

NATIONAL HELLENIC FREE PRESS GREEK AMERICAN NEWSPAPER



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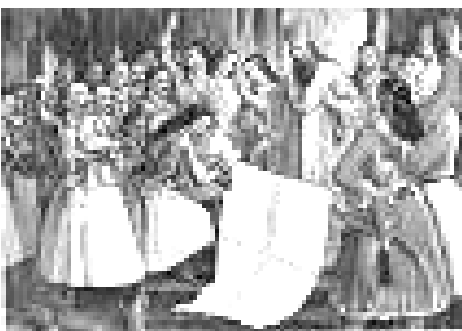
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The Meaning of 1821 For the Greek American Children

As we develop curricula for our Greek School, we must regularly stop and critically examine why certain programs should be included or continued, providing good reasons that we can clearly articulate to parents and students alike. Just as we should not take for granted that our children understand why they should learn Greek, their participation in the annual celebration of Greek Independence Day should also inspire a meaningful conversation between generations.



Growing up in this country, our children are taught in their schools all about July 4, 1776 – American Independence Day. But, it is up to us to explain the significance of March 25, 1821, and what it should mean to them in terms that they can understand.

We can start by pointing out that the president of the United States issues a proclamation every year declaring March 25 as Greek Independence Day: A National Day of Celebration of Greek and American Democracy. This proclamation extols “the external values and aspirations for which modern Greeks reached when they began their quest for independence.” After all, the ideals and goals behind the Greek War of Independence were not very different from those that prompted the American Declaration of Independence, nearly 50 years earlier.



March 25, 1821 marks the beginning of the successful struggle of our ancestors to free themselves from four centuries of Ottoman enslavement. We should also teach them, however, that there were as many as 15 earlier insurrections between 1453 – the Fall of Constantinople – and 1821, including the heroic struggle of the Souliotes against the Turks, culminating with the sacrificial dance of Souliote women and children at Zalongo in 1803, which our children learn about in a folk song every year. The countless bloodshed and the defeats suffered in these valiant uprisings did not discourage our oppressed Greek ancestors from fighting for the right to worship freely and determine their own destiny.

Ultimately, it took the Greek brigands of 1821 eight long years of heavy sacrifice and some outside help to win their long-sought indepen-

dence and to establish their small nation. Yet the struggle for independence did not end with the establishment of that nation in 1832, which consisted primarily of the Peloponnese and Central Greece. It took many years and other costly battles to free the other parts of what is now Greek soil: the Ionian Islands, which joined Greece in 1864; Thessaly, which joined Greece in 1881; and the addition of Macedonia, Epirus, Crete and the eastern Aegean Islands in 1913. The end of World War I also brought the addition of Thrace, though this period also marks the destruction of Hellenism in Asia Minor – a tragic part of Greek history.

In 1940, when fascists attempted to enslave our people and impose their tyranny, the Greeks heroically fought and celebrated the first victories against the Axis powers; at the end of World War II, Greece welcomed back the Dodecanese islands. And, in 1955, the desire of our people to be united and free manifested itself again, when the Greek Cypriots took up arms against their British colonizers, inspired by the earlier Greek revolutions.

The struggle by our brothers and sisters for freedom continues today, and will continue as long as there are enslaved Hellenes anywhere in the world. The freedoms we enjoy here in our blessed adopted country, the United States of America, are the freedoms the Greeks of southern Albania and of the Turkish occupied parts of Cyprus also seek, along with the restoration and opening of their desecrated churches and ancestral cemeteries. Let us hope and pray that soon, they too will have what all people in the world have the God-given right to enjoy.

All these struggles for freedom have been an integral part of our Hellenic heritage, and have become a bright example for others to follow. This deep desire of our people to seek liberty is best expressed in a poem written in 1955 by Evagoras Pallikarides, an imprisoned Greek Cypriot teenager, shortly before his execution, in which he vows, “I will take an uphill path to find the steps which lead to Liberty.”

Can we instill in our children the same fervor for liberty expressed by this young man, not even 18 years old, in his poem?

The lesson we want our children to learn is that March 25, 1821, was not the beginning nor the end: the struggle for freedom is a constant struggle. By having them participate in festive events, we are not trying to convert them to Greek citizens – even if we tried, I assure you, we would fail – but rather to make them better Greek Americans, aware that our forefathers, just as the American founding fathers, sacrificed their lives so that we may all be free today.

With their patriotic poems, readings and ethnic dances, our children pay tribute to their ancestors and learn what a heavy price they paid for freedom – one that we must be prepared to pay ourselves, if necessary. If we succeed to etch this meaning in their hearts and minds, then we, their parents, will have taught them well, we have made them aware of the importance to be proud for their rich historic and cultural traditions.

Libya intervention brings huge risks

As debate continues over whether the international community should intervene in Libya, in particular by imposing a no-fly zone, Washington commentator Steve Clemons argues that such a move could bring enormous political risks for little return.



In Libya, a lethally unbalanced leader has decided not to reform his government or heed the calls of his public that he should have been term-limited out long ago, but instead has bombed, machine-gunned, and rolled tanks out against his own citizens.

A deadly, serious struggle is under way in Libya and throughout much of the Middle East and North Africa between ageing authoritarian regimes and their citizens who have had enough of institutionalised human degradation. Australian former Foreign Minister Gareth Evans argued there was an overwhelming moral case for military intervention in Libya

point, a no-fly zone achieves little in undermining Col Gaddafi's military capacity and yet requires large costs and a large military footprint to succeed.

The Libyan opposition has asked for a no-fly zone, but also asked that there be no introduction of weapons or radar systems inside Libya's borders and no soldiers.

This is a non-starter. The systems required to maintain on-going surveillance and interdiction of aircraft are considerable and cannot all be run from near-docked ships and from Nato's military base in southern



Italy.

A no-fly zone would require the "dismantlement" of anti-aircraft capacity that Libya has on hand and would probably require some military strikes against aircraft that Col Gaddafi has access to.

The no-fly zone would probably have no impact on helicopters, tanks, and infantry units - but it would require on-going, continuous overflights by Awacs surveillance aircraft and armed fighter jets.

A no-fly zone is popular because it scratches an emotional nerve of those wanting to help stop a dictator terrorising people from the skies, but it's a very high-cost, low-return tactic - that may have even more enormous political risks attached.

The bigger issue of concern about the rush to impose a possible no-fly zone is that



Americans and the "West" want to help; they want to stop those bombs falling on innocents from the sky and protect the brave protesters fighting hard for their rights and futures. Americans see their own narrative of revolution and throwing off tyranny in these on-going al-Jazeera and BBC streams.

But as noble as the notion of helping the Libyan opposition may feel and sound, the American impulse to help, to impose with allies a "no-fly zone", changes the narrative of protest and change in Libya and sets up a dynamic that could easily backfire on America's interests and reputation. It could also rob success from those seeking to overthrow Muammar Gaddafi.

From a purely logistical and military stand-

it will "change the frame" in the Middle East.

The story will no longer be the educated, the social network-connected, the aspiring youth rising up to say they are done with the corrupt, rotting terms of the social contract between government and the governed in these countries, the story becomes: what is the West doing now?

What are the level of forces and degree of intervention the US and allies in Europe will pour into Libya and subsequent hot spots? Is this all about oil and energy again?

The cameras would leave the protesters and move to visuals of aircraft carriers and foreign, mostly white, mostly Christian soldiers.

(Continued on p. 3)

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- 1.To applaud the achievements of our ethnic group
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ENTERTAINMENT LIVE

SOME GOOD LOOKING ATHLETES

Kobe Bryant

The Lakers shooting guard may be known for his skills on the court, but it's that impeccable physique (and smile) that puts him front and center on our list of the sexist NBA hunks.

Lamar Odom

He's already got Khloé Kardashian's stamp of approval (can you blame her?) but pretty soon you'll be seeing a lot more of this hunky 6' 10" fellow in his own reality spinoff with the wifey. Just don't drool on the screen...

LeBron James

King James sure looks sizzling when he's throwing it down on the court for the Miami Heat, what with those killer muscles and all.

Tracy McGrady

This seven-time NBA All-Star has had a long career in the NBA, but at the end of the day we still chalk it up to that rock solid physique.

Tony Parker

Sure, he may have screwed things up with one of the most beautiful women in Hollywood, but that doesn't make him any less of a hunky basketball star!

Dwyane Wade

D-Wade's seriously got it all going on. Looks, talent, a hot bod and, for a time, an entire line of kicks named after him at your friendly neighborhood Footlocker. Don't hate the player, hate the game.

Kris Humphries

Humphries is now a bonified athlebrity thanks to one Kim Kardashian, but even if things between him and KK fizzle he'll still have a place as one of the hottest basketball players on the court...and that totally counts for something!

Gilbert Arenas

The Wizards point guard affectionately known as "Hibachi" (get it?) is more than just a super hot NBA superstar. Arenas is also known for his charitable nature and even mentored a young boy in need.

Amar'e Stoudemire

The Knicks power forward has been spotted off the court with the likes of Amber Rose and Ciara, so it's no wonder that we'd call him one of the hunkiest guys in the league.

Marko Jaric

This Real Madrid player is hitched to none other than Victoria's Secret Angel Adriana Lima. Need we say more?

Quentin Richardson

Richardson was engaged to singer Brandy for a time, but now he spends most of his time looking sexy on the court with the Orlando Magic. Not that we're complaining.

Carmelo Anthony

Not only does Anthony fill out that Knicks uniform incredibly nicely, but he's also the owner of a shiny gold medal from the 2008 Olympics. Now if only he wasn't married (sorry La La Vasquez).

David Beckham

He's played for Manchester United, Milan, the England national team, and now kicks the ball in sunny SoCal for the LA Galaxy. Plus, he's got Posh Spice as his wifey. Can life get any better?

Danica Patrick

This smokin' NASCAR fave is one of the fastest ladies ever on four wheels. With her spunky attitude and great looks, it's no wonder she's been asked to be the official face for GoDaddy.com. Whether she's racing or starring in suggestive commercials, Danica has our engines running!

Kobe Bryant

Kobe is a dominating force in the NBA with four All-Star MVP awards and 5 NBA championships. And when he steps off the court,

Kobe can rub shoulders with Hollywood's elite, thanks to his fierce Black Mamba commercial which also featured hot shots like Kanye West and Bruce Willis. Then when he comes back to his luxurious pad, the Laker can pop in one of several video games that's got his hot bod all over the cover.

Tony Hawk

Skateboarding's first true superstar, Hawk claimed fame when he landed a 900 (for non-skaters: 900 degree spin performed on a skateboard ramp). The sk8ter boy also came out with the popular Tony Hawk video game series, letting gamers in basements everywhere get a taste of extreme sports.

Hank Baskett

After marrying Playboy model Kendra Wilkenson and being a part of her reality show, Kendra, we learned that not all athlebrities are show-offs. Hank is one of our more down-to-earth All-Stars, and we like it that he's keepin' it real.

Venus Williams

She's one of the best female tennis players in the world, plus an Olympic gold medal winner, entrepreneur, author, co-owner of the Miami Dolphins with her sister Serena (making them the first African-American females to own an NFL franchise), and one of Forbes' most 100 powerful celebrities for 2009. With or without her racket, Venus is fierce and on the ball, and we don't see that stopping anytime soon.

Lance Armstrong

This athlebrity knows how to motivate. He once told a distraught dodgeball player that being diagnosed with brain, lung and testicular cancer didn't stop him from winning the Tour de France five times in a row. And now that number's grown to seven. Lance is an athlebrity because he truly lives up to his slogan, Live Strong.

Reggie Bush

Bush has had some not-so-flattering news come about lately but that doesn't discredit his stellar football career so far with the Super Bowl-winning New Orleans Saints, plus his dating stint with voluptuous reality star Kim Kardashian.

Derek Jeter

Along with being the Yankee's team captain and their all-time hit leader, Jeter is also their most entertaining player. He's made a guest appearance on Seinfeld and the movies Anger Management and The Other Guys, and even hosted Saturday Night Live. He's also got a handsome wax figure at Madame Tussauds in NYC! The Big Apple may not be big enough for this player's fame, but it's certainly trying.

Anna Kournikova

The Russian tennis player's name was once one of the most common search strings on Google, probably because people want to see how to spell it, right?

Amanda Beard

This aquatic beauty from Newport Beach has been in four Olympics and captured seven medals. Beard's body has also been put to good use in the modeling world, with sexy appearances in Sports Illustrated and Playboy.

Tony Hawk

Skateboarding's first true superstar, Hawk claimed fame when he landed a 900 (for non-skaters: 900 degree spin performed on a skateboard ramp). The sk8ter boy also came out with the popular Tony Hawk video game series, letting gamers in basements everywhere get a taste of extreme sports.

John White

The Flying Tomato is a skateboarding/snowboarding superstar whose two Olympic gold medals are shining proof of his skills. Like Tony Hawk, White has a video game named after him. Unlike Hawk, White was a snowboarding teacher for The Girls Next Door stars Holly Madison, Bridget Marquardt and Kendra Wilkinson. Can't complain, can he?



Greece is the major beneficiary of the decisions taken by European leaders on March 11, but this is not cause for celebration because they do little to address the country's two most important issues: economic growth and public debt reduction at a time when budget deficit figures show a clear deterioration.

Madre Ines Ayau, the Abbess of the Holy Trinity Orthodox Monastery in Guatemala and the Director of the Hogar Rafael Ayau Orthodox Orphanage in Guatemala City visits Koraes Elementary!



On Thursday March 3, 2011, Koraes Elementary School, affiliated with SS Constantine and Helen Greek Orthodox Church in Palos Hills, was blessed with a visit from Madre Ines Ayau, the Abbess of the Holy Trinity Orthodox Monastery in Guatemala and the Director of the Hogar Rafael Ayau Orthodox Orphanage in Guatemala City. Madre Ines spoke to the students describing the daily life of the children at the orphanage and how they are very similar to the students at Koraes. The students thoroughly enjoyed her visit and presented her with flowers and visited briefly with her in their class rooms. Pictured from left to right photo Ayau02: Madre Ines with Koraes Student Council: Father Nicholas Jonas (pastor), Nikolaos Atkinson (student council president), Dimitrios Pettas (8th grade representative), Paul Davenport (8th grade representative), Antonia Pappas (student council secretary), George Crosby (7th grade representative), Madre Ines Ayau, Evan Rousis (5th grade representative), Alex Atkinson (4th grade representative), Michelle Lenz (5th grade representative), Tommy Rousis (7th grade representative), Mina Baniewicz (4th grade representative), Nicholas Georgiopoulos (6th grade representative), Victoria Atkinson (student council historian), Mrs. Mary Zaharis (principal), Alexandra Lenz (student council treasurer), Constantine Alemis (6th grade representative) and Deacon Tom De Medeiros.

Libya intervention brings huge risks

(Continued from p. 1)

diars on yet another "crusade" for Western values in the Middle East. That would be the narrative that would take flight in the Arab media and in the Arab mind.

Part of the rhetoric Muammar Gaddafi used to maintain his authoritarian grip on power and to knock back rivals was to wrap himself in the cloak of defender of the state and defender of Libya's revolution from the meddling of neo-colonial Western powers.

To institute a no-fly zone gives Col Gaddafi a door back to that narrative - a door that Barack Obama has kept securely closed by working so hard to getting an international consensus against the Libyan leader's use of violence against his own people.

The US succeeded in getting a tight voice of concern and condemnation from around the world but also the African Union and Arab League. This was an enormous and important accomplishment that helped isolate Col Gaddafi regionally and geostrategically.

Establishing a no-fly zone gives Col Gaddafi the narrative he needs to escape his isolation and to begin reconnecting with a people who have in their minds decades of humiliation and disregard from the West.

The invasion of Iraq, hugely unpopular in the Arab world, has planted seeds of distrust that will grow large if US and Nato warships and planes are deployed in their country.

Right now, the Arab League and the African Union both oppose the imposition of a no-fly zone, and China would probably veto the needed resolution calling for a no-fly zone in the UN Security Council.

Thus, the political downsides coupled with the reality that such a no-fly zone would do little to change the military equation in what is looking increasingly like a serious civil war, are very significant and have serious, regional repercussions. The strategy that seems more sensible and measured and that supports those fighting against Col Gaddafi could include air lifting supplies of water, food, shel-

ter and medicine to the impacted refugee camps on the border towns between Libya and Egypt and Tunisia respectively - but also to those inside the areas now controlled by opposition forces.

The sophisticated surveillance capacity that the US and allies have in the region could be turned into actionable intelligence passed on to the Libyan opposition. Others, preferably not the US, could help move armaments and weapons supplies to the rebels.

Mr Obama has been very careful to emphasise that the US wants to see violence neither on the side of the protesters nor from the government; wants the universal rights of people to assemble and protest protected; and wants governments to reform quickly and to make the social contracts inside their country more healthy and inclusive.

These are the right, somewhat low-bar goals in the region - but to move beyond this modest but relatively practical framework requires that the US and allies have the ability to determine the course and outcomes in this region-wide storm of protest.

US power to manipulate the course of events in any of these impacted nations is peripheral to what the people can achieve on their own. Some, as in Egypt, may succeed. Others, as in Iran, will have to keep trying and may not succeed.

Last week, al-Jazeera Director General Wadah Khanfar spoke at the TED Conference in Long Beach, California, before some of America's most successful entrepreneurs.

He said that we were seeing change in the region driven by a new generation of people who won't accept the old deals, and they were achieving what everyone once thought impossible - "without foreign intervention".

If the US and Nato change the frame and take the cameras away from the people, no matter how well-meaning the intention, we help undermine the very people we purport to help.



Last April, President Obama hosted an unprecedented Washington gathering of representatives from 47 nations, to discuss what he described as "the single biggest threat to U.S. security, both short-term, medium-term and long-term"--the prospect of a terrorist group acquiring a nuclear weapon. But less than a year later, proposed budget cuts could badly hamper America's ability to counter that threat. Nuclear-security experts are expressing alarm about the potential impact of steep cuts to the country's nuclear nonproliferation program--as well as intense frustration at what they see as the White House's failure so far to push back against the cuts. Critics say rolling back nonproliferation funding could undermine a cornerstone of Obama's foreign-policy agenda.

Some say the economy is on the mend. But not everyone has a reason to be so optimistic. Just months after receiving her crown, Miss Colorado USA Blair Griffith lost her home. The 23-year-old, who will compete in the Miss USA pageant in June, was evicted, along with her mother, from their home last November. They have been living with a family friend ever since. Griffith is also scheduled to lose her job at Saks Fifth Avenue when the branch she works at closes its doors for good next month. Despite her good looks, she's never had it easy. Her father died of cancer when she was a young girl; several years ago her mother had a heart attack.



Five myths about Ronald Reagan

It has been argued that Ronald Reagan was a myth himself, a construct of his own and other people's imaginings, rather than an extraordinary American about whom some untruths are told. In private he was a person of no ego and little charisma, in public a statesman of formidable purpose. He are the five myths about Ronald reagan:

1. He was a bad actor. Well, yes and no. Most of the movies he made as a Warner Bros. contract player are unwatchable by persons of sound mind. 2. He was but a movie-set soldier in World War II. It's true that Reagan spent virtually all the war years flying a desk at the First Motion Picture Unit, USAAF, in Culver City. But that hardly means he did not passionately want to fight for his country overseas. 3. He was warm-hearted. No. But Reagan wasn't cold - except in his detestation of totalitarianism . He had no close friends. And until young Ron reminded him, it didn't occur to him to put a headstone on either of his parents' graves. 4. He was only a campaign Christian. On the contrary, Reagan was a "practical Christian," and he was baptized by total immersion, on June 21, 1922. 5. He was an "amiable dunce." Ronald Reagan only performed successfully in six different careers: radio sportscaster, movie actor, trade union president, corporate spokesman, two-term governor and two-term president of the United States. Lucky for him he wasn't hampered by Jimmy Carter's intelligence!

GREEK AMERICAN REHAB CENTER - APOKRIATIKI VRADIA 2011



Left to Right - Presvytera Rose and Fr. Demetrios Treantafeles, Demitri and Eleni Bousis, Evangelos Palivos



Guests enjoying the festivities,dancing Greek traditional dances.



Guests enjoying the festivities relating the Mardi-Gras season



Co-Chairs, Kathy Demos Kappos and George Katerinis. They did a very good job in co-chairing the event.

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Co-Chairs, Kathy Demos Kappos and George Katerinis. Thye did a very good job



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To Reverse the Loss of Greece's Forests

Someday our descendants will see the rich, lush mountains of Greece, and that will be our living legacy to them. Make the dream a reality... "Plant Your Roots in Greece"

Since ancient times—even more so now—the value of trees to Greece has been immeasurable and their loss has been heartbreaking. "Plant Your Roots in Greece" offers you a unique opportunity to become an integral part of this splendor now and forever.

Today the enemy of Greece's forests is not warfare but forest fires which, with subsequent erosion, create a vicious cycle of forest and loss soil. Where mountains were once lush, they are now barren, the rich soil washed away, the once plentiful flora and fauna gone. The Greek government has recognized the critical problems and is committing major resources to this reforestation effort.

The Plant Your Roots in Greece Foundation

The program will be a magnitude unmatched since the Greek American community came to Greece's assistance after the devastation of World War II and the subsequent Civil War. The program centers around the ability of anyone, of Greek descent or not, or anyone who is concerned and wishes to restore Greece's natural splendor, to plant a tree in Greece in their name or in the name of a loved one or friend.

Be a Part of History

At a minimum donation of \$20 for two trees, including an inscribed certificate, the program is affordable to all. It is expected that millions of trees can be planted through this program and there will be vast forests in the name of individuals, associations and corporations as a manifestation of their love for Greece.

In addition to tree planting, an aggressive program of fire-fighting has been instituted and in 1999, for the first time in millennia, reforestation exceeded destruction from fires.

The first forest was planted in Sounion in 1999 with the help of the Federation of ENOSIS and was named the "Forest of Illinois." Since then, several plantings have taken place in the area of Sounion. Trees have also been planted on the island of Samos, Samothrace, at Ancient Olympia, Vouliagmeni, Kalavryta, Arcadia, Delphi, Maniaki, Thraki, Crete, Messinia, Serres, Arta, Dion Pierias, Penteli and Patras.

Matching Funds from the European Community

It is the single largest environmental program in the European Union for Greece and will be one of the most massive efforts in history involving the planting and cultivation of seedlings.

The government of Greece has also arranged with the European Union for the EU to match on a one-to-one basis the dollars generated through the Plant Your Roots program. Thus, for every tree we plant, the EU will match funds for four additional trees.

ORDER FORM

YES, I will join the "Plant Your Roots in Greece Program" to reforest the Greek mountains and countryside.

- ☐ \$20 - 2 Trees (Minimum donation)
- ☐ \$50 - 5 Trees
- ☐ \$100 - 10 Trees
- ☐ \$1,000 - A "Grove" of 100 Trees
- ☐ \$5,000 - A "Glen" of 500 Trees
- ☐ \$10,000 and more as donation

Enclosed is my check for \$_____ for _____ trees

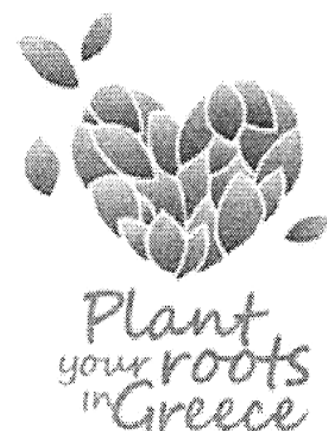
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The trees will be planted in honor of or memory of anyone you designate. All gifts will be acknowledged with a beautifully inscribed certificate of classic green elegance of the Greek mountains. Please indicate in whose honor or memory the gift is being made and the name and address of the person who should receive the certificate.

Plant Your Roots in Greece Foundation is a not-for-profit, tax exempt organization under the auspices of SAE / USA and HANC, offers contribution opportunities both to those who wish to support primarily victims of fire and those who wish to contribute to reforestation.



NEWS FROM GREECE

PM briefs Cabinet over Eurogroup decisions

Prime Minister George Papandreou reiterated to his Cabinet, which convened on Sunday, that Friday's decisions by the Eurogroup constitute a "significant milestone" for the country and Europe.



He again noted that the Greek people's efforts are paying off, while noting that that the country's course is now squarely "in our hands". Moreover, Papandreou called the main opposition's position in the wake of the Eurogroup's decisions "positive", while calling for such a productive stance in the future. In other statements, the Greek premier requested more devotion to their portfolios by ministers and unity, warning that "reactions by vested interests will continue". Finally, he dismissed the ubiquitous press speculation over snap elections, but more

poignantly, scenarios over a looming government reshuffle.

Raids on terror safehouses in Athens, Volos

Counter-terrorism police launched a coordinated raid on two suspected terror safehouses in Athens and Volos early Monday in an ongoing investigation into the "Conspiracy of the Cells of Fire" urban terror group, and found a substantial arms cache.

The raids took place at dawn in the town of Nea Ionia near Volos and in Athens, and took seven people -- five in Volos and two in Athens -- for questioning. The suspects are five men and two women.

Counter-terrorism police found and seized two kalashnikov assault rifles, six pistols, a revolver, large amounts of ammunition, wigs, police uniforms, bullet-proof vests, police wireless radios and beacons, PCs and other objects that were being examined at the police crime lab.

According to police sources, three of the detainees are wanted for participation in the Cells of Fire.

Official announcements are to be made later in the day by police headquarters.

Patriarch calls on world to reject nuclear power

Vartholomaïos urges more use of renewable energy sources after problems in Japan. Patriarch Vartholomaïos has called on the world to reject nuclear energy, following the problems



Japan has suffered with its reactors in the wake of Friday's earthquake. Vartholomaïos, who has long campaigned for greater environmental awareness, said the world should turn to renewable energy sources. "We propose the use of green forms of energy, which respect the environment and serve man's needs sufficiently," he said in a statement on Sunday. "The Creator gave us the sun, the wind, the sea and the ocean's waves, from which we can produce energy."

Talks under way for cheaper toll charges

Government negotiating with consortia, Deputy Minister tells parliament. Transport Min-

istry officials are in talks with members of the consortia managing the country's roads and toll stations with the aim of bringing down some of the charges, Deputy Minister Yiannis Magriotis said yesterday.

Just one day after members of a citizens' movement refusing to pay toll station charges called a nationwide protest for March 27, the deputy minister submitted a document in Parliament saying that negotiations were under way between government and consortia representatives and that the chief aim of the talks was the reduction of toll fees.

Magriotis submitted the document in Parliament in response to a question tabled by ruling PASOK deputy Constantinos Spiliopoulos. The MP condemned recent increases in toll charges, noting that PASOK, when in opposition, had lobbied for the reduction of toll fees.

Members of the so-called "I won't pay movement" have focused on protesting higher charges at toll station gates and on public transport but recently agreed to extend their action to other areas such as banks, tax offices and public utilities, a again objecting to higher charges for services.

Citigroup says EU deal positive for Greek banks; shares rally

Citigroup said on Monday that a decision by eurozone governments to cut the cost of Greece's bailout loan and provide the country with more time to pay back money is positive for Greek banks.

"Greek banks are likely to rally should Greek sovereign debt spreads tighten. The higher the exposure to Greek debt as a percentage of equity, the stronger the rally is likely to be," said Citigroup in a note to investors.

In the early morning hours of Saturday, the EU summit extended the payment period of Greek loans under an EU-led bailout package by four years, as well as reduced interest rates for Greece by 100 basis points, alleviating the debt burden.

In exchange for the more favourable terms, the Greek government promised to complete a 50 billion euro privatization plan by 2015.

In mid session trade on Monday, shares in Greek banks were advancing 7.76 percent, led by a 9.5 percent jump in National Bank to 7.14 euros. The Athens bourse's benchmark general index was gaining 5.32 percent to 1,665.03 points.

Greek 10-year bonds also rallied on Monday in line with gains in Spanish and Italian government paper.

Yields on 10-year Greek debt fell 39 basis points to 12.43 percent. The spread between Greek and German 10-year bonds tightened 43 basis points to 917 basis points.

Bonds, stocks rise after new EU deal

Greek bonds and stocks rose early on Monday after European Union leaders agreed on a retooled bailout plan for the region's most indebted nations.



Yields on 10-year Greek debt fell 29 basis points to 12.53 percent while Greek stocks advanced 3.86 percent to 1,634.28 points on bank-led gains. Major European bourses' were mixed.

Euro-area leaders struck an agreement on an expanded bailout plan for the region's most indebted nations during the early hours of Saturday, two weeks sooner than investors anticipated.

Leaders agreed to ease the terms of Greek rescue loans and will allow the 440 billion-euro bailout fund to be used to its full extent to assist debt-strapped nations.

The additional yield investors demand to hold 10-year Greek bonds instead of German bunds fell 27 basis points to 932 basis points.



BEST WISHES FROM AMERICA'S MOST POPULAR GREEK RESTAURANTS

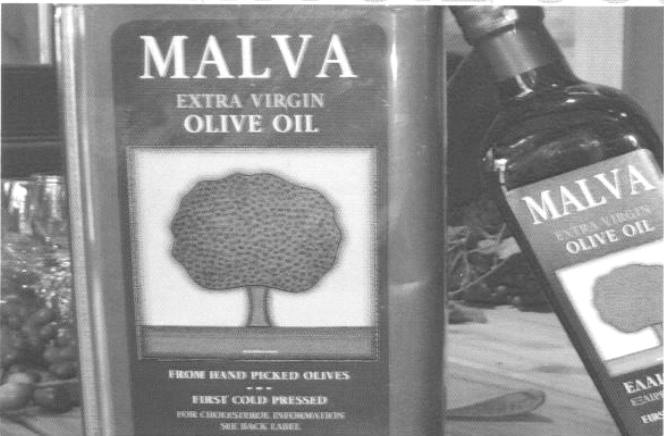
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Lose Weight While Sitting at Your Desk

It's easy to pack on pounds if you work behind a computer all day (blame it on the fat bomb combo of barely moving and mindless munching). You could accept the extra lbs., skip lunch to hit the gym, or start using these five sneaky little deflating tricks, all doable while you peck at your keyboard.



B.Y.O.S. (Bring Your Own Snack)
As you probably know from all those mid-afternoon vending machine runs you end up going on, it's almost impossible to make it through the afternoon on lunch alone. So pack a healthy, cravings-killing option, two part-skim string cheeses or a low fat yogurt. They're low in calories but loaded with filling protein.

But Keep Treats Hidden
Outta sight, outta your mouth. That's the conclusion of some recent Cornell University research, which found that study subjects ate 70 percent more candy if the sweets were stored in a clear jar vs. an opaque one. So instead of keep-

ing your afternoon nosh out on your desk (where—let's be honest—it probably won't last till 3 pm, leaving you trolling that damn vending machine again), put it away in your filing cabinet or the office fridge.

Squeeze Your Butt With Every Email

Just because you're literally sitting on your ass all day doesn't mean you can't work your glutes. When you hit the send button, contract the muscles in your rear and hold for five seconds, then relax for five seconds. Do this four times. Soon, it'll become second nature to tense your tush as you fire off messages. And thanks to your email-crazy boss, you'll have a tight bum in a few weeks.

Tone Your Abs Deskside

Adjust your chair so that your hips are an inch or two above your knees. Then lean forward so that your chest is above your hips and clench your shoulder blades, so your chest pushes forward. This simple move engages your core muscles, so you're on your way to building a sixpack.

Do Leg Lifts on the DL

Few bosses are gonna let you take a break so you can do squats or laps around the office. So try this under-cover—or rather, under-desk—move: Sit up tall and place both feet flat on the floor. Straighten one leg so it's parallel with the floor, flex that foot, and hold for five seconds. Lower it slowly (taking five seconds to get back to resting position) and repeat with the other leg. A dozen lifts throughout the course of the day is enough to give you tighter, more toned legs.

PICTURES OF THE WORLD



LYBIA: The makeshift camp near the Tripoli airport is full of foreign workers who have been stranded for weeks.



THE HORRORS OF LYBIAN CIVIL WAR: A dead pilot lies among the debris of a jet.



An ammunition depot was the site of the massive explosion. According to hospital officials over 17 people were killed and many more were injured.

Pro-Gaddafi forces have launched a fierce attack on Libyan rebels in Zawiya, sources in the town say. Casualties were reported as 50 tanks and 120 pick-up trucks launched three attacks on the rebel-held town 50km (30 miles) west of the capital, Tripoli.

"I don't know how many are dead - they tore Zawiya down to ashes," a source in the town told the BBC. Elsewhere, warplanes fired missiles on residential areas and near rebel positions in the oil port of Ras Lanuf. Rebels say they have rejected an approach by officials offering to hold talks on an exit for the Libyan leader.

The Libyan leader had not sent anyone himself, but lawyers from Tripoli had volunteered to act as go-betweens, former Justice Minister Mustafa Abdel Jalil, who heads the rebels' Transitional National Council, told AFP. Col Gaddafi has refused to cede power in the past, arguing that he has no official position and therefore it is impossible for him to resign.



Fewer ships flying the Greek flag

The Greek-flagged merchant fleet has shrunk by 52 ships and 790,156 deadweight tons this month compared with March 2010, according to Lloyd's Register. The British ship register company showed that the Greek register declined from 969 vessels, totaling 80.5 million dwt, to 917 ships with a capacity of 79.7 million dwt. The main reason cited for the decline is Greek ship managers' fears about the fact that there is no single authority supporting the shipping industry in Greece anymore, such as the former Merchant Marine Ministry that was abolished in October 2009. The government appointed a maritime affairs minister late last year. Yet despite the fall in the number of Greek-flagged vessels, the Greek-owned fleet is showing an increase in capacity, climbing from 258,121,898 dwt in March 2010 to 258,560,741 dwt in the same month this year, amounting to 14.6 percent of global capacity. However, there has been a drop in ship numbers, as the figure for Greek-owned vessels declined from 3,996 in March last year to 3,848 this month.



Ever since antiquity, fish has been praised as being rich in nutrients and contributing to a healthy and balanced diet, as it contains high-quality proteins, important vitamins and minerals such as iodine, selenium, phosphorus, potassium, iron and calcium.

Moreover, eating fish frequently can lead to elevated levels of HDL cholesterol, or "good" cholesterol, especially if coupled with a glass of red wine and physical activity, according to Lampros Syntosis, a nutritionist and assistant professor at the Harokopio.



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Egyptians demand secret police give up torture secrets

The headquarters of the Egyptian State Security Services in Cairo is an impenetrable concrete fortress of thick walls and turrets, its main building menacing and imposing. People used to be intimidated just walking past it, but the myth and mystery of the horrors committed within are now out in the open - the



latest stage of Egypt's continuing revolution. The army has tanks and armoured cars outside after taking custody of the building and the thousands of documents inside which many people believe will reveal the truth behind the activities of the state security service. After driving out a president and a prime minister, the protesters who have spent much of the past six weeks out on the streets, have now turned their attention to the feared secret police. Its buildings have been raided across the country and the main headquarters in Cairo's Nasr City was no exception.

'Extremely creepy'
Hundreds of people gathered outside - many of them former prisoners who were held here on spurious charges and tortured before being imprisoned for many years. They pounded the doors, surging forward and the army relented, letting them into the vast grounds and the buildings inside. "It was extremely creepy," said Hossam Hamalawy, who was one of the first inside. He and others filmed their extraordinary raid on one of the most feared buildings in Egypt. "We managed to find tonnes of documents inside and also underground prison cells. It was like a maze going down eight floors." Mubarak's base of support and his main tool and weapon against dissidents and the Egyptian people in general had been state security police over the past 30 years" The demonstrations had focused on state security buildings in Alexandria recently as rumours spread the police were burning and shredding documents. Inside the Cairo headquarters that's just what they found - destroyed papers seen as an attempt to destroy evidence of human rights abuses and corruption. "Mubarak's base of support and his main tool and weapon against dissidents and the Egyptian people in general had been state security police over the past 30 years," Hossam Hamalawy said. "We wanted to storm those facilities to assure everybody we are in control, not the regime's figures anymore." There was an emotional scene as a torture device of metal poles and electricity transformers was brought

out of the building. From his own experience one of the protesters demonstrated how it was used.
'Electric torture'
It is not difficult to find people who were tortured by the enforcers of President Hosni Mubarak's state. They are now able to talk about their experiences - both victims and perpetrators. Three serving secret policemen spoke to the BBC - now willing to speak, if not identified. "I witnessed torture while serving in a police station in southern Egypt," one said. Torture is a widespread, systematic, routine policy in Egypt through the last 30 years. It is everywhere and in every place in Egypt,"

"I heard screaming on an upper floor. When I went to check, I found a naked girl standing in front of an investigator who was using electric charges on sensitive areas of her body to force her to admit to charges against her. "She said she would admit anything as long as he stopped." They said they had been told to intimidate people during the election and to stop them voting for the opposition. "There were many methods of torture," one of the policemen said. "Beating and whipping, hanging in the air for long periods of time, cuffing up their hands and legs, using electric sticks and burning their bodies with cigarettes and depriving them of sleep or food." At a small office in downtown Cairo, Dr Mona Hamed, a psychiatrist, nodded and said yes, she had heard many terrible stories. The El Nadim Centre is an organisation which provides treatment and rehabilitation of the victims of violence and torture. "Torture is a widespread, systematic, routine policy in Egypt through the last 30 years. It is everywhere and in every place in Egypt," said Dr Hamed. She introduced me to one of her clients - an Imam jailed twice in the past 10 years and tortured incessantly every day for a month. He described how he was stripped, had his hands and legs tied to a chair, how he was beaten and given electric shocks all over his body, especially his genitals. They accused him of being a terrorist, but after a month released him, only to re-arrest him two years later and to do it all over again. "This is revenge from Allah," he said. "They thought they were Gods no-one could touch. Now we can live without fear." People want an end to the State Security Services because they symbolise the worst human rights abuses of the former regime. The new interim government has to decide what concessions it gives the protesters and where it draws the line. Reconciling with and breaking from the past is just one of the challenges in post-revolution Egypt.

EURABIA

Bruce Thornton points out that at least twenty million Muslim immigrants live in fourth Reich (EU). At first, these immigrants came as workers, their numbers swelling due to family reunification programs and lax asylum policies. Once arrived, they have been left unassimilated into the cultures of their host countries and shut out of the job market because of restrictive employment regulations. At the same time, they have been able to enjoy lavish social welfare entitlements: The four Muslims who perpetrated the London bombings in 2005 had received half a million pounds of social welfare money. Worse yet, fashionable multicultural fantasies about the non-Western Other victimized by past European sins such as colonialism and imperialism have left many Europeans incapable of demanding fidelity to Western political ideals and social mores, all the while eager to appease and enable Muslim immigrant violence and other social pathologies even at the expense of cherished Western values such as free speech or women's rights. Hence the creation of the new thought crime Islamophobia, used to silence anyone who criticizes Islam. The Italian journalist Oriana Fallaci was charged with defaming Islam in her two books defending Western values against Islamic intolerance, and Dutch Member of Parliament Geert Wilders is being tried for his outspoken defense of Western values and criticisms of Islam's theologically justified violence in his short film Fitna. Thornton notes that equally effective at enforcing appeasement has been the fear of Muslim violence. After the 2006 global Muslim riots and killings over some cartoons of Mohammed published by a Dutch newspaper, rather than defend this core value of free speech, the EU instead proposed a media code to regulate speech about religion. Eurocommissars assured the Muslim world that they are aware of the consequences

of exercising the right of free expression and that they can and we are ready to self-regulate that right, frankly admitting that fear of violent consequences would lead to restrictions on free speech. The predictable result of this combination of appeasement and neglect has been the creation of a sullen, alienated population overrepresented in criminal behavior, prison populations, and welfare rolls. These underemployed and unassimilated Muslims thus become vulnerable to the Islamist doctrine that a return to the purity of the faith and the practice of jihad against the infidel will heal their alienation. Thornton asserts that given that they are confident in the righteousness and superiority of their faith, and moreover are reproducing at a higher rate than their dwindling and aging European hosts, the increasing numbers of Muslim immigrants presage serious social and political problems, from increased terrorist attacks like the London and Madrid bombings to growing immigrant enclaves such as the banlieues (suburbs) ringing Paris that exclude European political and social ideals such as democracy, human rights, and secularism and replace them with Islamic Sharia law. Whether Europe responds to these challenges with further appeasement and erosion of core political values or with a xenophobic or even neo-fascist backlash, the problem is unlikely to be solved without profound social and political dislocations. Muslims of Europe have the support of the Turkish diplomacy. Diplomats use tact to gain strategic advantage or to find mutually acceptable solutions to a common challenge, one set of tools being the phrasing of statements in a non-confrontational or polite manner. But some Greek diplomats use freak, instead of tact! Turkish diplomats far outsmart Greek diplomats on a consistent basis.

Libya: Rebels say Brega retaken from Gaddafi troops

The rebels are coming under heavy aerial bombardment by pro-Gaddafi forces. Rebel forces in Libya say they have retaken the eastern oil town of Brega, capturing a number of elite government troops and killing others. The statement has not been independently confirmed.



It came hours after the rebels had themselves been driven from the town by air and ground attacks by forces loyal to Libyan leader Col Muammar Gaddafi. Elsewhere, the rebel-held town of Ajdabiya is reported to have come under heavy aerial bombardment. On the diplomatic front, France is stepping up its efforts to persuade the United Nations Security Council to impose a no-fly zone over Libya, a proposal backed by the UK and the Arab League.

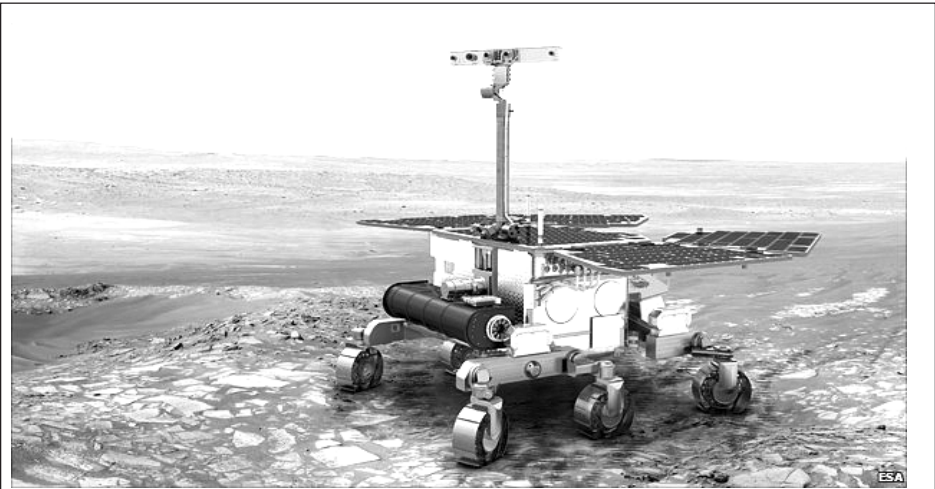
The rebel military commander based in Libya's second city, Benghazi, has also appealed for a no-fly zone, saying his fighters have no answer to Col Gaddafi's air power, says the BBC's Jon Leyne from the rebel stronghold. The British Foreign Secretary, William Hague, has said Libya risks becoming a "pariah state" if Col Gaddafi holds on to power. "If Gaddafi went on to be able to dominate much of the country, well this would be a long nightmare for the Libyan people, and this would be a pariah state," he told BBC Radio 4's Today programme. Mr Hague will attend a meeting of G8 foreign ministers in Paris later in the day to examine options for Libya as rebel efforts to end Col Gaddafi's four-decade rule appear to falter.

Rebel stronghold

With fighting continuing in the east of Libya, it is not clear exactly where the front line is. Brega changed hands several times

over the weekend, amid a relentless barrage of air and ground attacks by government forces. Then reports came through on Sunday evening that a special forces unit loyal to the rebels had retaken part of the key oil city, but it is not clear whether they can hold on to it. Pro-Gaddafi forces also launched air strikes on the rebel-held town of Ajdabiya after sweeping east, rebels said. Ajdabiya is the only sizeable town between the front line around Brega and the rebel stronghold of Benghazi. International diplomatic pressure is growing for a no-fly zone over Libya, after the Arab League agreed to ask the UN Security Council to enforce such a zone on Saturday.

The policy would be aimed at preventing Col Gaddafi's forces using warplanes to attack rebel positions, although no clear position has emerged on exactly how this would be achieved. Nato has previously cited regional and international support for the idea as a key condition before it could possibly go ahead. Russia and China, which wield vetoes on the UN Security Council, have expressed serious reservations on the issue. But on Monday, Russian Foreign Minister Sergei Lavrov said he wanted more information on the Arab League proposal. Turkey, the only Muslim member of Nato, has strongly opposed the idea. "We have seen from other examples that foreign interventions, especially military interventions, only deepen the problem," Turkish Prime Minister Recep Tayyip Erdogan said in Istanbul. "Therefore we see a Nato military intervention in another country as extremely unbeneficial and, moreover, are concerned that it could create dangerous results," said Mr Erdogan. On Sunday, Human Rights Watch said Libyan authorities had carried out a wave of "arbitrary arrests and forced disappearances" in the capital, Tripoli. The group said that Libyan security forces had arrested scores of protesters and suspected government critics in Tripoli, adding that some of them had been tortured.



The joint Mars exploration envisioned by the US and Europe is set for an overhaul, following an announcement by the Americans that their part of the budget is critically short of funds. Nasa and Esa had agreed to send two rovers to the Red Planet in 2018. In Europe's case, this vehicle is already designed and about to be built. But a new report from the US National Research Council says the probable \$3.5bn (£2.2bn) cost of the American side of the mission is \$1bn too high. The "planetary decadal survey" - which is only an advisory document at this stage - recommends the effort be scaled back or postponed indefinitely. As an example scenario of how the mission could be modified - or de-scoped - to fit within the new suggested budget, the report considers the situation in which the European rover is simply left behind on Earth.