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9 Things that will disappear in our lifetimes

These 9 things are not as important as having our Freedoms and Liberty disappear in our lifetime.

1. The Post Office

Get ready to imagine a world without the post office. They are so deeply in financial trouble that there is probably no way to sustainit long term. Email, Fed Ex, and UPS have just about wiped out the minimum revenue needed to keep the post office alive. Most of your mail every day is junk mail and bills.

2. The Check

Britain is already laying the groundwork to do away with checks by 2018. It costs the financial system billions of dollars a year to process checks. Plastic cards and online transactions will lead to the eventual demise of the check. This plays right into the death

of the post office. If you never paid your bills by mail and never received them by mail, the post office would absolutely go out of business.

3. The Newspaper we're seeing this today

The younger generation simply doesn't read the newspaper. They certainly don't subscribe to a daily delivered print edition. That may go the way of the milkman and the laundry man. As for reading the paper online, get ready to pay for it. The rise in mobile Internet devices and ereaders has caused all the newspaper and magazine publishers to form an alliance. They have met with Apple, Amazon, and the major cell phone companies to develop a model for paid subscription services.

4. The Book

You say you will never give up the physical book that you hold in your hand and turn the literal pages. I said the same thing about downloading music from iTunes. I wanted my hard copy CD. But I quickly changed my mind when I discovered that I could get albums for half the price without ever leaving home to get the latest music. The same thing will happen with books. You can browse a bookstore online and even read a preview

chapter before you buy. And the price is less than half that of a real book. And think of the convenience! Once you start flicking your fingers on the screen instead of the book, you find that you are lost in the story, can't wait to see what happens next, and you forget that you're holding a gadget instead of a book.

5. The Land Line Telephone

Unless you have a large family and make a lot of local calls, you don't need it anymore. Most people keep it simply because they've always had it. But you are paying double charges for that extra service. All the cell phone companies will let you call customers using the same cell provider for no charge against your minutes.

AN OPEN LETTER TO MRS. MERKEL BY **PROFESSOR NIKOS CHRISTODOULAKIS**

Dear Mrs Chancellor

It appears that also you have eventually acquiesced in the contemporary ludicrous German populism, which has always been seeking victims of nations so that it will give vent to its superiority complex by unleashing it upon them. Showing contempt to History only to gain a few votes in your favour, you have also come to



adopt the inarticulate cries of both the extreme right and left wings that Greece should have, allegedly, not been accepted in the Euro area in the first place and that Greece's accession to it was a mistake of your predecessor Mr. Gerhard Schröder, whom you also would not fail to address with a deluge of epithets. The fact that you have employed this blatant lie means that you are forgetful of not only the seriousness a political leader should demonstrate but also of the real events which took place 15 years ago and are as follows:

1. It is true that Greece would make use of the flexible criteria of the Maastricht Treaty 1999 so that she would be enabled to accede to the European Economic and Monetary

Union (EMU), the difference being that these criteria were not rendered flexible by Mr. G. Schröder in his desire to help Greece but by Mr. Helmut Kohl, your political mentor, in order that he should help France, Italy, Belgium and, above all, Germany, which was plighted then by both great deficits and enormous debts. Unless the initial nucleus of the European Union had been changed, only the Netherlands and Luxembourg would have acceded to the EMU while the Euro would have become the shortest joke in the world.

2. You must be well aware of the agonising mutations the above-mentioned countries performed in order to meet even these flexible criteria. France placed her insurance funds off the public sector, Belgium purchased off the gold deposits of the Belgian Central Bank and your own country deducted the German hospitals expenses from the state budget as well as concealed the fiscal deficits of her federal states. The only thing Greece did was to incorporate her defence expenses solely into her debt and, gradually, into her deficit. This method became a rule henceforward for the whole European Union but you will not apply it retrospectively in the case of Greece because you want to keep the myth of her wrong accession to the Euro area alive. Should you wish to be fair, do set up a commission consisted of five Nobelists of your own choice to re-examine how all the other statemembers acceded to the EMU and, then, the whole discussion, I promise you, will really turn to be very interesting. 3. You will remember as well that Greece was not the country hampered by problems related to the Stability Pact immediately afterwards but you own country, which was plighted by huge deficits during the chronological period 200-2004. While the violation of the aforementioned Stability Pact was mended technically, Germany evaded a very probable ignominious conviction and a heavy fine she could have been compelled to pay in 2003 thanks to the Greek intervention and favourable vote in the context of the Eurogroup. You should also remember that some guys had popped out talking about Germany's inappropriateness in terms of the EMU but those who believed in the European solidarity and supported your country as well as the common solidarity course staunchly prevailed in the end.

6. Music

This is one of the saddest parts of the change story. The music industry is dying a slow death. Not just because of illegal downloading. It's the lack of innovative new music being given a chance to get to the people who would like to hear it. Greed and corruption is the problem. The record labels and the radio conglomerates are simply selfdestructing. Over 40% of the music purchased today is "catalogue items," meaning traditional music that the public is familiar with. Older established artists. This is also true on the live concert circuit. To explore this fascinating and disturbing topic further, check out the book, "Appetite for SelfDestruction" by Steve Knopper, and the video documentary, "Before the Music Dies."

7. Television

Revenues to the networks are down dramatically. Not just because of the economy. People are watching TV and movies streamed from their computers. And they're playing games and doing lots of other things that take up the time that used to be spent watching TV. Prime time shows have degenerated down to lower than the lowest common denominator. Cable rates are skyrocketing and commercials run about every 4 minutes and 30 seconds. I say good riddance to most of it. It's time for the cable companies to be put out of our misery. Let the people choose what they want to watch online and through Netflix.

8. The "Things" That You Own

Many of the very possessions that we used to own are still in our lives, but we may not

4. The great experience you have gained in your capacity as a leader of Germany should have taught you that a country may fail when wrong policies are applied at a critical moment and no one intervenes to restrain them. Likewise, you would be unconcerned about the augmentation of the Greek deficit after 2007 as well as fail to work out and take any proper action whatsoever to face it, in conjunc-

(Continued p. 2)

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1.To applaud the achienvements of our ethnic group 2.To support the ideas of the Hellenic-Christian tradition

3.To promote the preservation of the Greek lunguage **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 cvommunity

7.To advance the just causes of Hellenism.

8. To promote the ideals Greece has given to humanity.

LAW OFFICE OF MARIYANNA SPYROPOULOS



AN OPEN LETTER TO MRS. MERKEL BY ROFESSOR NIKOS CHRISTODOULAKIS

(From page 1)

tion with this astounding Mr. E. Barroso, lest you should displease ideological political friends of yours. When things grew worse in 2010, you accepted –some people will assert, what is more, you persisted- that the International Monetary Fund participate in the supervision scheme over Greece as a quasi valuation mechanism. You seem to have forgotten, that the policies of the IMF would experience a sonorous failure everywhere they were applied as well as that its intervention is required only in the event of currency crises, which, of course, was not the case then.

While the IMF had had no jurisdiction whatsoever in issues concerning the Euro until then, you have managed to give it the power now to govern the policies of the Euro area, advise France, command Spain and to do also other tragicomic and senseless things. Even your Minister of Economics wants the IMF out of the way now but the damage has already been done and it is a very serious one. Your own responsibility is equally great to its, which is the reason why you should be more careful than before with your pre-electoral audiences.

5. Let me, please, put a final touch to these lines: you are well-advised to be less censorious against the former German Chancellor Mr. Gerhard Schröder, your predecessor, and become more grateful instead inasmuch as you owe him two favours at least: firstly, it was his tax reformation and the agreements he reached with the German syndicates that brought investments back to Germany, which, from a fiscally deficient, turned into a financially competitive country anew. It was just because you harvested the fruit of Mr. Gerhard Schröder's successful policy that you have managed to make the German economy the strongest one in Europe and, secondly, it was Mr. Schröder, in conjunction with Mr. Jacques Chirac, the President of France, and Mr. C. Simitis, the then Prime Minister of Greece, acting in his capacity as the presiding premier of the EU for 2003, that objected to the Anglo-American plans about an imminent invasion in Iraq and, thus, Germany spared not only thousands of her soldiers who might have been killed there but also the stigma of the invader, which may have been haunted her until this day, as it happens with Britain now..

Finally, Mrs A. Merkel, having been born in a place that used to be governed by a Marxist regime, you are likely to believe that History is written in the way it serves the interests of the Communist Party every time. However, having been on the lead of Germany for so many years, you must have learnt that forging history is the first step towards undermining and devastating both: the society suffering and the society causing it. Please, think over the whole thing again with your own paradigms.

9 Things that will disappear in our lifetimes

(from page 1)

actually own them in the future. They may simply reside in "the cloud." Today your computer has a hard drive and you store your pictures, music, movies, and documents. Your software is on a CD or DVD, and you can always reinstall it if need be. But all of that is changing. Apple, Microsoft, and Google are all finishing up their latest "cloud services." That means that when you turn on a computer, the Internet will be built into the operating system. So, Windows, Google, and the Mac OS will be tied straight into the Internet. If you click an icon, it will open something in the Internet cloud. If you

save something, it will be saved to the cloud. And you may pay a monthly subscription fee to the cloud provider. In this virtual world, you can access your music or your books, or your whatever from any laptop or handheld device. That's the good

news. But, will you actually own any of this "stuff" or will it all be able to disappear at any moment in a big "Poof?" (YES) !!!!!!! Will most of the things in our lives be disposable and whimsical? It makes you want to run to the closet and pull out that photo album, grab a book from the shelf, or open up a CD case and pull out the insert.

9. Privacy

Soon there will be no secrets! If there ever was a concept that we can look back on nostalgically, it would be privacy. That's gone. It's been gone for a long time anyway. There are cameras on the street, in most of the buildings, and even built into your computer and cell phone. But you can be sure that 24/7, "They" know who you are and where you are, right down to the GPS coordinates, and the Google Street View. If you buy something, your habit is being put Into a zillion profiles, and your ads will change to reflect those habits. "They" will try to get you to buy something else. Again and again. All we will have left that can't be changed are "Memories." And then Alzheimer's will take that away from you, too! !!!!!!! Kinda makes you want to curl up in a chair with some Ovaltine and listen to "The Shadow" on the radio, doesn't it?

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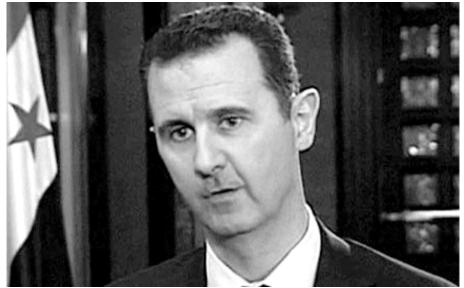


Teachers unions point to major staff shortages ahead of strikes The government is to face its first major wave of protests against its overhaul of the civil service next week with high school teachers in strike.

PICTURES OF THE WORLD



Wrangling looms over UN Syria motion A Russian plan to make safe Syria's chemical weapons sparks immediate disputes over a resolution in the UN Security Council.

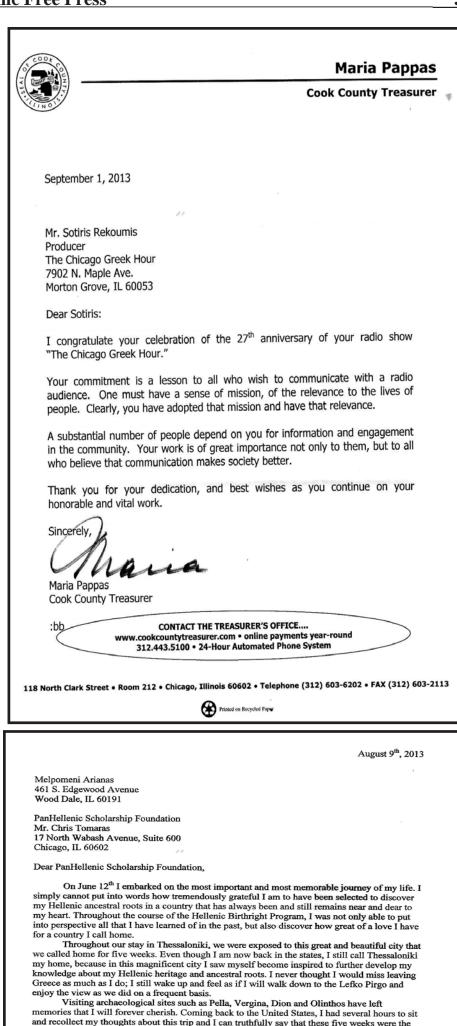


'You have to expect the repercussions' Speaking in a televised interview with PBS, Syrian President Bashar al-Assad said the US would be "foolish" to pursue strike.



US income inequality at record high. The income gap between the richest 1% of Americans and the other 99% widened to a record margin in 2012, according to an analysis of tax filings. The top 1% of US earners collected 19.3% of household income, breaking a record previously set in 1927. Income inequality in the US has been growing for almost three decades.





Visiting archaeological sites such as Pella, Vergina, Dion and Olinthos have left memories that I will forever cherish. Coming back to the United States, I had several hours to sit and recollect my thoughts about this trip and I can truthfully say that these five weeks were the most exhilarating and important five weeks of my life thus far. Each day we were presented with new journeys to embark on and were also given the opportunity to connect with other Greek – American students. Not only were we given the opportunity to share and connect with students that have the same pride in being Greek from around the country, but we were given the chance to see firsthand and experience what our ancestors would have wanted us to see.

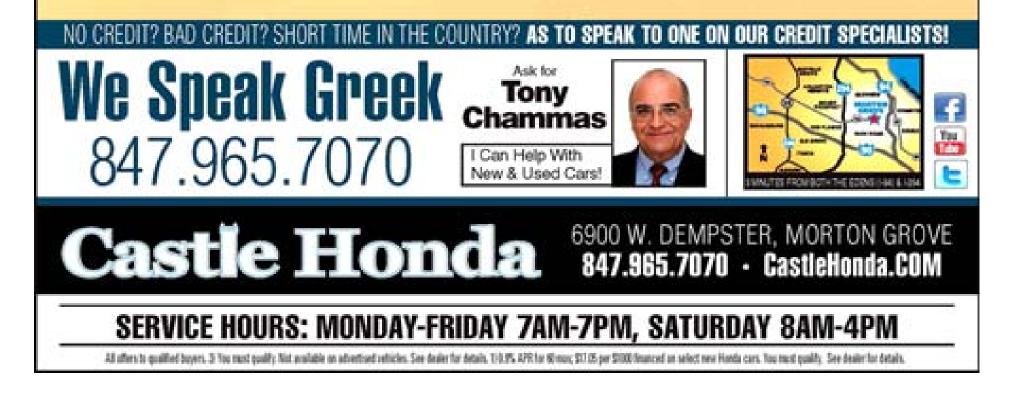
Being immersed into the Greek culture through Greek music, Greek dancing, and the citizens of Greece, I began to realize why my parents have been so persistent on having strong ties in the Hellenic Community. I am so thankful to have been brought up in an environment that has allowed to me feel ever so proud to say I am Greek. It always brings a smile to my face to hear my parents speak so highly about the country they grew up in and now I can share my remarkable stories and experiences of Greece just as they have shared with me all these years When I ponder about my life and the most memorable experiences I have had, one is being fortunate enough to spend time with my grandparents. Not only did I learn about my Greek culture, but I was also given the opportunity to practice my Greek, which served as a grea importance to me on this trip. All the years of Greek school, Greek classes, and practice paid off as I was able to speak Greek fluently while being in Greece. I felt so proud to not only speak Greek but to see how proud Greek citizens felt to hear that I was a Greek American but the Greek culture and heritage still continues to shine bright back home and in our household. While discovering our ancestral roots I also realized the importance of continuing the Greek flame. As we saw on our trip, Greece is a country that is filled with rich history and it is vital that we continue to share our story with others and allow them to also feel this level of pride. Sitting and watching the Parthenon lit up at night, seeing the statue of muse Melpomeni, hearing the story behind Agia Sophia, meeting with and conversing with His All Holiness Patriarch Bartholomew I, and learning how much land Alexander the Great was able to conquer in such a short time period, have all been experiences that have allowed me to further learn about my ancestral roots, and for this I thank you. Your efforts to not only help students such as myself but also allow our dreams come true serves as an inspiration to not only myself but to the Hellenic community as a whole. I am whole heartedly inspired by your efforts and look forward to growing with and supporting the PanHellenic Scholarship Foundation as it continues to grow into a tremendous and exemplary foundation. This has been an experience of a lifetime and will be a trip that I will never forget. I would sincerely like to thank the PanHellenic Scholarship Foundation and Mr. Tomaras for allowing me the opportunity to not only explore my ancestral roots in Greece, but also for allowing me to fill a part of my life with a piece that I felt was missing. I will always keep this experience cherished in my memories.

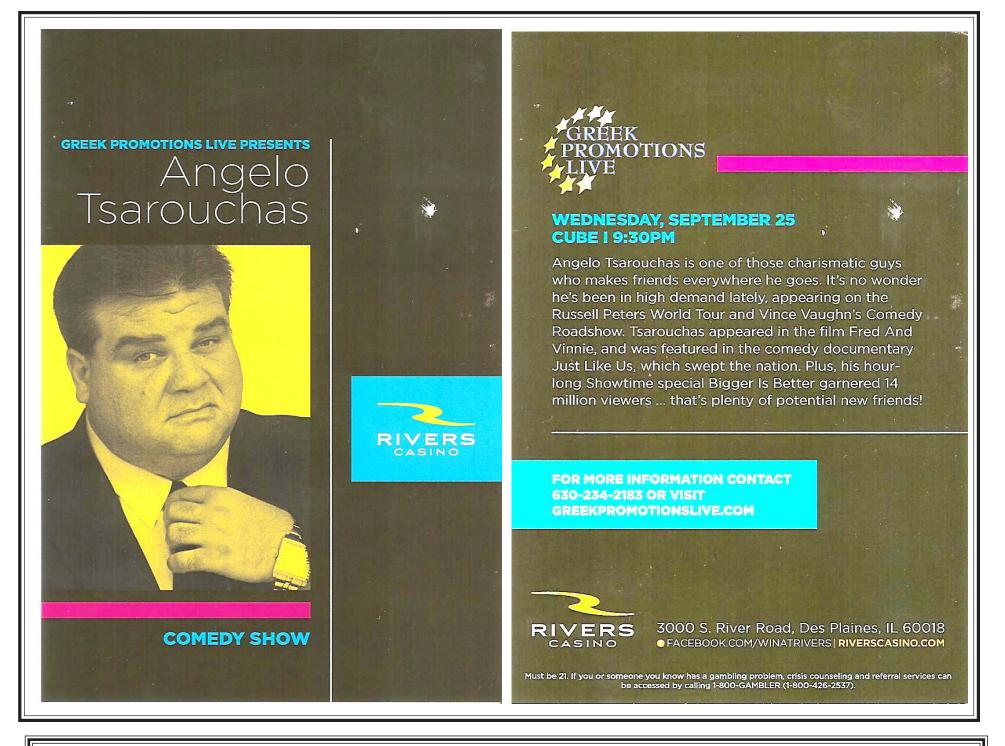
EU rules say that countries using the euro are not allowed to have an annual deficit of more than 3% of GDP, but several countries have failed to keep to that rule in recent years.Note that Germany, Italy and France were all among the first countries to break the Maastricht rule during the last decade, while Spain and the Republic of Ireland ran surpluses before the 2008 crisis.Since 2008, peripheral economies such as Spain, Greece and Portugal have run big deficits, because their economies have slumped, generating less tax revenues and requiring more unemployment benefit payments.Ireland experienced an exceptionally enormous deficit of 31% of its GDP in 2010, largely due to the cost of rescuing its banks.

Warm Regards,

Willpomeni trucinas Melpomeni Arianas







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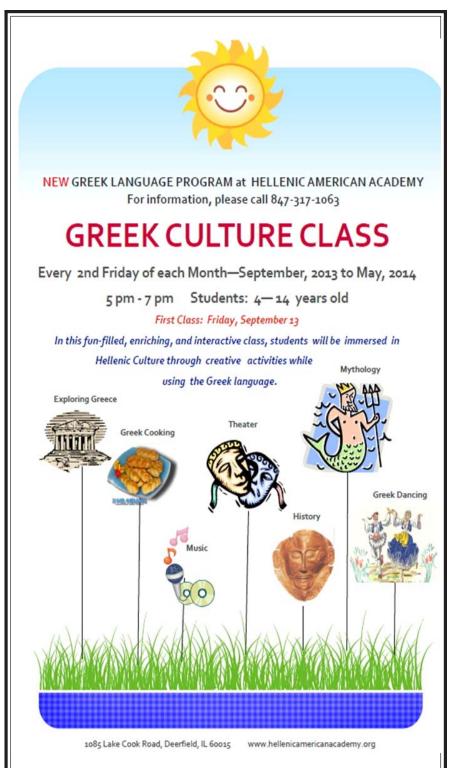
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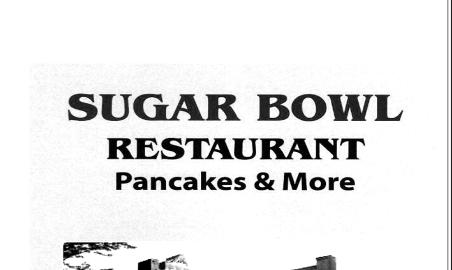
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Foods that Trigger Stroke

Few things feel more terrifying and random than a stroke, which can strike without warning. And fear of stroke—when a blood vessel in or leading to the brain bursts or is blocked by a blood clot, starving brain cells of oxygen and nutrients—is well founded. After all, stroke is the number-three killer in the U.S., affecting more than 700,000 people each year. Here are five foods that cause the damage that leads to stroke.

1. baked goods



Muffins, doughnuts, chips, crackers, and many other baked goods are high in trans fats, which are hydrogenated oils popular with commercial bakeries because they stay solid at room temperature, so the products don't require refrigeration. Also listed on labels as "partially hydrogenated" or hydrogenated oils, trans fats are found in all kinds of snack foods, frozen foods, and baked goods, including salad dressings, microwave popcorn, stuffing mixes, frozen tater tots and French fries, cake mixes, and whipped

toppings. They're also what makes margarine stay in a solid cube. The worst offenders are fried fast foods such as onion rings, French fries, and fried chicken.

<u>Why it's bad:</u> For years scientists have known trans fats are dangerous arteryblockers. Now we can add stroke to the list of dangers. Women who ate 7 grams of trans fat each day — about the amount in two doughnuts or half a serving of French fries—had 30 percent more strokes than women who ate just 1 gram a day.

<u>What to do:</u> Aim to limit trans fats to no more than 1 or 2 grams a day — and preferably none. Avoid fast-food French fries. Bake your own cookies,, other snacks. 2. Smoked and processed meats

Whether your weakness is pastrami, sausage, hot dogs, bacon, or a smoked turkey sandwich, the word from the experts is: Watch out.

<u>Why it's bad</u>: Smoked and processed meats are nasty contributors to stroke risk in two ways: The preserving processes leave them packed with sodium. Sodium nitrate and nitrite have been shown by researchers to directly damage blood vessels, causing arteries to harden and narrow. And of course damaged, overly narrow blood vessels are exactly what you don't want if you fear stroke. Many studies have linked processed meats to coronary artery disease. Stroke is not the only concern for salami fans; cancer journals have reported numerous studies in the past few years showing that con-



sumption of cured and smoked meats is linked with increased risk of diabetes and higher incidences of numerous types of cancer, including leukemia.

<u>What to do:</u> If a smoked turkey or ham sandwich is your lunch of choice, try tovary your diet, switching to tuna, peanut butter, or other choices several days a week. Or cook turkey and chicken yourself and slice it thin

for sandwiches.

<u>3. Diet soda</u>

Although replacing sugary drinks with diet soda seems like a smart solution for keeping weight down—a heart-healthy goal—it turns out diet soda is likely a major bad guy when it comes to stroke.

Why it's bad: People who drink a diet soda a day may up their stroke risk by 48



percent. Daily diet soda drinkers had 60 percent more strokes, heart attacks, and coronary artery disease than those who didn't drink diet soda. Researchers don't know exactly how diet soda ups stroke risk.

<u>What to do:</u> Substitute more water for soda in your daily diet. It's the healthiest thirst-quencher by far, researchers say. If you don't like water, try lemonade, iced tea,

<u>4. Red meat</u>

Women who consumed a large portion of red meat each day had a 42-percent higher incidence of stroke. The information that red meat, with its high saturated fat content, isn't healthy for those looking to prevent heart disease and stroke wasn't exactly news. But the percentage increase (almost 50 percent!) was both startling and solid; the researchers arrived at their finding after following 35,000 Swedish women for ten years.

<u>6</u>



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Hours 6:00 am - 4:30 pm 7 Days A Week <u>Why it's bad:</u> Researchers have long known that the saturated fat in red meat raises the risk of stroke and heart disease by gradually clogging arteries with a buildup of protein plaques. Now it turns out that hemoglobin, the ingredient that gives red meat its high iron content, may pose a specific danger when it comes to stroke.

<u>What to do:</u> Aim to substitute more poultry—particularly white meat—and fish, which are low in heme iron, for red meat. Also, choose the heart-healthiest sources of protein whenever you can, especially beans, legumes, nuts, tofu, and nonfat dairy.

5. Canned soup and prepared foods

Whether it's canned soup, canned spaghetti, or healthy-sounding frozen dinners, prepared foods and mixes rely on sodium to increase flavor and make processed foods taste fresher. Canned soup is cited by nutritionists as the worst offender; one can of canned chicken noodle soup contains more than 1,100 mg of sodium, per serving. Compare that to the American Heart and Stroke Association's recommendation of less than1,500 mg of sodium daily and you'll see the problem.

<u>Why it's bad</u>: Salt, or sodium as it's called on food labels, directly affects stroke risk. People who consume more than 4,000 mg of sodium daily have more than double the risk of stroke compared to those who eat 2,000 mg or less. Studies show that sodium raises blood pressure, the primary causative factor for stroke. And be warned: Sodium wears many tricky disguises, which allow it to hide in all sorts of foods that we don't necessarily think of as salty.

No new measures, Samaras promises TIF audience as he talks up economic prospects

Greece will not adopt any new austerity measures, Prime Minister Antonis Samaras insisted on Saturday morning as he delivered a speech at the opening of the Thessaloniki International Fair (TIF).

"There will be no need for any new measures beyond what has already been agreed," said Samaras. "The country cannot take further talk of measures."

He acknowledged that in the past premiers had used their TIF speeches to announce handouts and made it clear that he would not be doing the same.

In a speech lasting close to 50 minutes, Samaras vehemently defended his government's policy of adhering to the troika-prescribed adjustment program and attacked the opposition over its critical stance.

"Does the opposition think I don't see unemployment, that I can't feel the pain?" he said. "That's what I'm trying to combat."

Samaras said that Greece would have Europe's biggest cyclically-adjusted surplus. of 6 to 8 percent of GDP, at the end of the year and insisted that a primary surplus would lead to its lenders sticking to their

NEWS FROM GREECE

form of debt relief next year.

The prime minister also talked up the economy's prospects, arguing that investments were beginning to trickle in to Greece. He suggested that Greece could reach pre-crisis levels of prosperity before 2020 with the help of the energy and tourism sectors and progress in privatizations.

Speaking a day after gross domestic product figures for the second quarter of the year revealed a shallower than expected contraction, Samaras said Greece was on course to beat the troika's recession forecast of 4.2 percent of GDP this year.

"The recession this year will be smaller than forecast,» he said after data showed that the economy shrank by 3.8 percent rather than the flash estimate of 4.6 percent in Q2.

Ending his speech on an upbeat note, Samaras suggested that the current crisis was a small blip in Greece's long history.

"Five or six years of tough challenges cannot erase 3,000 years of glorious history," he said.

In previous years, prime ministers delivered their TIF speeches on Saturday evenings before holding a press conference on Sunday morning. This year, Samaras made his address at around 11 a.m. and will forego the opportunity to speak to the press on Sunday.

Troika reminds Greece of its bailout pledges

A reminder about the reforms needed for Greece to receive its next EU-IMF bailout tranche arrived on the government's doorstep Friday as the troika provided Athens with the latest translated version of its memorandum of understanding.

Greece is due to receive another 1 billion euros in loans in October but Friday's document served as an urgent reminder of a number of reforms that need to be completed before its lenders will agree to release any more money.

These include legislating the new, unified, property tax that has been on the government's agenda for the last few months. A new tax code will also have to be completed this month.

Furthermore, at least 12,500 civil servants will have had to enter the public sector mobility scheme by the end of the month.

Athens is also under pressure to produce a final plan for the restructuring or liquidation of Hellenic Defense Systems



The government also faces a number of other tasks in the remaining months of the year. These include finalizing the organizational structure of its revenues administration and drawing up legislation on the overhaul of social security contributions with the aim of widening the base and reducing contributions by 3.9 percentage points.

Major increase in arrivals from abroad this August

This August, thousands more foreign tourists enjoyed the beaches of Corfu and other Greek islands than last year,



as the combined total of foreign arrivals at the airports of Corfu, Iraklio, Rhodes, Zakynthos and Cephalonia exceeded that of August 2012 by 14.2 percent, clearing 1.3 million.

Corfu added 12.2 percent, Rhodes 12.9 percent, Iraklio 14.9 percent, Zakynthos 16.7 percent and Cephalonia 19.9 percent, airport data showed.

The September-October period is also going to be a busy one, with some 3 million tourists expected to travel to Greece.

School teachers leaning toward 5-day walk-

out

State secondary school teachers are edging toward calling a five-day strike from September 16, a few days after the beginning of the new academic year, to protest the government's plans to put thousands of staff into a mobility scheme as part of pledges to the troika, Kathimerini understands.

Meetings by teachers' unions across the country that ran late into Thursday night suggested that the majority of those present were in favor of a fiveday walkout. It was unknown, however, what percentage of the overall number of teachers attended Thursday's meetings and therefore the level of likely





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participation in next week's planned strike remained unclear.

Speaking to Kathimerini on Thursday, the president of the national secondary teachers' union, Themis Kotsyfakis, said that 35 of the country's 88 local unions had convened to discuss strike action. Of the 35, 31 of the unions came out overwhelmingly in favor of the proposed strike action proposed by local factions allied with the main leftist opposition SYRIA or leftwing parties that are not represented in Parliament.

Factions allied to conservative New Democracy, socialist PASOK and the **Communist Party reportedly favor less** radical action and have proposed a twoday walkout.



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