

# NATIONAL HELLENIC FREE PRESS GREEK AMERICAN NEWSPAPER



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## Cancer Symptoms You Are Most Likely to Ignore

By Melanie Haiken, Caring.com

Routine tests and checkups, like pap smears and colonoscopies, are important -- but don't rely on tests alone to protect you from cancer. It's just as important to listen to your body and notice anything that's different, odd, or unexplainable. Although many of these symptoms could be caused by less serious conditions, they're worth getting checked out if they persist. You don't want to join the ranks of cancer patients who realize too late that symptoms they'd noticed for a long time could have sounded the alarm earlier, when cancer was easier to cure.

### 10 Things Your Skin Says About Your Health For Both Men and Women

#### Wheezing or Shortness of Breath

One of the first signs lung cancer patients remember noticing when they look back is the inability to catch their breath. "I couldn't even walk across the yard without wheezing. I thought I had asthma, but how come I didn't have it before?" is how one woman described it. Thyroid cancer can also cause breathing problems if a nodule or tumor begins to press on the trachea, or windpipe. Any breathing difficulties that persist are reason to visit the doctor.

#### Swallowing Problems or Hoarseness

Most commonly associated with esophageal or throat cancer, difficulty swallowing is sometimes one of the first signs of lung cancer, too. A hoarse or low, husky voice or the feeling of something pressing on the throat can be an early indicator of thyroid cancer or a precancerous thyroid nodule, as can the feeling of having something stuck in your windpipe.

#### Frequent Fevers or Infections

These can be signs of leukemia, a cancer of the blood cells that starts in the bone marrow. Leukemia causes the marrow to produce abnormal white blood cells, which crowd out healthy white cells, sapping the body's infection-fighting capabilities. Often, doctors diagnose leukemia only after the patient has been in a number of times complaining of fever, achiness, and flu-like symptoms over an extended period of time.

#### Upset Stomach

As simple as it sounds, a good old-fashioned bellyache is what tipped off a number of lucky folks, whose doctors ordered ultrasounds and discovered early that they had tumors on their livers. Stomach cramps or frequent upset stomachs may indicate colorectal cancer; many cancer patients say their doctors thought they had ulcers.

#### Weakness and Fatigue

"I kept having to sit down at work, and one night I was too tired to drive home," said one woman in describing the fatigue that led her to discover she had leukemia. Generalized fatigue and weakness is a symptom of so many different kinds of cancer that you'll need to look at it in combination with other symptoms. But any time you feel exhausted without explanation and it doesn't respond to getting more sleep, talk to your doctor.

#### Unexplained Weight Loss

If you notice the pounds coming off and you haven't made changes to your diet or exercise regime, you need to ask why. Weight loss is an early sign of colon and other digestive cancers; it's also a sign of cancer that's spread to the liver, affecting your appetite and the ability of your body to rid itself of wastes.

#### Changes in Fingernails

Unexplained changes to the fingernails can be a sign of several types of cancer. A brown or black streak or dot under the nail can indicate skin cancer, while newly discovered "clubbing" -- enlargement of the ends of the fingers, with nails that curve down over the tips -- can be a sign of lung cancer. Pale or white nails can be an indication that your liver is not functioning properly, sometimes a sign of liver cancer.

#### Chronic "Acid Stomach" or Feeling Full After a Small Meal

The most common early sign of stomach cancer is pain in the upper or middle abdomen that feels like gas or heartburn. It may be aggravated by eating, so that you feel full when you haven't actually eaten much. What's particularly confusing is that the pain can be relieved by antacids, falsely confirming your conclusion that it was caused by acid in the stomach, when it's more than that. If you have frequent bouts of acid

stomach, an unexplained abdominal ache, or a full feeling after meals even when you're eating less than normal, call your doctor.

#### Chronic Heartburn

If you just ate half a pizza, heartburn is expected. But if you have frequent episodes of heartburn or a constant low-level feeling of pain in the chest after eating, call your doctor and ask about screening for esophageal cancer. Gastroesophageal reflux disease (GERD) -- a condition in which stomach acid rises into the esophagus, causing heartburn and an acidic taste in the throat -- can trigger a condition called Barrett's esophagus, which can be a precursor of esophageal cancer.

#### Bowel Problems

Constipation, diarrhea, and changes in stools can all be signs of cancer. As with many other cancer symptoms, the way to tell if this is cause for concern is if it goes on for more than a few days without a clear cause, such as flu or food poisoning. People diagnosed with colon cancer say they noticed more frequent stools, as well as a feeling that their bowels weren't emptying completely. One of the early signs of pancreatic cancer is fatty stools, which can be recognized as frequent, large stools that are paler than normal and smelly. This is a sign that your body's not absorbing

## Symptoms Women Are Likely to Ignore

#### Red, Sore, or Swollen Breast

Everyone knows to check for lumps in the breasts, but too often symptoms closer to the surface -- which can indicate inflammatory breast cancer -- are overlooked. Some women describe noticing cellulite-like dimpled skin on an area of the breast. Others noticed that a breast felt swollen, hot, or irritated. Red or purplish

(Continued p.7)

**EDITOR'S NOTE:** We have received a letter from the Permanent Building Fund Committee ENOSIS and publish it as a photocopy.

PERMANENT BUILDING COMMITTEE OF ENOSIS

Attn:  
Federation of Hellenic American Organization of Illinois (ENOSIS)  
801 West Adams Street  
Suite 207  
Chicago, IL 60603

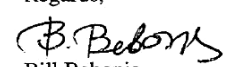
September 21, 2011

Dear Sirs:

The following, Kostas Thanopoulos, Bill Karahalios, Haralambos Mavropoulos and myself, consist of the Permanent Building Committee of the Enosis Building Fund. This fund was created in 2000 with the purpose to support any endeavors to purchase a permanent site for the group Enosis. In 2000, the Enosis general session determined to raise money for the purpose of buying a permanent site for Enosis. Any contributors to the fund were issued a certificate of funds. Also, it was decided by the general session that if such a building was not purchased within 10 years, each contribution would be returned to the respective contributor. Further, in 2006, the Committee reported that the Building Fund had a balance of \$115,000.00.

Therefore, since the said number of years has passed and no building has been purchased for Enosis purposes, the Permanent Building Committee is demanding that: 1) that said funds be returned to the contributors of said funds and 2) after all contributors are paid their contributions that any remaining monies be given to the Permanent Building Committee for its original purpose.

Please do not hesitate to contact me at the following telephone number if you have any questions regarding this issue. Thanking you in advance for your cooperation in this matter.

Regards,  
  
Bill Bebonis  
President  
Permanent Building Fund Committee  
ENOSIS  
312-922-0566

cc: Lisa Madigan, Attorney General  
Members of ENOSIS  
Media



## NATIONAL HELLENIC FREE PRESS

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### THE PLATFORM OF THE GREEK PRESS

- 1.To applaud the achievements of our ethnic group
- 2.To support the ideas of the Hellenic-Christian tradition
- 3.To promote the preservation of the Greek language
- 4.To encourage all worthy Community causes
- 5 To assist all the Greek-American fraternal, cultural patriotic and religious organizations
- 6.To install Americanism in the Greek-American community
- 7.To advance the just causes of Hellenism.
8. To promote the ideals Greece has given to humanity.

## LAW OFFICE OF MARIYANNA SPYROPOULOS



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## Revisiting a few events from this summer.

From the desk of Mariyana Sspyropoulos

*Looking through my calendar recently, I asked myself, where has the summer gone? We are already half-way through September.*

*Looking through my calendar recently, I asked myself, where has the summer gone? We are already half-way through September. This summer, I remember meals I shared with community leaders, meeting new friends, and facing a few challenges; all of which have brought me closer to the people and the communities that I represent. Since I spent time with many of you over the summer, I think it might be worthwhile for us to revisit a few events from this summer.*

### ***The Fight to Disinfect the Chicago River***

*For all of recent memory the effluent that the Metropolitan Water Reclamation District (MWRD) releases into the Chicago River and other Chicago waterways has been a contentious issue. From the earliest days of my campaign for the MWRD I vowed to support disinfection which removes the pathogens from treated waste water that can make people who come in contact with the water sick. As Commissioner, I've been working with environmental advocates, elected officials, and my fellow commissioners to push for disinfection. The fight wasn't easy but we were able to get the votes necessary to pass a new policy of disinfection this June.*

*As I mentioned in a letter to the editor published in the Chicago Sun-Times, disinfection is the right thing to do because it is an important step in protecting public health. After the passing of the policy, the Illinois Sierra Club said that it marks the "end of an era" which will allow Chicagoans to "fully enjoy the Chicago River without worrying about getting sick" while also leading "to the creation of thousands of jobs in making clean water upgrades".*

### ***Facing Off with Summer Rains***

*On July 23, Chicagoland was subjected to an unprecedented rainfall. ABC 7 news reported that 6.86 inches of rain fell on that Saturday alone making it the rainiest calen-*

*dar day in the history of Chicago. The storm caused major freeways to be shut down, power outages, stopped trains, and left many residents with flooded homes. The MWRD was forced to open locks in Wilmette and on the Chicago River to relieve pressure on the water system.*

*After the floods, MWRD participated in a series of town hall meetings to hear the concerns of residents and answers questions regarding the recent flood. During the meetings, TARP, the lock system, and the MWRD's deep tunnel were discussed. Since then I've continued to advocate for upgrades to our outdated sewer system and I am working with environmental groups to promote smaller "green-infrastructure" projects. You can read more about the MWRD's role in storm water management here.*

### ***Spending Time with You in the Community***

*This summer was full of exciting events where I spent time with residents and in communities. From parades, to recycling e-waste on World Environment Day, to attending township meetings and talking to community groups around the county; I was excited by the people and places that I serve. Those are just a few of the events that helped shape my memories of this summer. I'm sure many of you can add more that we've shared together*

*Just because the days are getting shorter and the weather is getting colder, it doesn't mean that there will be any less for us to accomplish in the fall. I'm looking forward to continuing our work together and moving forward with purpose. I'll continue to keep you updated on my work through emails and on facebook and I hope you'll keep me updated as well. If we haven't already connected on facebook, make a point to add my page this week so we can keep up with one another better. I'd also like to stay connected with your communities so please email me with events in your neighborhood and keep me up to date on the issues that are important where you live. Summers was great but let's make fall even better. I'll look forward to seeing you soon.*

**Mariyana**



**Sunday, September 4, 2011 - Olympiacos Soccer School Chicago announcement. Seen behind the kids are Mr. Georgios Amanatidis (Technical Advisor / Scout) and Mr. Vassilis Nanos (Academy Coach).**

**Dear Families:** *As the Director of Coaching, I would like to welcome everyone to the official Olympiacos Soccer School in Chicago. It is with great excitement that we kick off the 2011 - 2012 season. For all of us who are passionate about soccer, the creation of the Olympiacos Soccer School in Chicago is an historical and promising endeavor. This is the first time ever in Chicago's soccer history that Olympiacos FC, Greece's most successful professional soccer club, gives the youth of Chicago unique opportunities for professional play. Thank you for joining our soccer family - I am confident that you will not be disappointed. I am ecstatic that my 15 years of professional playing soccer experience combined with my 12 years of training and coaching young boys and girls of every age and level allows me to continue working and doing what I am passionate about. Having worked with college, semi-pro as well as amateur players, I have come across much talent. I am happy that I was able to help these young players achieve their goals. Without a doubt, continuing to do what I love while building the character of young athletes is an extension of my dream. I am inviting all of you who share the same passion and same values to built our children's future through the great game we call 'soccer'. **Nikos Mirtsekis***



## Eurozone crisis explained

Greece's economic reforms, which led to it abandoning the drachma as its currency in favour of the euro in 2002, made it easier for the country to borrow money. Greece went on a big, debt-funded spending spree, including paying for high-profile projects such as the 2004 Athens Olympics, which went well over its budget. The country was hit by the downturn, which meant it had to spend more on benefits and received less in taxes. There were also doubts about the accuracy of its economic statistics.

Greece's economic problems meant lenders started charging higher interest rates to lend it money. Widespread tax evasion also hit the government's coffers. In July 2011, Eurozone leaders and the IMF agreed to lend Greece 109bn euros - a year after it was granted access to a 110bn euro rescue package. Greece's problems have made investors nervous, which has made it more expensive for other European countries such as Portugal to borrow money. Eurozone ministers were worried that if Greece was to default there would be a risk of contagion to other economies. They hope the package will resolve Greece's debt crisis and shore up the euro.

The European Commission, the European Central Bank (ECB) and the International Monetary Fund (IMF) have been in Athens reviewing Greece's debt reduction programme. At stake is the next tranche of bailout money, the government needs to pay its bills. This is money from the 110bn-euro bailout agreed last summer. Eurozone leaders have subsequently agreed a further 109bn-euro package, but this has yet to be fully ratified by member states. And it comes as Greece announced that the 2011 deficit is projected to be 8.5% of GDP - down from 10.5% in 2010 - but short of the 7.6% target set by the EU and IMF.

The wider aim of the bailouts is to shore up Greece's economy, calm the financial markets, and stop contagion spreading to other debt-laden European economies. However, despite denials from some leading member countries, particularly Germany, there is a growing feeling in the markets that Greece will default on its debts. In fact many observers see it as inevitable.

Greece has been living beyond its means in recent years, and its rising level of debt has placed a huge strain on the country's economy. The Greek government borrowed heavily and went on something of a spending spree after it adopted the euro. Public spending soared and public sector wages practically doubled in the past decade.

However, as the money flowed out of the government's coffers, tax income was hit because of widespread tax evasion. When the global financial downturn hit, Greece was ill-prepared to cope. It was given 110bn euros of bailout loans to help it get through the crisis - and has now been earmarked to receive another 109bn euros.

But many fear that will not be enough. Greece received its original bailout in May 2010. The reason it had to be bailed out was that it had become too expensive for it to borrow money commercially. It had debts that needed to be paid and as it couldn't afford to borrow money from financial markets to pay them, it turned to the EU and the IMF. The idea was to give Greece time to sort out its economy so that the cost for it to borrow money commercially would come down. But that did not happen. Indeed, the ratings agency S&P recently decided that Greece was the least credit-worthy country it monitors. As a result, Greece has lots of debts that need to be paid, but it cannot afford to borrow commercially and does not have enough money from the first bailout to pay them. Despite the bailouts, many people think Greece will default. A default can have a number of important implications. If a borrower is in default on any one debt, then all of its lenders may be able to demand that the borrower immediately repay them.

## Pappas: Second Installment Property Tax Bills Due November 1, 2011

CHICAGO – Cook County Treasurer Maria Pappas said today that tax year 2010 Second Installment property tax bills will be due November 1, 2011. Payments received



after that date will be charged a 1.5 percent penalty per month on unpaid balances.

The bills were mailed October 1, 2011, to

the owners of more than 1.7 million homes, businesses and land parcels across Cook County. The revenue collected will be distributed to local governments and municipalities.

Property owners can pay online by visiting [cookcountytreasurer.com](http://cookcountytreasurer.com), at any Chase Bank or by mail. All mail payments must be postmarked no later than November 1, 2011, to avoid penalty. Partial payments are accepted.

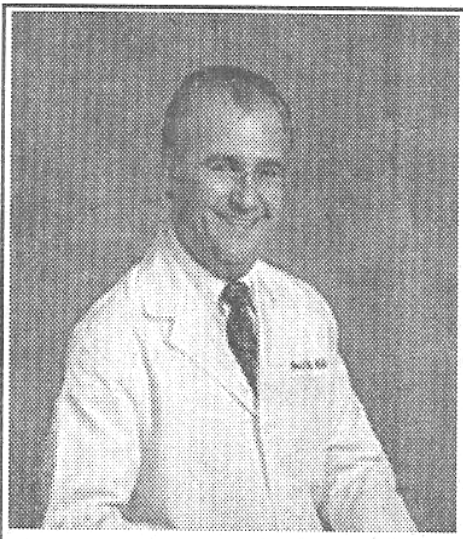
All forms of payment require taxpayers to reference their 14-digit Property Index Number (PIN) found at the top of the tax bill. Those paying at Chase Bank must bring their original payment coupon with payment. Individuals paying by mail must include the payment coupon with their PIN written on the check.

Property owners who have questions about payments made from escrow accounts should contact their lenders, Pappas said.

Taxpayers also can visit [cookcountytreasurer.com](http://cookcountytreasurer.com) or call 312.443.5100 for general information in English, Polish and Spanish.



**dozens of stone-throwing youths have clashed with police in Athens as public sector workers went out on strike in protest at Greece's austerity measures. The 24-hour strike saw flights and ferry services cancelled, government offices and tourist sites closed, and hospitals working with reduced staff.**



Dr. Peter J. Panton, a graduate of the Brown University School of Medicine, is certified by the American Board of Ophthalmology, a Fellow of the American College of Surgeons, and former president of the Chicago Ophthalmological Society.

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## Dr. Peter Panton Discusses ALL LASER LASIK

### Dr. Panton, What is ALL LASER LASIK?

ALL LASER LASIK combines two vision enhancing technologies that provide an unprecedented level of safety, precision, and comfort. These technologies are: the Ziemer Laser for creating the flap and the Allegretto Excimer Laser for shaping a perfect corneal surface.

### Who is a candidate for ALL LASER LASIK?

ALL LASER LASIK allows us to treat patients with every type of refractive error--nearsightedness, farsightedness, astigmatism and presbyopia. Problems common to other types of lasers such as glare, halos and decreased night vision have been virtually eliminated with Ziemer-WaveLight laser treatments.

### What will I experience during the laser treatment?

Your eye is first numbed with eye drops, then the Ziemer creates a protective flap of cornea which is gently folded back. The WaveLight then reshapes your cornea in a matter of seconds. The protective flap is repositioned where it bonds securely without the need for stitches. By the following morning, most ALL LASER LASIK patients will be able to pass the driver's license test without the need for glasses or contact lenses.

### How do I find out if ALL LASER LASIK is right for me?

I invite you to visit the Panton Eye Center and see the Ziemer-WaveLight laser system. Our trained physicians can determine if these exciting technologies are right for you. We are able to evaluate, treat and follow-up our ALL LASER LASIK patients in one convenient location. All of your care will be personally directed by Dr. Panton. Call 708-452-7200 today for your free evaluation.

**ALL LASER LASIK - Vision to Change Your Future**



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Plant Your Roots in Greece  
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Tel. (312) 627-1821  
Fax: (312) 627-1943  
<http://www.plantyourrootsingreece.com/>  
[info@plantyourrootsingreece.com](mailto:info@plantyourrootsingreece.com)

## 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

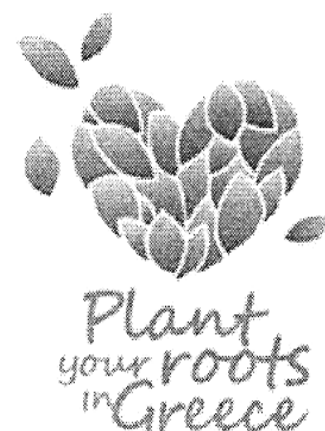
Make checks payable to:  
Plant Your Roots in Greece Foundation Inc.  
801 West Adams Street, Suite 235  
Chicago, IL 60607

Deposits in USA:  
Chicago Community Acct. # 459-0070-59  
IBAN: 07004158

Deposits in Greece:  
Alpha Bank Acct: # 143-0021-1-037288  
Eurobank Acct: # 0026.0012.39.0100763237

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

## Five suspects detained for airport heist

Police recovers most of the money stolen.

Police has detained five people in connection to the robbery of 1.43 million euros on October 2 from the Athens International Airport, and has recovered most of the money stolen.

After detaining an Albanian man, thought to be the one to execute the robbery's plan, and a Greek couple on Friday, police arrested two more men on Saturday regarding the Alpha Bank heist.

Sources said that one of the two men arrested on Saturday, a 25-year-old Greek, was a clerk at the Alpha Bank branch in the Athens airport as well as the son of one of the bank's security officers.

He is considered to be the one to have given inside information to the robbers about the location and the details they required to get the money from the bank's safe. He also pretended he was a hostage, too, when the robber entered the bank branch.

Police has recovered over 1 million euros, as well 9,000 UK pounds and \$31,000, as well as three handguns and hundreds of bullets.

All five suspects are to be taken to an Athens prosecutor on Saturday.

## Police recover ancient relics

Part of the recovered items that were transported to the Archaeological Museum in Athens.



Greek police recovered more than 70 items dating to the 6th century BC on Thursday, following an operation to net antiquities smugglers in Thessaloniki. The recovered artifacts include gold masks, helmets, small clay and metal statues as well as parts of an iron sword. Two people were arrested in the operation.

On the day they were confiscated the items were transported to the National Archaeological Museum in Athens, where they were viewed by Prime Minister George Papandreou, Citizens' Protection Minister Christos Papoutsis and Culture Minister Pavlos

Geroulanos. While Culture Ministry officials noted that the items were most certainly unearthed following illicit excavations in Central Macedonia, archaeologists have yet to determine their exact provenance.

Meanwhile, Citizens' Protection Ministry officials told Kathimerini that given the items' Macedonian heritage, it was imperative that they not to leave the country and run the risk of being "rediscovered" during an "official" excavation in a neighboring country.

## Greek debt may have been underestimated, says Schaeuble

Europe perhaps underestimated how much it needed to reduce Greece's debt burden at its July summit, German Finance Minister Wolfgang Schaeuble was cited as saying by Frankfurter Allgemeine Sonntagszeitung.

"It is possible that we assumed in July a level of debt reduction that was too low," Schaeuble was cited as saying.

Euro zone finance ministers are reviewing the size of the private sector's involvement in a second international bailout package for Greece, the chairman of the Eurogroup ministers Jean-Claude Juncker said earlier this week.

The reassessment could undermine Greece's aid program and hasten the threat

of a Greek default.

"There is a high risk that this crisis further escalates and broadens," Schaeuble said.

## Local food exporters eye global market

Displaying a unified identity under the general motto "Taste Like Greece," a large group of Greek companies is set to take part in Anuga 2011, the world's leading food fair for retail trade, food services and the catering market. The fair opens on Saturday in Cologne, Germany, and continues through Monday.



The initiative for the adoption of a common identity belongs to the Hellenic Foreign Trade Board (HEPO). The Greek organization came up with the concept on the occasion of the Cologne fair, given that a nationwide logo for Greek products has yet to materialize, despite announcements made by Development Minister Michalis Chrysochoidis 10 months ago.

Meanwhile, participating in Anuga 2011 are 180 Greek companies, along with the regional authority of Crete and five chambers of commerce. Besides the unified identity, the made-in-Greece products will also be promoted in a series of events which will take place during the German fair, including tastings.

Food products are a key factor in the development of the Greek export sector. In 2010 alone, foodstuffs made up 16 percent of the country's total exports value. Overall, Greek exports in 2011 - with the exception of oil products - are expected to reach 10 or 11 percent of gross domestic product, while this figure is expected to rise into the double-digits in 2012.

A major tool with regard to reaching the 2012 target is, among others, a new action plan devised by HEPO. According to the organization's CEO, Alkiviadis Kalabokis, the plan includes 96 organized activities - 65 events, 22 business missions abroad and nine professional meetings in Greece. Out of the 96 activities, 39 will focus on the promotion of industrial products, 33 on the promotion of exporting foodstuffs and beverages and 24 on the promotion of the consumer goods sector.

The events are aimed at attracting buyers in markets targeted by HEPO, in collaboration with Greek exporters. These markets include the United States, the Gulf States and South Africa as well as Latin American and Southeast Asian countries.

## Galeos fish is worth the extra euros

Tope sharks, smooth-hounds or dogfish: With Greek fishmongers all of these come under the general heading of "galeos," although they are from two slightly different genera -- three belong to the Mustelus and a fourth to the Galeorhinus genus. All look like small sharks, are dark gray or gray-brown along the spine and whitish on the underbelly. Some have white stripes on the belly and other black stripes along the spine. Up to 2 meters long, most live in deep water, where they feed on other fish, mollusks and crabs.

Look carefully at the fishmonger's, because its poor relations are not nearly as tasty.



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# A PAINFUP PREDICTION

By Alexis Papahelas

“Do you really think we’re going to make it?” I asked a wise-headed Greek who lives outside the country a couple of years ago. He’s the kind of person who feels deeply connected to the nation but, unfortunately, as the cliché goes, Greece hurts him.

His prediction was as follows:  
First, he said, the country will come under the supervision of the International Monetary Fund because there will be a liquidity problem and everyone will try to hide the fact that the country is effectively bankrupt. After a year or so, he went on, there will be talk of restructuring the debt.

A few months later, the taboo will break and everyone will talk about a “reasonable haircut.” This will also occur, but since the country will have hit an impasse by then, and none of the conditions will have been met, there will be talk of a bigger haircut and some form of default on its debts.

This too will happen, he said, and then there will be one more stage -- if, as expected, things go awry -- where the country will be forced to abandon the eurozone because it will not be able to stand anymore pressure.

His predictions are shared by virtually all serious observers these days. I am referring here of course to those people who have a clear understanding of what is happening in Berlin and Washington and not those who tend to analyze things from a narrow-minded, provincial perspective.

So, once again I turned to my “wise” friend. He threw his hands in the air -- not just because Greece made a mess of the situation; but also because of the huge leadership deficit in Europe. He did not want to make a prediction this time, but he did express a big fear: I dread the moment when Angela Merkel, the German chancellor, will turn around and say that she did all she could to save Greece -- but Greece is a special case; a state that cannot be governed. Immediately after that she will turn to her voters and tell them that she is punishing the odd one out, but at the same time will urge them to dig into their pockets to rescue Spain, Italy and so on.

I sincerely hope that the predictions of my “wise” friend will not come true. But things certainly appear to be heading that way, as Greece will not be able to blackmail the global economy for much longer.

## Thomsen warns rescue plan could fail

Troika officials are criticizing the slow rate of reform implementation in Greece and ask for harsher structural changes, warning that the plan to save the Greek economy could fail.

“Greece is at a crossroads. It is clear the program will not work if the authorities do not take the path that requires much stricter structural reforms than those that we have seen so far,” said Poul Thomsen, the representative of the International



Monetary Fund to the troika, in an interview to German Sunday paper Welt am Sonntag.

“It is going two steps forward, and one backwards,” Thomsen added. «The Greek government understands that many of the most difficult changes lie ahead. At the same time, the political and social fatigue is growing.”

His troika colleague from the European Commission, German Mattias Mors, criticizes the slow

pace of reforms.


"The Greeks believe it is enough to make laws,» he told the same newspaper. «But it takes time to implement. And often the right structures are lacking, for example in tax administration.”

Government officials assure that the memorandum of conclusions concerning the measures for 2011 and 2012 has been all but agreed on, but the road to Athens getting the sixth tranche of loans seems long.

The main obstacle seems to be the additional measures for the years 2013 and 2014, that the troika insists they must amount to 6 billion euros in order for the fiscal targets to be reached.



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# Symptoms Women Are Likely to Ignore

(from p.1)

discoloration is also cause for concern. Call your doctor about any unexplained changes in your breasts.

## Nipple Changes

One of the most common changes women remember noticing before being diagnosed with breast cancer is a nipple that began to appear flattened, inverted, or turned sideways. "My nipple started looking like it was turned inside out," said one woman. In addition, inflammatory breast cancer also causes nipple problems, such as itchy, scaly, or crusty skin on the nipple -- so take any nipple changes seriously.

## Bloating or Abdominal Weight Gain

The "my jeans don't fit" syndrome While this might sound too common a phenomenon to be considered a cancer symptom, consider this: Women diagnosed with ovarian cancer overwhelmingly report that unexplained abdominal bloating that came on fairly suddenly and continued on and off over a long period of time (as opposed to occurring a few days each month with PMS) was one of the main ways they knew something was wrong.

## Feeling Full and Unable to Eat

This is another tip-off to ovarian cancer; survivors say they had no appetite and couldn't eat, even when they hadn't eaten for some time. Any woman who experiences noticeable bloating or weight gain numerous times (the diagnostic criteria is more than 13 times over the period of a month) -- especially if it's accompanied by pelvic pain or feeling overly full -- should call her doctor and ask for a pelvic ultrasound.

## Unusually Heavy or Painful Periods or Bleeding Between Periods

Many women reported this as the tip-off to endometrial or uterine cancer. Unfortunately, many women also said their doctors weren't responsive, overlooking or misdiagnosing their complaints as normal perimenopause. Ask for a transvaginal ultrasound if you strongly suspect something more than routine heavy periods.

# Symptoms Men Are Likely to Ignore

## Erection Problems

As prostate cancer progresses, a common sign is difficulty getting or sustaining an erection. This can be a difficult subject to talk about, but it's important to bring it to your doctor's attention. It could be a sign of sexual dysfunction with another cause, of course, but it's a reason to have an exam and possibly a PSA test.

## Pain/Aches or Heaviness in the Groin, Hips, Thighs, or Abdomen

One sign of prostate cancer is frequent pain in the hips, upper thighs, or the lowest part of the back. Men with testicular cancer report noticing a heavy, aching feeling low in the belly or abdomen, or in the scrotum or testicles themselves. They sometimes describe it as a feeling of downward pulling or as a generalized ache throughout the groin area. Prostate cancer that has spread to the lymph nodes often makes itself known as discomfort in the pelvis or swelling in the legs.

## Testicular Swelling or Lump

The lumps that indicate testicular cancer are nearly always painless. It's also common for a testicle to be enlarged or swollen but lacking any specific lump that you can see or feel. Some men report feeling discomfort from the enlargement but not an outright pain.

## Scaly or Painful Nipple or Nipple Discharge

Men do get breast cancer; they also get a condition called gynecomastia, which is a benign lump in the breast area. Breast cancer is usually detected as a lump, but if it's spreading inward it can also cause chest pain. Other signs of breast cancer include patches of red, scaly, or dimpled skin or changes to the nipple such as turning inward or leaking fluid. Bring any lump, swelling, or skin or nipple problem, or any chest pain, to your doctor's attention.

## Difficulty Urinating or Changes in Flow

Hands-down, the most common early sign of prostate cancer is a feeling of not being able to start peeing once you're set to go. Many men also report having a hard time stopping the flow of urine, a flow that starts and stops, or a stream that's weaker than normal. Any of these symptoms can have less serious causes, but it's still reason to see your doctor for an exam and a possible screening test for prostate-specific antigen (PSA).

## Pain or Burning During Urination

This symptom can also indicate a urinary tract infection or sexually transmitted disease, of course, but in any case it warrants an immediate trip to the doctor. It's often combined with the feeling that you need to go more often, particularly at night. This same symptom can also indicate inflammation or infection in the prostate or benign prostatic hyperplasia, the name for what happens when the prostate grows bigger and blocks the flow of urine. However, you need to get checked out to tell the difference.

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# Breaking the vicious circle

Keynote speech of the Deputy Prime Minister and Finance Minister of Greece, Prof. Evangelos Venizelos, at the closing lunch of the Annual Membership Meeting of the International Institute of Finance

Since 2008, we have been experiencing different phases of the international financial and fiscal crisis. In the case of the Euro Area it is now obvious that the crisis is more than a financial or a fiscal one.

It is a political and institutional crisis.

The point is whether the Euro Area, which has one of the world's most powerful currencies, has those institutional structures and the political capacity that can provide swift and decisive responses, and make decisions that convince the markets.

In other words, the question is whether the common European monetary policy – as exercised by the



ECB - can be efficient and effective without the necessary support from fiscal, tax and growth policies.

Within the current international and European context, the Greek problem is undoubtedly significant, most of all for us the Greeks. However, Greece is not the Euro Area's central problem nor it can be the catalyst for a new phase of the global financial crisis. The size of the Greek economy does not allow for such a role.

The problem of sovereign debt in the Euro Area is of vital importance, and the fact that three of the 17 member-states have joined the support mechanisms, provided by the Euro Area itself and the IMF, shows that Europe has made very important steps towards dealing with the problem.

However, these three countries (Greece, Ireland, and Portugal) account for merely 6% of the Euro Area's total debt. Greece alone accounts for about 3% of the Euro Area's total public debt. While such a debt is very high for Greece, it may not still be capable of causing a domino effect of pan-European dimensions.

Those who do know Greece not just as macro-economic and fiscal figures, know that Greece is charming not only because of its history but also because of its contradictions. Despite the crisis and the three successive years of recession, Greece remains one of the 30 largest global economies with a population of only 11 million. Greek tourism and its shipping sector are always two strong brand names. This year, while in full recession, we saw a fast increase in exports albeit starting from a relatively small basis.

However, Greece at the same time has a large-scale grey economy, extended tax-evasion, a large current account deficit and a similarly large deficit in competitiveness.

Greece joined the original support mechanism provided by the Euro Area's member states and the IMF in May 2010. That was before the European institutions such as the EFSF were created. A basic assumption of the original program was that a very steep fiscal adjustment effort until mid-2013 would be possible and that could make Greece return to the markets already from mid-2012.

Almost a year later, in March 2011, there was a realization that the programme parameters were too strict and the European Council decided that the original terms of the loan to Greece had to be significantly improved both in terms of the repayment period and in terms of the interest rate. The IMF is also expected to extend the maturities of the Greek loan to allow for a longer time for the reforms being implemented to have an impact on competitiveness. Ireland and Portugal also benefited from these changes and had a smoother start in their programmes.

It is already questionable whether the original program could provide for a credible answer to Greece's sovereign debt sustainability. With the exception of the first programme review, in all subsequent reviews the question was constantly arising of whether Greece has the national capacity to implement such a fast radical reform and steep fiscal adjustment program that would change the country's basic structures and practices.

We did many difficult things in these last 15 months of the programme implementation. First, a fast decline in the fiscal deficit by 5 percentage points of GDP in the first year of the programme application. Very significant reforms like the pension reform that reduced the actuarial deficit by about ten percentage points of GDP, a labour market reform that increased significantly allowed dismissals, reduced severance payments to half, increased three times the probation period for new recruitments, made plant level agreements to prevail over those at sectoral level. A large number of closed professions opened. Many other important changes took place.

More than anyone else, we believe that these

changes are absolutely necessary for our nation's future.

Greece also agreed to promote a very ambitious privatizations program, aiming at collecting 28 billion euro in revenues before the end of 2014 at a time that the capitalization of the Greek stock exchange has been greatly reduced.

The June/July 2011 review was not an easy task, as this was linked to the decision of our institutional partners to double their support, by adding another additional 109 billion euro and extend the duration of the program to 2014.

But the most important element of the July 21 decision was the participation of the private sector. This was a result of a comprehensive and complex negotiation between the Euro Working Group and the IIF, with the important contribution of IIF's Chairman, Mr. Joseph Ackermann and its Managing Director, Mr. Charles Dallara, both of whom I wish to thank personally for their truly decisive, contribution.

The PSI became an important pillar of the July 21 decisions, equally important to that of the official sector participation.

However, the July decisions provided also for an expanded role for the EFSF, a prelude to the permanent ESM mechanism from 2013. This is a fundamental decision of the Euro Area, not only for the protection and facilitation of Greece, but also for the decongestion of the pressure applied on the Euro's hard core.

From July 21 to the start of the fifth revision of the program that started at the end of August there was a time gap of less than thirty days during which Greece was trying, with its existing structural problems and weak public administration to articulate and implement the Medium Term Fiscal Adjustment programme that had been decided. Therefore, there were no new problems. What we had here were the already known difficulties including the peculiarities of the Greek political system, the absence of wider political consensus towards the need for a full and rapid implementation of the program, contrary to what takes place in Portugal and Ireland.

But despite all that some positive signs of political consensus do exist in the case of privatisations and the EFSF's new institutional framework, which were voted with a majority of more than two thirds by the Greek Parliament.

In the meantime, during a limited timeframe following the July 21 decisions, the PSI was set up in close cooperation with the Euro Working Group and the private sector. The framework that is being described in the Letter of Inquiry was shaped, and all indications point towards the direction that we can achieve the targets set in July, thus completing a major international financial scheme with many innovative elements. It is a scheme that supports the viability of Greek sovereign debt, according to the study that was made public on September 22nd by the IIF.

The deficiencies of the public administration mechanism, combined with the much deeper recession in 2011 and the tight liquidity conditions in the economy, made additional measures a necessity in order to meet the fiscal target for 2011 and to formulate the State Budget of 2012 in a way that produces primary surpluses in the first half of 2012.

In less than 2 years, we decrease the primary deficits from 24 billion euro to approximately 2 billion euro, when we meet the 2011 fiscal targets. The primary balance adjustment from 2009 to 2011 is 10% of GDP when at the same time there is cumulative recession that exceeds 12% of GDP.

I do not think you can find many examples at the international level of such a huge and rapid fiscal adjustment effort. But you have to know this comes with a political and social price.

What is important for us is to bring the vicious circle we are trapped in to an end. The harsh fiscal adjustment measures reduce the available income and demand. Rumors and the international mood are fed by internal insecurity and vice versa. All these make recession deeper and liquidity tighter. We try to meet the fiscal targets while recession keeps pushing them away. We respond by introducing additional measures. The political and social cost of the programme rises.

Greece feels the international uncertainty and

knows that our partners must answer to their respective parliaments and societies, as far as the course and the outcome of the support mechanisms are concerned.

But Greece is not the scapegoat of the Euro Area or the international economy. Greece is a historical and proud country, with citizens who are doing many sacrifices to save it and see it recover.

It is Greece's final and irrevocable decision to do whatever it takes to fulfill its obligations towards its partners, towards the Euro Area, towards the IMF.

There is so much that has transpired over the past 15 months. It's not everything, but it is a lot. But light always falls on the delays and the deviations and not on the large picture of accomplishments.

Over the past few days we had to make some very difficult and tough decisions and we did so without calculating political costs, despite the need for a solid national front and a single-voiced support of those decisions.

During the last two weeks, a number of actions have been taken to meet the 2011 and 2012 fiscal targets against a background of deep recession, poor liquidity conditions, uncertainty and anxiety.

Three months after taking the additional measures in June 2011, further additional measures of another 3 percent of GDP were adopted by the Council of Ministers this week.

**The new measures include:**

- \* A further reduction by 20% in the public sector salaries (additional to the 15% already implemented for the civil service and the 25% cuts in the public enterprises). These wage cuts are combined with a structural change in the public sector wage grid that ensures long term savings and public sector productivity improvements.
- \* A further 4%, on average, cut in pensions (additional to the 10% already implemented). These cuts are complemented by a completion of the pension reform (via reforming also the supplementary pension funds) that ensures long term viability of the Greek pension system.
- \* The creation of a labour reserve to which 30 thousand public sector employees will move by the end of 2011.
- \* The application of the rule of one recruitment for every ten retirements for the duration of the Medium Term Fiscal Strategy.
- \* Significant tax expenditure cuts of 0.6 percent of GDP implemented retroactively from January 2011.
- \* The introduction of a property tax to be collected via the electricity bills mechanism with an annual yield of 1.1 percent of GDP for the duration of the Medium Term Fiscal Strategy.

On the privatizations front, the September 2011 target is 1.7 billion euro. This target will be reached

within October with the 1.4 billion to be reached within September. By the end of 2011 we expect to have collected from privatisations 4 billion euro. All privatization programmes for the period up to 2014 mature in order to move more swiftly, now that the Privatizations Fund is up and running within a framework of total transparency and consensus.

Two weeks ago, a special Council of Ministers meeting was devoted to the acceleration of the structural reforms.

We took once more difficult political decisions because it is our wish and our determination to fully implement the Medium-Term Fiscal Strategy and meet its targets.

The Greek banks take part in the PSI in full acceptance of the relevant losses. The same is true for the participation of Greek social security funds. Greek institutions are a very important part of the entire effort.

The replies to the LOI are very encouraging. The targets can be met, provided that it is understood that there is a mutually beneficial situation under way between Greece, its institutional partners and the private sector.

Greece wants to make it and will make it. The July 21 decisions provide a clear and secure institutional framework. They are a meeting point of a creative balance between the official and the private sectors.

Greece is and will always be an EU and a Euro Area member-state. Greece always respects and implements the decisions of the European Council and the Eurogroup in matters of high importance not only for itself but also for the Euro Area protection mechanisms.

Thus, I repeat that we must break the vicious circle, we must get rid of the uncertainty and ambiguity, we must give answers to profiteering aspirations and verify the wish and capacity of the Euro Area to secure the euro.

The implementation of Greece's new program is an important step that will remove uncertainties, increase liquidity and convince the markets that the Euro Area can indeed protect itself and its member states. Combined with our own persistence towards our goals, this can change the mood.

Greece is asked to prove its willingness and commitment. We do it without hesitating to take the necessary measures whenever it is required. Disregarding for the political cost.

But it is only logical and fair that we receive an institutional and political shield in return, not just for Greece but for the Euro Area as a whole and in the end for the international economy itself. It is also important for the Greek people, who are suffering in this difficult adjustment process.

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## Shipwreck of SS Gairsoppa reveals £150m silver haul

**Shipwreck of SS Gairsoppa reveals £150m silver haul.**

***A shipwreck containing 200 tonnes of silver worth about £150m has been found in the Atlantic - the largest haul of precious metal ever discovered at sea. The SS Gairsoppa, a UK cargo ship sunk by a German U-boat in 1941, was found by US exploration firm Odyssey Marine.***

***The firm will retain 80% of the cargo's value under the terms of a contract with the Department for Transport. Only one person from the 85-strong crew survived the torpedo attack as the ageing steamer tried to reach Ireland. The vessel was on its way back to Britain from India when it ran low on fuel in stormy weather, and tried to divert to Galway harbour, but it was spotted and sunk by the German submarine.***

**'Robotic submarines'**

***Three members of the crew survived in a lifeboat and reached the Cornish coast two weeks later, but two died trying to get ashore. The wreck of the 412ft ship was found this summer nearly 4,700m below the North Atlantic, 300 miles off the Irish coast, but it was only confirmed as SS Gairsoppa last week. Odyssey Marine's senior project manager, Andrew Craig, said: "We've accomplished the first phase of this project - the location and identification of the target shipwreck.***

***"Now we're hard at work planning for the recovery phase. "Given the orientation and condition of the shipwreck, we are extremely confident that our planned salvage operation will be well suited for the recovery of this silver cargo."SS Gairsoppa settled upright on the seabed with its cargo holds open, which means***

***remote-controlled robotic submarines should be able to retrieve the bullion.***

***Work would begin in the second quarter of 2012, Odyssey said. Continue reading the main story***

**SS Gairsoppa - a brief history**

- \* ***Steamship first used in 1919 by the British India Steam Navigation Company***
- \* ***Involved in commercial shipping in the Far East, Australia and East Africa***
- \* ***Enlisted in the service of the Ministry of War Transport in Jan 1941***
- \* ***On her final voyage from Calcutta, India she was loaded with nearly 7,000 tonnes of cargo - including pig iron, silver, and tea***
- \* ***On Feb 17, 1941, U-boat 101 torpedoed the Gairsoppa causing her to sink***
- \* ***Of the 32 crew members who boarded lifeboats, all perished except for one survivor***

***The seven million ounces of silver on the ship is a mixture of privately owned bullion insured by the UK government and state-owned coins and ingots. Researchers used records including insurance documents from Lloyd's War Losses Register to work out how much was on board. Odyssey president Mark Gordon said one set of documents suggested the silver bars may contain 2.5% gold as well, which he described as "an added bonus". The marine archaeology and exploration company said it was "highly unlikely" any human remains would be found.***