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EU ready to help Greece over debts

Mr Van Rompuy: "We fully support the efforts of the Greek government"

EU leaders say they are ready to act to shore up Greece's finances and ensure stability in the eurozone - but they have made no specific prom-

The unfortunate but potent side effect of this rescue is that it sends the message to the rest of the pack that if euro nations keep spending beyond their means for long enough, Germany and France will ride to the rescue.



ise of aid.

Greece must take further measures to tackle its huge debts and cut its budget deficit by 4% this year, the EU leaders said after a Brussels summit. The statement did not spell out what was meant by "determined and co-ordinated action, if needed".

Greece's debt crisis has put pressure on the euro, making markets nervous.

Other countries with big deficits in the 16nation eurozone, such as Portugal and Spain, are seen as vulnerable if Greece's problems are not tackled resolutely. Greece's deficit is, at 12.7%, more than four times higher than eurozone rules allow. For years Greek spending has ballooned while tax revenue has diminished.

The President of the European Council, Herman Van Rompuy, stressed that Greece had not asked for financial aid. The summit statement said: "We fully support the efforts of the Greek government and their commitment to do whatever is necessary, including adopting additional measures to ensure that the ambitious targets set in the stability programme for 2010 and the following years are met.

ister Gordon Brown stressed that "the discussions at the moment are within the euro area", when asked if UK taxpayers' money would be part of any EU aid.

Any EU budget support for Greece is likely to come with stringent conditions, to ensure that Athens fulfils its austerity plans and to reassure European voters that their taxes will not be diverted to propping up Greece.

Thursday's talks followed a public sector strike that brought many services to a standstill in Greece.

GREEKAUSTERITY PLAN

* Cut budget deficit below EU ceiling of 3% of GDP by 2012, from 12.7% in 2009.

* Freeze public sector salaries and cut bonuses

* Replace only one in five of people leaving civil service

* Raise average retirement age by two years to 63, by 2015

* Raise taxes on fuel, tobacco, alcohol and property

The government's decision to freeze public sector salaries and raise the retirement age are among the austerity measures that have angered Greek trade unions. Its debt is about 300bn euros (\$419bn; £259bn), and the government estimates it will need to borrow about 53bn euros this year to cover budget shortfalls. Debt servicing is now costing Greece 11.6% of its gross domestic product and it has to pay more interest on loans now because its credit rating has been downgraded.

TURKEY'S DIPLOMATIC INITIATIVES DO THEY COUNT?

During the year 2009, a large number of articles appeared in the international press regarding the diplomatic initiatives of the Turkish Prime Minister Recep Tayyip Erdogan, to the neighboring countries. Mr. Erdogan's overtures became the focus of world press praising him for his actions. It became prime news when he tried to mediate between Syria and Israel including Lebanon, which however, did not last too long, changing to disappointment when Turkey withdrew from pre-planned military exercises scheduled between Turkey, Israel and the U.S.

Mr. Erdogan also tried to mediate between the U.S. and Iran. His itinerary included Georgia after the Russian invasion without even consulting with his partners in the NATO and the E.U. Lately he signed an agreement with Armenia which displeased the oil rich Azerbaijan. Ignoring completely the Armenian genocide issue, he responded to Azerbaijan's anger declaring that his parliament will not verify the agreement unless America returns the area of Nogorno-Karaback back to Azerbaijan. All these travels and contacts of Turkey's prime minister provoked lately quite a skepticism in the west as to his intention and what is he trying to accomplish acting alone.

Turkey is now declaring itself a world power, especially after she was invited by the U.S. Administration to participate in the G20 Conference of the world's great economic powers, a virtual reality without practical contents. Nevertheless the U.S. is considering Turkey to be a regional power, which Turkey takes it one step further declaring itself a world power. Turkey advertises internationally directly from the prime minister's office that "investments love Turkey and Turkey loves investments". At the turn of the 21st century due to an inflow of speculative capital investment because of zero tax, Turkey showed a remarkable economic recovery which has been evaporated since then.

The present time declaration comes from a country whose economy is at the brink of collapse. With unemployment at more than 13% and an official inflation of 7% threatening to go higher, and a GDP that dropped 14% from the previous year, Turkey declares a place among the fifteen largest economies of the world. Her GDP of 687 billion, places her on the top ranks of the European Union States, claiming the 6th largest economy in 2008, citing as a source the IMF. Yet with a population of 73 million the per capita income falls to \$9,300. Denmark for example, with a population of 5.5 million has a per capita income of \$57,470 while Greece, its neighbor to the west with a population of 11 million has a per capita income of \$33,000. Moreover an expected dept default will force Turkey to make a deal with IMF. This virtual reality makes the prime minister to dream a world status, which explains to a certain extent his wonderings around on diplomatic missions of his own. This is perhaps one reason of Turkey's rejection of the appointment of the Danish former Prime Minister Andres Fogh Rasmussen as chief of NATO because he did not object to the published cartoon of the Profit Mohammad by Kurt Westergaard. Actually Turkey was rewarded by being offered the position of a deputy general secretary of NATO, thus reinforcing Erdogan in his self proclaimed world power and leadership. Turkey's foreign minister, Mr. Davutoglou seems to envision that the Ottoman Empire days of the 16th century are around the corner and he suggests policies to assert Turkish

independence in diplomatic initiatives. He is aiming to project Turkey as a power broker and profoundly as a leader of the Muslim world focusing on the Arab world with its oil and petrodollars. Becoming foreign minister since the spring of 2009 he is aggressively pursuing a policy of good neighbor offering his services as a broker and thus demonstrating the underlying concept of Turkey as a global power. So far his effort produced no tangible results. As a matter of fact Syria is emerging again as the center of Arab power recognized as such again by Lebanon, South Arabia and the Emirates. Mr. Erdogan opening to Kurdistan may be considered a trade necessity and a forward planning in case Iraq breaks apart and the oil rich Kurdistan becomes independent, although he opposes the transfer of oil rich Kirkut to Kurdish Regional Government. Trying to play on both sides of the fence, Erdogan and his foreign minister acting within their virtual world power concept may find themselves and their AKP party marginalized if Turkey's present bad economic condition does not recover soon, and reopening to the neighbors prove to be only a play of self projection.

Perhaps the rhetorical pronouncement of U.S. contributes to this power feeling of Mr. Erdogan. The U.S. Secretary of State, Hillary Clinton, indicated publicly that Turkey is a rising power which will help together with the U.S. collaboration to contribute solving global problems. The ruling party in Turkey, AKP (justice and development), takes such public pronouncements too seriously and adopts policies in support of Mr. Erdogan diplomatic actions when in fact even the regional power status assigned by the U.S. is not recognized by any state. Turkey cannot impose her will on any state for lack of infrastructure and of economic cloud. Her actions at the international scene may be explained rather as a leadership showpiece for internal use to keep its rising religious segment of the population to continue its association with the AKP party.

Turkey received a great deal of praise by the press in the west primarily British, for its accomplishment in the political and economic sectors of the country and certainly at the beginning for its diplomatic initiatives. Now the same news people are wondering and downplay their significance. Do all these praised actions represent reality? Did any concrete event was accomplished? Are we talking on virtual reality and so do the leaders of Turkey? Turkey is holding a rotating seat on the security council of the U.N. Would she vote for sanctions against Iran as the U.S. is proposing if Iran refuses to cooperate and moves ahead with its nuclear program? Pursuing reconciliation with Armenia without accepting genocide and against the wishes of the oil rich Azerbaijan by simply declaring that the Turkish parliament will not verify the treaty unless Noborno-Karaback is returned to Azerbaijan is a lot of hot air and not of real substance. Opening up to the Kurds of Iraq while he is paying lip service to the large minority of ethnic Kurds in Turkey seems to be a clear political move to strengthen the AKP party and a move to impress the international community. The Kurds of Turkey are fighting for full independence and by giving them some minor concessions such as an hour a week on TV and radio programs in their language is not

We call on the Greek government to implement all these measures in a rigorous and determined manner to effectively reduce the budgetary deficit by 4% in 2010."

Greek Prime Minister George Papandreou said his country was ready to take the extra action needed to reduce its deficit. "If it is necessary we are committed to take these additional measures to achieve our targets," Mr Papandreou told reporters in Brussels after the summit.

Unpopular measures

German Chancellor Angela Merkel said Greece "will not be left on its own, but there are rules and these rules must be adhered to". If the financial market riposte to the Greek bailout is anything to go by, we're not yet out of the woods.

The euro gained... but then fell back more. European currency traders soon twigged that this was only an accord in principle, with most of the costly details still to be worked out.

Many, including Britain, would have preferred the IMF to have brokered some kind of rescue. But here the reputation of the euro was on the line. For heads of state, avoiding armageddon for Brussels' single most important achievement took priority over the unfortunate side-effect - our old friend moral hazard.

Wary of IMF help

Analysts say that powerful eurozone members such as Germany may be able to help by buying Greek government debt or by providing loan guarantees. The Greek debt problem put them some three times over what the EU is supposed to allow, the European Commission may decide to disburse regional aid to Greece earlier than planned. But EU leaders appear reluctant to call on the International Monetary Fund to shore up the Greek economy. That would be a big blow to pride in the single currency.

They have asked the European Commission to draft additional measures to be taken by Greece, "drawing on the expertise of the IMF". The EU will assess Greece's implementation of the austerity plan next month.

(Continued p. 3)

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LAW OFFICE OF MARIYANNA SPYROPOULOS



ENTERTAINMENT LIVE

By Denises Rekoumis

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 32year-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," a source tells Us. "Of course she said 'yes,' and they left the club shortly after this happened."Another witness tells E! News 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 Compe-tello 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 recently 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.

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The death of a luge competitor who left the track at high speed has cast a shadow over the Winter Olympics in Canada ahead of the opening ceremony. Georgian Nodar Kumaritashvili's sled flipped and he smashed into a steel pole at the Whistler Sliding Centre.An Olympic official later confirmed the 21-year-old had died as a result.Training was immediately suspended after the accident, which happened just hours before the ceremony to open the 21st Winter Games in Vancouver. Kumaritashvili's sled struck the inside of the track's last turn during his sixth and final training run, sending his body into the air and over a concrete wall.

His sled remained on the track, and the visor from his helmet appeared to continue down the ice.edical staff at the track and doctors at a local hospital tried to resuscitate Kumaritashvili, part of a sevenstrong Georgian team, but the country's Olympic delegation later confirmed he had died as a result of his injuries.

"We are all in deep shock, we don't know what to do. We don't know whether to take part in the opening ceremony or even the Olympic Games themselves," said delegation head Irakly Japaridze.

What was in the barn...?

A New York man retired. He wanted to use his retirement money wisely, so it would last, and decided to buy a home and a few acres in Portugal . The modest farmhouse had been vacant for 15 years; the owner and wife both had died, and there were no heirs. The house was sold to pay taxes. There had been several lookers, but the large barn had steel doors, and they had been welded shut. Nobody wanted to go to the extra expense to see what was in the barn, and it wasn't complimentary to the property anyway.....so, nobody made an offer on the place. The New York guy bought it at just over half of the property's worth, moved in, and set out to tear into the barn.....curiosity was killing him. So, he and his wife bought a generator, and a couple of grinders.....and cut thru the welds. What did they find to their utmost surprise?.....



......OVER A HUNDERED ANTIQUE CARS VALUED AT \$35 MILLION DOLLARS.! THE MAN AND HIS WIFE HAD FULL CLAIM TO THE LOT. NEEDLES TO SAY THEY SOLD ALL THESE CARS AND THEY HAD A GREAT RETIREMENT. HIS IS A TRUE STORY.

> Sotiris Rekoumis 7902 Maple Morton Grove, IL 60053

Dear Mr. Rekoumis:

Thank you for supporting my campaign for Commissioner of the Water Reclamation District. I greatly appreciate your commitment to my campaign and your generous donation. With your help, voters made it clear that they agree with my message of progressive, environmentally conscious leadership on the MWRD. We ran a strong campaign and 179,296 voters responded, making us the top vote getter in this race.

February 8, 2010

Your support was instrumental in getting us through the election. We ran a strong campaign. So strong that some of our opponents changed their themes to the environment to match ours. I am excited to continue my work at the MWRD and I hope you will continue to stay involved as we move forward. Thank you again for everything you have done.

Yours truly,

Mariyana Spyropoulos Commissioner

TURKEY'S DIPLOMATIC INITIATIVES DO THEY COUNT?

(From page 1)

enough. An insurgency that cost forty thousand lives of a minority that composes 20% of Turkey's population cannot be stopped with superficial measures. The Kurdish workers party (PKK) and the Turkish army are locked on a death or life struggle. The Government initiative to disband the PKK fighting units does not seem to produce significant results. However the Kurdish problem a long time affair has lately become the acid test of AKP. Talking to Kurdish Regional Government of Iraq is a much easier case than talking to the Kurdish Workers Party (PKK) whose leader Otsalan is in Turkish jail as a terrorist. Mr. Otsalan is still considered the commander of PKK.

Mr. Erdogan has not solved his big internal problems to feel free to undertake his diplomatic wonderings. He is trying to eliminate his media opponents using tax measures while at the same time he is facing the staunchly secularist nationalist, the army and the beaurocrats who claim that the AKP is destroying the nation by marginalizing the military, the protectors of Kemal Atatourk's legacy. Erdogan at the moment dominates Turkey's politics and feels strong enough to open the "ergenekon" case where officers academics and others go to jail for conspiring against the state. Recently two special force officers were arrested on suspicion of trying to assassinate Bulent Arinc former speaker of parliament presently deputy prime minister.

In addition Erdogan has a number of problems related to his EU membership status internal as well as external. Internally he as yet has to introduce a new constitution and is still operating with the one produced in 1982 by the military sustaining laws restricting free speech. Externally the problem of opening Turkey's ports to Cyprus with a dead line for 2009 is still unsolved. Mr. Erdogan may be thinking of himself as the top religious leader of the Muslim worldthe Caliph, a title held by the Emperor of the old Ottoman Empire. He seemingly allows more open manifestations of Islam and the masses feel more satisfied and fulfilled in their religious aspects. Yet he ignores other religions and separates branches of Islam. However, he mainly not only ignores but restricts the historic throne of the Orthodox Christianity; the Ecumenical Patriarchate that exists in Constantinople for 17 centuries. The Orthodox Christians of Turkey live as "second class" citizens. The theological school of the Patriarchate is closed for more than 35 years while its real estate is being confiscated by the State.

The opposition accuses him that his efforts to join the EU are only superficial serving him to pass laws favoring his internal policies making the state officially more Islamic. The struggle between the military and its ally, the civilian elite with AKP continuous as ferocious as ever. It becomes more critical with the addition of the new economic class of eastern provinces agriculture industry, increasingly antagonistic to the earlier dominating elite classes of Constantinople and Ankara. A social order created by the AKP with this new elite and the general public makes a military coup quite unlikely. This new political climate allowed Mr. Erdogan and his AKP party to achieve a number of national goals despite fierce tine Empire with its outreach diplomacy seeking to exercise political influence which was welcomed and accepted by the west initially. After its skirmish with China accusing her for genocide over its policy toward its Muslim minority in the northwest, Xinjian Province, and the cancellation of common military exercises with Israel and U.S. her close supporter and ally, seem to consider her as not so reliable ally any more. Turkey's policy on playing both sides of the fence puts its allies in an awkward predicament of wait and see attitude toward her. The signing of the six country agreement including Russia to build a pipeline that would bring gas from central Asia through Turkey to Europe, gave her some goodwill, although the Nabucco pipeline is still in the design stage with an uncertain future. This new rapprochement with Russia with Vladimir Putin visiting Ankara, and the signing of a trade agreement, including the southern stream demonstrated the Turkish will to continue acting independently.

The AKP party claims Turkey now have a voice in international policies by its own initiative. She is struggling to prove her ability to play this role regardless and independently of the policies of her main allies, the U.S. and NATO who follow her moves with an increasing attention and concern. So far nothing concrete seems to have evolved from Mr. Erdogan's opening to the neighboring countries.

In conclusion Mr. Erdogan thinks of himself as the leader of one of the world's economic powers prompted by the U.S. He undertook a number of diplomatic initiatives, all of his own design to establish a good neighborhood policy but also to broker peace. His diplomatic ventures to Georgia, Iran, Iraq and Syria including Egypt, has not produced any tangible benefit as yet. Mr. Erdogan and his AKP party still face a strong opposition from Turkey's establishment accusing him of marginalizing the military to the benefit of the new religious elite entering now into the main stream of Turkey's social economic and political life.

Turkey's European Union entry is more doubtful now than at its initial phase, as one of the main obstacles, recognizing Cyprus, is still unresolved. The dominant internal problem moreover, that looms as a dark cloud over her, the 20 million Kurdish minorities, is treated with superficial measures. The future under present conditions does not look very rosy, especially if she discontinues paying the national debt.

Mr. Erdogan proved to be a quite capable and successful politician. However, by declaring Turkey a world power at this time places his government in a tight predicament. His pronouncements echo vague and hollow. His favoritism toward Islam is expressed internally as political power and represents the main support for him and his party. The future of Turkey a State established in 1923 is rather undefined without a solution to the Kurdish problem. The pompous diplomatic initiatives of Erdogan as a leader of World power does not improve his position among its neighboring countries and worldwide.

Mr. Sotiris Rekoumis 7902 Maple Street Morton Grove, Illinois 60053

Dear Sotiris,

On February 2, 2010, I was honored to have won the Democratic primary election for the South Vacancy, Illinois Appellate Court. Your efforts on my behalf contributed significantly to this victory. My campaign was built upon your support and your belief in my experience and reputation. I am very thankful for your help.

I look forward to further serving the public and the judicial system as a member of the Illinois Appellate Court. I will strive to fulfill the responsibilities and duties with fairness, integrity and humility.

Very truly yours,

Mary Kay

Judge Mary Katherine Rochford

opposition by the establishment. The presidency of Abdullan Gull and the change in the composition of the national council membership reducing the military influence are really considerable achievements.

The Turkish leadership apparently is thinking and behaving as the heirs to the Byzan-



Jordan Tsolakides, Ph.D. Author: Hellenism Abroad. Email:jordantsolakides@yahoo.com

> An ambitious architectural project intended for Marathonos Street, between the Athens districts of Kerameikos and Metaxourgeio now seems to be entering the final straight. The project is an initiative of the international architecture competition UPT035. The first prize which was recently announced went to the Portuguese team of Joao Prates Ruivo and Raquel Maria Oliveira. The five candidates that had made it to the prize short list had worked for a long time and in detail on their projects to present specialized propositions. The competition was launched last June and attracted 242 proposals from 41 countries.

MARIYANA SPYROPOULOS, COMMISSIONER

METROPOLITAN WATER RECLAMATION DISTRICT

Dear Friends,

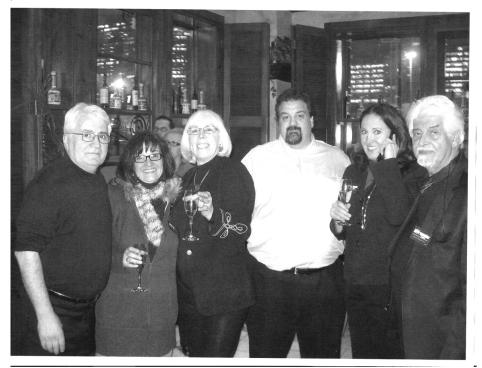
I am appreciative of all the support and encouragement I received during the campaign. Your support -wether it was through spreading the word about my campaign, putting up a yard sign, attending a fundraiser, or working on Election Day -was a major part of our victory. Voters made it clear that they want progressive, environmentally concious leadership on the MWRD, We ran a grassroots campaign based on the issues and 179,796 voters responded, making us the top vote getter. I am excited to continue my work at the MWRD and I hope you will continue to stay involved as we move forward. Thank you again for everything you've done.

Sincerely

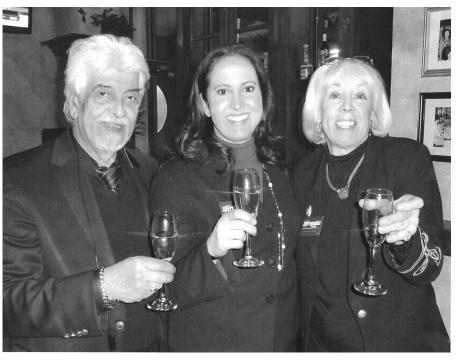
Mariyana Spyropoulos Commissioner, MWRD.



From L. to R. John Berbas, Judge Anna Demacopoulos, George Karahalios, Mariyana Spyropoulos, Erika Spyropoulos, Nike Demacopoulos and Ted Spyropoulos.



from L. to R.: John Berbas, Liz Berbas, Erika Spyropoulos,, husband Paul Vasilakos, Commissioner Mariyana Spyropoulos and Ted Spyropoulos.



Commissioner Mariyana pyropoulos with her proud parents, Ted and Erika Spyropoulos



From L. to R. Anna Housakos, Commissioner Mariyana Spyropoulos, Katerina Varvitsiotis and Liz Berbas.



Mariyana and her in laws Mr. and Mrs. Vasilakos



Erika and Mariyana

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Mariyana thanking her friends, and Ted Spyropoulos



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□\$50 - 5 Trees	-Address
□\$100 - 10 Trees	T _1.
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<u>NEWS FROM GREECE</u>

PM Papandreou says Greece will succeed

Prime Minister George Papandreou, addressing a press conference at the end of the informal European Union summit in Brussels on Thursday and referring to the EU leaders' agreement to assist Greece so that it can weather its current economic crisis, said that "our partners assessed and ascertained our will to change, we convinced following a great effort and it is necessary for us to continue. I declare that we shall succeed."

Asked what would be given in exchange for the "triple supervision" for the implementation of the Stability Programme on the part of the European Commission, the European Central Bank and the IMF and the taking of the necessary additional measures, Papandreou said that "the fact that they are supervising us today is the result of the policies of the past years and of the complete absence of credibility. We have no problem: The transparency for what we are doing and what we are implementing is the best reply to every one who may doubt that we have the will to implement what we have to implement, to take the decisions that we must take in order to achieve our goals."

Called on to clarify if the "supplementary measures apart from the Stability Programme will be imposed by the Commission, the ECB and the IMF, if we do not observe the programme or another wave shall follow within the Programme," the prime minister said that "the Commission with ECOFIN and the Eurogroup are responsible for the decisions, the others are assisting. Secondly, the Programme itself says that if along the way the goals are not achieved we are ready to take the necessary and additional measures." Papandreou termed as important the decision of the EU and of the eurozone for coordinated action if necessary, to secure stability, while whatever decision, as he said, constitutes at the same time a clear message to the markets and to possible profiteers as well. "We shall respond to the message proceeding with the necessary great reforms in our country and be certain that we shall succeed," he said.

"Our will is also expressed in the Stability, Growth and Reconstruction Programme and the additional measures that we took, while we shall do everything that is necessary to achieve our goals which are a decrease in the deficit by 4 units in 2010, the country's entry into a new growth model with the simultaneous protection of the weaker," he added.

The prime minister also mentioned that during the informal summit Europe's growth prospects were also discussed through the axes of innovation, education and digital society, the employment of skills and the combatting of poverty, and green growth with a viable economy at the same time.

ND leader strongly criticises PM

Main opposition New Democracy (ND) party leader Antonis Samaras, in the wake of measures taken for the economy and European Union's support for Greece, criticised Prime Minister George Papandreou after the press conference he gave in Brussels on Thursday, while stressing that he considers it positive that European support shields Greek bonds from attacks by profiteers.

"Mr. Papandreou would do well not to remove any responsibilities from both the past PASOK governments, as well as his own unprecedented delaying for four months (since October)," Samaras said.

The ND leader also criticised the measures taken by Papandreou's PASOK government, stressing that "after delays, it is taking measures now only to curb the deficit and not to boost the market and it does not give the economy necessary "breathers" of support."

He further assessed that without strengthening measures the recession that will result will be very deep and the deficits will not decrease and added "our message to the government is: Take strengthening measures now."

Samaras pointed out that the problem is "for us to cut extravagances. Not to cut from vital needs. Unfortunately, the government appeared, initially at least, not to do this distinction. To level everything and to cut from everywhere."

Samaras also criticised the prime minister on another point in his statements: "The ease with which the prime minister- due to supervisionclaims that a part of our sovereignty is being taken from us, is creating grave scepticism. Evidently, he does not realise the gravity and the consequences of his words."



Unemployment 10.6pct up

Greek unemployment jumped to 10.6 pct in November 2009, from 7.8 pct in November 2008, the National Statistical Service said on Thursday. The number of unemployed people totaled 531,953 in the month, up by 146,965 compared with November 2008 and up by 40,814 compared with October 2009, while the number of employed people totaled 4,464,230, down 2 pct from November 2008 and 0.9 pct compared with October 2009.

Unemployment among women jumped to 13.3 pct in November, from 11.6 pct in November 2008, while among men the unemployment rate was 8.8 pct, from 5.2 pct. Unemployment was higher in the regions of southern Aegean (17.8 pct), western Macedonia (14.3 pct) and eastern Macedonia-Thrace (14.2 pct), while the lowest unemployment rates were recorded in nothern Aegean (5.9 pct), Peloponese (7.6 pct) and western Greece (7.9 pct).

Brown bears in Greece fell into hibernation one month later

Unseasonably warm temperatures in Greece this year have resulted in the brown bears living in the wild falling into winter hibernation a month later than usual. Wild bears this year started going into hibernation in mid-January, whereas bears in captivity went into hibernation in mid-December, according to the Arcturos non-profit wildlife protection organisation.

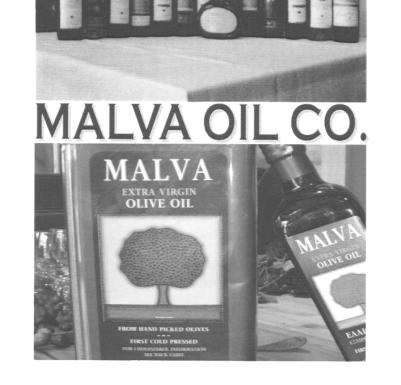
Winter hibernation is crucial for the bear, as it protects the animal from the lack of food in nature caused by adverse weather conditions and, in addition, during the two-month



hibernation period the female gives birth to one-two, and more rarely three, cubs, which are born blind and without fur and weigh just 350-400 grams, Arcturos' Vasso Petridou told ANA-MPA.

Brown bears dig dens for winter hibernation, often holing up in a suitable hillside. Females, or she-bears, den while pregnant and give birth during this winter rest, usually to a pair of cubs. Brown bear cubs nurse on their mother's milk until spring and stay with her for some two and a half years-so females only reproduce once every three years.

Bears will hibernate when food is scarce and the temperature is too cold. They can sleep for months without eating, drinking, or urinating. They will usually make a den in a cave or under a fallen tree and cover themselves with leaves and other brush. Mother bears will awaken to give birth, typically in mid to late January, and take excellent care of the cubs in the den. What bears do is actually called "winter lethargy". According to scientists, "true hibernation" is an inactive sleep-like state some animals enter into during the winter. During hibernation, body temperature is lower than normal. Heart beat and breathing slow down tremendously. Bears only experience small changes in heart rate, metabolic processes and body temperature, heart rate only drops from forty to seventy beats per minute down to eight to twelve beats per minute and metabolism only drops by half, whereas a ground squirrel, for example, when going into "true hibernation", its body temperature may drop to the freezing point (32 degrees Fahrenheit or 0 degrees Celsius) or slightly below. During the period of dormancy, a bear's temperature drops less than 10 degrees Fahrenheit from a normal temperature of 99 degrees Fahrenheit.



Please visit us for a delicious meal, and don't forget to purchase your wine, extra virgin olive oil, Greek honey, oregano and more...

MEDITERRANEAN DIET

Recipes from Chef MD's BIG BOOK OF CULINARY MEDICINE, Author John La Puma,MD and Rebecca Powell Marx

<u>PARMIGIANO CAESAR SALAD WITH</u> <u>SHRIMP</u>

Preparation time: 20 minutes Cooking time: 0 minutes Yield: 4 servings **INGREDIENTS** 2 slices whole-wheat bread 1¹/₂ tablespoon each: fresh lemon juice and walnut oil 1 tablespoon Worcestershire sauce 1 garlic clove, peeled and minced 1/2 teaspoon anchovy paste 8 oz cooked medium shrimp 8 cups packed torn organic romaine lettuce (*about 12 oz*) 2 tablespoons grated Parmigiano-Reggiano cheese **PREPARATION** Preheat oven to 450. Lightly coat a cookie or

baking sheet with olive oil cooking spray. For the croutons, cut the bread into ½- inch squares and coat with cooking spray. Bake for 7 to 8 minutes or until crisp.

Meanwhile, combine the lemon juice, walnut oil, Worcestershire sauce, garlic and anchovy paste in a large bowl. Remove 1 tablespoon of the dressing and toss it with shrimp in a small bowl. Let the shrimp stand at least 5 minutes or refrigerate for up to 1 hour.

Add the lettuce and croutons to the dressing in the large bowl; toss well and transfer to four serving plates. Top the salads with shrimp and sprinkle with cheese. <u>SUBSTITUTIONS</u>

Shredded, cooked skinless chicken breast may

replace the shrimp.

SARDINE AND ARUGULA SALAD WITH RATATOUILLE Preparation time: 10 minutes Cooking Time: 15 minutes

Yield: 4 serving

INGREDIENTS 3 cups 1/2 inch diced eggplant (about 8 ounces) 1 small red onion, chopped 2 teaspoons extra-virgin olive oil 1 14-ounce can quartered artichoke hearts in water, drained 1 14.5-ounce can organic fire-roasted diced tomatoes 1 tablespoon chopped fresh thyme leaves 4 cups packed baby arugula(about 4 ounces, organic preferred) 2 3.75-ounce tins sardines in olive oil 4 teaspoons fresh lemon juice 1/4 teaspoon crushed red pepper flakes **PREPARATION** Heat a large nonstick skillet over medium-high heat. Add the eggplant; cook until browned, 3 to 4 minutes, stirring occasionally. Stir in the onion, then, the oil; cook for 1 minute, stirring occasionally. Reduce heat to medium-low; add the artichoke hearts and tomatoes. Simmer uncovered for 10 minutes or until vegetables are tender and sauce thickens. Stir in the thyme. Arrange the arugula over one side of each of four large dinner plates. Drain the sardines and arrange them over the arugula. Sprinkle the lemon juice and pepper flakes over the salads. Spoon the ratatouille alongside the salads. **SUBSTITUTIONS**

For a spicier flavor, organic fire-roasted tomatoes with green chilies mar replace the fire-roasted tomatoes. A teaspoon of dried thyme may replace the fresh thyme(add with the tomatoes)

Half boy half man

The average age of the military man is 19 years. He is a short haired, tight-muscled kid who, under normal circumstances is considered by society as half man, half boy. Not yet dry behind the ears, not old enough to buy a beer, but old enough to die for his country. He never really cared much for work and he would rather wax his own car than wash his father's, but he has never collected unemployment either.

He's a recent High School graduate; he was probably an average student, pursued some form of sport activities, drives a ten year old jalopy, and has a steady girlfriend that either broke up with him when he left, or swears to be waiting when he returns from half a world away. He listens to rock and roll or hip-hop or rap or jazz or swing and a 155mm howitzer.

He is 10 or 15 pounds lighter now than when he was at home because he is working or fighting from before dawn to well after dusk. He has trouble spelling, thus letter writing is a pain for him, but he can field strip a rifle in 30 seconds and reassemble it in less time in the dark. He can recite to you the nomenclature of a machine gun or grenade launcher and use either one effectively if he must. He digs foxholes and latrines and can apply first aid like a professional. He can march until he is told to stop, or stop until he is told to march. He obeys orders instantly and without hesitation, but he is not without spirit or individual dignity. He is selfsufficient He has two sets of fatigues: he washes one and wears the other. He keeps his canteens full and his feet dry. He sometimes forgets to brush his teeth, but never to clean his rifle. He can cook his own meals, mend his own clothes, and fix his own hurts. If you're thirsty, he'll share his water with you; if you are hungry, his food. He'll even split his ammunition with you in the midst of battle when you run low. He has learned to use his hands like weapons and weapons like they were his hands.

He can save your life - or take it, because that is his job. He will often do twice the work of a civilian, draw half the pay, and still find ironic humor in it all.

He has seen more suffering and death than he should have in his short lifetime. He has wept in public and in private, for friends who have fallen in combat and is unashamed. He feels every note of the National Anthem vibrate through his body while at rigid attention, while tempering the burning desire to 'square-away ' those around him who haven't bothered to stand, remove their hat, or even stop talking. In an odd twist, day in and day out, far from home, he defends their right to be disrespectful.

Just as did his Father, Grandfather, and Great-grandfather, he is paying the price for our freedom. Beardless or not, he is not a boy. He is the American Fighting Man that has kept this country free for over200years. He has asked nothing in return, except our friendship and understanding. Remember him, always, for he has earned our respect and admiration with his blood. And now we even have women over there in danger, doing their part in this tradition of going to War when our nation calls us to do so As you go to bed tonight, remember this shot. A short lull, a little shade and a picture of loved ones in their helmets. Prayer wheel for our military. "Lord, hold our troops in your loving hands.. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. Amen.'

Crabby Old Man

When an old man died in the geriatric ward of a nursing home in North Platte, Nebraska, it was believed that he had nothing left of any value. Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Missouri . The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. A slide presentation has also been made based on his simple, but eloquent, poem. And this little old man, with nothing left to give to the world, is now the author of this 'anonymous' poem winging across the Internet.

Crabby Old Man

What do you see nurses? What do you see? What are you thinking when you're looking at me? A crabby old man not very wise, Uncertain of habit with faraway eyes? Who dribbles his food and makes no reply. When you say in a loud voice 'I do wish you'd try!' Who seems not to notice the things that you do. And forever is losing A sock or shoe? Who, resisting or not lets you do as you will, With bathing and feeding The long day to fill? Is that what you're thinking?..... Is that what you see? Then open your eyes, nurse you're not looking at me. I'll tell you who I am. As I sit here so still, As I do at your bidding, as I eat at your will. I'm a small child of Ten with a father and mother, Brothers and sisters who love one another. A young boy of Sixteen with wings on his feet. Dreaming that soon now a lover he'll meet. A groom soon at Twenty my heart gives a leap. Remembering, the vows that I promised to keep. At Twenty-Five, now I have young of my own. Who need me to guide And a secure happy home. A man of Thirty My young now grown fast, Bound to each other With ties that should last. At Forty, my young sons have grown and are gone, But my woman's beside me to see I don't mourn. At Fifty, once more, babies play 'round my knee, Again, we know children My loved one and me. Dark days are upon me my wife is now dead. I look at the future shudder with dread. For my young are all rearing young of their own. And I think of the years and the love that I've known I'm now an old man and nature is cruel. Tis jest to make old age look like a fool. The body, it crumbles grace and vigor, depart. There is now a stone where I once had a heart. But inside this old carcass a young guy still dwells, And now and again my battered heart swells. I remember the joys I remember the pain. And I'm loving and living life over again. I think of the years, all too few gone too fast. And accept the stark fact that nothing can last. So open your eyes, people open and see. Not a crabby old man . . . Look closer see ME!!

Koraes Elementary Students Participate in the Annual Spelling Bee Competition





On Wednesday January 27, 2010, the Junior High classes of Koraes Elementary School, affiliated with SS Constantine and Helen Greek Orthodox Church in Palos Hills, participated in the annual spelling bee competition. Pictured from left to right: Mrs. Mary Zaharis (principal), Grace Davenport (6th grade 2nd place winner), Panayiotis Stamatoukos (8th grade 1st place winner), Mrs. Bess Shizas (junior high language arts teacher).

Iran makes new uranium enrichment challenge

Iran's President Mahmoud Ahmadinejad has asked the country's nuclear chief to begin enriching uranium to 20%

The move comes amid a worsening stand-



Heavy-water production plant, Arak, Iran Iran's nuclear programme has alarmed Western powers

off over a Western offer for Iran to swap enriched uranium for nuclear fuel.

Western nations fear Iran is trying to develop nuclear weapons - and have threatened new sanctions. Iran insists its programme is peaceful. The US defence secretary urged the world to "stand together", saying there was still time for sanctions to work.

"Pressures that are focused on the government of Iran, as opposed to the people of Iran, potentially have greater opportunity to achieve the objective," Robert Gates said during a visit to Italy.

In London, the Foreign Office said Mr Ahmadinejad's announcement was "clearly a matter of serious concern". "This would be a deliberate breach of five UNSCRs [United Nations Security Council Resolutions]," it said in a statement.

Robert Gates: "Sanctions and pressure can work"

In January, diplomats said Iran had informed the International Atomic Energy Agency (IAEA) that it did not accept the terms of the deal agreed in October by Iran, the IAEA and the P5+1 - the US, Russia, China, UK and France plus Germany. Earlier this week, the US, Britain and France circulated a discussion paper on further possible sanctions against Tehran.

But China says the P5+1 must remain patient and keep pursuing a diplomatic solution to the issue.

Red line

Mr Ahmadinejad made the announcement on Iranian state television - two days after his foreign minister said a deal on swapping enriched uranium for nuclear fuel was close - a claim greeted with scepticism by Western powers. "I had said let us give them [Western powers] two to three months, and if they don't agree, we would start ourselves," Mr Ahmadinejad said in a speech broadcast live.

"Now Dr [Ali Akbar] Salehi, start to make the 20% with the centrifuges," the president said, addressing Iran's nuclear chief who was sitting in the audience at a laser technology plant in Tehran.

NUCLEAR FUEL CYCLE

Mined uranium ore is purified and reconstituted into solid form known as yellowcake. Yellowcake is chemically processed and converted into Uranium Hexafluoride gas. Gas is fed through centrifuges, where its isotopes separate and process is repeated until uranium is enriched. Low-level enriched uranium is used for nuclear fuel. Highly enriched uranium can be used in nuclear weapons.

Civilian nuclear power requires uranium enriched to about 3%. Weapons grade uranium needs to be enriched to 90%.

Mr Ahmadinejad's announcement crosses a significant red line. Iran says it wants to supply a research reactor with highly enriched uranium following the breakdown of the international deal to provide fuel for it.

But some Western analysts say Iran does not possess the technical know-how to make fuel rods for the reactor, our correspondent says, and Western countries fear this could be a stepping stone towards the manufacture of weapons-grade material. At the very least, this is a provocative act which will make negotiations more difficult, our correspondent says.

Existing UN sanctions are meant to prevent the flow of any items or technology which might aid Iran in enriching uranium or developing nuclear weapon delivery systems. The sanctions range from actual sales or supplies to dealings with named individuals.

Attica reforestation on the cards

The Environment Ministry yesterday heralded an ambitious scheme to reforest some 10,000 hectares of burnt forestland on the outskirts of Attica.

The replanting is to begin over the next few days in parts of eastern Attica that have been particularly badly scorched in successive forest fires over the years and where regeneration has been a very slow process or has not taken hold at all, Deputy Environment Minister Thanos Moraitis said. The project, which is expected to cost some 45 million euros over the next four years, will be the largest and most ambitious in Greece, Moraitis said, noting that previous initiatives have resulted in only 1,000 hectares of forestland being replanted.

The reforestation will be undertaken by specialist firms while authorities are also considering using guards to protect the reforested areas from vandals and other threats. "There have been many reforestation initiatives to date but after three or four months there is rarely anything left," the deputy minister noted. He said that the ministry was appealing to citizens and businesses to join reforestation drives, though it remained unclear what form volunteer participation would take and who would coordinate it. Moraitis noted that reforestation would begin on the "easy parts" - namely the sections of land that have been officially designated as forest. Replanting on other burnt land, the status of which has yet to be determined, would be carried out later this year when the first official "forest map" will have been drawn up. In November, Environment Minister Tina Birbili unveiled a draft law according to which any areas of forestland ravaged by fires will be immediately included in a forest map of the respective region. In Attica, the process of drawing up forest maps is to focus solely on whether the affected areas should be designated as forestland and will not extend to other matters, such as ownership of the land.

Karzai considers introducing Afghan conscription

Afghan President Hamid Karzai has told a conference of the world's top defence officials in Germany that he is considering introducing conscription. The Afghan president said at the summit in Munich he wants to build an army and police force of 300,000 by 2012.

signal that the Afghan government is expanding its security control".

Thousands of coalition and Afghan troops are converging for the operation to capture the town of Marja, a Taliban stronghold. The attack - codenamed Moshtarak, which means "to-

gether" in the Pashtun language of southern

UK Defence Secretary Bob Ainsworth said

Planning has been under way for weeks,

"There are Taliban all over the place and

The forthcoming offensive will be the first

foreign troops around Marja," he said. "So I

major military action since US President Barack

Obama announced his surge of 30,000 extra US

troops for Afghanistan in December. Meanwhile,

three Afghan policemen died on Sunday when

their vehicle hit a roadside bomb near the south-

said they had arrested an Afghan police com-

mander alleged to have worked with Taliban

insurgents to distribute and plant roadside

bombs. Attaullah Wahab is also accused of cor-

the north of the country at Bagram, site of the

country's main US military hub, and in the prov-

His activities are said to have taken place in

ruption and of being linked to a murder.

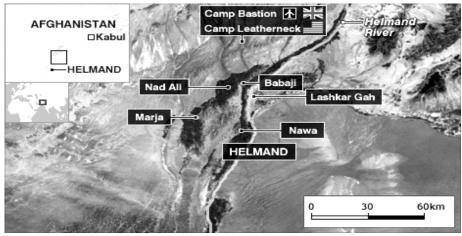
inces of Parwan and Kapisa.

In a separate development, Nato-led forces

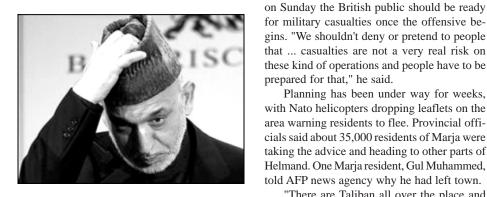
was scared that we might get hurt."

ern city of Kandahar.

Afghanistan - is expected to begin any day.



His comments come as US-led forces are poised to launch a major offensive in Helmand province against the Taliban. The Nato com-



mander, General Stanley McChrystal, said the operation would "send a strong signal".

Mr Karzai told the Munich conference that a number of Afghan community leaders had urged him to consider conscription.

"Afghanistan should be able to provide security for its people, so we are no longer a burden on the shoulders of the international community and the partners that are there with us today," he said.

The idea of reintroducing a military draft which was used in Afghanistan until 1992 - has been suggested before. Afghan Defence Minister Abdul Rahim Wardak said last week there was no need for conscription as the army had no lack of recruits.

'Prepare for casualties'

The Nato commander in Afghanistan, Gen McChrystal, promised a major offensive about to begin in central Helmand would send a "strong

Will they rise to the occasion?

Let us pause for a moment and consider how Greece has come so close to bankruptcy and now needs to be chaperoned by the European Union and the International Monetary Fund. The responsibility for this sorry state of affairs lies with the country's politicians, to those who made a mess of our public finances, who behaved irresponsibly and arrogantly. Decades of kickbacks and cronyism, of hiring or promoting people in the public sector in return for votes or favors, of creating ridiculous administrative departments whose sole purpose is to provide a cushy job to a "friend," of unchecked subsidies and supplements, together with unjustifiable wage hikes and perks have plunged the country into debt. What we need now is a new breed of politician who will

<u>8</u>



take responsibility for unpleasant decisions and measures and who will stop making promises that he cannot or has no intention of keeping. It will also be interesting to see which of today's politicians will meet these necessary criteria in this new era, at a point in Greece's history when the politicians need to change in order to deal with the seriousness of the circumstances.



On the eastern border of the European Union, the fight against cigarette smuggling from Ukraine, Russia and Moldova is intensifying as traffickers cash in on the lucrative trade.A customs officer in Romania points out seized smuggled cigarettes in a warehouse at customs headquarters in Suceava, 480 kilometers northeast of Bucharest, earlier this month. Price hikes in Western European countries have made trafficking even more lucrative.

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