

# NATIONAL HELLENIC FREE PRESS GREEK AMERICAN NEWSPAPER



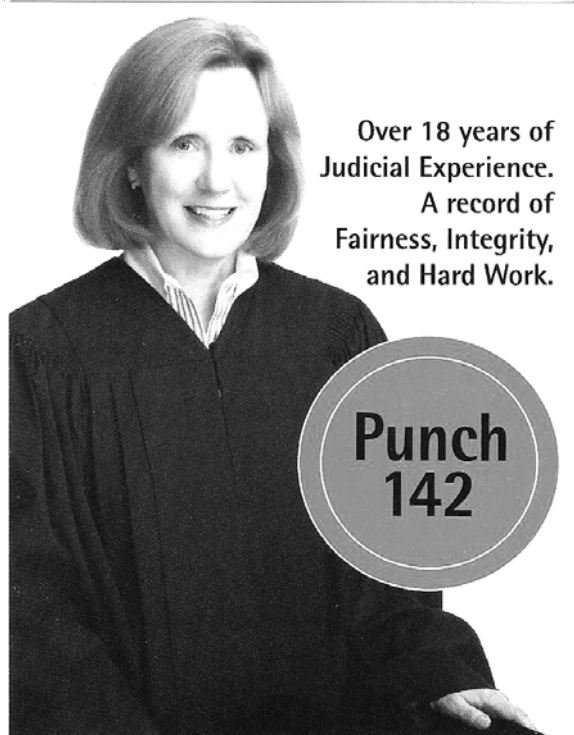
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## JUDGE MARY KATHERINE ROCHFORD, A PHILHELLENE BY MARRIAGE, A HELLENE BY WAY OF LIFE FOR APPELLATE COURT DEMOCRAT



Over 18 years of  
Judicial Experience.  
A record of  
Fairness, Integrity,  
and Hard Work.

Punch  
142

Q: Judge, Tell us who you are and about your background.

A: My name is Mary Katherine Rochford. I have had the honor of serving the citizens of Cook County as a trial judge for nineteen years. I am currently assigned to the Chancery Division, hearing complex civil cases. Before becoming a judge, I was involved in litigation, primarily appellate litigation.

Q: What office are you running for?

A: I am running for the Illinois Appellate Court, First Judicial District, South Vacancy. Any registered voter in Cook County may vote in this election on February 2, 2010. I ask your readers to cast their vote for my candidacy and punch 142 on the Democratic ballot.

Q: Are judicial candidates evaluated?

A: The major bar associations in Cook County devote significant time and effort in the investigation of judicial candidates and sitting judges. Throughout my career, I have received very favorable ratings and findings that confirm my reputation for fairness, impartiality, and integrity. The bar associations have again made favorable ratings for the office I now seek. The Hellenic Bar Association found I am "Recommended." The Chicago Bar Association said that "Judge Rochford is a highly respected legal scholar who possesses all the requisite qualifications for service on the Illinois Appellate Court."

Q: What were the findings of the Chicago Council of Lawyers?

A: The Chicago Council of Lawyers found "Judge Rochford is considered to have very good legal ability and temperament. She is praised for her courtroom management skills. She is praised as being exceptionally well-prepared, hard-work-

ing, and fair to all parties. She has demonstrated her ability to be an excellent appellate lawyer, to make the successful transition to being a highly respected trial judge in the Law Division, and to make the successful transition to being a Chancellor. She is involved in substantial community service efforts and has demonstrated her writing ability. The Council finds her Well Qualified for the Appellate Court."

Q: Have you received any endorsements?

A: I have been endorsed by the United Hellenic Voters of America. I was particularly honored by this endorsement. My husband, Mike Demetrio, has a proud Greek heritage. His grandfather emigrated from Athens. His father George owned and managed several restaurants in Chicago. We have two sons who are also proud of their Greek heritage. Additionally, I have received endorsements from the Chicago Federation of Labor, AFL-CIO, the Fraternal Order of Police, Chicago Lodge 7, and the Chicago Fire Fighters Union, Local 2.

Q: Tell us more about your background.

A: I am a life-long resident of Cook County, growing up on the west and north-west sides of Chicago. My parents worked hard so that my brother and I received good educations. Neither of my parents were able to go to college. I graduated from the University of Notre Dame with high honors and from the University of Notre Dame Law School, with honors. I appreciate what my parents did for me.

Q: Have you been involved in any community or educational activities?

A: I have been assigned as a mentor to newly appointed judges by the Illinois Supreme Court and have participated in legal education programs to judges and lawyers. I am the former chair of a traffic safety committee and organized and presented programs designed to prevent reckless driving by teenagers and young adults. I was a member of a subcommittee formed to coordinate procedures to prevent domestic violence.

Q: What distinguishes you as a candidate?

A: I am distinguished as a candidate by the length and breadth of my judicial career and my appellate experience as a lawyer. I have a long history of hard work and a reputation that is impeccable. To maintain judicial independence, I am not accepting financial contributions. I ask only for your vote, punch 142. **INTERVIEW BY THE EDITOR**

## TIME FOR A DELPHIC ORACLE

It is increasingly becoming obvious to any observer that Hellenism in the U.S. as we know it is disappearing by assimilation, and in the last few years, at an accelerated rate. Perhaps it is old age, fatigue of continuous involvement in ethnic causes, disappointment on the kind of leadership we experienced so far or any combination of them. The effect is discouraging our community members to actively participate in the Hellenic Associations. However, the Hellenes are resilient people and there is still hope to survive as ethnic community provided it restructures itself and creates a new one organizational framework encompassing all of Hellenism.

It was 480 B.C. when the king of Persia (IRAN) Xerxes marched into Greece. The heroic resistance of the King of Sparta, Leonidas, with his three hundred (oplites) could not stop him in Thermopyles. The Persians destroyed Athens and burned the Acropolis. The Athenians sensing the incoming catastrophe asked the oracle at the Delphi what to do. The answer was "defend yourselves behind wooden walls". This was interpreted by the Athenians to build wooden walls around Athens. It was Themistocles who convinced the Athenians not to build walls but instead to build light fast ships "trieres" ships with three series of oars fast and flexible in battle. The results of the sea battle at Salamina are well known world wide. The Athenians defeated the Persian fleet completely at a naval battle in Salamina. A year later the Persian army was also completely annihilated at Plataies (479).

The Hellenic ethnic population in the U.S. is now in its majority Native Americans "autochthones" as the late Archbishop Iakovos called them. They are part of the main stream of their society. Yet their ethnic organizations do not reflect this composition among the very few old immigrants who still are active in them. Their associations are still enclosed in structures reminding early 20<sup>th</sup> century, associations of same geographic origin persons grouped in federations and confederations, or under an all encompassing prefix "PAN". Lately a new format of association appeared in the community, as coordinating committee, made of individuals who are active in Washington supporting the Hellenic and Cyprus State's national problems. We also have the American Hellenic Institute which advocates the same issues.

Hellenes of all persuasions should rise above local ambitiousness or jealousies and unite in support of the community to sustain its heritage. There still exist an inventory of good will and love, in the general public, for the old country.

Lately we hear voices saying that as mainstream Americans, we must devote ourselves mostly to American issues and social actions here in the U.S. We all recognize that our times are different and that our community has changed in its composition. However, although we agree with these voices to certain extent we cannot ignore our past history and culture and use them only as references. The absence of participation of members of our community in ethnic common issues or in present day associations may reflect disappointment from past involvement with leaders who failed, and programs not functional or not existing at all. We have to admit that the majority of the Hellenic associations

in the past had a utility value (togetherness and support). However as time passed in this dynamic society with continuous changes the old immigrant associations are now obsolete. They have no mission any more and they are completely out of focus. Their annual fund raising dinner-dances have no appeal on the young generation which is absent. In reality today only a few people are involved in this financial process of raising funds. Tickets are passed to relatives and friends or acquaintances and we experience the phenomenon dinner-dances of geographic origin associations are attended by such a diverse population that there is no social mixing. On the other hand members of the various professional ethnic associations rarely if at all participate in the activities of these geographic oriented associations. An overview of the activities of a variety of those organizations shows that they are voyaging in an open sea with no compass or destination.

The Council of Hellenes Abroad (SAE) organized by the Hellenic State is not in a better shape. It never caught up with the changing times and has been a failure. Moreover the Hellenic State at present is in such a political turmoil and disarray that it does not seem capable to provide any guidance and training for the Hellenic community in the U.S. to get moving again. It is absolutely necessary if indeed we care and have an interest in sustaining a Hellenic conscious and culture in the U.S. to change our present thinking. We must get involved in restructuring the whole existing organizational format in order to have the capacity to promulgate a Hellenic consciousness. We all must have a sense of aspiration. Yes we will succeed. Sustaining a Hellenic conscious in this country is the only hope. We have to keep the ethnic flame alive. This must become our mission. All the rest will have to subjugate to this end. Let us stop enriching the Banquet Halls with our fund raising dinner-dances, which does not seem to provide sufficient funds for a serious activity.

Hellenism has the capacity to raise millions if so desires, for example the Hellenic Museum, provided it is organized functionally. It must, of course, first get out of its hypnotic stage regarding community affairs; however, more than restructuring is at stake here. Who will produce the leaders to do the restructuring? Or, rather where do we find leaders working with transparency to lead us into the future? Leaders who will breath confidence to a community with bad past experience and who (leaders) are expected to be abused viciously for their leadership not only for their public position but personally too. It is not sure even if we select a person qualifying as a leader, that he will accept it. Jealousy seems to be an ethnic attribute, and too often it has fragmented the community.

There is no more a Delphic Oracle to give us an answer. We have to get together in an assembly (forum) and find our own leaders and our own programs. Pythia is dead but the need for an answer to find a solution for our ethnic predicament is real and urgent as during the Persian invasion of Greece. Illinois can be used as a pilot project, creating functional social associations. The Hellenic ethnic community in the U.S. has to find its new leaders soon and for better results, among its native

(Continued p. 3)



# National Hellenic FREE PRESS

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**THE PLATFORM OF THE "FREE PRESS":**

1. To defend all who are unjustly attacked.
2. To applaud the achievements of all our people.
3. To support the ideas of the Greek Orthodox Faith.
4. To promote the use of the Greek Language.
5. To extend the knowledge of Hellenism, Greek culture and traditions.
6. To encourage all worthy community causes.
7. To further the just causes of the people of Greece.
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.

**MARIYANA T.**

# SPYROPOULOS

## DEMOCRAT

**FOR COMMISSIONER OF THE METROPOLITAN  
WATER RECLAMATION DISTRICT**



Dear friend:

I would greatly appreciate your financial support in this race and your confidence in me. So far our campaign is progressing nicely. Of course it costs money to run a campaign, and the most we raise at his early stage, the better it is to get our mesage to the public. Your support is instrumental in getting us to than stage.

Yours truly

Mariyana Spyropoulos  
Commissioner

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# ENTERTAINMENT LIVE

By Denise Rekounis

## In Movie news

"Avatar" remains the top box-office draw for the fourth straight weekend with \$48.5 million.

The science-fiction epic has rocketed past \$400 million to become the No. 1 domestic hit for 2009.

James Cameron's tale of humans and aliens



in conflict on a distant world climbed to \$429 million domestically, putting it at No. 6 on the all-time box-office chart. Worldwide, "Avatar" has streaked to \$1.34 billion, second on the global revenue chart only to Cameron's "Titanic," which took in \$1.8 billion.

Among new movies, Ethan Hawke's vampire thriller "Daybreakers" opened at No. 4 with \$15 million, Amy Adams' romance "Leap Year" finished sixth with \$9.2 million and Michael Cera's teen comedy "Youth in Revolt" was No. 9 with \$7 million.

## In celebretiy couple news..

Jared the Subway Guy will soon gain a wife. The Subway spokesman, whose full name is Jared Fogle, got engaged to his girlfriend, Katie McLaughlin, a teacher, in November, he tells *People*.

"She's been so wonderful and caring. She's just been the most supportive woman," he says. "I couldn't ask for more."

The two, who have been dating for a year, will wed in the summer. On Fogle's to-do list before then: Lose weight. After shedding 245 pounds on the Subway diet, the 32-year-old put 40 pounds back on last year from lack of exercise and bad eating habits, he said.

"I'm going to look darn good in those wedding pictures!" he says. This will be the second marriage for Fogle, who divorced pediatric nurse Elizabeth Christie Fogle in 2007 after six years of marriage.

AND

Backstreet Boy AJ McLean is making it official. McLean, 32, proposed to his girlfriend Rochelle Deanna Karidis while performing solo in Las Vegas on Friday night, *UsMagazine.com* has learned.

AJ dropped down to one knee and said that they had been dating for a long time and [he] wanted to know if she would marry him," "Of course she said 'yes,' and they left the club shortly after this happened."

Another witness mentioned that the singer bought a "beautiful ring" on the fly at Rocks the Jeweler inside the Hard Rock Hotel before running "back to Wasted Space [to propose on-stage at] the strike of midnight, and the change of the date to Jan. 9 — his birthday!"

AND

Katy Perry showed off her engagement ring from Russell Brand in London Saturday night. The singer, 25, and comic, 34, got engaged earlier this month while vacationing in Jaipur, India, *UsMagazine.com* first reported. Brand confirmed the news to the UK *Sun* on Wednesday, texting, "It's true. Much love."

A friend tells *Us* that Perry — who began dating Brand last September — has "never connected with anybody like this... She says he makes her laugh like nobody else in the world."

Kate Gosselin may have a new *hairdo*, but ex-husband Jon Gosselin has a new girlfriend. Gosselin, 32, is dating Morgan Christie, 25, according to *People*. The couple met while skiing in Utah, according to the magazine. Gosselin — whose divorce from Kate was finalized Dec. 18 — had most recently been linked to 22-year-old Hailey Glassman.

Reports first surfaced in October that Gosselin and Glassman broke up after she told *The Insider* that he was emotionally abusive. Last month, he said that the New York apartment they shared was "ransacked," which Glassman's attorney called a "publicity stunt."

AND

Police say self-inflicted stab wounds put Howard Stern sidekick Artie Lange (LAYNG') in a New Jersey hospital. Hoboken Police Detective Mark Competello says Lange's mother found him on the floor of his waterfront home Saturday.

Competello says the 42-year-old comedian was unconscious but breathing after stabbing himself with a 13-inch Wolfgang Puck kitchen knife.

Lange was taken to Jersey City Medical Center. Competello says doctors cleaned nine abdominal knife wounds and operated. He says Lange has been released.

AND

Happy birthday Elvis! About 3,000 fans joined Priscilla Presley, Lisa Marie and Elvis Presley's grandkids Friday at Graceland to celebrate what would have been the King of Rock 'n' Roll's 75th birthday. An international contingent of fans came to commemorate the event. Some came from as far away as Europe, while other fans were right from the King's adopted hometown of Memphis, where he died at Graceland in 1977 at the age of 42.

For Priscilla Presley, Presley's ex-wife and mother of his only child, Lisa Marie, the day was "bittersweet." "It's very difficult for me to even fathom that it's been 75 years for him. It's certainly bittersweet," she said.

"Elvis has got the greatest fans. All of us here at Elvis Presley Enterprises are always amazed at the support, the loyalty. I mean, they have certainly helped his legacy be where it is today, there is no doubt," she added.

Finally,

A River North man accused of raping two women he met through a popular online dating site was denied bail today.

Ryan Logan, of the 500 block of North Kingsbury Street, faces two counts of sexual assault with threat and force in cases that authorities said involved encounters set up through match.com. Prosecutors told Cook County Judge Ramon Ocasio today that Logan met the women at their homes, ate dinner with them and then had sex with them against their will.

One of the attacks happened on Nov. 9, 2007 and the other took place last Dec. 22, authorities said. Chicago police arrested Logan, 33, at his home Friday. His attorney said that Logan has worked as a computer engineer for 10 years.



Six international soldiers have been killed in Afghanistan, Nato officials say, making past Monday the deadliest day for foreign troops there in two months.

Three Americans and a British soldier were killed in the south and a French soldier died north-east of Kabul.

The nationality of the sixth soldier has not yet been released.

The deaths came as a poll commissioned by the BBC and others showed most Afghans are increasingly upbeat about the state of their country.



# GUS KOUTSOGIORGAS OF THE GREEK ISLANDS AND THE MEDITERRANEAN DIET

Today the relationship between food and health is well accepted. We understand that an adequate diet is essential for our health through all stages of our lives, allowing us to grow and lead physically active lifestyles well into old age.

The nutritional habits of people in the Mediterranean region, often called the “Mediterranean Diet”, is universally recognized as an optimum combination of exquisite tasting food and a positive impact on health, helping to fight many diet and weight related illnesses ranging from cardiovascular disease to cancers, obesity, diabetes, osteoporosis, cirrhosis, iodine deficiency disorders, nutritional anemia, high cholesterol and many others.

Gus Koutsogiorgas has spent his whole life in his restaurants working constantly to refine the true Mediterranean diet and to create healthy and tasty dishes for his customers. He was kind enough to share this valuable information as a guest of our “Chicago Greek Hours” radio Program and publish in “Omogeneia” some of his best recipes recommended by famous nutrition doctors. In this column every month you will find 2-4 new interesting recipes.

## 1. PORTUGUEZE COLD VERDE

Preparation time: 5 minutes \* Cooking time: 30 Minutes  
Yields : 4 1/5 cup servings \* 239 calories per serving, 37% From fat

### INGREDIENTS

- 8 ounces soy (meatless) chorizo removed from its casing and crumbled ¾ cup chopped yellow onion
- 3 cups low sodium chicken broth
- 1 14.5-ounce can organic no-salt-added diced tomatoes. Such as Muir Glen brand, undrained
- 2 cups sweet potatoes scrubbed and cut into ¾-inch chunks
- 3 cups packed coarsely chopped kale or swiss chard

### PREPARATION

Cook the chorizo with the onion in a large saucepan pan over medium heat for 3 minutes stirring frequently. Add the broth tomatoes and sweet potatoes, bring to the boil. Reduce heat, cover and simmer for 10 minutes or until vegetables are tender astir in kale, cover and continue to simmer for 10 minutes

### Substitutions

Vegetable broth may replace the chicken broth and peeled and diced butternut squash may replace the sweet potatoes (increase cooking time by 5 minutes if using butternut squash.

### TIPS

Look for soy chorizo (such as Melissa brand Soyrizo) in the produce section of most supermarkets.

## B. CHIOPPINO

Preparation time: 10 minutes \* Cooking time : 15 minutes  
Yield: 4 ½ cup servings \* 256 calories per serving , 21 % from fat

### INGEDIENTS

- 1 table spoon olive oil
- 1 cup chopped sweet yellow onion
- 4 garlic gloves peeled and minced
- 2 14.5 ounce cans organic fire roasted diced tomatoes, such as Muir Glen brand, drained.
- 1 cup low sodium chicken broth
- ½ cup fruity red wine, such as syrah
- 2 teaspoons Old Bay seasoning
- ¼ teaspoon crushed red pepper flakes (optional)
- 8 ounces each: Pacific halibut fillet, skinned and cut into1 inch chunks, and bay scallops
- 2 tablespoons chopped fresh flat leaf parsley

### PREPARATION

Heat the oil in large deep skillet over medium-high heat. Add the onion , cook for 5 minutes, stirring occasionally. Add the garlic and cook 1 minute long . Add the tomatoes, broth wine and seasoning bring to a boil. Reduce heat simmer uncovered for 8 minutes , stirring occasionally. Stir in the halibut and scallops cook until opaque, about 5 minutes .Ladles into shallow bowls, top with parsley.

# John the Blessed

by Photios Kontoglou

The Nativity Feast having passed, St. Basil took his staff and traversed all of the towns, in order to see who would celebrate his Feast Day with purity of heart. He passed through regions of every sort and through villages of prominence, yet regardless of where he knocked, no door opened to him, since they took him for a beggar. And he would depart embittered, for, though he needed nothing from men, he felt how much pain the heart of every impecunious person must have endured at the insensitivity that these people showed him. One day, as he was leaving such a merciless village, he went by the graveyard, where he saw that the tombs were in ruins, the headstones broken and turned topsy-turvy, and how the newly dug graves had been turned up by jackals. Saint that he was, he heard the dead speaking and saying: “During the time that we were on the earth, we labored, we were heavy-burdened, leaving behind us children and grandchildren to light just a candle, to burn a little incense on our behalf; but we behold nothing, neither a Priest to read over our heads a memorial service nor kóllyva, as though we had left behind no one.” Thus, St. Basil was once again disquieted, and he said to himself, “These villagers give aid neither to the living nor to the deceased,” departing from the cemetery and setting out alone in the midst of the freezing snow.

On the eve of the New Year, he came upon a certain hamlet, which was the poorest of the poor villages in all of Greece. The freezing wind howled through the scrub bush and the rocky cliffs, and not a living soul was to be found in the pitch-dark night! Then, he beheld in front of him a small knoll, below which there was secreted away a sheepfold. St. Basil went into the pen and, knocking on the door of the hut with his staff, called out: “Have mercy on me, a poor man, for the sake of your deceased relatives, for even Christ lived as a beggar on this earth.” Awakening, the dogs lunged at him.

But as they drew near him and sniffed him, they became gentle, wagged their tails, and lay down at his feet, whimpering imploringly and with joy. Thereupon, a shepherd, a young man of twenty-five or so, with a curly black beard, opened the door and stepped out: John Barbákos—a demure and rugged man, a sheepman. Before taking a good look at who was knocking, he had already said, “Enter, come inside. Good day, Happy New Year!”

Inside the hut, a lamp was suspended overhead from a cradle that was attached to two beams. Next to the hearth was their bedding, and John’s wife was sleeping. As soon as St. Basil went inside, John, seeing that the old man was a clergyman, took his hand and kissed it, saying, “Your blessing, Elder,” as though he had known him previously and as though he were his father. And the Saint said to him: “May you and all of your household be blessed, together with your sheep, and may the peace of God be upon you.” The wife then arose, and she, too, revered the Elder and kissed his hand, and he blessed her. St. Basil looked like a mendicant monk, with an old skoúphia, his rása worn and patched, and his tsarouchia [a traditional leather slipper, usually adorned with a pompom at the end of the shoe] full of holes; as well, he had an old empty-looking satchel. John the blessed put wood on the fire. Straightway the hut began to glisten, as though seemingly a palace. The rafters seemed to be gilded with gold, while the hanging cheesecloth bags looked like vigil lamps, and the wooden containers, cheese presses, and all of the accessories used by John in making cheese became like silver, as though decorated by diamonds, as did all of the other humble things that John the blessed had in his hut. The wood burningin the hearth crackled and sang like the birds that sing in Paradise, giving off a fragrance wholly delightful. The couple placed St. Basil near the fire, where he sat, and the wife put down pillows on which he could rest. Then the Elder took the satchel from around his neck, placing it next to him, and removed his old rason (outside cassock), remaining in his zostikó [inner cassock].

Together with his farmhand, John the blessed went out to milk the sheep and to place the newborn lambs in the lambing pen, and afterwards he separated the ewes that were ready to birth and confined them within the enclosure, while his helper put the other sheep out to graze. His flock was sparse and John was poor; yet, he was blessed. And he was possessed of great joy at all times, day and night, for he was a good man and he had a good wife. Anyone who happened to pass by their hut they cared for as though he were a brother. And it is thus that St. Basil found lodging in their home and settled in, as if it were his own, blessing it from top to bottom. On that night, he was awaited, in all of the cities and villages of the known world, by

rulers, Hierarchs, and officials; but he went to none of these. Instead, he went to lodge in the hut of John the blessed.

So, John, after pasturing the sheep, came back in and said to the Saint, “Elder, I am greatly joyful. I wish to have you read to us the writings about St. Basil [i.e., the appointed hymns to the Saint]. I am an illiterate man, but I like all of the writings of our religion [once again, the hymns and services of the Church]. In fact, I have a small book from an Hagiorite Abbot [i.e., from Mt. Athos], and whenever someone who can read and write happens to pass by, I get him to read out of the booklet, since we have no Church near us.”

In the East, it was dimly dawning. St Basil rose and stood, facing eastward, making his Cross. He then bent down, took a booklet from his satchel, and said, “Blessed is our God, always, now and ever, and unto the ages of ages.” John the blessed went and stood behind him, and his wife, having nursed their baby, also went to stand near him, with her arms crossed [over her chest]. St. Basil then said the hymn, “God is the Lord...” and the Apolytikion of the Feast of the Circumcision, “Without change, Thou hast assumed human form,” omitting his own Apolytikion, which states, “Thy sound is gone forth unto all the earth.” His voice was sweet and humble, and John and his wife felt great contrition, even though they did not understand all of the words. St. Basil now said the whole of Matins and the Canon of the Feast, “Come, O ye peoples, and let us chant a song unto Christ God,” without reciting his own canon, which goes, “O Basil, we would that thy voice were present....” Thereafter, he said aloud the entire Liturgy, pronounced the dismissal, and blessed the household. As they sat at the table, having eaten and finished their food, the wife brought the Vasilopeta [a sweet bread or cake baked in honor of St. Basil on the New Year] and placed it on the serving table. Then St. Basil took a knife and with it traced the sign of the Cross on the Vasilopeta, saying, “In the name of the Father and of the Son and of the Holy Spirit.” He cut a first piece, saying, “for Christ,” a second, afterwards, saying, “for the Panagia,” and then “for the master of the house, John the blessed.” John exclaimed, “Elder, you forgot St. Basil!” The Saint replied, “Yes, indeed,” and thus said, “And for the servant of God, Basil.” After this, he resumed: “...and for the master of the house,” “for the mistress of the house,” “for the child,” “for the farmhand,” “for the animals,” and “for the poor.” Thereupon, John the blessed said, “Elder, why did you not cut a piece for your reverendship?” And the Saint said, “But I did, O blessed one!” But John, this blissful man, did not understand.

Afterwards, St. Basil stood up and said the prayer, “O Lord my God, I know that I am not worthy that Thou shouldest enter under the roof of the house of my soul.” John the Blessed then said: “I wonder if you can tell me, Elder, since you know many things, to what palaces St. Basil went this evening? And the rulers and monarchs—what sins do they have? We poor people are sinners, since our poverty leads us into sin.” St. Basil said the same prayer, again—with tears—though changing it: “O Lord my God, I have seen that Thy servant John the simple is worthy and that it is meet that Thou shouldest enter into his shelter. He is a babe, and it is to babes that Thy Mysteries are revealed.” And again John the blissful, John the blessed, understood nothing....

\* This well-known short story by Phótiος Kóntoglou has appeared in several versions, both in Greek and in what are, unfortunately, largely poor English translations. Kontoglou’s Greek is quite difficult to translate, since he uses many words common to the dialect of Greeks in Asia Minor. Though some of these words are actually derived from ancient Greek, in general they are part of a language spoken today by less literate Greeks. Thus, there is a tendency to render them in English slang, which detracts from the power of Kontoglou’s Greek and his writing and imagery. At other times, translators fail at finding the middle ground between stilted literal translations and translations which add so much to the original Greek texts that Kontoglou’s characteristic literary style is lost. I have used, here, the Greek text published by Harmos Publications (Athens, Greece, 1994) in its collection Diegémata ton Christougénnon, and have tried to capture in my rendering the style, simple eloquence, and sensitivity of the author’s story as it reads in Greek—Archbishop Chrysostomos of Etna.

# TIME FOR A DELPHIC ORACLE

born, and let us say it, highly educated and among the well to do professionals from the private and corporate world. Long years of the community being inactive on ethnic issues has to be revitalized and reoriented with new focus for a new day to glow in Hellenic affairs.

A new all American organization wholly covering Hellenism in the U.S. must emerge in the very near future, with no chaperons from any government. Confident in itself and able to raise the necessary funds to promote and support elect able persons of any ethnic origin. The creation of a Hellenic lobby becomes a paramount priority and the first

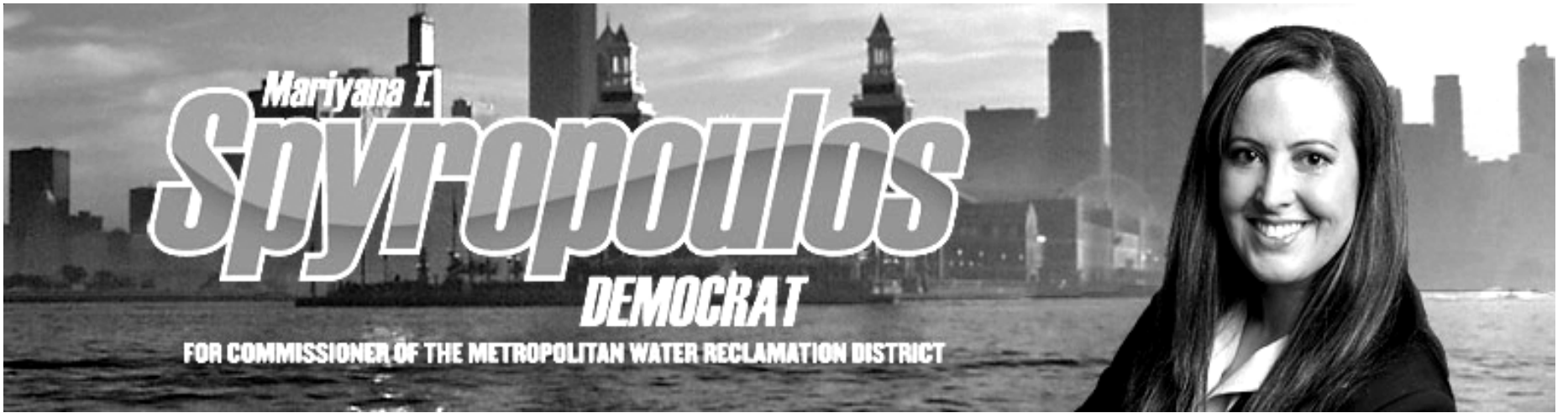
target of a lobby to be able to help the Motherland on her ethnic goals while promoting our culture, with programs of Hellenic studies. Such actions will produce a favorable climate in sustaining Hellenic conscious. This is the only hope to survive as an ethnic group inside the U.S. society.

**Jordan A. Tsolakides, Ph.D.**  
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# MARIYANA SPYROPOULOS

## COMMISSIONER

*Water Reclamation District of Greater Chicago*



*Dear Friends,*

*The Metropolitan Water Reclamation District is responsible for one of the most important resources in our community... our water. As related to water, environmental quality and community health are dependent upon the stewardship and decisions made by the leadership of the MWRD. As your Commissioner, I will continue to work to ensure that our community has a safe and reliable water supply that fosters improved community health.*

### Civic Involvement

- Commissioner of Metropolitan Water Reclamation District - August 2009
- Sierra Club Member
- National Affairs Chair of IVI-IPO
- Illinois League of Conservation Voters
- Democratic Leadership for the 21st Century
- John Marshall Law School Alumni Board of Directors

### Professional

- Served as a Criminal Prosecutor
- Served as Secretary of State Hearing Officer
- Earned a Master of Business Degree

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# NEWS FROM GREECE

## Weather phenomenon causes seawater flooding

The phenomenon of seawater flooding in coastal and island regions due to unseasonably strong southern winds caused damages



to several eastern Aegean and Dodecanese isles over the past month, especially on Samos, Symi and Kalymnos. The same weather phenomenon was reported in several coastal cities of mainland Greece, especially ones on the central Pagasitikos Gulf (picture) and in northern Halkidiki peninsula. Damages were also reported on the Ionian island of Lefkada.

The University of Athens (NTUA) has undertaken to propose solutions after studying figures concerning rising sea levels emanating from strong out-of-season southerly winds.

The central port city of Volos (picture) experienced such seawater flooding on Monday, Jan. 4, 2010, on its seawall promenade.

## Samaras addresses Athens Chamber reception

Main opposition New Democracy (ND) party leader Antonis Samaras, addressing the annual reception of the Athens Chamber of Commerce and Industry (EBEA) for 2010 on Monday, called for "an end to leaks on tax gathering raids that harm the climate and the psychology of the market in a crucial period."

Samaras stressed that the government's proposals to Brussels must



combine monetary responsibility for a decrease in the deficit and the growth prospect so that the market will not "suffocate".

He added that he has submitted proposals in Parliament analytically and

expects the government to respond instead of allowing leaks on tax gathering raids that harm the psychology of the market.

Economy, Competitiveness and Shipping Minister Louka Katseli said on her part that Samaras "should judge and state his position on specific measures and underlined that there is ample time for a constructive dialogue in Parliament."

Also commenting on the issue of receipts, Katseli said that it is part of the measures that are in the stage of consultation and wished that 2010 will be a good year for the market to "forge ahead" and for the Greek economy to recover.

## Gov't on Stability and Growth plan

Finance Minister George Papaconstantinou speaking to reporters on Thursday said that the Stability and Growth Programme is in fact a programme for the reconstruction of the national economy, adding that the government's updated Stability and Growth Programme will be submitted to the European Commission by the end of January and was expected to be approved by an ECOFIN Council on Feb. 16.

He stressed that the programme highlights the government's will to promote major changes in public finances, in taxation, budget drafting and all the radical reforms promoted in the public sector and the economy's production model.

Meanwhile, ministry officials were adamant that the government was not examining a hike in VAT rates, while stressing that the government also rejects calls for a freeze in

civil servants' pay or abolition of the so-called "14th" monthly salary, paid as an end-of-the-year holiday bonus. Instead, they said the government was examining plans to offer incentives for the repatriation of capital, while he said plans were made to open the services market and liberalise so-called "closed professions".

Greece's updated Stability and Growth Programme would include two scenarios over the country's public finances, a basic and a more pessimistic one. Under the basic scenario, the country's public debt will begin falling as of 2012.

According to government spokesman George Petalotis, the envisaged three-year stability and growth programme will be made up of "fair measures of a permanent nature for restructuring the state, stimulating the economy, reducing the deficit and public debt".

He predicted that the next three years would prove one of changes benefiting the average Greek, which would provide support to small and middle incomes.

The spokesman went on to announce that the entire Cabinet will convene next Sunday afternoon in this framework, to discuss a draft bill being prepared by the interior ministry for a new "architecture" to regional and local government authorities.

Regarding the meeting between a team of European Commission and European Central Bank officials with staff at the finance ministry in Athens earlier the same day, Petalotis said that this had been "very constructive" and said it had not been a form of "inspection" but a collaboration between the two sides.

On the meeting with Economy, Competition and Shipping Minister Louka Katseli, the spokesman said the minister had focused on a series of initiatives designed to boost liquidity for businesses, support investment, improve competitiveness and make the Greek economy more outward-looking.

## 17 migrant smuggling deaths

A total of 17 bodies have been recovered from a sea region off extreme north-east Greece following what authorities believe was the New Year's Eve sinking of a vessel loaded with illegal migrants.

Four bodies, including one of a toddler, were recovered on Friday after a fishing boat notified the coast guard. The bodies of 12 men, four women and the toddler have so far been located in the specific sea region of the Thrace Gulf, in a triangle comprised of the port city of Alexandroupolis and the islands of Thassos and Samothrace.

Search efforts are continuing in the area. Greece is increasingly being targetted by migrant smugglers attempting to ferry mostly Third World migrants into the European Union member-state from neighbouring Turkey, an issue that has recently generated heated reaction from both Athens and the EU.

## KKE warns of 'tax raid'

The Communist Party of Greece (KKE) on Friday lashed out at the government for its tax policy, calling on the working classes to engage in a "counter-attack", stressing that "only a counter-attack launched by the workers and people can overcome obstacles."

The KKE's political bureau underlined that "the people should not trust the government propaganda", warning that they will be faced with a "new tax raid".

"The government declarations for fairer taxation on all incomes are the bait used to neutralize the popular counterattack," the KKE statement read.

KKE also sharply criticised the stance adopted by GSEE and ADEDY labour unions.



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PICTURES OF THE WORLD



Egyptian archaeologists have discovered a new set of tombs belonging to the workers who built the great pyramids, shedding light on how the labourers lived more than 4,000 years ago.



A thick veil of snow covers almost all Europe but Greece, There the weather is like spring time. Germany is covered with 2 meters of the white stuff and Madride’s Casa de Campo Park looks mythical as it is covered with snow and ice.The whole Europe struggles with wintry weather. No one can explain this universal phaenomenon of bad weather in almost all of the Norther Hepishte.

Bomb explodes outside Parliament

A makeshift explosive device went off early Saturday evening in front of the Greek Parliament building. The time-bomb was placed in a trash bin located several dozen metres from Parliament's facade and the Tomb of the Unknown Soldier. The explosion caused minor material damage but no injuries.

The country's political leadership condemned the attack, while Prime Minister George Papandreou tersely warned that "Democracy cannot be terrorised".

Anonymous caller phoned the Athens afternoon daily Eleftherotypia at 7:45 p.m. local time (17:45 GMT) and warned of an impending blast in 10 minutes' time at a trash receptacle outside parliament near the Tomb of the Unknown Soldier. Police quickly evacuated the area and cordoned off the vicinity, and also warned the Presidential Guard (Evzones) which, however, remained in place.

The incident's modus operandi resembles previous attacks by self-styled anarchist groups and so-called "anti-state" terror cells usually operating in the greater Athens area. Counter-terrorism officers arrived at the blast site, while a massive police presence rushed to the vicinity, one of the Greek capital's most central locations.

The home-made time bomb exploded just before 8:00 p.m., causing minor damage to Parliament's entrance facing Syntagma Square and breaking a 3rd-floor window in the parliament building, while metal shards were found in the parliament's courtyard.

Police bomb disposal experts said later that the bomb was a 'fast-burning' device made of dynamite and of medium power, while no remnants were found of the explosive material.

Reactions

"Democracy cannot be terrorised," Prime Minister George Papandreou stated tersely as he arrived at the parliament building after the attack while Citizens' Protection minister Michalis Chryssohoidis stressed that "we are not afraid or panic-stricken", noting that "some want to terrify and panic us". Chryssohoidis stressed that the Parliament's vicinity "is of high symbolism" and therefore is accessible and will remain so.

"Athens is a safe city and will not become militarised," he said, adding that the perpetrators should know that they will be brought before justice, and very soon.

Main opposition New Democracy (ND) spokesman and MP Panos Panagiotopoulos said that the bomb attack at one of the most well-guarded spots in Athens was a "heavy provocation against the democratic Greek state's lawful order. "Beyond its apparent symbolism, this attack also targets the entire Greek society and hurts our country's image abroad, harming the interests of the Greek people," he said.

Panagiotopoulos stressed that terrorism is a major problem that needs to be tackled immediately with across-the-board cooperation of the government, the political parties, the social agencies, the trade unions and the wider society of the citizens, adding that it is a given that ND will give its full support if the proper measures and correct policy are applied for combating terrorism in Greece.

The Communist Party of Greece (KKE), in an announcement, condemned the attack, stressing that "this action must in no way comprise an act of resistance to the government's harsh and all-fronted attack on the people's rights", and warned that, on the contrary, such acts "aid and serve those who wish to daunt the people".

Popular Orthodox Rally (LAOS) spokesman Costis Aivaliotis opined that the "domestic terrorists perhaps got the idea from the website of the Turkish arms (rocket and projectile systems) manufacturer Roketsan's website that shows the Hellenic Parliament in flames". "Democracy cannot be terrorised, it cannot be daunted, it cannot be struck down. On the contrary, it reinforces its determination to confront its underminers," Aivaliotis added.

The Coalition of the Left, Movements and Ecology (SYN), in an announcement, condemned the attack as "a provocation against democracy". "At a critical time for the Greek economy, as it faces the repercussions of a deep economic crisis, such acts only mislead and are exploited as an alibi to discourage the necessary social and political struggles against a policy that negatively affects the majority of the citizens," SYN added.

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# Obama admits intelligence failures over jet bomb plot

**President Obama:** "We face a challenge of the utmost urgency". US security agencies had enough intelligence to disrupt a plot to blow up a plane last month, but failed to act, President Barack Obama has said.

The intelligence community had failed to "connect the dots", Mr Obama said, adding: "That's not acceptable, and I will not tolerate it."

Enhanced airport screening and a review of the US watch-list system were ordered after the 25 December attempt. A Nigerian man known to US officials has been charged over the alleged plot. Umar Farouk Abdulmutallab later gave "actionable" intelligence to US officials, the White House said.

Mr Abdulmutallab's name was in a US database of about 550,000 suspected terrorists, but was not on a list that would have subjected him to additional security screening or kept him from boarding the flight.

## 'Red flags'

Mr Abdulmutallab, 23, was allegedly trained in Yemen - a country that has come under increased scrutiny from the US since his arrest.

The US suspended the repatriation of Yemeni prisoners from its Guantanamo Bay detention centre in the wake of the plot, but Mr Obama reiterated that he would push on with his plan to eventually close the centre.

Secretary of State Hillary Clinton, Defence Secretary Robert Gates, Homeland Security Secretary Janet Napolitano, CIA Director Leon Panetta and FBI Director Robert Mueller attended a recent meeting in Washington.

In his address, Mr Obama said the US intelligence community had known of "red flags" indicating plans by al-Qaeda in the Arabian Peninsula to strike US targets in Yemen and the US. He said officials now knew that al-Qaeda had been working with Mr Abdulmutallab. "But our intelligence community failed to connect those dots, which would have placed the suspect on the no-fly list.

"In other words, this was not a failure to collect intelligence, it was a failure to integrate

and understand the intelligence that we already had." He had stern words for the trained professionals and analysts who had access to the information. "I will accept that intelligence by its nature is imperfect, but it is increasingly clear that intelligence was not fully analysed or fully leveraged," he said.

White House spokesman Robert Gibbs told the media on Tuesday that Mr Abdulmutallab had "spent a number of hours with FBI investigators in which we gleaned usable, actionable intelligence".

## Prosecution investigation

The suspect began his journey in Lagos, Nigeria, and changed planes at Schiphol airport in Amsterdam, in the Netherlands.

Nigeria, Somalia and Yemen were among the 14 countries singled out by Washington for enhanced security measures for travellers, introduced on Monday. A diverse range of observers, in Yemen and abroad, agree that a heavy-handed counter-terrorism strategy will create more problems than it will solve.

## Will Yemen become a failed state?

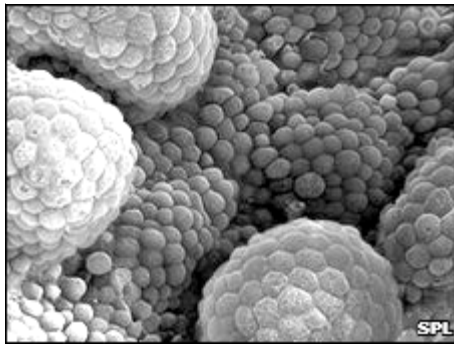
Since the incident, officials have moved dozens of names on to "watch" and "no-fly" lists, as they seek to overhaul security, Bill Burton, another White House spokesman, said earlier. Those on the watch-list are subject to extra security checks, while those on the no-fly list are not allowed to board flights to the US.

Yemen-based al-Qaeda in the Arabian Peninsula said last week it had trained and equipped Mr Abdulmutallab for the plane plot.

The US re-opened its embassy in Yemen, following what it called successful counter-terrorism operations by government security forces north of the capital. A BBC correspondent in the Yemeni capital Sanaa says the embassy was referring to a strike that reportedly killed two al-Qaeda operatives. Yemeni authorities have tightened security measures at Sanaa's airport, as well as around several other embassies.

# False positive' concern over prostate cancer test

One in eight men screened for prostate cancer will test positive when they do not have the disease, a major European trial has shown. A positive result can mean undergoing invasive tests such as biopsy as well as potentially unnecessary treatment.



Prostate cancer cells

Screening with prostate specific antigen (PSA) is not routinely offered in the UK but government experts are reviewing evidence from the study. Cancer Research UK said men should talk about the pros and cons with their GP.

Early data from the European Randomised Study of Screening for Prostate Cancer, which is being conducted in seven countries, showed in March 2009 that deaths could be cut by 20%.

It is important that men in their 50s and 60s can talk to their doctor about the pros and cons of having a PSA test and only have the test if they feel it is right for them.

But other recent evidence has cast doubt on the long-term benefits of screening, suggesting some men may end up being "overtreated" for slow-growing disease that would never cause a problem in their lifetime.

Now data from the Finnish part of the European trial has shown that for every eight men screened - tests are being done on a four-yearly basis - one ended up with a false positive result, even with a fairly high PSA threshold. Those men who tested positive but were later found not to have cancer were twice as likely not to agree to screening in the future even though they were at risk of developing the disease later, the British Journal of Cancer reported.

The researchers have said more research is needed to make screening more accurate and to help pick out those who are most likely to have a true positive result.

## SIGNS OF PROSTATE CANCER

Having to rush to the toilet to pass urine  
Difficulty in passing urine  
Passing urine more often than usual  
Pain on passing urine  
Blood in the urine or semen

Study leader, Dr Tuomas Kilpelainen, said: "I don't think routine screening should be advised until more is known on the adverse effects and costs of screening.

"If a man has urinary tract symptoms and is concerned he could have prostate cancer, the most important thing is to consult a GP or a urologist."

There is currently no organised screening programme for prostate cancer in the UK but men can request a PSA test if they want and demand is increasing.

Professor Julietta Patnick, director of the NHS Cancer Screening Programmes, said: "While the European trial, of which this Finnish study is a part, showed for the first time that prostate screening with PSA can save lives, it also suggested that 48 men would have to be treated in order to save one life.

"False positives are an issue for any screening programme, and this Finnish paper is very helpful at gaining an understanding of how they might figure in the context of prostate screening."

Results from both the European trial and a large study being carried out in the US are due this year, Cancer Research UK said.

Professor Peter Johnson, Cancer Research UK's chief clinician, said the paper showed there were "two sides" to using PSA for prostate cancer screening.

"Although for some men detecting prostate cancer early through screening can be life-saving, on the other hand the test will be abnormal for around one man in eight without cancer being detectable at that time.

"For this reason, it is important that men in their 50s and 60s can talk to their doctor about the pros and cons of having a PSA test and only have the test if they feel it is right for them."

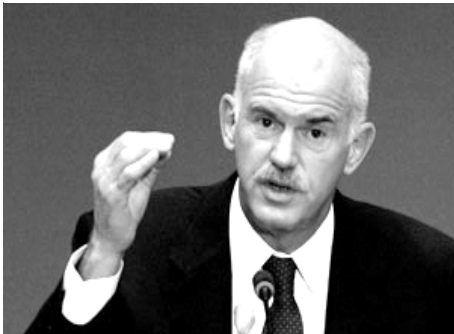


Kenyan passengers hang on an overloaded train in Nairobi, after public transport was paralysed in the main Kenyan cities. Minibus taxi drivers went on a three-day strike following claims of extortion and corruption by Kenyan police.

# Teamwork to beat crime

Police and Attica mayors discuss measures to make Athens and suburbs safer

Police and local officials are going to start working together more closely, it was decided yesterday in a bid to tackle crime in Attica more effectively, with a particular emphasis on making the center of Athens safer for residents and



visitors.

Citizens' Protection Minister Michalis Chrysochoidis yesterday chaired a meeting of police chiefs and more than 40 Attica mayors in the hope of ushering in a new era of cooperation between the two sides. He also announced a set of measures, such as the reintroduction of foot patrols and the presence of psychologists and social workers at police stations, with the aim of improving the fight against crime.

"These initiatives are designed to facilitate

better communication between authorities and local communities in order to combat crime," said Chrysochoidis, who, according to sources, has instructed police chiefs and local officials to sit down in the weeks to come and work out plans detailing the way that criminal activity needs to be tackled in each district of Attica.

The minister said that an effort to upgrade police stations so that they are staffed with a variety of experts who can deal with the social aspects of crime would begin next month. He also repeated his intention to bring back neighborhood policemen to forge closer links between law enforcement and residents.




Chrysochoidis said that he would personally visit each municipality to ensure that progress is being made.

Much of yesterday's meeting focused on the need to tackle rising crime in some parts of central Athens. One of the ideas discussed was for the government to improve facilities for the treatment of drug addicts, so that when they are arrested, rather than being brought to police precincts, they are taken to specialist centers where they can be given medical help.

"I agree with the ideological framework," said Athens Mayor Nikitas Kaklamanis after the talks. "I consider this to be a positive beginning and it will be even more positive if these conditions are observed as time progresses."

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