



NATIONAL HELLENIC FREE PRESS



GREEK AMERICAN NEWSPAPER

VOL. 30

NO. 323

CHICAGO, IL.

DECEMBER, 2012

WE WISH YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR!

The angel Gabriel appeared to Mary and said, "Do not be afraid, Mary, you have found favor with God. You will conceive and give birth to a son, and you are to call him Jesus. He will be great and will be called the Son of the Most High."



An Angel Visits Mary

One day about 2,000 years ago an angel named Gabriel appeared to a young Jewish woman named Mary. Gabriel told Mary she would have a son, Jesus, who would be the

Son of God! Mary was confused and worried about this sudden news, but she had faith in God and said, "I am the Lord's servant; let it be as you say."

Journey to Bethlehem

Mary and her husband-to-be, Joseph, lived in a town called Nazareth. But they had to travel to the city of Bethlehem to register for a census ordered by the Roman emperor, Caesar Augustus. Both Nazareth and Bethlehem are in the country now called Israel. It is about 65 miles (105 km) from Nazareth to Bethlehem, and the trip probably took them several days.

When Joseph and Mary got to Bethlehem, there was no place for them to stay because the inn was already full. They ended up spending the night in a stable, a place where animals were kept. There was probably fresh hay on the floor that they used for beds.

That night, Jesus was born. There was no crib, so they laid baby Jesus in a manger, a feeding trough for animals. The manger probably had fresh hay in it and made a nice bed for the baby.

Shepherds Visit Jesus

Jesus was born in a stable and laid to sleep in a manger. The shepherds came

to see firsthand the things the angel had told them.

That night, some shepherds were in the fields near Bethlehem, keeping watch over their flocks of sheep. An angel appeared to them and gave them the good news that a Savior, the Messiah, had been born. The angel told the shepherds they could find Jesus lying in a manger. Suddenly a whole group of angels appeared saying, "Glory to God in the highest, and on earth peace, goodwill toward men!"

The shepherds hurried into Bethlehem and found Jesus in the manger, just as the angel had told them. After they had seen Jesus, they spread the news, and everyone who heard was in awe.

Wise Men Visit Jesus

Wise men from the East came to worship Jesus, bringing gifts of gold, frankincense, and myrrh.

Some time later, wise men, or magi, from eastern countries saw a star in the sky that signaled the birth of a new king. They came to Judea, the region around Jerusalem and Bethlehem, to worship Jesus, the new king.

A man named Herod was the king of Judea. He called the wise men to a meeting and told them to find the new king so he could go and worship him, too.

The wise men continued on to Bethlehem and followed the star until it was directly above the house where Jesus was. They found Mary and Jesus in the house and knelt down to worship Him. They brought Jesus gifts of gold, frankincense, and myrrh, some of the finest things in the ancient world. Frankincense was burned to make a sweet smell, and myrrh was an expensive perfume.

After visiting Jesus, the wise men had a dream that warned them not to go back to King Herod, so they took a different route home.

Journey to Egypt

King Herod lied when he told the wise men he wanted to worship Jesus. He was afraid this new "king" would replace him as king of Judea. He did not understand that Jesus would grow up to be king of God's spiritual kingdom, not king of Judea.

What Herod really wanted was to find Jesus and kill Him! Herod was furious when he realized the wise men had not come back to tell him where to find Jesus. He sent his soldiers to Bethlehem to kill all the children under two years old, thinking Jesus would certainly be one of the ones killed.

But God had told Joseph in a dream to flee to Egypt. Joseph took Mary and Jesus to live in Egypt where they would be safe from Herod. Joseph, Mary and Jesus stayed in Egypt until Herod had died, and then they returned to Nazareth.

THE NEW YORK TIMES, SATURDAY, SEPTEMBER 15, 2012

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CASTLE
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TOP DOCTORS



CASTLE CONNOLLY TOP DOCTORS

These physicians are among the Top Doctors in the nation as selected by Castle Connolly Medical Ltd. Castle Connolly is the publisher of *America's Top Doctors*®, *Top Doctors: New York Metro Area*, and the source of Top Doctors features in *New York*, *Westchester*, *Greenwich*, *Atlanta*, *Gulf Shore Life*, *Philadelphia*, *Boston* and other magazines throughout the nation.

Physicians included in Castle Connolly's Guides and on its website have been selected based on extensive surveys of physicians nationwide and undergo an extensive review of credentials by Castle Connolly's physician-led research team. Doctors cannot and do not pay to be selected as a CCML Top Doctor.

**TOP DOCTORS
MAKE A
DIFFERENCE**



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EDITOR'S NOTE

As you can see in this photo copy of *The New York Times* of September 15, 2012, our own pediatrician George I Skarpathiotis, M. D. has been selected by the Castle Connolly Organization among the Top Doctors in the Nation. "Omogeneia" congratulates Dr. Skarpathiotis, who is not only a well known pediatrician in the local Hellenic Community but also a great philanthropist who has generously contributed in all its collective efforts.

George Skarpathiotis and his team of pediatricians provide your children with quality medical services within a caring environment. Their practice was founded in 1987 and now has grown into three offices that cover the South Suburbs of Chicago. A team of five full time Board Certified pediatricians is available to provide the best medical care for your family. The office friendly staff has been trained to provide support services and facilitate your medical care. They are dedicated to your families and feel privileged to be part of their lives. They look forward to caring for your family. Having a baby is one of the most exciting experiences of your life. Their practice is committed to keeping your family healthy. All the team physicians and support staff will strive to make you feel comfortable, safe and confident you are giving the best care for your baby. Dr. Skarpathiotis and his team physicians are board certified, and our medical assistants have gone through vigorous training on order to give prompt and accurate advice.

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NATIONAL HELLENIC FREE PRESS GREEK-AMERICAN NEWSPAPER

7902 MAPLE ST.
MORTON GROVE, ILLINOIS, 60053, U.S.A.
TELECOPIER: (847) 967-5166
TELEPHONE: (847) 967-8798
PUBLISHER
SOTIRIS REKOUMIS
REPORTERS
HELENA SPILIOTIS
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THE PLATFORM OF THE "FREE PRESS"

1. To defend all who are unjustly attacked
2. To applaud the achievements of all our people
3. To support the ideas of the Greek Orthodox Faith
4. To promote the use of the Greek Language
5. To extend the knowledge of Hellenism, Greek culture and traditions
6. To encourage all worthy community causes
7. To further the just causes of the people of Greece
8. To uphold the Greek Cypriot cause
9. To assist all Greek-American fraternal, cultural, patriotic and religious organizations
10. To install Americanism in the Greek-American community.

THE LAWS YOU DID NOT KNOW YOU KNEW

1. Law of Mechanical Repair - After your hands become coated with grease, your nose will begin to itch and you'll have to pee.

2. Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.

3. Law of Probability - The probability of being watched is directly proportional to the stupidity of your act.

4. Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.

6. Variation Law - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now (works every time).

7. Law of the Bath - When the body is fully immersed in water, the telephone rings.

8. Law of Close Encounters - The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.

9. Law of the Result - When you try to prove to someone that a machine won't work, it will.

10. Law of Biomechanics - The severity of the itch is inversely proportional to the reach.

11. Law of the Theater & Hockey Arena - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food,

beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.

12. The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

13. Murphy's Law of Lockers - If there are only 2 people in a locker room, they will have adjacent lockers.

14. Law of Physical Surfaces - The chances of an open-faced jelly sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.

15. Law of Logical Argument - Anything is possible if you don't know what you are talking about.

16. Brown's Law of Physical Appearance - If the clothes fit, they're ugly.

17. Oliver's Law of Public Speaking - A closed mouth gathers no feet.

18. Wilson's Law of Commercial Marketing Strategy - As soon as you find a product that you really like, they will stop making it.

19. Doctors' Law - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better. But don't make an appointment, and you'll stay sick.

HAPPY NEW YEAR



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Ευτυχισμένο και Δημιουργικό
Το Νέο Έτος 2013**



Για την Ανωτάτη Διοίκηση
Γεώργιος Ν. Ρεβελιώτης
Ύπατος Πρόεδρος

Για την Μεσοδυτική Περιφέρεια
Τάσος Γιαννικόπουλος
Κυβερνήτης

VETERANS CELEBRATION AT SS. CONSTANTINE AND HELEN/PALOS HILLS, IL



On November 11, 2012, Ss. Constantine and Helen Greek Orthodox Church of Palos Hills, Illinois celebrated its 2nd Annual Veterans Day Observance with a special service. Fr. Nicholas Jonas, Pastor, together with a committee of dedicated individuals under the chairmanship of Mrs. Angie Kladis, planned the event to honor members of the parish community who served in all branches of service for our beloved United States of America.

On the day of the event, approximately 50 Veterans accompanied by family members were greeted in the Church Narthex by committee members and were presented with a red carnation and a United States flag pin. They were then escorted by the young ladies of the Parish St. Tatiana's Handmaidens to designated seats of honor within the sanctuary. At the end of the Divine Liturgy, Fr. Nick, along with Fr. Byron Papanikolaou and Fr. Tom De Medeiros, led a procession through the Sanctuary with Altar Boys carrying the flags and processional items. The Veterans followed in solemn procession. The Veterans stood surrounding the solea. Fr. Nick, Fr. Byron and Fr. Tom offered a Memorial Service reading the names of deceased family members of the parish who were Veterans, praying for the repose of their souls and remembering them for their service to America. Solemn Church bells tolled as each name was read. This was followed by the Artoclasia Service (Blessing of the 5 Loaves) offered for the health and salvation of all the Veterans. After everyone was seated, the Veterans were then called by



name to the front of the Altar where they were presented with an Icon prayer card of St. Victor the Martyr, a Roman soldier, along with a serviceman's Bible offered by His Eminence Metropolitan Iakovos and the Metropolis of Chicago. Miss Katherine Katsivalis, a talented, young soloist and member of the parish, graced the Veterans and the entire congregation with the singing of 2 patriotic songs, as the congregation quietly sang along reflecting on the sacrifices of these brave men and women and remembering those who perished. The congregation and veterans stood together with tearful eyes and pride for our country and for those who defended and continue to defend freedom all over the world.

The Parish of Ss. Constantine and Helen graciously honored and thanked all veterans who served the United States armed forces. After the Divine Liturgy, the Veterans were treated to a beautiful patriotic reception in the Community's East Room. We were graced with a special treat, a bagpipe performance by 2 members of the Chicago Stockyard Kilty Band.

The parish has pledged to continue this celebration annually event. In the near future the Veterans Day Committee with the Parish Council will designate an area in the Community Center where the names of all Parish Veterans will be engraved on a large plaque as a permanent tribute to these special individuals. For more information about this and other parish events, please call the Church Office at 708-974-3400 or visit www.stconstantinehelen.org

Ο ΠΑΝΑΓΙΩΤΗΣ
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ΓΥΙΟ ΤΟΥ ΔΗΜΗΤΡΗ

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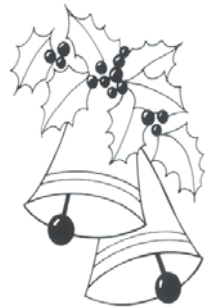
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SEASON'S GREETINGS FROM



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AND THE STAFF OF
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HAVE A PROSPEROUS AND JOYOUS
HOLIDAY SEASON
AND A HAPPY NEW YEAR

THE “CHICAGO
GREEK HOURS”

WISH
A VERY MERRY CHRISTMAS
AND
A HAPPY NEW YEAR TO ALL!

38th ANNUAL UNITED HELLENIC
VOTERS OF AMERICA ANNIVERSARY
CELEBRATION



Tom Coutretsis, Elaine Zannis, DuPage County Board Chairman Dan Cronin & Illinois State Treasurer Dan Rutherford.



Dr. Dimitrios Kyriazopoulos, Tom Coutretsis, Louis Pissios & Lake County States Attorney Michael Nerheim

Twenty ways to confuse
Santa Claus

- 1. Instead of milk and cookies, leave him a salad, and a note explaining that you think he could stand to lose a few pounds.
- 2. While he's in the house, go find his sleigh and write him a speeding ticket.



- 9. While he's in the house, find the sleigh and sit in it. As soon as he comes back and sees you, tell him that he shouldn't have missed that last payment, and take off.
- 10. Leave a plate filled with cookies and a glass of milk out, with a note that says, "For The Tooth Fairy." Leave another plate out with half a stale cookie and a few drops of skim milk in a dirty glass with a note that says, "For Santa"
- 11. Take everything out of your house as if it's just been robbed. When Santa arrives, show up dressed like a policeman and say, "Well, well. They always return to the scene of the crime."
- 12. Leave out a copy of your Christmas list with last-minute changes and corrections.
- 13. While he's in the house, cover the top of the chimney with barbed wire.
- 14. Leave lots of hunting trophies and guns out where Santa's sure to see them. Go outside, yell, "Ooh! Look! A deer! And he's got a red nose!" and fire a gun.

- 3. leave him a note, explaining that you've gone away for the holidays. Ask if he would mind watering your plants.
- 4. While he's in the house, replace all his reindeer with exact replicas. Then wait and see what happens when he tries to get them to fly.
- 5. Keep an angry bull in your living room. If you think a bull goes crazy when he sees a little red cape, wait until he sees that big, red Santa suit!
- 6. Build an army of mean-looking snowmen on the roof, holding signs that say "We hate Christmas," and "Go away Santa"
- 7. Leave a note by the telephone, telling Santa that Mrs. Claus called and wanted to remind him to pick up some milk and a loaf of bread on his way home.
- 8. Throw a surprise party for Santa when he comes down the chimney. Refuse to let him leave until the strippers arrive.

- 15. Leave Santa a note, explaining that you've moved. Include a map with unclear and hard-to-read directions to your new house.
- 16. Set a bear trap at the bottom of the chimney. Wait for Santa to get caught in it, and then explain that you're sorry, but from a distance, he looked like a bear.
- 17. Leave out a Santa suit, with a dry-cleaning bill.
- 18. Paint "hoof-prints" all over your face and clothes. While he's in the house, go out on the roof. When he comes back up, act like you've been "trampled." Threaten to sue.
- 19. Instead of ornaments, decorate your tree with Easter eggs.
- 20. Dress up like the Easter Bunny. Wait for Santa to come and then say, "This neighborhood ain't big enough for the both of us."

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ΕΥΤΥΧΕΣ ΤΟ
ΝΕΟΝ ΕΤΟΣ 2013**



“ΚΑΛΑ ΧΡΙΣΤΟΥΓΕΝΝΑ” Σ’ ΟΛΕΣ ΤΙΣ ΓΛΩΣΣΕΣ ΤΟΥ ΚΟΣΜΟΥ



- Afrikaner - “Een Plesierige Kerfees”
Arabic - “T’d Miilad Said Oua Sana Said”
Argentine - “Felices Pasquas Y felices ano Nuevo”
Armenian - “Shenoraavor Nor Dari yev Pari Gaghand”
Basque - Eguberri on
Bohemian - “Vesele Vanoce”
Breton - “Nedeleg laouen na bloavezh mat”
Bulgarian - “Tchestita Koleda; Tchestito Rojdestvo Hristovo”
Chinese - [Mandarin] - “Kung His Hsin Nien bing Chu Shen Tan”
Chinese - [Cantonese] - “Saint Dan Fai Lok”
Cornish - “Nadelik looan na looan blethen noweth”
Croatian - “Sretan Bozic i Nova Godina” (Merry Christmas & Happy New Year)
Czech - “Prejeme Vam Vesele Vanoce a stastny Novy Rok”
Danish - “Glædelig Jul”
Dutch - “Vrolijk Kerstfeest en een Gelukkig Nieuwjaar”
Inupiaq Eskimo (Kotzebue area in NW Alaska)- Quvianagli Anaiyyuniqpaliqsi suli
Nakuuluni Ukiutqiuqsi- (Merry Christmas) (and) (Happy New Year)
English - “Merry Christmas”
Estonian - “Haid joule ja head uut aastat”
Farsi - “Cristmas-e-shoma mobarak bashad”
Filipino-”Maligayang Pasko” Happy New Year in Filipino “Manigong Bagong Taon”
Merry Christmas and a Happy New Year in Filipino- “Maligayang Pasko at Manigong Bagong Taon”
Finnish - “Hyvaa joulua”
French - “Joyeux Noël”
German - “Froehliche Weihnachten”
Greek - “Kala Christouyenna”
Hawaiian - “Mele Kalikimaka”
Hebrew - “Mo’adim Lesimkha. Chena tova”
Hindi - “Shub Naya Baras”
Hungarian - “Kellemes Karacsonyi unnepeket”
Icelandic - “Gledileg Jol”
Indonesian - “Selamat Hari Natal”
Iraqi - “Idah Saidan Wa Sanah Jadidah”
Irish - “Nollaig Shona Dhuit”
Italian - “Buone Feste Natalizie”
Japanese -” Shinnen omedeto, kurisumasu omedeto. The first part is translated “Happy New Year. Kurisumasu omedeto means Merry Christmas. Japanese people generally add the expression gozaimasu to indicate solemn humility.
Korean - “Sung Tan Chuk Ha”
Latvian - “Prieci’ gus Ziemsve’tkus un Laimi’gu Jauno Gadu”
Lithuanian - “Linksmu Kaledu”
Navajo - “Merry Keshmish”
Norwegian - “God Jul”
Pennsylvania German - “En frehlicher Grischtdaag un en hallich Nei Yaahr”
Polish - “Wesolych Swiat Bozego Narodzenia”
Portuguese - “Feliz Natal” “Boas Festas”(Good Holidays.)
Rumanian - “Sarbatori Fericite”
Russian - “Pozdrevlyayu s prazdnikom Rozhdestva s Novim Godom”
Serbian - “Hristos se rodi”
Slovakian - “Sretan Bozic or Vesele vianoce”
Samoan - “La Maunia Le Kilisimasi Ma Le Tausaga Fou”
Scots Gaelic - “Nollaig chridheil huibh”
Serb-Croatian - “Sretam Bozic. Vesela Nova Godina”
Slovak - “Vesele Vianoce. A stastlivy Novy Rok”
Slovene - “Vesele Bozicne. Screno Novo Leto”
Spanish - “Feliz Navidad”
Swedish - “God Jul and (Och) Ett Gott Nytt År”
Tahitian -Merry Christmas :” Ia orana te Noera” and Happy new year is “Ia orana i te mata iti api”
Thai - “Sawadee Pee Mai”
Turkish - “Noeliniz Ve Yeni Yiliniz Kutlu Olsun”
Ukrainian - “Z Rizdvom Khrystovym !” - “Merry Christmas” “ Z Novym Rokom !” - “Happy New Year” “Z Rizdvom Khrystovym i Novym Rokom !” - both greetings together.
Vietnamese - “Chuc Mung Giang Sinh”
Welsh - “Nadolig Llawen” Yugoslavian - “Cestitamo Bozic”

USA Vein Clinics Run by the Recipient of the American Heart Saver Award

Dr. Katsnelson and Other Doctors Who Treat Venous Insufficiency

USA Vein Clinics is a network of state-of-the-art facilities dedicated to the treatment of venous insufficiency. In our clinics, cardiovascular doctors specializing exclusively in problems with circulation provide comprehensive evaluation and treatment of venous disease and all of the complications that it brings, including but not limited to: varicose veins, spider veins, burning, restless legs, painful legs, skin discoloration and even ulcers.

About Dr. Katsnelson

Dr. Yan Katsnelson, cardiovascular surgeon, founder of USA Vein Clinics. Dr. Katsnelson has more than twenty years experience in the surgical treatment of cardio-vascular diseases.

Dr. Katsnelson completed his fellowship at one of the best cardiovascular programs in the world—the Brigham and Women’s Hospital, Harvard Medical School, Boston—under the supervision of the President of the American Association of Thoracic Surgeons, Dr. Lawrence Cohn. Dr. Katsnelson’s picture was placed and currently remains on the “Wall of Fame” of the Department of Cardiothoracic Surgery.

After a successful completion of his training, Dr. Katsnelson was awarded a faculty position at the University of Chicago Hospitals, where he performed heart transplants along with routine open heart surgeries, including coronary artery bypass surgeries, aortic and mitral valve repair and replacements. While at the University of Chicago, he participated in the development of a Real Time 3 Dimensional Echocardiography.

In 2002, Dr. Katsnelson was awarded the American Heart Saver Award.

Dr. Katsnelson excelled in his private cardiovascular practice. He performed many unique minimally invasive heart surgeries. Stories about his successes were published in the Chicago Tribune, Elk Grove Times, and other local publications.

In fact, Dr. Katsnelson was the first surgeon to perform the double valve implantation of the St. Jude’s Biocor Bioprosthetic Valve in the United States. He presented the value of this unique technology for heart surgeons at the 2003 Annual Scientific meeting of European Association of Cardiothoracic Surgery in Vienna, Austria.

A Pioneer in His Field

Dr. Katsnelson was also one of the first physicians to adopt Endovenous Laser Therapy in 2005. He has devoted seven years of his carrier to further improve and advance his phlebology practice, which has changed the lives of thousands of patients. Dr. Katsnelson is an active member of the American College of Phlebology. Dr. Katsnelson personally mentored and trained many physicians in the field of phlebology.

Endovenous Laser Therapy

EVLT is a minimally invasive procedure used to treat varicose veins. In the past, these veins were treated with a procedure called “vein stripping,” where the vein was completely removed from the leg. Patients had to be hospitalized, general or spinal anesthesia was used, and surgical cuts were made into the legs. Recovery took three to six weeks.

Now, with USA Vein Clinics’ advanced technology, EVLT delivers laser energy into the malfunctioning vein to seal it closed. The laser heats the lining with the vein, causing it to collapse, shrink, and eventually disappear. Patients can be treated at the clinic, and only local anesthesia is necessary. Instead of a surgical cut, only a tiny puncture is made in the leg. A thin, fiber-optic probe is inserted through a needle into the vein, and then a highly concentrated beam of light from the laser heats the vein to make it shrink.

EVLT allows surgeons like Dr. Katsnelson to treat the vein without affecting surrounding tissues. Once the vein is closed, it slowly disintegrates, allowing other healthy veins to take over the normal blood flow to the heart. There is minimal to no pain, and patients can immediately return to their normal daily activities.

Benefits of EVLT

As Dr. Katsnelson and the other doctors at the USA Vein Clinics explain, that EVLT provides many benefits. Patients typically experience relief from aches, heaviness and pain. Treating venous insufficiency helps improve blood circulation, and reduces a patient’s chances of developing ulcers. The treatment is minimally invasive, can be done in the doctor’s office, and so provides a faster, easier option than surgical treatments. Finally, most patients experience a renewed sense of confidence, an improved body image, and a feeling of being several years younger.

Do Not Postpone Treatment

Varicose veins can start out as a seemingly small problem, but left untreated, can become much more serious. Complications of varicose veins may include ulcers. These may form on the skin near the affected veins, particularly near the ankles. They are caused by fluid build-up in the dysfunctional veins, and can be extremely painful.

Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

Why Choose USA Vein Clinics?

Treating varicose veins and other types of venous insufficiency requires the expertise of a doctor who understands the entire circulatory system. Dr. Katsnelson and all the other doctors at USA Vein Clinics have a solid background in the field of phlebology, and are highly qualified to help patients solve circulatory issues.

If you’re suffering from varicose veins, spider veins, or other vein-related leg problems, call USA Clinics today at 1-888-768-3467. The clinic has offices in Brooklyn, Queens and Manhattan, Boston, Chicago and California. Medical insurance will cover up to 100 percent of the cost of EVLT, so you have nothing to lose but unsightly and painful varicose veins. Make your appointment today, and start feeling better tomorrow. ([Read more at www.usaveinclinics.com](http://www.usaveinclinics.com).)

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Άνοιξη, επρόκειτο και να... εκπνεύσει. Στα χέρια, ή μάλλον στο μυαλό του πρώτου εκλεγμένου προέδρου στη μετά-Μουμπάρακ εποχή, του Μοχάμεντ Μόρσι. Εκλεκτού των Αδελφών Μουσουλμάνων, δηλαδή κάθε άλλο παρά μεταρρυθμιστή, ο οποίος πρόλαβε ήδη στο σύντομο διάστημα παρουσίας του στην εξουσία, να επαναφέρει τη... μαντίλα στις παρουσιάστριες των ειδήσεων της κρατικής τηλεόρασης της Αιγύπτου



και να αποπειραθεί συνταγματικό πραξικόπημα.

Το ποτάμι της λαϊκής οργής στην πλατεία Ταχρίρ και στις άλλες πόλεις της Αιγύπτου, ανάγκασε τον Μόρσι να επιστρατεύσει τανκς για να προστατευτεί. Νωρίτερα, είχε υποχρεώσει το State Department σε ένα ιστορικά πρωτοφανές νεα culpra, καθώς η εκπρόσωπος του αμερικανικού ΥΠΕΞ Βικτόρια Νούλαντ αναγκάστηκε να προειδοποιήσει τον Μοχάμεντ Μόρσι να ξεχάσει τα σχέδιά του περί συνταγματικού πραξικοπήματος, μόλις μερικές μέρες μετά τα εύσημα που η Ουάσινγκτον αλλά και οι αφελείς Βρυξέλλες του έδιναν, για τον μεσολαβητικό ρόλο τον οποίο διαδραμάτισε στην κρίση της Γάζας, ανάμεσα στο Ισραήλ και την Παλαιστίνη.

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| <input type="checkbox"/> Do you have leg heaviness or ache? | <input type="checkbox"/> Do you have spider veins on your legs and/or ankles? |
| <input type="checkbox"/> Do your legs burn, tingle or itch? | <input type="checkbox"/> Do the veins in your legs appear very dark blue or purple? |
| <input type="checkbox"/> Do you have swelling in your legs or ankles? | <input type="checkbox"/> Is the pain in your legs worse after sitting or standing a long period of time? |
| <input type="checkbox"/> Do you have skin discoloration on your legs or ankles (Blue/Brown)? | <input type="checkbox"/> Did you or any of your parents or grandparents have varicose veins? |
| <input type="checkbox"/> Is the skin on your legs red and dry? | <input type="checkbox"/> Do you have restless legs? |
| <input type="checkbox"/> Do you experience cramps in your legs, especially at nights? | |
| <input type="checkbox"/> Do you have non-healing wounds in your ankle areas? | |

If you have checked one or more of the boxes, please do yourself a favor and call USA Vein Clinics.

Do Not Postpone Treatment

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Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

If you have already decided you'd like to receive vein treatments or would like to get a diagnosis, simply schedule an appointment with USA Vein Clinics today.

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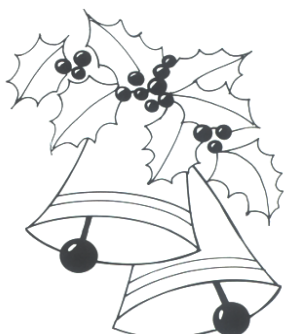


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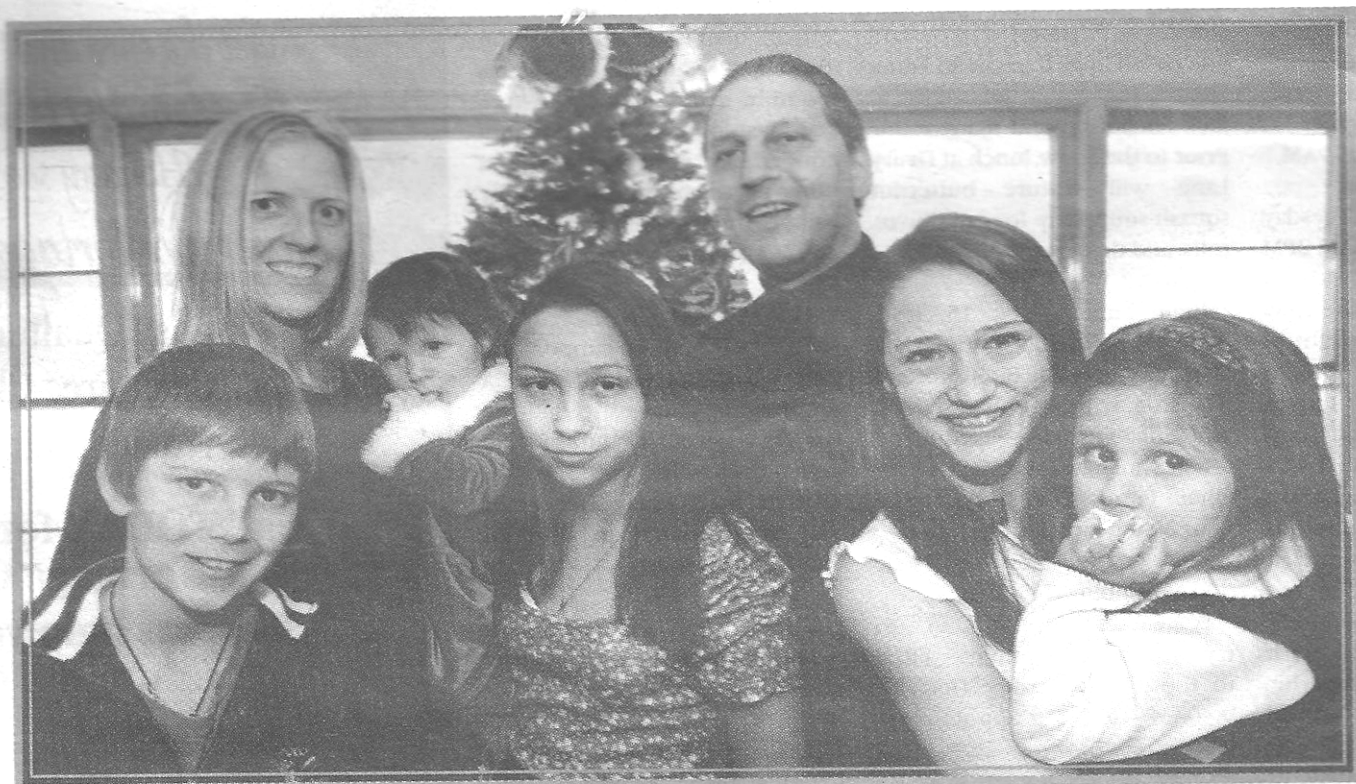
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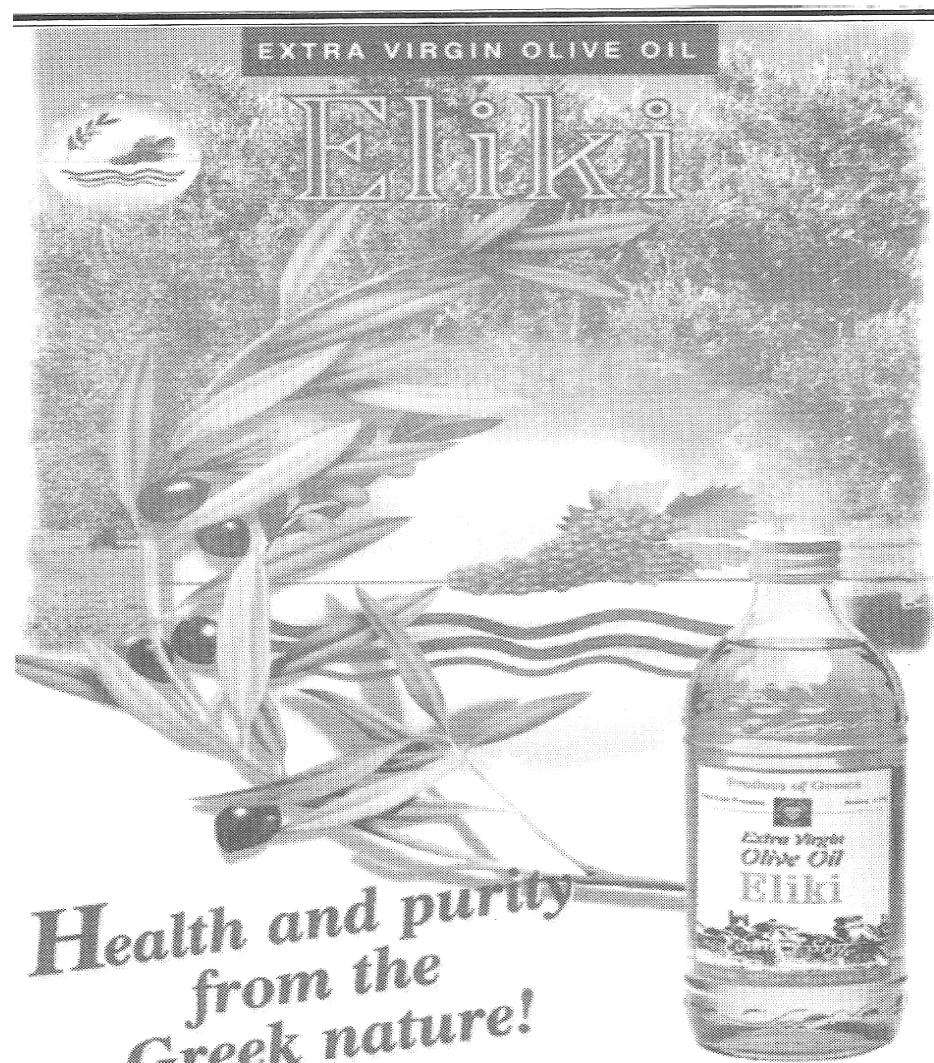
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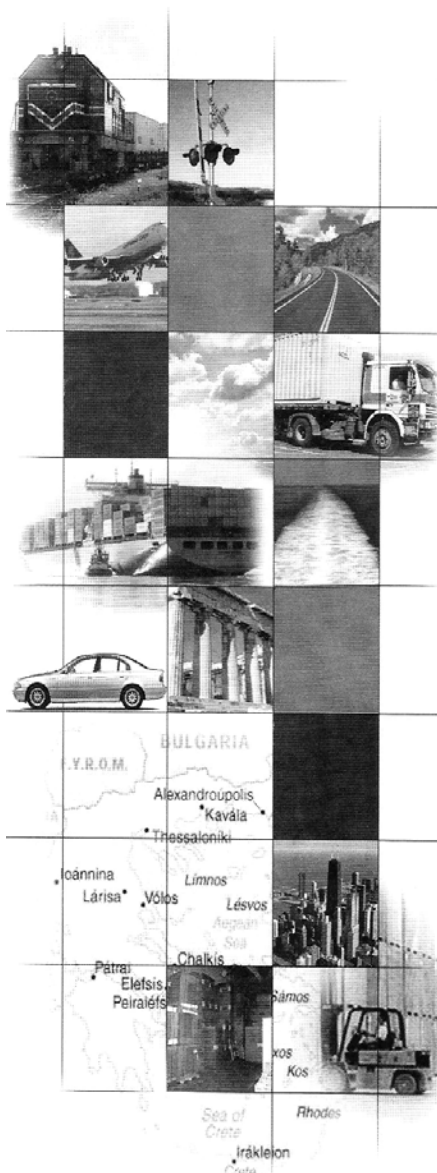
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Ανασφάλειες; Πώς θα τις ξεπεράσεις

Η ανασφάλεια αναμφίβολα είναι γυναικεία υπόθεση! Γιατί άραγε συμβαίνει αυτό; Μάθε ποιά είναι η ρίζα του κακού και αντιμετώπισέ τη!

Πιάνεις συχνά τον εαυτό σου να σκέφτεσαι πως έχεις παραπάνω κιλά, να αναρωτιέσαι αν ο σύντροφός σου σε αγαπά, αν οι φίλοι σε υπολογίζουν, αν είσαι αγαπητή και η λίστα συνεχίζεται με πολλές ακόμη άλλες ανασφάλειες.

Η ανασφάλεια είναι κυρίως γυναικείο χαρακτηριστικό. Φυσικά κι ένας άνδρας θα έχει κι αυτός τα δικά του “θεματάκια” περί εμφάνισης και αποδοχής αλλά δεν θα δώσει τόση μεγάλη σημασία όσο μια γυναίκα. Γιατί όμως μια γυναίκα “πάσχει” από έλλειψη αυτοπεποίθησης και κρίσεις ανασφάλειας;

Η ρίζα του κακού

* Έχουμε μεγαλώσει στη λογική του “Άνδρας = Δύναμη Γυναίκα = Αδυναμία” και η αναφάλεια είναι χαρακτηριστικό αδυναμίας...

* Από μικρά κοριτσάκια ενθαρρυνόμαστε να είμαστε σωστά θηλυκά, χαριτωμένες και περιποιημένες, εξού και η σημασία που δίνουμε στο σώμα και την ομορφιά.

* Θεωρούμε πως ο άνδρας ψάχνει την τέλεια γυναίκα και προσπαθούμε διακαώς να φτάσουμε την τελειότητα.

* Μια γυναίκα από τη φύση της τρέφει πολύ περισσότερες ανησυχίες σε σχέση με τον καθαρά “ρεαλιστή” άνδρα.

* Δεν εστιάζουμε στην πραγματική αιτία.

Πώς θα καταπολεμήσεις τις ανασφάλειές σου;

Να θυμάσαι:

* Τα πρότυπα που μας πλασάρουν δεν είναι πάντα πραγματικά. Τα τεχνολογικά μέσα και το ρετούς κάνουν θαύματα. Μη στηρίζεσαι στην ομορφιά των περιοδικών και των διαφημίσεων διότι απλούστατα είναι απόλυτα ζαλε.

* Τι είναι αυτό που σου προκαλεί την ανασφάλεια; Είναι όντως κάτι το υπαρκτό; Συνήθως η ανασφάλεια για την εμφάνιση είναι αποτέλεσμα προβλημάτων που αντιμετωπίζουμε στη ζωή μας. Μια πλαστική για παράδειγμα δε θα τα λύσει! Βρες τη ρίζα του προβλήματος κι αντιμετώπισέ το.

* Κάνε ασκήσεις αυτογνωσίας κι αυτοεκτίμησης. Αναγνώρισε τα ελλωτάματα και τα προτερήματά σου διότι σίγουρα υπάρχουν πολλοί τομείς στους οποίους είσαι καλή!

* Τα πάντα είναι στο χέρι σου! Πίστεψε στον εαυτό σου, αναγνώρισε τα λάθη σου και προχώρα. Κάθε αποτυχία σε κάθε πεδίο - επαγγελματικό, ερωτικό, φιλικό - ας γίνει μάθημα προς αποφυγή. Μην υποτιμάς τον εαυτό σου και μην παραδίδεσαι στην θλίψη και την ανασφάλεια. Αξίζεις το καλύτερο, αρκεί να μάθεις να το αναγνωρίζεις.

* Βάλε σαφείς στόχους και πέτυχέ τους. Για να το κάνεις βέβαια πρέπει να ξέρεις τι θέλεις και να προσπαθείς γι’ αυτό. Μην αφήνεις τα πράγματα στην τύχη τους.

* Κανείς δεν είναι τέλειος! Βάλε το καλά στο μυαλουδάκι σου!

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ΚΑΛΕΣ ΓΙΟΡΤΕΣ**



Hellenic Bar Association Installation Dinner and Scholarship Ball A Huge Success

The Hellenic Bar Association of Illinois held its 62nd Annual Installation Dinner and Scholarship Ball on October 27th at The National Hellenic Museum of Chicago. Designer Tom Manikas transformed the Museum’s exhibition room from stark white to a lively and trendy setting unlike any other the Museum or HBA has seen before.

Some 300 guests filled the space with dancing continuing well into in the night. This year, the HBA installed its new officers including President Peter Stamatis and President-Elect Tom Skallas. The organization also honored its immediate past-president Nicholas Syregelas, for his tireless service.

The association awarded scholarships to four deserving law students. The HBA also gave the following awards: George Bovis, MD, Hellene of the Year; Hon. Arthur Perivolidis, Lifetime Achievement Award; Dr. George Alexopoulos and Dr. George Mavropoulos, Professional Achievement Awards.



HBA VP Tom Skallas, HBA past-president Nicholas Syregelas and current HBA president Peter Stamatis



The Honorable Judge Charles Kocoras and family



Distinguished guests Guy and Giselle Dispigno, Nicholas and Maria Kouruklis and Nick Hatzis



HBA 2012 Scholarship recipients



Professional Achievement Award recipient George Mavropoulos and family



Professional Achievement Award recipient Dr. George Alexopoulos and HBA members



HBA President Peter Stamatis and Hellene of the Year George Bovis, M.D.

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Koraes Student Council Advent Service Project!

Officers and representatives of the Koraes Elementary School's Student council, affiliated with SS Constantine and Helen Greek Orthodox Church in Palos Hills, made scarves for the homeless during their November meeting. Over 100 scarves will be donated to the Feed the Hungry program sponsored by the Metropolis of Chicago Ladies Philoptochos Society at the Annunciation Cathedral in Chicago.



Pictured from right to left: John Lenz (5th grade representative), Niko Georgiopoulos (8th grade representative), Alexa Tsiakopoulos (student council vice president).



Pictured from right to left: John Lenz (5th grade representative), Yiannis Ekonomou (4th grade representative), and Elena Dimitrakopoulos (4th grade representative).

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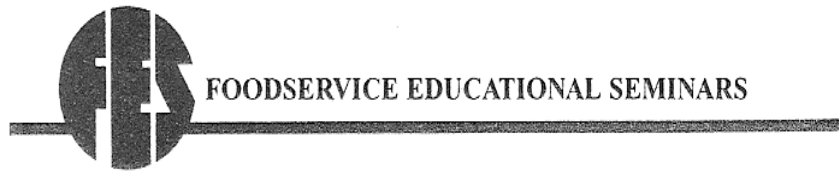
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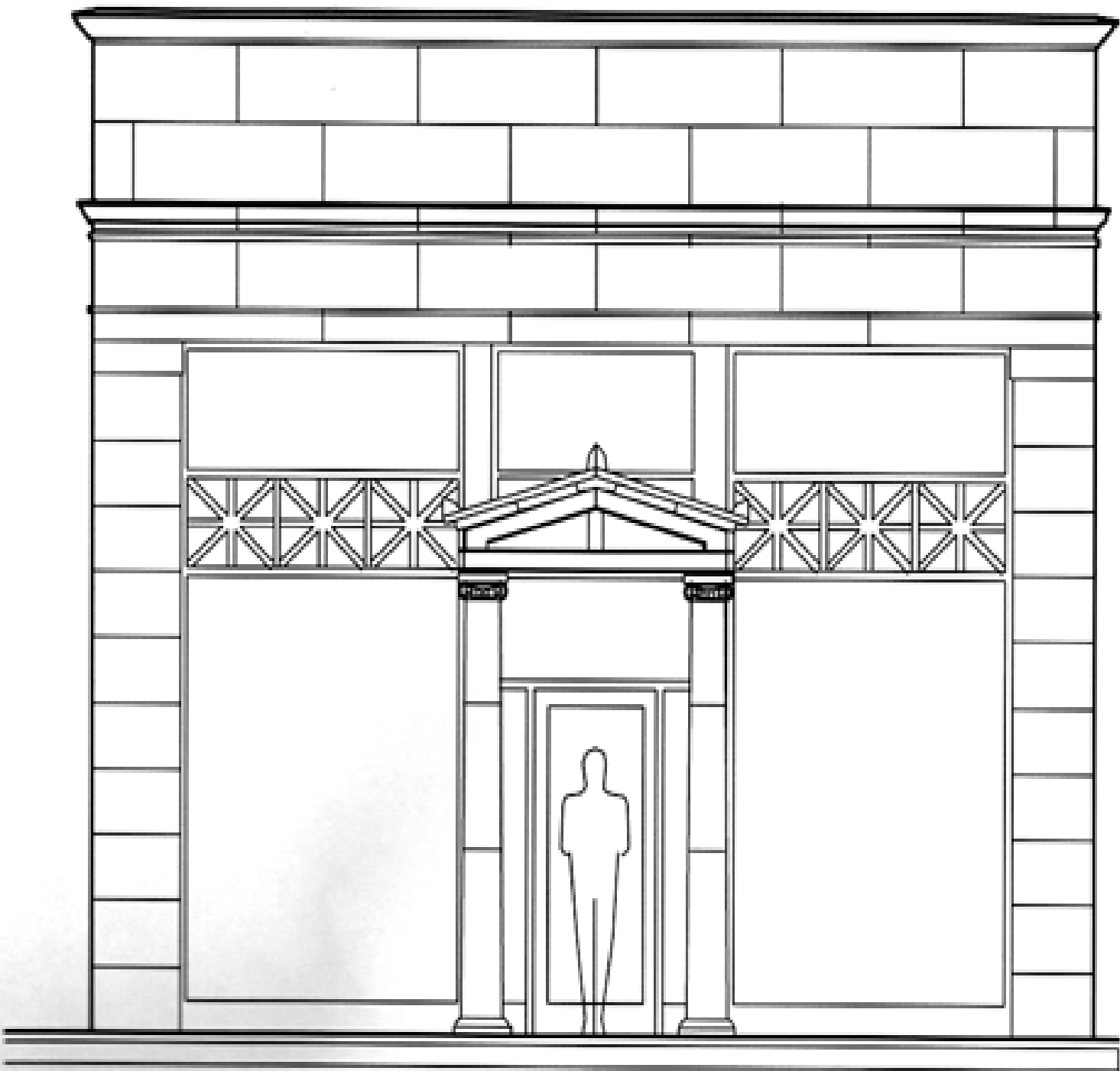
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γονείς είναι αναγκαίοι;



Λίγο το χάσμα γενεών, λίγο η εφηβεία και η διάσταση απόψεων η σχέση γονιού και παιδιού είναι συχνά εκρηκτική. Κι όμως κάτι τέτοιο όχι μόνο είναι άκρως φυσιολογικό αλλά και ευεργετικό.

Οι περισσότεροι γονείς θέλουν το καλύτερο για τα παιδιά τους αλλά στην προσπάθειά τους να επιβάλλουν τη γνώμη τους πιθανότατα να οδηγηθούν σε σύγκρουση. Και μπορεί ο γονιός να ανησυχεί με τον ατίθασο και ασεβή χαρακτήρα του παιδιού αλλά στην πραγματικότητα, ο καυγάς και η αντίδραση του εφήβου δείχνει πως μπορεί να αντισταθεί και να υποστηρίξει τη δικιά του θέση.

Τα παιδιά με “τσαγανό” αντιστέκονται στον πειρασμό

Όπως υποστηρίζουν οι ερευνητές του πανεπιστημίου της Βιρτζίνια, οι έφηβοι που έρχονται συχνά σε ρήξη και φραστική αντιπαράθεση με τους γονείς αναπτύσσουν μεγαλύτερες αντιστάσεις όταν βρεθούν αντιμέτωποι με τον πειρασμό και την πίεση των συνομηλίκων τους.

Συνεπώς έχουν λιγότερες πιθανότητες να αρχίσουν το κάπνισμα, το αλκοόλ ή τα ναρκωτικά καθώς έχουν μάθει να μην υποκύπτουν εύκολα στις πιέσεις. Είναι καλοί διαπραγματευτές ενώ έχουν μάθει να πλάσσουν σωστά τον εαυτό τους, να υποστηρίζουν την άποψή τους, να διεκδικούν και να πετυχαίνουν.

Τα άβουλα παιδιά παρασύρονται ευκολότερα

Οι καυγάδες μέσα στην οικογένεια, δηλαδή, λειτουργούν ως «άσκηση» για να μάθει ο έφηβος να διαπραγματεύεται και να υποστηρίξει την άποψή του.

Αν ο γονιός του δώσει την ευκαιρία να μιλήσει με επιχειρήματα, να υποστηρίξει τη θέση του, ακόμη και να καυγαδίσει του δίνει εφόδια αλλά και δύναμη για να μπορεί να αντισταθεί σε κάθε είδους πίεση και πειρασμό.



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 WaveLight 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.

ALL LASER LASIK - Vision to Change your future



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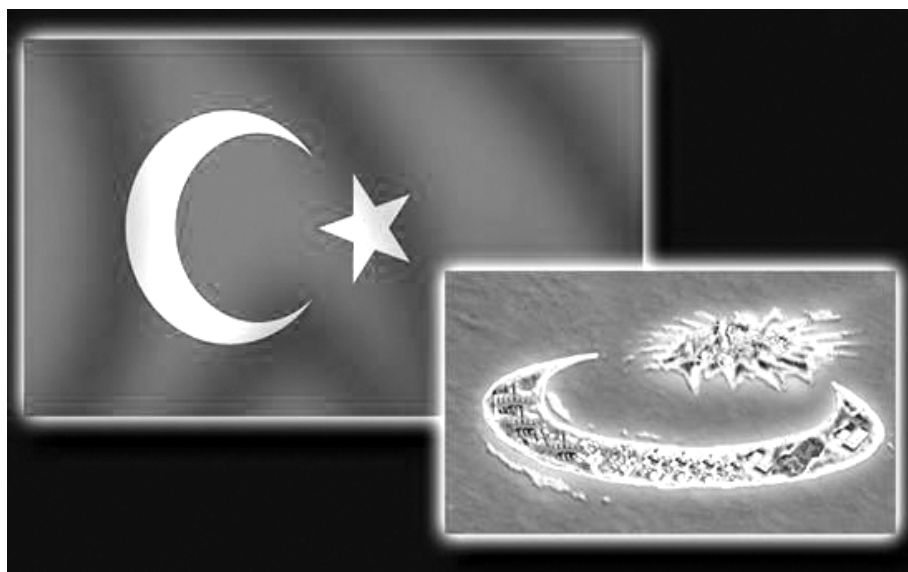
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Οι Τούρκοι σχεδιάζουν τεχνητά νησιά με σχήμα ημισελίνου

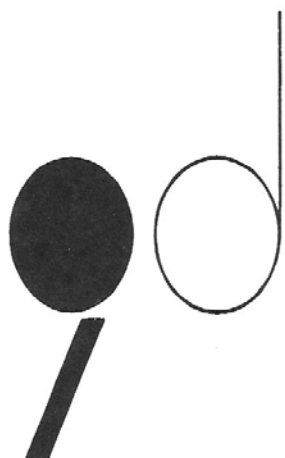


Η τουρκική κυβέρνηση θέλοντας να ετοιμαστεί για τον εορτασμό των 100 ετών της Τουρκικής Δημοκρατίας το 2023 προχωρά σε μια σειρά από μεγάλα έργα, όπως νέους αυτοκινητόδρομους, αεροδρόμια, σιδηροδρομικό δίκτυο υψηλής ταχύτητας έκτασης 10.000 χλμ, ένα γιγαντιαίο τζαμί στην Κωνσταντινούπολη, την ανάπλαση της πλατείας Ταξίμ, αλλά και μια διώρυγα που θα ενώνει το Μαρμαρά με τη Μαύρη Θάλασσα!

Μεταξύ αυτών των μεγάλων έργων, που ο Ρετζέπ Ταγίπ Ερντογάν ονειρεύεται να κάνει την Τουρκία μια από τις μεγαλύτερες δυνάμεις της περιοχής, αναμένεται να κατασκευαστούν και τεχνητά νησιά παρόμοια με τα Νησιά του Φοίνικα στο Ντουμπάι.

Ειδικότερα, η τουρκική κυβέρνηση εξετάζει το σχέδιο «Σελήνη και Αστéρας», μια πρόταση από τον βραβευμένο αρχιτέκτονα, Μετίν Χεπγκιουλέρ, που προβλέπει την κατασκευή τεχνητών νησιών με το σχήμα της ημισελήνου και του αστεριού, όπως στην τουρκική σημαία, τα οποία θα χρησιμοποιηθούν ως τουριστικά θέρετρα με πολυτελείς βίλες και ξενοδοχεία.

Σε συνέντευξη του στην εφημερίδα «6 Μέρες», ο ίδιος ο τούρκος αρχιτέκτονας υποστηρίζει ότι τα νησιά αυτά θα κοστίσουν 2,5 δισ. ευρώ και οι επικρατέστερες περιοχές για την κατασκευή τους είναι ανοιχτά της Σμύρνης, η θάλασσα του Μαρμαρά και η ανατολική Μεσόγειος. Πάνω στα νησιά θα κατασκευαστούν «πολυτελείς κατοικίες, βίλες, έξι ξενοδοχεία» αλλά και όλες οι υποδομές όπως λιμάνια, ελικοδρόμιο, τζαμιά και εκκλησία, διοικητικά κτίρια κλπ. Οι ενεργειακές ανάγκες των νησιών θα καλύπτονται από ανανεώσιμες πηγές ενέργειας, ενώ όπως υποστηρίζει θα χρησιμοποιηθεί η τελευταία λέξη της τεχνολογίας για την άρδευση και την αφαλάτωση.



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Greeks, Beware! The Persians Are Coming...Iran pounds on Europe's gates anew

by Charles J. Mouratides

"... A joint mission to create a new world order on the basis of justice, humanity and belief in God..." — Iranian President Mahmoud Ahmadinejad to Syria

Soldiers and scholars alike have forever thought that the Persian Empire passed into the dustbin of history and would never again threaten Europe. Increasingly we become aware that such a reading of history and world affairs ignores reality. Iran, as Persia has been called since 1935, is again pounding on Europe's gate.

Iran has amassed treasure and weapons and has already started to throw its weight around in world affairs. Its armed forces command an estimated active force of 545,000, plus about 300,000 reservists and a peculiar paramilitary force of about 12.6 million men and women. Iran historically maintained large armed forces. In the second assault against Europe (480 b.c.e.), King Xerxes led an army of more than 2 million soldiers, concubines and support personnel to Greece through Middle East and Asia Minor, according to Herodotus, the "Father" of history.

Today, Iran is taking no direct military action against any countries on the European continent. But it has prepared the way through alliances with Middle Eastern countries. Alarming, too, is the Iranian view of the world. It is bellicose and messianic as demonstrated by the frequent pronouncements of Ahmadinejad and other top leaders.

In the distant past, Persia launched against Europe three major – and many minor – invasions by land and sea, in the 5th century b. c. e. The invasions had near cataclysmic consequences as they swept through the Middle East and Asia Minor (now Turkey), and deeply shook Greece's city-states. But in the naval battle of Salamis (480 b.c.e.) the Greeks decisively defeated Persia's much larger navy.

"The astonishing sea battle banished forever the specter of Persian invasion and occupation," as our contemporary historian Peter Green brilliantly retells this historic moment, evoking the whole dramatic sweep of events that the Persian offensive set in motion.

Mainly, it was the cultural shock felt worldwide then and through the centuries. Those invasions also determined the meaning of "East" and "West" even as we understand it today. Historians accept the Greco-Persian Wars, begun under King Darius I and continued under his sons, as the start of conflict between Eastern and Western cultures.

But it was Alexander the Great who handed the Persians their final defeat 150 years later, and began their irreversible retrenchment. History reserves for itself some ironic twists. After slashing the Gordian Knot for P.R. purposes, Alexander fought the Persians in Syria. It was along Syria's border with Asia Minor (today's Turkey), that the Macedonian King, leading a small army, routed the Persians. The defeat was so decisive that Darius III abandoned his mother, his wife and his daughter as he fled!

Let there be no doubt about it. Today Iran is positioning itself as the great new power from the East.

1. As in the distant past, Iran brought under its political control all the areas on its path to the Mediterranean – Iraq, Syria and Gaza. It has established a beachhead in the Eastern Mediterranean.

2. Now Iran is morphing itself into a nuclear power, and is racing to establish itself as the leading anti-Western, Muslim power in the Middle East.

3. Iranian leaders have cultivated a grandiose image. They devote much of their resources to the military even though more than half of Iran's population of 79 million lives under the Iranian poverty line. Still, Iran produces its own tanks, armored personnel carriers, guided missiles, radar systems, a guided missile destroyer, military vessels, submarines and a fighter plane. It exports weapons to 57 countries.

4. Iran is one of the five countries having a cyber-army capable of conducting cyber-warfare operations. It has also been reported that Iran has immensely increased cyber warfare capability since the latest Iranian presidential election unrest.

5. It patched up differences with Iraq with whom it used to be at war. Now they cooperate closely on local and regional issues.

6. It controls, at least partly, a diverse number of energy resources: The Caspian Sea; the Strait of Hormuz through which passes almost 30% of the world's oil supplies.

7. Iran has expanded its access to oil and gas production on the Levantine coast. Iran, with its long experience in oil production and distribution, may eventually share offshore production with Syria, Lebanon and Gaza. It is already constructing a pipeline to supply oil to Syria through Iraq.

It's the Mediterranean ties which, as Iran develops strengthens them, they will place Iran in conflict with Greece and Cyprus on the European side, and Israel and Turkey on the Asiatic side. Gas resources in the Eastern Mediterranean are estimated to be abundant, but most of the countries around this basin have not yet established their Exclusive Economic Zone to protect their rights.

Syria, Lebanon and Gaza are protesting Israeli energy exploration in the Eastern Mediterranean. They are also objecting to the agreements between Cyprus and Israel. Turkey is against Cypriot and Greek explorations, too. Egypt which was formerly agreeable towards Greek claims, now under the control of the Muslim Brotherhood, has begun to object, and also to the cooperation between Israel and Cyprus which have declared their EEZ.

Time is running out for Greece to declare its economic zone, even though Israel has already declared acceptance of the Greek EEZ (or AOZ, in Greek.)

Remember that 60 years ago, Syria and Egypt formed one state, the United Arab Republic. If Iran succeeds in unifying Syria, Gaza, Lebanon and Egypt, confrontation with Greece and Cyprus over natural gas and oil in the Eastern Mediterranean is inevitable.

We must also keep in mind that when Ahmadinejad and Ayatolla Ali Khamenei, Iran's supreme leader in all things, speak of "justice," or "humanity" or "belief in God," they do not refer to Western notions. The differences are as pronounced today as they were in the Greco-Persian war days.

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Λόγω όμως των αυξανόμενων κοινωνικών αναγκών του Ελληνισμού της περιοχής, και επιθυμώντας να ανεβάσουμε σε ανώτερο επίπεδο την πολυτέλεια και κομψότητα των εκδηλώσεων σας, επεκτείναμε προς τα δυτικά τους χώρους του FOUNTAIN BLUE με μία υπερπολυτελή αίθουσα, την LIONS GATE PAVILLION, φωλιασμένη μέσα σε έναν τεράστιο κήπο στολισμένο με κάθε είδους εξωτικά άνθη και φυτά. Η νέα αυτή πρωτότυπη αίθουσα-σκηνή με τους υπερυψωμένους θόλους της, τους κρυστάλλινους πολυελαίους της και την κομψότητα των επίπλων της, προσφέρει, όλες τις εποχές, έναν κομψό ανοιχτό χώρο για εκδηλώσεις μέχρι 400 ατόμων. Αν σ'αυτό προσθέσετε την πολυβραβευμένη κουζίνα του FOUNTAIN BLUE, τότε κάθε εκδήλωση στο LIONS GATE PAVILLION θα είναι στα σίγουρα μια επιτυχία 100 τοις 100.