

NATIONAL HELLENIC FREE PRESS GREEK AMERICAN NEWSPAPER



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Paralympic Games: Closing ceremony



London's 2012 Paralympics has ended with a fiery finale and official handover to 2016 host, Rio de Janeiro. The show, described as a "festival of flame" honouring Britain's ancient traditions and festivals, brought 11 days of sport to a close. UK band Coldplay led the show, which started at 20:30 BST, with a live set reflecting the four seasons.

Thinking in geopolitical terms

By Alexis Papachelas

Where does Greece stand in geopolitical terms? There may be no easy answer, but it would be a good idea if some of the better minds of this country began to



think about it because things may very well change, and dramatically too.

An attack by Israel against Iran before the US elections in November in order to trap President Barack Obama into supporting such a campaign cannot be ruled out.

Right now one of Greece's biggest strategic allies is Israel, along with the lobbies it influences. The Israelis provide Greece with valuable help and vice versa, even if it is help that cannot always be made public. But it is a sign of maturity that the political establishment has played this game cleverly and has liberated itself from past taboos. After all, realism needs to be the guiding principle of the national interest.

The United States is also an important supporter of Greece and does not want to see it turn into a failed state. Washington is trying desperately to convince Berlin that beyond the fiscal data, there is also geopolitics. But the Americans do not have money to invest in Greece, so they apply some

pressure to Berlin and try to keep the markets in check, but their room for maneuver is very restricted. Of course they could help in the maintenance and replacement of military equipment, as the Greek armed forces are cutting it very close to the bone.

The Germans, for their part, are beginning to see how dangerous it could be for a broken Greece to fall into the hands of Russian oligarchs and yanked out of European institutions. That this could happen is an argument that has been circulated in Berlin and could influence decisions, if of course Greece does not spin out of control this autumn.

What Athens needs to seriously think about is what it will do if Greece is kicked out of the eurozone and pushed out from under Europe's protective umbrella. The American embrace is too far away and getting more distant, no one knows what a close alliance with Russia would really entail, and China is a huge emerging power that has been repeatedly disappointed by Greece's inability to pull its socks up and make good on its international obligations.

The most realistic approach is true and tested, and it is that Greece belongs to the West but plays with everyone. There is also some comfort to be gained from the fact that Turkey has a lot on its plate right now and has no time for bothering with Greece.

Nevertheless, there is a lot we have to think about and decide on, but first we need to stand up and regain our confidence and credibility.

A CALL TO ACTION

To His All Holiness Bartholomew, Ecumenical Patriarch of Constantinople and His Eminence Archbishop Demetrios, Primate of the Greek Orthodox Archdiocese of America,

Death at an Ephraimite Monastery

Please reach out and intervene on behalf of the members of the Greek Orthodox Archdiocese

In just two decades, the Ultra-Fundamentalist Orthodoxy practiced at the Monasteries of Elder Ephraim has created a schism between our Church and the Monasteries and obedient followers of Ephraim. Our concerns for the members of the Orthodox Faith and the Greek Orthodox Archdiocese of America (GOA) have caused us to form an organization called The Greek Orthodox Christians of Chicago for Truth and Reform. Our main issue has been and continues to be providing to the community a warning against the harmful zealot teachings, practices and customs emanating from these Monasteries. We have turned over information concerning these issues to official sources at the GOA and other administrative bodies, with seemingly little result.

We have now learned of a significant and serious consequence of those teachings. On the morning of June 11, 2012 a young man by the name of Scott Nevins allegedly took his own life after having spent six years at the Monastery of St. Anthony in Florence Arizona. In any other institution or religion, this incident would mandate at the least an investigation of the facts surrounding Mr. Nevins' death by the Church Hierarchs, independent of the investigation of the secular authorities. Additionally, a measured and in depth investigation of all the other issues that are well documented and written about on this website is warranted.

The loss of the life of Scott Nevins, a six year tonsured monk at the Monastery of Elder Ephraim in Florence, Arizona, is directly attributable to the errant teachings and methods. Young persons who voluntarily enter the monastic life as a service to God and their fellow man have been subjected to methods and procedures that outside the religious context would be actionable and even criminal. We thus demand that action be taken to bring these monasteries into line with the true teachings of the Orthodox Church, and that authoritative control over these ostensibly Orthodox monasteries be rightfully returned to the Church Hierarchy, rather than left to a rogue monk and his followers.

We ask:

"WHAT IS OUR INSTITUTIONAL RESPONSE TO THE DEATH OF SCOTT NEVINS?"

According to our sources, Scott Nevins was a healthy and well adjusted young man before he became an Ephraimite monk. He went into one of our sanctioned Monasteries well and came out hurt and twisted. Now the Ephraimite public relations machine that supports this group has gone into overdrive casting unfounded aspersions about the mental health of this young man before his entry into the Monastery. If he was troubled before he arrived there, why would they accept him and why would he be permitted to stay there for six years under the authority of the Elder and his followers? Why did he secretly leave his home without the prior knowledge of his parents and enter the Monastery without even informing them of his whereabouts? When this young man left his home that spring evening in 2003 at the age of 18 why did he dress in a tuxedo for his high school prom, take pictures with his parents and go directly to St. Anthony that evening? Who were his accomplices in this subterfuge and helped him get there that night? On his exit from St. Anthony a little over a year ago, why did he leave in a clandestine way? What did he fear? Whom did he fear? Why did he have two loaded guns and a knife with him as he returned to St. Anthony the morning of his alleged suicide? (For an article on the incident please go to: <http://www.pokrov.org/resource.asp?ds=Article&id=1814>)

Has the GOA and our Metropolitans asked themselves "did the actions, methods and teachings of this secret group lead to the death of Scott Nevins?" The Monasteries under the "Spiritual Guidance" of Elder Ephraim seem to operate under their own rules and from our collective perspective, only damage the institution of the GOA and harm those members of our faith who have succumbed to their errant teachings.

We ask ourselves:

What are we missing? Why do the powers that protect the Monasteries carry so much sway over the Church Hierarchy in the United States? Is there one body, or just one person within the GOA or any single Metropolis that has the intestinal fortitude to stand up for the family of Scott Nevins, and numerous others who are in the sway of the Elder Ephraim? What about the other young people brought into a failed monastic system that has little or no oversight from the Hierarchs or the GOA? How many catastrophes of this kind have to occur before the GOA demands transparency and accountability?

When we sit at our editorial meetings and discuss the collective years spent by all of us helping our respective Parishes, we are all at a loss to understand the broken operational practices of our Church. Worse yet, some of our individual Metropolitans are so poorly administered by the Hierarchs that the Ephraimite Clergy within those jurisdictions seem to control many of the decisions made in the name of the Orthodox Church. We, the Laity, demand that an investigative committee be formed comprised of independent professionals that are not concerned about damaging their relationships with our Hierarchs. This group must not be under anyone's influence or control. They must be allowed to address the death of Scott Nevins without the fear of undue influence or control from the leadership of the Church. The committee should be led by a former prosecutor such as a retired former United States Assistant Attorney or retired Criminal Court Judge. Unfortunately, the state of the

(Continued on p. 2)

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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.

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National Hellenic Museum Announces Kouzina Chef Line-Up Top Chicago Chefs Top Kouzina List

The National Hellenic Museum (NHM), together with Kouzina Chef Committee Chair John Boudouvas of Mia Figlia announces their 5th Annual Kouzina Chef Line-Up. The following top chefs are winners of Michelin Stars, AAA Four Diamond Awards, and the Wine Spectator Awards of Excellence. This year's featured chefs are:

- Louie Alexakis, Avli Estiatorio
- George Alpogianis, City Porch
- John Ayaleanos, Sheraton Chicago
- Jerome Bacle, Courtright's Restaurant
- Andrew Bannos & Jimmy Bannos, Sr, Heaven on Seven
- Jimmy Bannos, Jr, The Purple Pig
- John Chiakulas, Foodease Market
- Luca Corazzina, 312 Chicago
- Jack Funderburg, Prasino
- John Gatsos, Tavern on Rush
- Frank Georgacopoulos, Meli Cafe
- Athena Manolakos, Pan Hellenic Pastry Shop
- Dan Pancake and Beth Partridge, Autre Monde Cafe
- Massimo Salatino, Francesca's Group
- Carl Shelton, Boka Restaurant
- Randy Waidner, Gibsons

Join these Chefs on Thursday, September 20 from 6 to 9 pm at the National Hellenic Museum located in the heart of Greektown at 333 S. Halsted. Guests are invited to help support the Museum's quality exhibits when they participate in their signature culinary celebration which includes: delectable Mediterranean and Greek bites, premium wine tastings, the opportunity to sample and shop at the Agora (Marketplace) and enjoy the special exhibit Exploring Greek History and Tradition through Food and Wine.

Tickets for Kouzina are on sale now \$100 per person (\$125 at the door) at www.nationalhellenicmuseum.org/kouzina or call 312.655.1234. Kouzina is sponsored by The Anton Family Foundation, Grecian Delight Foods, and the Chicago Sun-Times.

The National Hellenic Museum, which opened December 2011, is located in a brand new 40,000-square-foot space. The three-story eco-friendly building is home to interactive exhibits, children's education center, research library, oral history center, museum store, special events hall, and rooftop terrace.

Now through September 2, meet Greek gods and climb into a 12-foot Trojan horse when you experience the family-friendly exhibit Gods, Myths and Mortals: Discover Ancient Greece. Museum hours are Tuesdays – Sundays. For more information, visit www.nationalhellenicmuseum.org or call 312-655-1234.

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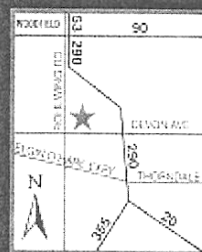
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A CALL TO ACTION

GREEK ORTHODOX CHRISTIANS FOR TRUTH AND REFORM

Orthodox Church in America after the Charter changes of 2002 and the expansion of the Ephraimite movement over the last two decades will not permit this to happen.

We state the following:

1. WE ARE CONCERNED OVER the irregular establishment of multiple (at last count 21) monasteries, all under the “spiritual” guidance of Elder Ephraim, formerly of Philotheou.

2. WE ARE CONCERNED OVER the lack of transparency and oversight of financial practices and fundraising occurring at and on behalf of these monasteries. Our concerns extend to the preying of the followers of this schismatic movement when Church members are sick and in extremis.

3. WE ARE CONCERNED OVER the many unusual teachings and practices of Elder Ephraim and his infected followers including that:

* The spurious anti-Semitic “Protocols of Zion” and other ethno-centric, discriminatory practices are true and part of our beliefs;

* The Patriarch has no authority over Elder Ephraim and his monasteries;

* Full obedience to an elder is mandatory and true confessions may only be given to an elder or one of his designated clergy;

* Upon death, our souls will be judged by satanic demons through a series of “aerial tollhouses”, a perverted teaching used as a tactic to scare and dominate the laity;

* Only monks have any real possibility of salvation and those who are married have little or no chance of salvation;

* All Chrismated or Baptized that were not fully immersed be rebaptized, contrary to instructions from the Ecumenical Patriarchate;

* The spirituality and authority of Greek Orthodox Priests are denigrated and their Parishes do not follow the “true faith” as practiced by the Ephraimites;

* Apostolic succession rests exclusively with their monks; and

* The faithful are taught that if a family member becomes monastic, then 7 generations of the family are guaranteed salvation.

4. WE ARE CONCERNED THAT the “veneration” of Elder Ephraim by his followers who:

* Claim and venerate him as a living saint;

* Claim that he performs miracles and other surreal acts

* Are taught that Elder Ephraim will be the next saint of our church;

* Display his photograph alongside icons in their homes and businesses; and

* Express their total obedience to him to the point where they are unable to make both spiritual and secular decisions for themselves without first consulting him, one his monks or nuns.

OUR CONCERNS ARE NOT NEW but have been expressed by many others over the last two decades. A fundamentalist “Orthodox” Church in America exists which denies or minimizes loyalty to our Ecumenical Patriarch and our Archbishop Demetrios. This cult stresses rigid obedience to the elder and literal or legalistic interpretations of the teachings of “Church Fathers” with little or no reference to God or the teachings of Jesus Christ. In just two decades, the cult of Ephraim has grown creating a schism between the Greek Orthodox Church of America and his network of monasteries and followers.

The problem is national and is acute in the Metropolises of Chicago, San Francisco, Atlanta, Pittsburgh and Denver. These Concerns have been expressed to our Metropolitans but not properly addressed by all of them. We believe the recent changes to the charter have eliminated the Archbishop’s ability to resolve these problems in America. Instead, the new charter (2002) has created mini Archdioceses led by Metropolitans who cannot make a unanimous decision for the collective good of the GOA and in many cases are notable to resist the influence of this cult in their Metropolis.

We are of the belief that Your ALL HOLINESS ECUMENICAL PATRIARCH BARTHOLOMEW AND YOUR EMINENCE ARCHBISHOP DEMETRIOS cannot possibly subscribe to the beliefs, methods or positions taken by the Elder Ephraim and his followers. We implore you to seriously address our concerns and take immediate action. GREEK ORTHODOX CHRISTIANS FOR TRUTH AND REFORM

THE 103rd SCHOOL YEAR FOR KORAES ELEMENTARY SCHOOL



On Monday August 27, 2012, Koras Elementary School, affiliated with SS Constantine and Helen Greek Orthodox Church in Palos Hills, began their 103rd school year. Pictured from left to right - Mrs. Mary Zaharis (Principal), 8th grade student Victoria Atkinson, Fr. Tom DeMedeiros, Father Byron Papanikolaou, , Father Nicholas Greanias, and Father Mousa Haddad

PICTURES OF THE WORLD



Dare to play a round? Kabul Golf Club is not for the faint-hearted - the course was the scene of fighting in the 1990s, and wrecked tanks had to be cleared before games could be played. Quentin Somerville tees off.



Lessons from smart sharks . In a breakthrough research project, US scientists have discovered that lemon sharks have the ability to learn from each other's behaviour.



International financier George Soros has called for Germany to "lead or leave the euro" days before a crucial ruling on the eurozone's bailout fund by Germany's constitutional court. Mr Soros argued that the eurozone should target 5% economic growth. That would require the bloc to abandon German-backed austerity measures and accept higher inflation, he says. He also backed a new European Fiscal Authority financed by VAT receipts to oversee eurozone government finances.



Iraq's fugitive vice-president Tariq al-Hashemi has been sentenced to death in absentia after a court found him guilty of running death squads. The ruling came as at least 92 people were killed and more than 350 injured in more than 20 attacks across Iraq. Hashemi was the most senior Sunni Muslim in the predominantly Shia Iraqi government until he was charged last December and went on the run. The charges against him sparked a political crisis in Iraq.



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Healthy And Effective Foods For Constipation

Waste matter that stays in the colon for an extended period of time will develop into harmful toxins that cause constipation. Waste elimination for a healthy colon is between eighteen and twenty four hours. A fairly common symptom that can strike both children and adults, constipation is typically caused by an insufficient intake of fluids and dietary fiber. Some other key factors that contribute to constipation include lack of exercise, certain types of drugs, large quantities of junk food, pregnancy, and advanced age. A simple way to reduce painful bouts of constipation is to increase your consumption of fresh fruit, vegetables, and whole grains.

Beneficial Foods For The Intestines

Some of the most beneficial foods to help relieve constipation are alfalfa sprouts, apples, apricots, beets, bananas, and cauliflower. A daily intake of these foods lubricate the intestines so waste material can be removed frequently. Other foods that lubricate the intestines include sesame seed oil, spinach, peaches, walnuts, carrots, pine nuts, seaweed, okra, and soy products.

Foods To Help Eliminate Waste

A wide variety of foods will help decrease constipation and promote regular bowel movements. Eating foods like cabbage, sweet potatoes, black sesame seeds, oat bran, and asparagus will be useful in the fight against irregularity. Dried peas, coconut, papaya, blueberries, strawberries, and flax seed oil are also beneficial foods for constipation. Those who suffer from constipation should not consume alcohol, baking powder, milk, cheese, and baked goods containing yeast. Refined foods such as white rice, sugar, and flour should also be avoided.

Pectin rich citrus fruit, cantaloupe, yogurt, sauerkraut, oatmeal, and broccoli are other foods that can help relieve constipation. Figs, grapes, prunes, and kiwi fruit are delicious natural laxatives that can soothe the symptoms of constipation. Beans and other high fiber legumes should be eaten on a regular basis. A sufficient amount of water is also important. Drinking at least eight glasses of water each day will keep your intestines and colon in good working order. Ideally, a healthy colon will eliminate waste after every meal. A diet high in fiber can relieve constipation by allowing the body to eliminate toxic waste material up to two times a day.



Nearly 25 years after they moved into their home, an English couple has discovered a 33-foot-deep medieval well beneath their living room floor.

Dr. Peter J. Pantan, 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 Pantan Discusses ALL LASER LASIK

Dr. Pantan, What is ALL LASER LASIK?

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NEWS FROM GREECE

Tougher terms for prison leave
Justice Minister Antonis Roupakiotis is reportedly planning the introduction of tougher restrictions on the issuing of furloughs and conditional release periods to prisoners, particularly those who have violated the terms of leave granted to them in the past, as well as the use of an electronic monitoring system -- widely used in the US and elsewhere in Europe -- involving ankle bracelets.

The minister is said to be mulling the introduction of the tagging system -- which has been widely condemned by human rights groups but which is in force in many countries including Britain, France, Italy, Sweden, Portugal, Belgium and Cyprus -- following several cases of Greek prisoners violating the terms of their furloughs.

One of the most high-profile cases is that of Michalis Makriyiannis, the 49-year-old convict serving four life sentences for five murders who disappeared last month after being granted a brief period of leave. Another case was the disappearance in July of Nikos Maziotis and Panayiota Roupa, two alleged leading members of the Revolutionary Struggle guerrilla organization. The pair were released from prison on strict conditions after serving 18 months in pretrial custody and remain at large.

Although the percentage of prisoners who disappear while on conditional leave or

furlough is quite low -- standing at just 3.6 percent -- the majority of cases involve convicts serving life sentences or pretrial detainees deemed to be dangerous such as the aforementioned terror group suspects.

According to the current Greek law, a convict serving a life term must carry out at least eight years of his sentence before being entitled to apply for leave. If the crime was drug-related, they must wait 10 years before they can apply. In either case, the punishment of offenders face if caught while violating the terms of their release is negligible -- a few additional months in prison -- and is not believed to act as a deterrent.

A new tougher legislative framework -- foreseeing stricter conditions for the approval of applications for leave and the introduction of an electronic bracelet for prisoners -- is expected to be announced by Roupakiotis in the coming days.

A few ideas for improving the tax collection system
By Haris Theoharis

It is a known fact that tax evasion is the most evident result of Greek mismanagement, because it encapsulates all of the typical problems: deficiencies in systems and processes, a tendency to focus on the trite and insignificant, missing the essentials and getting no results, corruption, indifference and mismanagement on the part of state workers, and anti-social behavior on the part of tax dodgers.

But things are not all that bad. While the above is all true, revenue inflows are being maintained by citizens who honestly declare their true income and wealth, while many employees are willing to go the extra mile to overcome the obstacles they encounter on a day-to-day basis to serve citizens.



At a recent conference, I made seven proposals for a more modern and effective tax collection system:

1. All declarations be submitted electronically. This year the General Secretariat for Information Systems increased the number of electronic tax declarations submitted by 60 percent (the optimistic target was 4.2 million declarations and we managed to handle more than 4.4 million). While last year 5 million declarations were submitted manually, this year there were only 400,000.
2. All payments be made electronically. Tax offices would no longer handle cash or check payments, freeing up labor hours. This would also allow payments to be made when tax offices are closed, easily and safely.
3. Collecting and using data from third parties. The qualitative and quantitative data that comes from third parties is our greatest weapon. The General Secretariat for Information Systems has already set the technical groundwork for exchanging information with banks, insurance companies, utilities etc.
4. Categorization. Clear distinction of responsibilities in three categories: Type of activity/violation (illegal trade in fuel, multinational companies, start-ups etc), scale (for big taxpayers and debtors) and settlements (payment schedules, debt reminders, new debts etc). This system would allow simple and clear targets, oversight and coordination.
5. Rationalizing services. The way that tax offices render services needs improvement. The aim is to have a taxpayer service center in every municipality for hands-on assistance. At the same time, auditing and other services not requiring face-to-face contact can be handled by at most three offices around the country.
6. Simplification. Changes need to be made at every stage of every procedure with the tax authorities. For example, informing taxpayers electronically of any pending issues (currently, a presidential decree has given jurisdiction for all correspondence to go through the post office), eradicating different submission deadlines for different taxes, independent, reliable and swift arbitration, speedy confiscations and the establishment of fewer and simpler rules.
7. Other changes. For the above to work, a number of steps need to be taken. Cash tills connected to a central system to reduce field inspections, ad hoc cross-referencing in the context of audits conducted by the Elenxis system, new tax legislation for a simplified operation framework and a tax revenue service that is completely independent so that any suspicion that it is influenced by political or other interests can be laid to rest.

We have outlined the requisite reforms, but there are certain conditions that need to be met which require political decisions:

- Changing the way services are provided so that the goal is always toward the improvement of taxpayer services.
- Complete monitoring so that there are incentives to increase efficiency, as well as accountability.
- Swift and transparent supply/procurement procedures.
- Salaries pegged to targets and productivity, and staff evaluations to encourage efficiency and hard work. All this can be achieved through will power, determination and work.

Haris Theoharis is general secretary for information systems at the Ministry of Finance.



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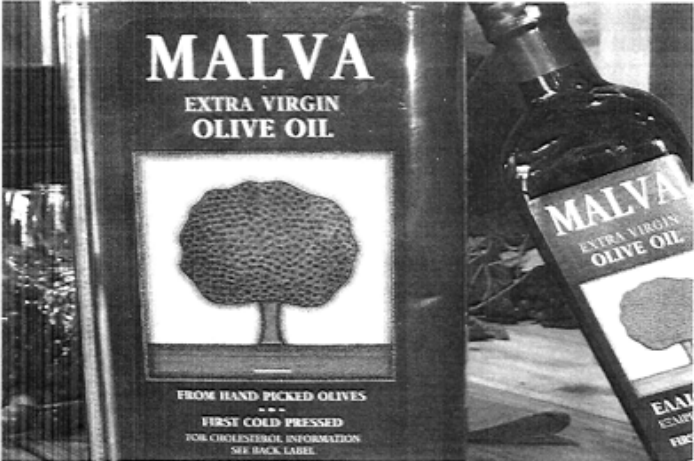
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5 Healthy Foods You Should Eat Every Day

[5 Healthy Foods You Should Eat Every Day] 5 Healthy Foods You Should Eat Every Day The new trend among the weight conscious? Eating more. Don't focus on consuming less of the "bad" foods - aim to incorporate more of the good foods into your diet. Not only will you feel less deprived, but you'll also end up being too full to crave the junk. Try these five nutritional superstars for a result that's even greater than the sum of its wholesome parts. By Hannah Geller

1. Spinach

For \$1.50, the price of a large bag of spinach at most grocery stores, you can reduce your risk of developing osteoporosis, lower your cholesterol, and raise your I.Q. Spinach is an excellent bone-builder, containing vitamin K, calcium, and magnesium. It's also high in flavonoids, plant molecules that act as antioxidants, which have been shown to prevent breast, stomach, skin, and ovarian cancer. Spinach is a great source of vitamin A and vitamin C, which not only keep you from getting sick in the winter, but also de-clog your arteries and reduce heart disease.

Spinach contains antioxidants that neutralize free radicals in the brain, thereby preventing the effects of aging on mental activity. Scientific studies have demonstrated that both animals and people who eat a few servings of spinach per day improve their learning capacities and motor skills.

Serving ideas: Sauté spinach with olive oil, pine nuts, and raisins - the olive oil will help you to better absorb its nutrients.

2. Eggs

In the Snackwell-crazed '90s, dieters feared eggs because of their fat and cholesterol content and suffered through millions of tasteless egg-white omelets. But research has shown little, if any, connection between dietary cholesterol and blood cholesterol, and the humble egg is finally being recognized for the remarkably complete set of nutrients it provides. It makes sense: Something that contains the ingredients for an entire life can give you the fuel you need to get through the morning.

Eggs are a great source of protein, containing all eight amino acids (if you eat the whole thing). As any healthy dieter knows, protein is essential for staying full and having energy.

Serving ideas: For breakfast on the go, roll up a veggie omelet in a whole-wheat wrap. Or, update the classic egg salad by chopping yours up with Italian tuna, black olives, and some olive oil and vinegar.

3. Blueberries

A Tufts University study found blueberries were the number one source of antioxidants among 60 fruits and vegetables analyzed. Blueberries contain antioxidants that can (get ready): prevent ulcers, cataracts, and glaucoma; decrease risks of heart disease and various types of cancer; and lower cholesterol. They can also reduce aging of the brain, keeping your memory sharp and diminishing the effects of dementia and Alzheimer's disease.

Serving ideas: Throw some frozen ones in the blender with honey or agave syrup for a granita-like treat. Or, serve in a salad with spinach, sliced almonds, and balsamic vinaigrette for a light and gourmet lunch.

4. Apples

Eating an apple a day can keep all kinds of doctors away, from physicians to dentists. Apples contain both insoluble and soluble fiber, which not only make them filling, but also work double time to reduce cholesterol. Some doctors even recommend drinking apple juice after eating a fatty meal to reduce the food's negative effects on your body.

Apples have been proven to reduce the risk of heart disease. And if that's not enough to make you bite into a Fuji or McIntosh, consider this: Chewing apples stimulates saliva, which scrubs stains off your teeth and freshens breath instantly.

Serving ideas: Spread peanut butter on sliced apples for a yummy taste of childhood. Or, dice them up in your oatmeal before cooking and sprinkle with cinnamon for an apple pie-flavored breakfast.

5. Winter Squash

One cup of winter squash provides 170 percent of your daily requirement of vitamin A, a nutrient necessary for night vision that's hard to find in other foods. Squash's bright orange color comes from a high dose of carotenoids, antioxidants that prevent eye degeneration due to aging and filter out carcinogenic light rays. Makes you think of jack-o'-lanterns in a new "light," doesn't it?

Roast the seeds alongside the flesh and you'll reap a host of other benefits. Winter squash seeds contain a significant amount of L-tryptophan, which can help to prevent depression. They're also a rich source of magnesium, a mineral Americans don't consume nearly enough that's vital to almost every bodily function. Eating your daily dose of magnesium will lower your risks for heart disease, abdominal obesity, and diabetes.

Serving ideas: Mix canned or pureed squash with cinnamon and the sweetener of your choice for a decadent and surprisingly low-cal treat reminiscent of Thanksgiving candied yams. One-half cup of pureed pumpkin has 40 calories, in contrast with yam's 180 (and that's if you don't add butter or marshmallows). Or, roll the seeds in cinnamon and sugar, crunchy sea salt, or curry powder, then roast them in the oven. And don't limit yourself to pumpkin - delicata and kabocha squash seeds are equally nutritious, with their own unique, nutty flavors.



Prime Minister Antonis Samaras and Public Order Minister Nikos Dendias visited the run-down area of Omonia in central Athens on Saturday as police continued with a crackdown on crime and arrests of undocumented immigrants in the area.

Wanted: A truly European Greece

By Alexis Papachelas

The entire endeavor to keep Greece in the eurozone is kind of pointless unless corruption is torn out of the system. There is no point in further reducing salaries and pensions if Greece continues to

Our foreign creditors and peers have diplomatically expressed their dismay at the abysmal state of the country but have held their tongues when people accuse them of being interested

only in slashing salaries and pensions. Maybe it's none of their business. Oh, but it is. They can't on the one hand show an interest in the liberalization of the taxi sector and on the other show indifference to where the money, provided by their taxpayers, is going, nor can they



be pillaged by state suppliers, weasels who sell protection to foreigners trying to invest in Greece, cartels that keep prices at ludicrously high levels in vital parts of the economy, and a party system that uses state-owned enterprises to buy favors and support. Greece's remaining in the eurozone makes sense only if it has the right institutions and rule, free competition in vital sectors and equal opportunities in the private sector. The sacrifices made by the Greek people will acquire meaning only if after all these cutbacks in salaries and in the standard of living, the parasites that lived off the state are swept into a corner, and Greeks who want to start up new businesses are given the chance to do so.

Unless these changes are made, Greece would do just fine as a land of the drachma and oligarchs: It would be a closed, poor economy with gangs sharing the power in different sectors, a state-dependent nomenclature of entrepreneurs and banks that provide money exclusively to their guys.

be indifferent to the phenomenon of consumer prices remaining at high levels when salaries and costs are being cut.

We want Greece to stay in the eurozone, but we also want it to be completely European, not the nouveau riche, poor excuse for a European country that it became when it entered the common currency.

There are, of course, certain Greeks who pillaged and robbed and had a merry old time in the good days, who now like to say that Greece has no other option but leaving the eurozone. They might be right from their own cynical point of view, and especially if they have managed to put away a few million euros outside of Greece "just in case." We ought to take their calls out of the equation if we want to see the talent, creativity and love for their work of the those who are ready to strive for a better life to shine in this country, without being pillaged by people who have political protection.

GREEK PROMOTIONS LIVE

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