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Republicans unveil plan to broaden minority appeal

Republican National Committee chairman Reince Priebus in Washington DC 18 March 2013 Top Republican Reince Priebus said the party must adapt to ensure electoral survival.

US Republicans have warned they must appeal to minority voters as part of a makeover to counter the party's image as one of "stuffy old men".

Calling November's presidential

to win another presidential election in the near future," it concluded.

Mr Priebus, who unveiled the report at an event in Washington on Monday, discussed the stark findings of the report's interviews with some 50,000 people.

"Focus groups described our party as 'narrow minded', 'out of touch', and 'stuffy old men'," he said. "The perception that we're the party of the rich continues to grow."

Among dozens of recommendations, the report also calls for better use of digital technology and databases to engage supporters and raise money - in recognition of President Barack Obama's formidable political machine.

It also urges adopting stricter policies with corporations, loosening campaign finance laws and reducing the number of debates during presidential primaries.

"We should speak out when [chief executives] receive tens of millions of dollars in retirement packages, but middle-class workers have not had a meaningful raise in years," the report says.

Correspondents say the findings are a recognition that the party must abandon election strategies geared to its base of white male voters. Numbers of US minority voters, who tend to vote heavily Democratic, are growing much more quickly than those of white Americans.

But the findings may prove unpopular in some branches of the Republican party.

On the issue of immigration reform, political commentator Ann Coulter told the Conservative Political Action Conference over the weekend that Republicans would never win another national election if a path to earned citizenship became law.

But in a speech to the same event, former presidential nominee Mitt Romney said the party had not lost its way and must remain optimistic.

Populism need not be a bad word

Costas Iordanidis



Prime Minister Antonis Samaras's remark that "the two extremes feed off each other and poison society," is purely academic in its significance. It is nothing more than an observation and has little political merit. This observation, of course, has also been made by the other pro-European parties.

Political life in Greece has become extremely polarized, as it has in some other European countries as well. Efforts to dismantle the old - and in many ways problematic - regime and the violence with which the countries of the south are being forced to fall into line with the standards of those in the north have sapped the influence of the so-called "rational" political forces of this country.

The government is trying to curb violent reaction by using police force. It is a knee-jerk reaction that may make sense but is limited in terms of effectiveness. Using force does not provide an outlet to the Greek bent to rally around parties that are against the establishment, and especially ultranationalist Golden Dawn, which appears to be enjoying growing influence over the electorate.

The government is also trying to give the impression - as did the other governments that have emerged since the spring of 2010 - that it is fighting the troika's unpopular policies. But a fight that is constantly repeated and always ends with more reduc-

tions in salaries and pensions is a farce that simply reveals at how much of a loss the so-called fighters are. The overall impression that emerges is that the fight is a pure simulation. Sure, Samaras has proved to be capable of tempering expectations, but time is running out.

The result is that the three-party coalition is beginning to look a lot like a caretaker government of technocrats in every way except political rhetoric, which is often quite primitive. The biggest disappointment lies in the government's failure not only to adopt the stance of a technocratic government but also to operate as such.

On the other hand, the parties at the extremes of the political spectrum are being accused of populism. The problem, of course, does not go away simply by saying that populism is a bad thing. After all, the whole point of representational democracy is that the majority arises from the popular vote. The issue, therefore, is populism aimed in a different direction. Pro-European Greeks have no reason to fear such a thing. After all, some of the greatest politicians of the last century, such as Winston Churchill, Ronald Reagan and Margaret Thatcher, were true populists who replaced the conventional wisdom with a new set of values.



Top Republican Reince Priebus said the party must adapt to ensure electoral survival

election defeat a "wake up call", party chairman Reince Priebus said they must also embrace immigration reform.

Republicans were seen as "narrow minded" and increasingly as a party of the rich, he said. The party has outlined a \$10m (£6.6m) plan to reach minority and gay voters.

"When Republicans lost in November, it was a wake-up call," Mr Priebus said in prepared remarks posted on the Republican National Committee website

We should speak out when [chief executives] CEOs receive tens of millions of dollars in retirement packages but middle-class workers have not had a meaningful raise in years"

Growth and Opportunity Project report "Our message was weak; our ground game was insufficient; we weren't inclusive; we were behind in both data and digital; our primary and debate process needed improvement," he added.

The 98-page Growth and Opportunity Project report concludes that while Republican principles may be sound, "the way we communicate our principles isn't resonating widely enough".

"Unless changes are made, it will be increasingly difficult for Republicans

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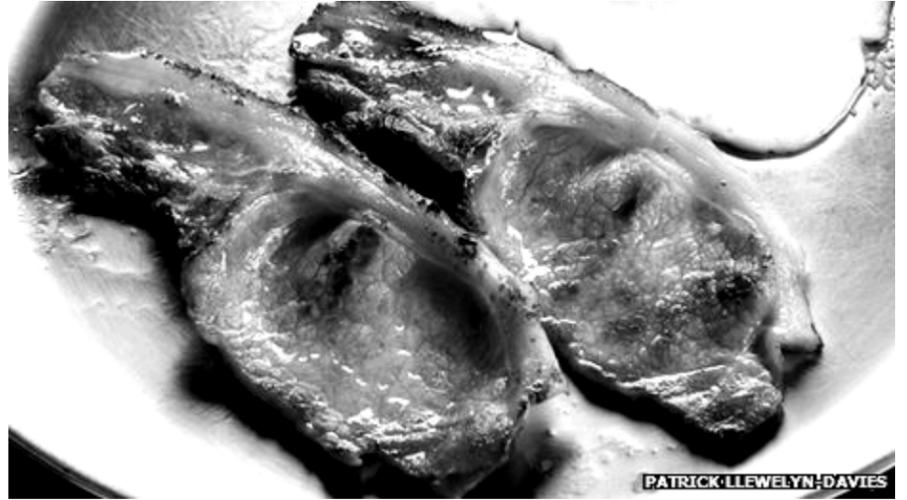
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Processed meat 'early death' link



Sausages, ham, bacon and other processed meats appear to increase the risk of dying young, a study of half a million people across Europe suggests. It concluded diets high in processed meats were linked to cardiovascular disease, cancer and early deaths.

The researchers, writing in the journal BMC Medicine, said salt and chemicals used to preserve the meat may damage health. The British Heart Foundation suggested opting for leaner cuts of meat. The study followed people from 10 European countries for nearly 13 years on average.

It showed people who ate a lot of processed meat were also more likely to smoke, be obese and have other behaviours known to damage health. However, the researchers said even after those risk factors were accounted for, processed meat still damaged health.

One in every 17 people followed in the study died. However, those eating more than 160g of processed meat a day - roughly two sausages and a slice of bacon - were 44% more likely to die over a typical follow-up time of 12.7 years than those eating about 20g. "But after adjusting for smoking, obesity and other confounders we think there is a risk of eating processed meat. "Stopping smoking is more important than cutting meat, but I would recommend people reduce their meat intake."

What is red meat? Red meat includes beef, lamb and pork including minced beef, pork chops and roast lamb. It does not include chicken or turkey meat.

What is processed meat? Processed meat refers to meat that has been preserved by smoking, curing, salting or adding preservatives. Examples include ham, bacon, pastrami and salami, as well as hot dogs and some sausages. Hamburgers and minced meats only count as processed meat if they have been preserved with salt or chemical additives.

Is meat good for you? Meat is a good source of protein, vitamins and minerals such as iron, zinc and B vitamins. It is one of the main sources of vitamin B12, also found in milk. A healthy, balanced diet containing other good sources of iron - such as lentils, beans, eggs, fish, chicken, nuts and breakfast cereals - is advised.

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THINKING OF FUNNY GOLF WHILE IT SNOWS

A husband and wife are on the 9th green when suddenly she collapses from a heart attack!"Help me dear," she groans to her husband. The husband calls 911 on his mobile, talks for a few minutes, picks up his putter, and lines up his putt. His wife raises her head off the green and stares at him."I'm dying here and you're putting?" "Don't worry dear," says the husband calmly, "they found a doctor on the second hole and he's coming to help you." Well, how long will it take for him to get here?" she asks feebly. "No time at all," says her husband. "Everybody's already agreed to let him play through."

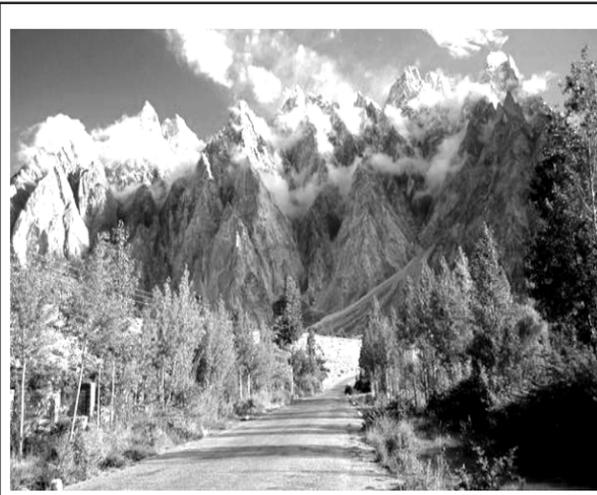
A gushy reporter told Phil Mickelson, "You are spectacular; your name is synonymous with the game of golf. You really know your way around the course. What's your secret?" Mickelson replied, "The holes are numbered."

A young man and a priest are playing together. At a short par-3 the priest asks, "What are you going to use on this hole, my son?" The young man says, "An 8-iron, father. How about you?" The priest says, "I'm going to hit a soft seven and pray." The young man hits his 8-iron and puts the ball on the green. The priest tops his 7-iron and dribbles the ball out a few yards. The young man says, "I don't know about you, father, but in my church, when we pray, we keep our head down."

Police are called to an apartment and find a woman holding a bloody 3-iron standing over a lifeless man. The detective asks, "Ma'am, is that your husband?" "Yes" says the woman. "Did you hit him with that golf club?" "Yes, yes, I did." The woman begins to sob, drops the club, and puts her hands on her face. "How many times did you hit him?" "I don't know — put me down for a five."

A golfer teed up his ball on the first tee, took a mighty swing and hit his ball into a clump of trees. He found his ball and saw an opening between 2 trees he thought he could hit through. Taking out his 3-wood, he took a mighty swing. The ball hit a tree, bounced back, hit him in the forehead and killed him. As he approached the gates of Heaven, St. Peter asked, "Are you a good golfer?" The man replied: "Got here in two, didn't I?"

The bride was escorted down the aisle and when she reached the altar, the groom was standing there with his golf bag and clubs at his side. She said: "What are your golf clubs doing here?" He looked her right in the eye and said, "This isn't going to take all day, is it?" William G. Petropulos



Karakoram Highway, Pakistan and China
These five roads have gained a reputation for being among the most brutal in the world. A centuries-old trading trail that once formed part of the famed Silk Road, the Karakoram Highway is the world's highest altitude paved international road. Its 1,200km slice through the mighty Karakoram Range.

Koraes Students Jump Rope for Heart!



Koraes Elementary School students, affiliated with SS Constantine and Helen Greek Orthodox Church in Palos Hills, participated in the "Jump Rope for Heart" campaign sponsored by the American Heart Association. Our students had fun learning jump rope skills, how their heart works, how to stay healthy, and how to make a difference in the lives of others. The money raised by the Koraes student body will help kids with special hearts. Photo JRFH2013: Pictured front row kneeling right to left kindergarten students Spyridon Fotopoulos, Adam Pettas, and Perry Matalas. Pictured middle row standing right to left second grade students Ioanna Kouvelis, Demetra Feradouros, and Alexandria Maropakis. Pictured standing behind students physical education teacher Mr. Zach Crowley.

IMAGES OF THE WORLD



THE WORLD'S MOST CONTROVERSIAL MONUMENTS
African Renaissance Monument, Senegal

President Abdoulaye Wade didn't win any popularity votes when he funnelled millions into the construction of a monument to the African Renaissance. A waste of money wasn't the only reaction to this 160ft colossus, unveiled in April 2010. It depicts a stylized muscular man with a baby in his arms, emerging from a volcano and pulling along a half-naked woman — and has been criticized for both skimpy clothing and sexism.



Gorges du Verdon

France's smorgasbord of cultural delights could keep even the most avid museum-hopper busy for a lifetime, but do not forget about the great outdoors. France smoulders with natural beauty, so why not go au naturel in the country's mountain ranges, canyons and along its startling stretches of coast? These 10 fresh-air sights in France will have you tumbling down giant sand dunes and feeling the cool spray of waterfalls in no time. The spectacular river-carved cliff sides of the Gorges du Verdon make this southern French valley a magnet for adventure travellers, as well as a favourite spot for that less adrenaline-fuelled pastime, le pique-nique. Kayakers and climbers test their limits on the rocky outcrops, but stunning views are on show for road trippers too.



Etretat cliffs

The arches of Etretat have inspired many an artist. Writer Guy de Maupassant grew up here and was moved to pen short stories based on his experiences, and many of artist Claude Monet's landscapes draw on local scenes. The most iconic arch is said to resemble an elephant dipping its trunk into the sea.

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Model LC (21.5" High)



Model LA-W4

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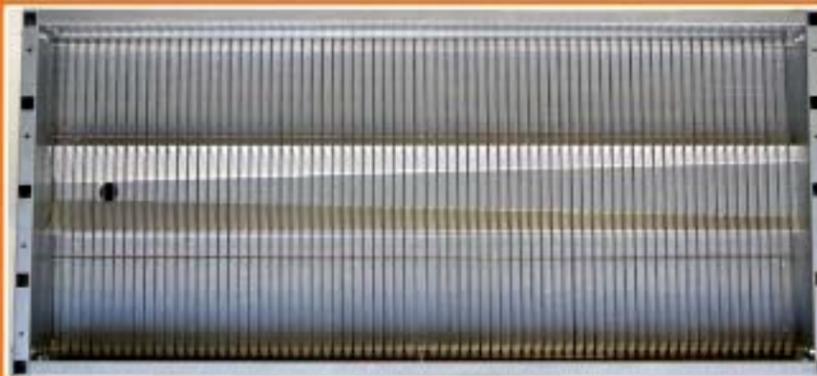


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But somewhere we lost our way. Our business tax base eroded, creating increased demands on homeowners. Village services were scaled back to meet budget constraints. Our citizens became increasingly estranged no longer serving as the face or voice of the new community.

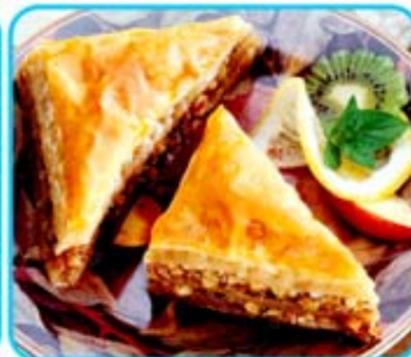
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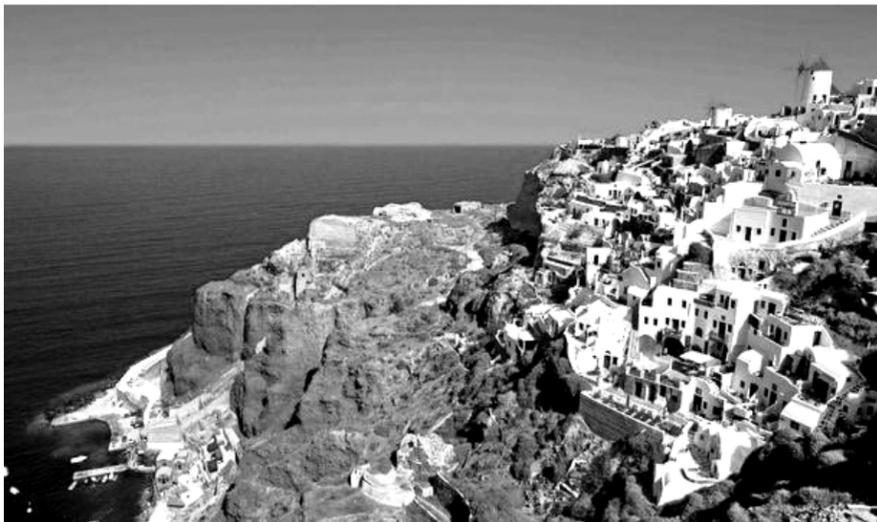


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The Golden Phoenix Cupcake



The world's most expensive cupcake was introduced to sweet-toothed spectators in Dubai's new Bloomsbury's cafe on 5 July. The Golden Phoenix sweet treat is priced at a whopping 3,676 dirhams, and is created from a recipe that includes Italian chocolate, 23-carat edible gold sheets, organic strawberries and lots of edible gold dusting. The cake is presented on a 24-carat gold stand and must be ordered at least 48 hours in advance. (Bloomsburys, Dubai)



Santorini, Greece. An ancient island that endured one of the largest volcanic eruptions in history, Santorini feels like no other place on earth. Here, 120 miles southwest of mainland Greece, everything is brighter: the whitewashed cube-shaped houses, the lapis lazuli sea and the sunsets that light up the caldera.

Globalization? This is probably the easiest rational explanation for Globalization: A definition of globalization that I can understand and to which I now can relate: Question: What is the truest definition of Globalization?

Answer: Princess Diana's death. Question: How come? Answer: An English princess with an Egyptian boyfriend crashes in a French tunnel, riding in a German car with a Dutch engine, driven by a Belgian who was drunk on Scottish whisky, (check the bottle before you change the spelling), followed closely by Italian Paparazzi, on Japanese motorcycles, treated by an American doctor, using Brazilian medicines. This is sent to you by a Canadian, using American Bill Gates' technology, and you're probably reading this on your computer, that uses Taiwanese chips, and a Korean monitor, assembled by Bangladeshi workers in a Singapore plant, transported by Indian truck drivers, hijacked by Indonesians, unloaded by Sicilian longshoremen, and trucked to you by Mexican illegals.....That, my friends, is Globalization !

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NEWS FROM GREECE

Greek and Turkish FMs see possibility of Aegean settlement but via different routes



The foreign ministers of Greece and Turkey are hopeful the two countries can resolve their differences in the Aegean, although Athens is using international law as its guideline for the creation of an exclusive economic zone (EEZ), while Ankara wants there to be a bilateral agreement.

Speaking after Prime Minister Antonis Samaras traveled to Turkey last week for talks with his counterpart Recep Tayyip Erdogan, Dimitris Avramopoulos and Ahmet Davutoglu were upbeat on the prospects of the two countries finding a way to delineate their continental shelves ahead of gas and oil exploration.

"We are in discussions and searching for common ground because both sides under-

stand how great the benefit would be if we are able to delineate the continental shelf between us from Evros to Kastellorizo," said Avramopoulos.

Turkey argues that Greek islands close to its coast should not be taken into account when determining the economic zone and that the median line of the Aegean should be set as a boundary. Greece claims the Law of the Sea means that all islands must be taken into account when setting out the EEZ.

"Of course international law and national sovereignty form the backbone of these negotiations but... the best way to solve these problems is through bilateral dialogue because the Aegean is a particular case with thousands of islands and at the same time is part of the wider Mediterranean," said Davutoglu.

"Turkey has the longest coastline in the Mediterranean," he added.

Greece recently sent a diplomatic note to the United Nations complaining that Turkey had issued permits to a state-run company to search for gas and oil in areas covering the Greek continental shelf.

Avramopoulos was adamant that

Athens would resist any attempts by Turkey to go ahead with such plans.

Davutoglu indicated that Ankara had no intention of causing rifts with Greece or of taking advantage of any weaknesses caused by its economic crisis.

Head of Greek privatization fund, Finance Ministry general secretary resign over power plant charges

The head of Greece's privatization fund, Takis Athanasopoulos, and the Finance Ministry's general secretary Giorgos Mergos resigned on Saturday.

Their resignations came after former managers of the Public Power Corporation were charged with breach of duty on Friday for commissioning in 2007 the Aliveri power plant, which lost the company about 100 million euros.

Mergos and Athanasopoulos served on PPC's board at the time. Both men said they were resigning for ethical reasons, pending the court case.

Finance Minister Yannis Stournaras accepted the resignations of the two officials. Christina Papaconstantinou, until now the general secretary of fiscal policy at the Finance Ministry, will take over Mergos's position.

A new candidate to take over as head of the Hellenic Republic Asset Develop-

ment Fund's (HRADF), known as TAIPED in Greek, is to be proposed for approval by Parliament's institutions and transparency committee in the next few days

Inflation hits record low

The rate of the Greek Consumer Price Index declined to just 0.1 percent last month, compared with February 2012, hitting a low unseen since June 1968, according to figures released on Friday by the Hellenic Statistical Authority (ELSTAT).

On a monthly basis, inflation was 1.6 percent negative, helped by the winter sales. In January the rate had stood at 0.2 percent, with February being the third consecutive month with inflation below the 1 percent level and on a declining trajectory, creating expectations of a real drop in prices that would offer a degree of relief to households and consumers.

Nevertheless, the prices of certain commodities continue to soar. These include air tickets, which grew 32.1 percent within a year, heating oil (up 31.3 percent), potatoes (25 percent) and electricity charges (12.3 percent).

The biggest price drop was in medicines (14.6 percent), fruit juice (8.4 percent) and domestic services (7.3 percent).

Athenians saving on gas leads to less traffic

The streets of Athens are seeing fewer cars every year that the crisis drags on, according to transportation experts who say that more and more people are being forced to find alternative ways of getting around due to economic factors, as is illustrated by official figures. This means that the time it takes to cover routes that were once heavily congested has been reduced significantly, making getting around the Greek capital easier.

Rising unemployment, household belt-tightening and the high cost of using and maintaining a car are the main factors that have led Athenians to substantially limit their use of private vehicles, meaning that the horrible traffic jams that were once a regular phenomenon are much less frequent.

However, on the downside, frequent protest rallies that close the city center to traffic and public transport strikes regularly force drivers back into their cars and remind them of the not-so-good old days.

According to figures released by the Attica Regional Authority's traffic management center, average journey times declined by 20 percent in 2012 compared to 2009, while reductions of as much as 60 percent have been recorded during rush hour periods. Minimum speeds have also increased by 6.5 percent on average in downtown Athens during rush hour periods, while the biggest increase in average speeds was noted on the Piraeus-bound part of Kifissos Avenue, which exceeded 20 percent between 2009 and 2012. The route from Athinon Avenue to the city center and that covering the length of Alexandras Avenue also saw speeds increase by 17 percent in the three-year period, while the number of cars heading to the southern coast of Athens has also decreased, meaning that the trip from Poseidonos Avenue to Glyfada is 17 percent faster. Syngrou Avenue, which links central Athens to the southern suburb of Palaio Faliro, has not seen any significant changes, while the average speed on the route from Katehaki Avenue to Mesogeion, Kareas and Stavros in the north went up by 6 percent between 2009 and 2012.

The figures, which were presented at a recent one-day transportation conference, show that the biggest drop in traffic was noted between 2011 and 2012, at 10 percent. Between 2010 and 2011, the reduction in average traveling time dropped by 5 percent, compared to 9 percent for the previous period, 2009-10.



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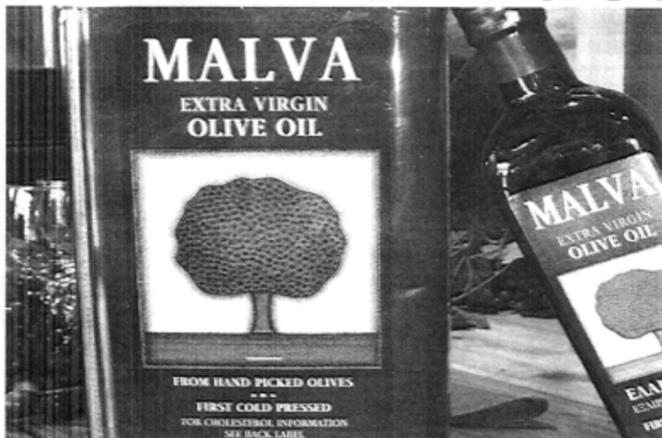
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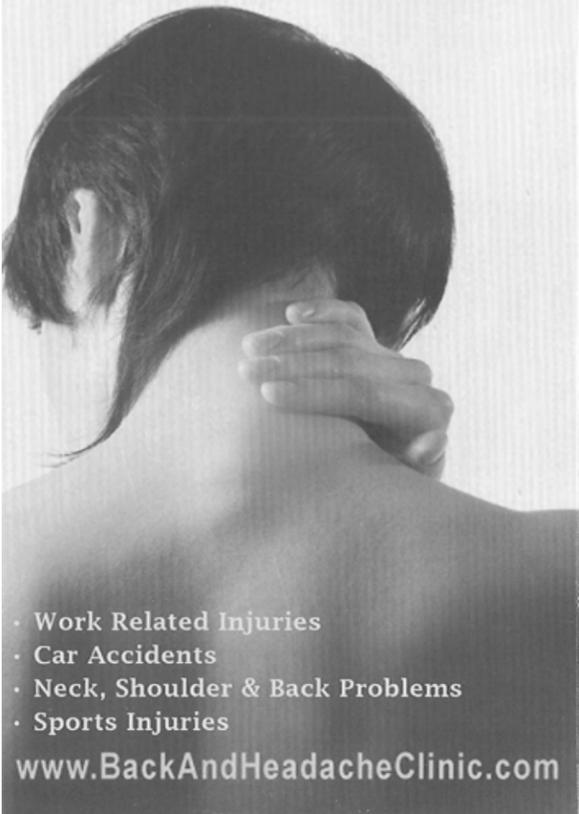
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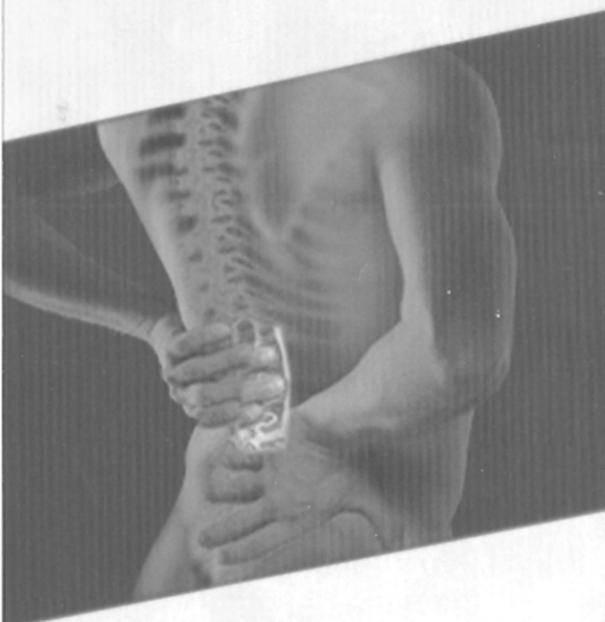
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Our many years of experience have helped patients such as your self. We realize there are many health care choices available, and we encourage you to stop by and give us a try. You will be convinced that we are "The Best" at what we do! Our many different therapies, along with our attention to your individual needs will provide you with what you need to be on the *Path To Recovery...*



WE ACCEPT MOST MAJOR PPO INSURANCE

WE ARE HAPPY TO ANSWER ANY QUESTIONS BEFORE YOUR VISIT
 Call: 847.884.0557



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