

NATIONAL HELLENIC FREE PRESS



GREEK AMERICAN NEWSPAPER

VOL. 32

NO. 350

CHICAGO, IL.

JUNE , 2014

Greek Income Tax Update

We are pleased to offer this information for all Hellenes and Philhellenes who live outside of Greece and are looking for up-to-date information on Greek laws and administration. Feel free to share this newsletter with friends, family and associates who may be in need of this valuable information.

Please note, however, that this newsletter presents general information and is not intended as legal advice nor should you consider it as such. You should not act upon this information without seeking professional counsel with respect to your particular situation.

If you do not wish to receive this information, please click Unsubscribe at the bottom of the newsletter for immediate removal.

This summer ADL will be visiting Sydney, Australia from July 3rd to July 14th and will be available for telephone/skype and in person consults only if they are booked in advance. Email ADL to discuss: arsinoi@lainioti-lawoffices.com.

The Greek government will be implementing the new tax legislation beginning this 2014 tax season which ends on June 30th, 2014. This means that many persons who reside abroad will be required to submit tax declarations for the first time since the obligation to file is no longer contingent upon receiving income in Greece.

This year, all foreign residents who own a life estate (επικαρπία) or full title (πλήρη κυριότητα) interest in real property located in Greece are required to file an income tax declaration. Similarly, all foreign residents who own a vehicle in Greece will be required to file income tax declarations this year. Clearly, foreign residents who earn income in Greece will also continue to be subject to income tax declaration requirements.

The new tax measures also require all foreign residents who earn income in Greece and/or own real property/a vehicle in Greece to appoint a Tax Representative. All correspondence from the Greek Tax Authorities will be sent to the Tax Representative, however, he/she must be authorized by the taxpayer in order to access the taxpayer's records and submit documents on behalf of the taxpayer.

A taxpayer who is a foreign resident (irrespective of his/her nationality) and does not earn income in Greece will not be subject to imputed income based on his/her property holdings nor will the taxpayer be subject to tax liability based on his/her worldwide income.

TAX RESIDENCE CERTIFICATE

It may be to the benefit of persons who own property and/or earn income in Greece to verify their Foreign Tax Residence Status with the Greek Authorities since this is required in order for residents abroad to benefit from Bilateral Avoidance of Double Taxation Treaties and to avoid being taxed by the Greek Authorities as a resident of Greece which entails, inter alia, taxation on worldwide income.

Most foreign resident taxpayers are required to complete and submit a specific tax form in order to benefit from Avoidance of Double Taxation Treaties. This form is located on the Greek Ministry of Finance website (in English) as follows: http://www.gsis.gr/gsis/export/sites/default/gsis_site/Services/Polites/documents/entipa_2/Claim_double_taxation.pdf.

Permanent residents of the United States (for Tax Purposes) must apply to the IRS, using Application No. 8802, in order to obtain "6166 Certification". The 6166 Certificate must be submitted to the Greek Tax Authorities by June 30th, 2014; Apostille Authentication is not required, however, Greek translations may be required by some Greek Tax Offices.

Next Next month: Taxation of Pension & Rental Income, Electronic Submission Requirements. Our firm handles Greek citizenship procedures, including name changes, pursuant to specifically drafted limited Powers of Attorney. It is therefore not necessary for our clients to travel to Greece in order to accomplish the above indicated.

The National Hellenic Museum's Annual Gala 2014 - Great Success!

**Partnership with The Field Museum announced by
John P. Calamos, Sr., Chairman of the National Hel-
lenic Museum and Richard Lariviere, President of The
Field Museum**



FurlaStudio Dr. George Kontos, Dean Metropoulos and John Calamos Sr.

More than 500 hundred friends and supporters of the National Hellenic Museum (NHM) from around the country gathered at Chicago's Radisson Blu Aqua hotel, on Saturday, May 31st, for the Museum's annual gala and celebrated Greek Island style.

Guests were welcomed in the spirit

ditional music and dancers. Fuchsia orchids transformed the hotel's ballroom, emanating the feel of bougainvillea in the Aegean, and creating a gorgeous room where guests dined and danced the night away.

The Museum was thrilled to have Anna Davlantes, Emmy Award-win-



FurlaStudio. of the Field Museum Bill Parkinson and Richard Lariviere of the Field Museum.

of Santorini, as the Radisson's entrance was overtaken by traditionally bedecked donkeys along with young people dressed in Greek Island costumes. Before dinner, guests mingled in a cocktail reception with Greek-inspired appetizers, tra-

ning television anchor, as the evening's Mistress of Ceremonies, while Greek Soprano Anastasia Zannis performed several songs from the islands, including "Boy on a Dolphin" made famous

(Continue next page)

NATIONAL HELLENIC FREE PRESS

PUBLISHER
SOTIRIS REKOUMIS
EDITOR
DENISE REKOUMIS
LAYOUTS
JOHN REKOUMIS
CONTRIBUTORS

DR. STAVROS BASSEAS, JOHN REKOUMIS,
DENISE REKOUMIS, DR JORDAN TSOLAKIDIS,
CHRIS MERENTITIS, CHARLES MOURATIDES

THE PLATFORM OF THE GREEK PRESS

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

LAW OFFICE OF MARIYANNA SPYROPOULOS



180 N. LASALLE ST.
SUITE 1801
CHICAGO, IL. 60611
PHONE: (312)456-8005
FAX:456-8006

The National Hellenic Museum's Annual Gala 2014 - Great Success!

(from p. 1)

by Sophia Loren.

Two historic Greek American organizations, The American Hellenic Educational Progressive Association (AHEPA) and the Greek American Restaurant Association (GARA), were

Peloponnese, as well as a variety of items from outstanding Chicago restaurants, spas, fashion boutiques and many others.

The NHM's largest annual fundraiser, the gala generated contri-



Antony Kouzounis Supreme President Ahapa

honored during the evening for their philanthropic work both in the U.S. and in Greece. AHEPA was founded in early 20th century to fight bigotry and help Greek immigrants adjust in their new home, while GARA has united the Greek restaurant community in order to support institutions that

contributions that will support the Museum's programs and exhibitions as it carries out its mission as the only national institution dedicated to the preservation and promotion of the Greek American story and the Greek heritage and culture.

In attendance were: John Calamos



FurlaStudio. Stan Greanias, CEO of GARA

promote Greek heritage and help people in need.

The evening's highlight was the joint announcement by NHM Chairman, John P. Calamos, Sr., and The Field Museum President, Richard Lariviere, detailing the partnership between the two museums to co-present the United States exhibition of the largest Greek antiquities collection in more than a generation. "The Greeks: From Agamemnon to Alexander the Great" will feature more than 500 pieces and artifacts from 22 Greek museums beginning in November 2015.

Co-chaired by Peter Parthenis, Sr. & William G. Conopeotis, the gala featured an exciting silent auction filled with luxury products by designers of Greek heritage including Bulgari, Lalaounis & Konstantino, destination prizes including stays at luxury hotels in Mykonos, Santorini, and the

Sr., Chairman of the Board of Trustees and CEO of Calamos Investments; Peter Parthenis and William Conopeotis, Co-Chairmen of the event; Father Sotiris Malamis; Ioanna Efthymiadou, Consul General of Greece; Anthony Kouzounis, AHEPA Supreme President; Stan Greanias, GARA CEO; Connie Mourtoupalas, President of the National Hellenic Museum; Petros Saganas, Financial Manager of the Greek National Tourism Organization; Bill Parkinson, Curator for Eurasian Anthropology at the Field Museum; Chris Tomaras, Chairman of the Pan-Hellenic Scholarship Foundation; Demetrios Logothetis, Chairman of the Board of Trustees of the Hellenic Academy; and members of the Board of Trustees of the National Hellenic Museum.

Behaviors That Hurt Your Immune System!

As you probably already know, the health of your immune system is actually YOUR health. The better it is off, the more resistant you are to invading viruses and infection. Many seem to think that the biggest influence on your immune system is vaccinations and diseases. This is only a small part of the story.

Your habits, those things you do daily, have a huge impact on your immune system and ultimately - on how protected you are from illness, especially as you get older. Here are **8 behaviors that damage your immune system** and that you should avoid for your own good.

1. You don't chit-chat enough

It is becoming more and more clear that social interaction isn't just healthy for the mind but also for the body. The mere social behavior may contribute a lot to our well being. Research has shown that a low level of social interaction at home, work and the community makes us more likely to become sick. When we lack social engagement, our brains get flooded with anxiety-generating chemicals, and we end up actually living shorter lives than our more sociable friends. **How to solve:** We all have hectic lives at times, but don't forget to cultivate and maintain your friendships, they may be just as important as your gym membership.

2. You don't get enough sleep

There's always something to do, and this day and age - always something to watch. But staying up late and waking up early is associated by many health experts with a weak immune system that has a reduced amount of killer white blood cells to fight germs and viruses with.

How to solve: Most adults require 7-9 hours of uninterrupted sleep per night, but if you're still tired half an hour after waking up - your quality of sleep is probably not so good. Try to get enough sleep and if you are tired - consult a sleep specialist, because sleep is crucial to your immune system and overall wellbeing.

3. You're a party pooper, a real downer

Serious research has unequivocally shown that people who tend to look at the glass as half empty and with a leak, have more stress in their lives and worse health. Those that are more optimistic, have a higher T cell count, a better immune response, and more powerful white cells. Now of course it could be that optimistic people take better care of themselves and their health, but it seems quite logical that a blacked look at life will cause your body to also get depressed, and with it your immune system.

How to solve: It's not that easy to just clap your hands and poof! you're an optimist. It takes a real commitment to change your speech and thought patterns, simply by asking yourselves: "what other way can I look at this? Is there a less terrible way to judge this?" Try it, a little at a time.

4. You fight with your spouse in the wrong way

A very interesting research by UCLA found that couples that discuss their problems openly receive the same boost to their immune system and killer cell count as they would get from mild exercise. On the flip side, couples that fight by sarcasm, insults and passive-aggressive behavior have less T cells, higher levels of stress hormones (logically) and may take up to 40% longer to recover from injuries than their more open and positive counterparts. **How to solve:** Habits and relationship dynamics are also hard things to change, and many couples rely on friendly banter. That's fine, it is when that banter becomes a bit TOO sharp that you start suffering, and it's never good for the relationship either. If you have a real problem, discussing it bravely and openly with your spouse is not just healthy for your relationship, but apparently also for your own body.

5. No break from the rat race of stress

Everyone deals with stress on occasion, but what happens when we are under stress day after day, with hardly any let up? What happens is that your immune system starts experiencing a decline in its ability to fight infection, virus and germ. Periods of stress that do not let up quickly will cause your killer cell count to drop and turn your immune system more sluggish. It is a known fact that widows and widowers are a lot more likely to get sick in the year following the death of their spouse than those who have not gone through this major loss and stress inducing event. **How to solve:** To each their own. We all have things that relieve our stress, whether it's a scented bath, going to the gym, getting off work for a few days or anything in between. Remember those things that relax you and go do them on a regular basis. That's right, make room in your busy calendar for 'relaxation' - that is, if you want to live a healthier life.

6. You borrow stuff from other people

Take our advice: If you need to use a pen, bring your own. If you need a calculator, bring your own. If you need a laptop... well, you get the point. Cold and flu germs are passed, more often than not, by hand to hand contact. You never know where an object has been and who has touched it. **How to solve:** Make a list of the most common items you will need to use during the day. Carry a bag or have some deep pockets for some basic stuff like a pen. Don't borrow stuff that you can bring from home.

7. Leave those antibiotics alone

Antibiotics were invented to fight serious infections and germs. Taking antibiotics every time you have a slight illness or a few symptoms will cause your body to develop a more serious resistance to antibiotics, and so you will become vulnerable to the more serious cases of infection. Research has found that patients tending to take a lot of antibiotics have a more suppressed immune system, which means you will get more sick in the future, so you are just postponing this light sickness for a more serious illness down the line. **How to solve:** Only take antibiotics when you have a bacterial infection, take as much as ordered, but do not use them to prevent illness unless instructed to specifically by your doctor.

8. Why so serious?

This may be no laughing matter, but your immune system loves a good chuckle. Research has shown that emotions accompanying real laughter cause a decrease in the level of stress hormones in the body as well as certain immune cells. In a recent research conducted at the Loma Linda University of Medicine, adults watching a funny video for as little as an hour showed significant increases to their immune system activity. **How to solve:** Well, we think this one explains itself! Laugh more, people! Enjoy your favourite comedies, meet with your funniest friends, read silly comics and memes and just open yourself to funny experiences!

Submitted by: Mick Arsehalk

TAKE DOWN THE BIRD FEEDER

I bought a bird feeder. I hung it on my back porch and filled it with seed. What a beauty of a bird feeder it was, as I filled it lovingly with seed. Within a week we had



hundreds of birds taking advantage of the continuous flow of free and easily accessible food.

But then the birds started building nests in the boards of the patio, above the table,

And next to the barbecue. Then came the poop. It was everywhere: on the patio tile,

The chairs, the table. Everywhere! Then some of the birds turned mean. They would

Dive bomb me and try to peck me even though I had fed them out of my own pocket.

And other birds were boisterous and loud. They sat on the feeder and squawked and screamed at all hours of the day and night and demanded that I fill it when it got

low on food.

After a while, I couldn't even sit on my own back porch anymore. So I took down the

bird feeder and in three days the birds were gone. I cleaned up their mess and took down the many nests they had built all over the patio. Soon, the back yard was like it used to be.... Quiet, serene.... And no one demanding their rights to a free meal.

Now let's see.... Our government gives out free food, subsidized housing, free medical care and free education, and allows anyone born here to be an automatic citizen.

Then the illegal's came by the tens of thousands. Suddenly our taxes went up to pay for free services; small apartments are housing 5 families; you have to wait 6 hours to be seen by an emergency room doctor; your child's second grade class is behind other schools because over half the class doesn't speak English.

Corn flakes now come in a bilingual box; I have to 'press one' to hear my bank talk to me in English, and people waving flags other than 'yours' are squawking and screaming in the streets, demanding more rights and free liberties.

Just my opinion, but maybe it's time for the government to take down the bird feeder. If you agree, pass it on; if not, just continue cleaning up the poop!

33rd Annual Greek Orthodox Metropolis of Chicago Jr. Olympics. A Weekend of Christian Athletic Fellowship



On May 23-25, nearly two thousand youngsters representing, a record, thirty-eight parishes, ages 7-18 participated in the 33rd Annual Greek Orthodox Metropolis of Chicago Junior Olympics. Parishes from Illinois, Indiana, Wisconsin, Missouri, Iowa, and Minnesota were all represented during this joyous event of Christian Athletic Fellowship.



The Junior Olympics were hosted, once again, by the community of SS. Constantine and Helen in Palos Hills, Illinois. With the assistance of over 150 volunteers, the 33rd annual Junior Olympics was another success. Glory be to God!

The Opening Ceremonies were held early on May 24th and God truly shined brightly in the spirit of the participants and spectators gathered. It was a fabulous sight to see all 38 parish teams enter the field proudly holding their colors and sharing in the spirit of Christian fellowship and com-

(Continue p. 6)


Please Join Commissioner Mariyana Spyropoulos
and Alderman John Arena for

Clean Water & a Greener Chicago!



Commissioner Mariyana Spyropoulos

**Wednesday, June 25th
6pm to 8pm
Cultural Center
Hellenic American Community
of Greater Chicago
5941 North Milwaukee, Chicago**

-  **Chance to win a Rain Barrel**
-  **Basement flooding**
-  **Storm water Management**
-  **Water Conservation**
-  **Green Infrastructure**



Alderman John Arena



With Special Guest Commissioner Frank Avila

Commissioner Mariyana T.
Spyropoulos

ALDERMAN JOHN
ARENA 

For more info, contact Commissioner Spyropoulos at 312-751-5650.

**COMMISSIONER
MARIYANA T. SPYROPOULOS**

Koraes School Graduation 2014



On Thursday, June 5th, Commencement Exercises took place for the 98th Class of graduates from Koraes Elementary School at Saints Constantine and Helen Church. Koraes is the Elementary Day School operated by the Greek Orthodox Parish of Saints Constantine and Helen in Palos Hills, IL.

This celebration was especially honored by the presence of His Grace Bishop Demetrios of Mokissos, Chancellor of the Holy Metropolis of Chicago. Also present were the Parish Priests, Father Nicholas Jonas, Father Byron Papanikolaou and Father Tom De Medeiros, as well as the Parish Council President, Dr. Neophytos Savide, the Koraes School Board Chairman, George Argires, the School Principal, Mary Zaharis, and other dignitaries.

Uplifting speeches were heard from the Valedictorian Michelle Lenz and the Salutatorian Irini Theodoropoulos. All gave inspiring speeches pertaining to the education they received at Koraes. Keynote address was given by the Superintendent of Consolidated High School District 230, Dr. James M. Gay, inspiring the bright future that the graduates seek ahead. The graduating class of 2014 were: Elias Nicholas Ekonomou, Silvestros Constantine Gkizas, Demetrios Alexander Kladis, Yanni George Klementzos, Argyroula Lambrini Kohilas, Mihalena Lemonia Kohilas, Sotirios Alexander Korakis, Michelle Catherine Lenz, Athena Okrie, Georgia Konstantina Pappas, Maria Eve Pappas, Evangelos Michael Rousis, Melina Reiter, Irini K. Theodoropoulos, Eleni Xanthipi Tsokolas, and George Panagiotis Vitogiannis.

For information about any activity at Saints Constantine and Helen Church, please contact the Church office at 708-974-3400. For information about any activity at Koraes Elementary School, please contact the School Office at 708-974-3402.

GUS BACHAS WILL HELP YOU GET WHAT YOU DESIRE

HIGHLAND PARK



LINCOLN

SUPERSTORE



GUS BACHAS

-SPEAKS GREEK!-

OVER
12 YEARS
EXPERIENCE
SERVING
THE GREEK
COMMUNITY!

GREAT DEALS ON ALL OF OUR 2014'S,
INCLUDING THE FORD FOCUS

NEW 2014 FORD FOCUS SEDAN

4-DOOR • AUTOMATIC



LEASE FOR

\$207

PER MONTH

39 MONTH LEASE

40 MPG*

\$0 DOWN • 10,500 MILES PER YEAR

**Lease prices based on 10,500 miles per year plus tax, title, license & \$161.39 Doc. Fee. No security deposit.

1333 PARK AVE WEST
IN HIGHLAND PARK

800.984.9000 • HPFORD.COM

Just 30 minutes from Chicago!

MON-THURS 9 A.M. – 9 P.M. • FRIDAY 9 A.M. – 6 P.M. • SATURDAY 9 A.M. – 6 P.M.



Quick Lane

OPEN & AUTO CENTER

Open for Saturday Service
8am - 4pm

*Miles per gallon based on EPA Estimated MPG Highway. Listed MPG reflects Base and FWD models only. Customers may be eligible for additional Ford rebates and discounts. Please see dealer for complete details. Photos are for representative purposes only. Offers good through May 31, 2014.

Founded by Peter Parthenis Sr. in 1974 and still family-owned today, Grecian Delight Foods is proud of its rich Greek heritage. We manufacture and market top quality authentic Greek and specialty Mediterranean foods for the foodservice and retail industries. From the best gyro meats to Greek yogurt, hummus and fine pastries, people rely on Grecian Delight Foods' commitment to provide superior products made from the finest ingredients.

Grecian Delight Foods is always looking for candidates who strengthen our ability to grow and maintain the high standards of our customers. Our success is base on superior performance, competitive strategies, professional integrity, quality products and our people. We remain steeped in Greek tradition and encourage you to inquire about career opportunities. Please email your resume to jadelman@greciandelight.com

Ask for Grecian Delight Foods at your favorite Chicago restaurants and grocery stores!

GYROS • HUMMUS • SPREADS • GREEK YOGURT • PITA • FLATBREADS
SHAWARMA • FALAFEL • MOUSAKA • PASTICHIO • BAKLAVA • AND MORE
847-364-1010 • www.greciandelight.com

33rd Annual Greek Orthodox Metropolis of Chicago Jr. Olympics. A Weekend of Christian Athletic Fellowship

(from p. 3)

petition. His Eminence Metropolitan Iakovos of Chicago officially began the Olympics with prayer and his blessings. The action-packed ceremonies featured many of the traditions of the ancient Olympic games, some inspiring words from US Olympian Christina Loukas, a special presentation to Fr. Nicholas W. Jonas for his many years of service and dedication to the games, an interactive musical performance from Katie Bithos, and concluded with the lighting of the torch.



Participants competed in several different sports on Friday, Saturday and Sunday, including basketball, volleyball, swimming, soccer, tennis, softball, track and field, 10K run, chess, checkers, backgammon, bowling, table tennis and more. Approximately eight hundred medals were awarded.

At the conclusion of the Divine Liturgy

celebrated on Sunday the announcing of the winners of the Olympic scholarships took place which saw four very worthy young people, namely Demetra Arianas of St.

Demetrios Church, Elmhurst, IL, Dino Kandalepas of St. Demetrios Church, Elmhurst, IL, Alexandra Kroll of St. Sophia Church, Elgin, IL, and Andrea Nicholson of St. Nectarios Church, Palatine, IL who each received \$500.00 scholarships.



Planning for the 34th Annual Junior Olympics will begin towards the early portion of 2015. For more information regarding the Metropolis of Chicago Junior Olympics, contact your local Greek Orthodox Parish or Mr. Chris Avramopoulos, Director of Registration at 312-337-4130 or Fr. Tom De Medeiros, Director of Publicity and Volunteers, Mr. Jim Stavrou, Director of Operations, at 708-974-3400. Also visit us on the

web at www.stconstantinehelen.org/jrolympics.html for picture galleries and more information. SS. Constantine and Helen Church is located at 11025 S. Roberts Road, Palos Hills, Illinois.

“THE BACK NINE” NOT ABOUT GOLF !!

I am on the back nine and I am sure I read this before but at my age reading it again is just fine and well worth reading again. If you are like me you may say to yourself, ‘Yes I remember seeing this before, join the crowd and smile!’

You know, time has a way of moving quickly and catching you unaware of the passing years. It seems just yesterday that I was young, just married and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all the years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams.

But, here it is the ‘back nine’ of my life and it catches me by surprise. How did I get here so fast? Where did the years go and where did my youth go? I remember vividly seeing older people through the years and thinking that those older people were years away from me and that ‘I was only on the first hole’ and the ‘back nine’ was so far off that I could not fathom it or imagine fully what it would be like.

But, here it is my friends are retired and getting grey. They move slower and I see an older person now and some are no longer with me. Some are in better and some worse shape than me, but, I see the great change. Not like the ones that I remember who were young and vibrant ... but like me, their age is beginning to show and we are now those older folks that we used to see and never thought we’d become. Each day now, I find that just getting a shower is a real target for the day! And taking a nap is not a treat anymore it’s mandatory! Cause if I don’t on my own free will, I just fall asleep where I sit! (Somebody is spying on me. !!!)

And so, now I enter into this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did! But, at least I know, that though I’m on the ‘back nine’, and I’m not sure how long it will last, this I know for sure, that when it’s over on this earth it’s over. A new adventure will begin!

Yes, I have regrets. There are things I wish I hadn’t done ... things I should have done, but indeed, there are many things I’m happy to have done. It’s all in a lifetime.

So, if you’re not on the ‘back nine’ yet ... let me remind you that it will be here faster than you think. So, whatever you would like to accomplish in your life please do it quickly! Don’t put things off too long! Life goes by quickly. So, do what you can today, as you can never be sure whether you’re on the ‘back nine’ or not! You have no promise that you will see all the seasons of your life ... so, live for today and say all the things that you want your loved ones to remember, and hope that they appreciate and love you for all the things that you have done for them in all the years past! “Life” is a gift to you. The way you live your life is your gift to those who come after. Make it a fantastic one.

LIVE IT WELL! ENJOY TODAY! DO SOMETHING FUN!

BE HAPPY! HAVE A GREAT DAY! Laugh a lot. It is contagious. Remember, “It is health that is real wealth and not pieces of gold and silver .

LIVE HAPPY IN THE REMAINDER OF 2014 AND BEYOND ... !

LASTLY, CONSIDER THE FOLLOWING:

- ~ Your kids are becoming you ... but your grandchildren are perfect.
- ~ Going out is good Coming home is better!
- ~ You forget names But it’s OK because other people forgot they even knew you!
- ~ You realize you’re never going to be really good at anything especially golf .”
- ~ The things you used to care to do, you no longer care to do, but you really do care that you don’t care to do them anymore!
- ~ You sleep better on a lounge chair with the TV blaring than in bed.. It’s called “pre - sleep”.
- ~ You miss the days when everything worked with just an “ON” and “OFF” switch..
- ~ Now that you can afford expensive jewelry, it’s not safe to wear it anywhere.
- ~ You notice everything they sell in stores is “sleeveless”!
- ~ What used to be freckles are now liver spots.
- ~ You have 3 sizes of clothes in your closet ... 2 of which you will never wear.

SUGAR BOWL RESTAURANT Pancakes & More



1494 Miner Stree
Des Plaines, IL

(847) 759-0500
www.sugarbowlpancakesandmore.com

Hours 6:00 am - 4:30 pm
7 Days A Week

Position of Vice President for Secondary and Primary Education at the American Farm School

About our Schools and Educational Programs

The American Farm School's historic Secondary School offers contemporary academic instruction in science and technology, and practical skills instruction in ecologically sound agriculture and food technology methods. The majority of students in the Secondary School board on campus and the School offers a comprehensive residential life program. Recently, the institution successfully launched an innovative primary education division with a focus on environmental education. Perrotis College, which offers B.Sc. degrees in the fields of Environmental Systems Management, International Business and Food Science and Technology, is also under the institutional umbrella of the American Farm School.

English language proficiency, the teaching of Science and information technology, and a learn by doing approach are essential elements of all our programs. The educational farm and science laboratories give students applied research and hands-on experience (www.afs.edu.gr).

Position scope

Reporting to the President of the Institution, the Vice President for Secondary and Primary Education will provide leadership and direction consistent to with the goals and mission of the institution and to its Secondary and Primary Schools.

Job description

The Vice President for Secondary and Primary Education, in collaboration with the Secondary and Primary Schools Principals, oversees and is personally responsible for the successful operation of these Schools and more particularly for:

- academic excellence, organizational efficiency and financial sustainability;
- curriculum development and implementation, with emphasis on the experiential teaching of STEM;
- the extra-curricular programs;
- teacher recruitment, coordination, evaluation and development;
- participation in the development and implementation of academic strategic planning;

• development of innovative academic initiatives and projects;

- representation of the School(s) in national and international academic networks, government bodies and the community; and
- the boarding department and student life services.

Qualifications and characteristics

Candidates should possess:

- Terminal degree (Ph.D.) in educational leadership, curriculum development, Agriculture or Natural Sciences;
- a Bachelor or Masters degree in one of the Natural Sciences, Technology or Agriculture;
- ten years of teaching experience in secondary education, preferably in an international school environment;
- demonstrated success as an academic administrator; and
- excellent English writing and speaking, even though Greek is the primary language of instruction.

Additional personal characteristics: commitment to academic innovation and excellence, experience in experiential and student-centered educational approaches, high work ethics, professional integrity, exceptional interpersonal and communication skills, strategic and analytical capacity and a collaborative work style.

A competitive salary and benefits package is offered that may include housing on campus. The appointment will start on September 1st.

Interested candidates should send electronically a letter of interest, a curriculum vitae and the names and contact details of three referees to the e-mail address: dttheod@afs.edu.gr. Referees will be contacted only in the cases of selected candidates. The e-mail should be titled: Application for the VP Position. **For more information, please contact the Human Resources Department, Despina Theodoridou, tel.: +30 2310 492740.**

Applications will continue to be accepted until the new Vice President is appointed. The American Farm School is an equal opportunity employer.

Applications will be treated in strict confidentiality.



GREEK ISLANDS

BEST WISHES FROM AMERICA'S MOST POPULAR GREEK RESTAURANTS

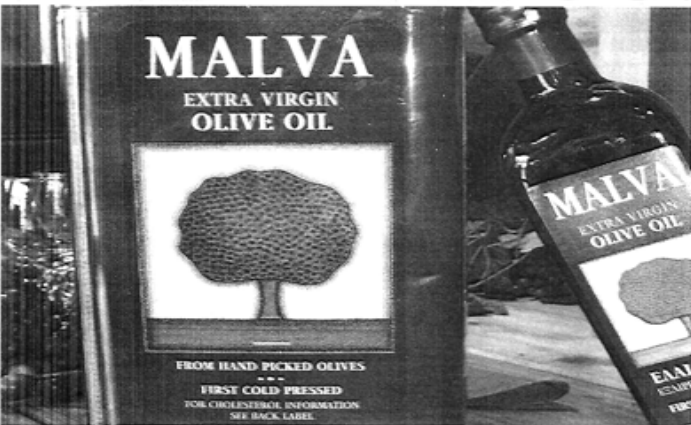
CHICAGO
200 S. HALSTED
(312)782-9855

LOMBARD
300 E. 22ND ST.
(630)932-4545

MONEMVASIA WINERY



MALVA OIL CO.



Imported
exclusively for the
Greek Islands
Restaurants.

Please visit us
for a delicious
meal, and don't
forget to
purchase your
wine, extra virgin
olive oil, Greek
honey, oregano
and more...

New ministers question moves by predecessors

Several members of the new cabinet sworn in earlier this month appear to be questioning decisions taken by their predecessors, particularly as relates to a much-delayed mobility scheme foreseeing a streamlining of the civil service.

Among the new ministers seeking a review of recent decisions are Education Minister Andreas Loverdos, who ruffled feathers Tuesday when he suggested that he could not enforce a budget that he himself had not voted for in Parliament.

Meanwhile Interior Minister Argyris Dinopoulos appeared to make an overture to local authority employees protesting the mobility scheme, noting that their concern "is not unjustified."

Administrative staff at universities who have been affected by the mobility scheme are planning a fresh wave of action following a long strike last fall that paralyzed the higher education sector. The staff object to a government decision to rehire 600 staff who were put in a mobility scheme last year but to leave another 500 or so out of a job.

A statement issued by the senate of Athens University described the move as "very displeasing and a total reversal of everything that has been discussed and agreed over the past six months with the government," referring to the former Education Minister Constantinos Arvanitopoulos.

It condemned "the government's inconceivable wavering," adding that the university needed all of its staff back to function properly.

The Orthodox Church and the Catholic Church: What Has Changed in Fifty Years

by Fr. Thomas FitzGerald

When Pope Francis and Ecumenical Patriarch Bartholomew meet in Jerusalem on May 25-26, 2014, they will recall the meeting of their predecessors Pope Paul VI and Ecumenical Patriarch Athenagoras in the same city in 1964. In the midst of prayer and recollection in the Holy Places, the leaders of the

the Apostolic Faith and healing their division.

For the Catholics, this commitment to reconciliation was expressed at the Second Vatican Council (1962-1965) and in subsequent statements. For the Orthodox, this commitment was expressed in the decisions of the Pan-Orthodox-Conferences (1961-

continued after this, until at least the fifteenth century.

Popes and Ecumenical Patriarchs have met frequently since 1964. These meetings symbolize the new relationship between the churches. They also provide opportunities for the se-

the saints and martyrs. They have come to appreciate the saints which are honored in both traditions. These saints serve as an unbroken bond between the Orthodox and Catholic churches.

The relics of many saints have been returned by the Catholic Church



Catholic Church and Orthodox Church will give thanks to God for the dramatic change in the relationship between their churches in the past fifty years. They will recall the prayer of the Lord for this disciples 'that they all be one' (John 17:21).

Within five decades, the Catholic Church and the Orthodox Church formally have moved from isolation to en-

1968) and in subsequent statements.

Both churches recognize a state of schism exists. This schism resulted primarily from different understandings of authority in the Church and specifically the role of the Bishop of Rome. The division developed over centuries and reached a point of schism in the fifteenth century (1484). Theological differences were compounded

nior hierarchs to pray together and to discuss issues of church life.

Every year, the Ecumenical Patriarchate sends a delegation to Rome to observe the feast of Sts. Peter and Paul in Rome on June 29. Likewise, the Church of Rome sends a formal delegation to Constantinople to observe the feast of St Andrew on November 30.

Theologians from both churches meet regularly to discuss issues of division and points of agreement. The North American Consultation began in 1965. The Joint Committee of Orthodox and Catholic Bishops in the United States began in 1981. The Joint International Commission for Theological Dialogue was established in 1989.

The issues that have divided the churches are being examined in depths. These include different understandings of primacy and conciliarity as well as different understandings of the relationship of the persons of the Holy Trinity. At the same time, the theologians of both churches have affirmed a common understanding of the Holy Trinity and the Church as well as Baptism and the Eucharist. In looking to the future, they have recognized that the early church affirmed a diversity of practices and theological emphasis provided that the unity of the faith was preserved.

These official theological dialogues have been enriched by the recent studies by Orthodox and Catholic scholars who have examined the theological, historical, cultural and linguistic factors that contributed to the schism.

Catholic theologians are studying the Orthodox practice of synodality, of a married priesthood and of the process of recognizing the dissolution of a marriage.

Theological students and seminarians from each church have studied with those from the other tradition.

Orthodox and Catholic Bishops have addressed together critical social and moral issues in the American society. Led by their bishops, many Orthodox and Catholic clergy and laity have participated in pilgrimages to Rome and Constantinople.

At the local level, many Orthodox and Catholics have come together for special prayer services, retreats and conferences. Members of both churches recognize that they honor Mary, the Mother of God, as well as

to the Orthodox. In 2004, for example, the relics of St Gregory the Theologian and St. John Chrysostom were returned to Constantinople by Pope John Paul II.

Orthodox and Catholic read the spiritual and theological writings of teachers from each other's church. They have been enriched by the studies of the Scriptures and Fathers of the Church.

Many Catholics have deepened their appreciation of the meaning of icons, and their place in worship and teaching. Marriages of Orthodox and Catholic have dramatically increased. The Catholic Church recognizes marriages of an Orthodox and Catholic in good standing blessed by an Orthodox priest.

With the blessing of their pastor, Orthodox young people are free to attend Catholic schools. And, Catholic young people are free to attend Orthodox schools. The differences in church practices are recognized. There can be no attempt to proselytize.

Orthodox and Catholic humanitarian agencies frequently cooperate in providing aid at disasters.

Many Catholic and Orthodox parishes join together in sponsoring food pantries and meals for the needy. In this way, they express a common commitment in the name of Christ to the well being of the society.

Speaking of the quest for unity, Ecumenical Patriarch Bartholomew says:

We know that the process of reconciliation is not always easy. The division between the Orthodox Church and the Roman Catholic Church has persisted for centuries. Yet, we firmly believe that, with the guidance of the Risen Lord, our differences are not beyond resolution. Moreover, we believe that we have a solemn obligation to our Lord to heal our painful divisions. For this reason, we must be persistent in our prayer. We must increase our expressions of love and mutual respect. We must strengthen our theological dialogue.

Rev. Dr. Thomas FitzGerald, Protopresbyter of the Ecumenical Patriarchate, is Professor of Church History and Historical Theology, and former Dean at Holy Cross Greek Orthodox School of Theology in Boston, MA. He is the Orthodox Executive Secretary of the North American Orthodox-Catholic Bilateral Consultation in North America.



gagement, from monologue to dialogue, and from misunderstanding to mutual enrichment. These developments can only have taken place with the inspiration of the Holy Spirit, and with the commitment of devoted clergy and laity to the process of reconciliation.

While the relationship between the churches may differ from place to place, these are some of the significant developments in the past fifty years:

The Ecumenical Patriarchate has the special responsibility of guiding the Orthodox dialogue with the Catholic Church. This Orthodox dialogue with the Church of Rome has the approval of the Fourteen Autocephalous Orthodox Churches.

The Catholic Church recognizes the preeminent leadership of the Ecumenical Patriarch among all the Orthodox.

After centuries of alienation, both the Orthodox Church and the Catholic Church have formally committed themselves to the restoration of full communion through an agreed understanding of the Apostolic Faith. Both Churches now see themselves as 'Sister Churches' with the responsibility of maintaining

by linguistic, political and cultural factors.

Both churches recognize that the restoration of unity requires prayer for reconciliation, the resolution of differences in teachings and practices, and a common witness to the Gospel in the society. As the schism occurred over time, so also the process of reconciliation will take place over time.

Orthodox and Catholic look to the day when they can heal the schism and share in the Holy Eucharist. Both Orthodox and Catholics recognize the Eucharist to be the center of church life and personal piety. However, the schism prevents the faithful in both churches from joining together in the celebration of the Eucharist.

The Anathemas of 1054 were removed by the Church of Rome and the Church of Constantinople in 1965. The original acts of excommunication were directed against particular persons, not against the churches as a whole. Although some later historians set 1054 as the date of the schism, in fact this was only one of a number of events that weakened the bonds between the churches. Indeed, the relationships