," Pappas said. "Together, they give Chicagoland its distinct character as a community of communities." An awards reception was scheduled for June 24 at 3 p.m. in Pappas' office, Room 112 of the Cook County Building, 118 N. Clark Street, Chicago. Representatives of some 53 museums and exhibits were to attend. To be honored: African American - Bronzeville Children's Museum; DuSable Museum of African American History; Robbins Historical Society and Museum; West Town Museum of Cultural History. Albanian - St. Nicholas Albanian Orthodox Church Cultural Museum. Assyrian - Assyrian Heritage Museum; Mesopotamia Museum. Bosnian - Islamic Cultural Center of Greater Chicago. Cambodian - Cambodian Heritage Museum and Killing Fields Memorial. Chinese - Center for Asian Arts and Media; Chinese Museum of Chicago. Croatian - Croatian Cultural Center Exhibit; Croatian Ethnic Institute. Czech - American Sokol Organization Library and Archives; Czechoslovak Heritage Museum. Czech Moravian - United Moravian Societies Museum. Danish - Danish Home Cultural Exhibit. German - Danube Swabian Museum of the American Aid Society; Museum of the Society of the Danube Swabians; Scharpenberg Museum and Gallery. Greek - National Hellenic Museum. Hungarian - St. Stephen King of Hungary Church Cultural Exhibit. Indian - Indo American Heritage Museum. International - Field Museum Harris Educational Loan Program; Chicago Cultural Alliance. Irish - Irish American Heritage Center Museum.

ian American Sports Hall of Fame; Sicilian Heritage Museum. Japanese - Japanese Information Center. Jewish - Holocaust Museum and Educational Center; Spertus Museum of Jewish Studies in Chicago. Korean - KEUMSIL Cultural Society Traveling Exhibits; Woo Lae Oak Korean Cultural Exhibit; Korean American Community Services Cultural Exhibit. Latvian - Latvian Folk Art Museum. Lithuanian - Balzekas Museum of Lithuanian Culture. Mexican - Mexican Fine Arts Center Museum. Native American - American Indian Center of Chicago Cultural Exhibit; Mitchell Museum of American Indian. Netherlands - South Holland Historical Society Museum. Philippines - Filipino American Historical Society of Chicago. Polish - Polish Museum of America; Polish National Alliance Cultural Display; Polish Women's Alliance of America Charitable & Educational Foundation; International Polka Association Museum. Romanian - Romanian Library and Cultural Center. Scottish - Scottish American Museum and Hall of Fame at the Scottish Home of the Illinois St. Andrew Society. Serbian - Serbian Circle of Sisterhood Cultural Exhibit at the Most Holy Mother of God Monastery. Slovak - Slovak Museum. Slovenian - Slovenian Cultural Center Display. Swedish - Swedish American Museum Center. Ukrainian - Ukrainian National Museum.

IRAN: A POTENTIALLY EXPLOSIVE COUNTRY

In Iran, it has become a challenge not just of an election result, not just to President Mahmoud Ahmadinejad, but to the supreme leader, Ayatollah Khamenei himself. That means it is, in effect, a challenge to the whole basis of the Islamic Republic. The young, ambitious Iranians go about their lives with growing frustration. They feel the system stifles their aspirations. Now they feel that their intelligence and their pride has been insulted by an election result many Iranians believe is blatantly fraudulent. And President Ahmadinejad's almost casual dismissal of their complaints just adds to the anger. Make no mistake, President Ahmadinejad still has plenty of supporters. They turned out in large numbers in the victory rally he held in cen-

tral Tehran on Sunday afternoon. He has focused his rhetoric on foreign governments and the international media, blaming them for stirring up the trouble. There is a danger now that the two sides could come to blows. And many people will fear that the government will authorise the police to open fire, if the situation slides further out of control. Yet it is hard to see what political compromise is possible. Mr Ahmadinejad is defiant, confident in the support of the supreme leader. The opposition will know that the formal appeal process has minimal chance of success. It is a situation without precedent in the 30-year history of the Islamic republic, and the outcome is impossible to predict.

President Obama: "Reform is not a luxury, it is a necessity"

US President Barack Obama has told a meeting of doctors that spiralling healthcare costs could bankrupt the American economy. The US could "go the way of General Motors" unless the health system is reformed, Mr Obama said at the American Medical Association's annual meeting. Doctors, along with other groups, are divided over Mr Obama's proposals. Health reform was one of Mr Obama's key election promises. Nearly 50 million people are without medical insurance. Mr Obama is proposing a 10-year reform programme, estimated to cost about \$1 trillion,

Many groups - including the AMA - have expressed concern that a public plan would have competitive advantages that would ultimately drive private insurers out of the market. An AMA board member told a Senate panel hearing last week that the group "strongly opposes" a public, government-run insurance plan that pays physicians at the rates of the Medicare programme for the elderly. OBAMA'S HEALTH PLAN "Health insurance exchange" allowing Americans to compare and choose between private and public options. All Americans may be required to get health insurance. Insurance companies barred from denying coverage to people with pre-existing conditions. Dr Samantha Rosman said the AMA is in favour "of a new option that is market-based and not run by the government". Many doctors would like to reduce costs by capping the amount of money that can be awarded to patients in the event of medical malpractice. They say that the fear of malpractice lawsuits sometimes forces doctors to perform unnecessary procedures, driving up costs. But Mr Obama, in his speech to the AMA, rejected caps on malpractice suits, provoking boos from his audience. He reiterated that he would be "open" to the idea of requiring all Americans to have health insurance, and stressed that insurance companies would no longer be able to deny coverage to people with pre-existing conditions. On Sunday, Mr Obama announced \$313bn (£190bn) in proposed savings to help reform healthcare. He said the savings - made by cutting waste in the Medicare programme and the Medicaid programme for poor people - would "rein in unnecessary spending and increase efficiency and the quality of care". The money comes on top of the \$635bn down payment on reform detailed in the budget proposal submitted to Congress this year. The US spends more than \$2 trillion a year on healthcare, although about 15% of the population have no medical cover.



that would make healthcare available to all Americans. 'Forcing out waste' In his speech to the American Medical Association (AMA), President Obama compared the US with the country's ailing car industry. "A big part of what led General Motors and Chrysler into trouble were the huge costs they racked up providing healthcare for their workers - costs that made them less profitable and less competitive with automakers around the world." "If we do not fix our health care system, America may go the way of GM - paying more, getting less, and going broke," Mr Obama added. He outlined his plans for "a health insurance exchange" which would allow Americans to choose between private plans and a public option that will "inject competition into the health care market... force waste out of the system and keep the insurance companies honest".



Somali children standing in line to get food from the World Health Organization.



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