

COSTAS IORDANIDIS

Completing the adjustment



After months of delays, back-pedaling and improvisations that have exhausted the economy and further eroded citizens' incomes, a deal between the government of Alexis Tsipras and the country's international lenders appears likely on May 24.

Without doubt, the government and the opposition will come out with their own creative analysis of the terms of the new memorandum in order to support their diametrically opposed views of the consequences of the adjustment, which the average Greek now looks upon with almost fatalistic apathy after a succession of dashed expectations of an exit from the crisis.

However, citizens who want to remain in the European Union can at least breathe a sigh of relief at the fact that the mobilization in favor of Greece remaining in the eurozone during the referendum last July was not in vain.

Sure, the objective was to push Tsipras out of power and in this the pro-euro movement failed – we can't have everything we want.

The sensible citizen may justifiably doubt whether the new bailout deal will be successfully implemented by the government and also whether it is what is needed to pull Greece out of the crisis once and for all.

The experience of the last six years only makes us more skeptical of the reliability of local and foreign experts and officials.

It would be naive, though, to doubt the fact that an agreement between Greece and its lenders will bring a sense of stability to the economy for a good period of time: a small rebound, a release from intensive care, to use a medical term.

(Continued p. 2)

Post Resurrection Evidence of Jesus Christ

By: Louis A. Palivos

Growing up in a small village, Nestani, Arcadia, Greece, one of the most beautiful spring memories of the Author was the decorating of the Wooden Sepulchre, the “*Epitaphios*”. The Villagers, his Classmates and the Author would collect white lilies, lilacs, gardenias, roses, tulips, carnations, bay leaves, basil, thyme, wild celery (ἀσάνη ὀσέει) and rosemary to decorate the “*Epitaphios*”. The symphony of aromas, the Holy Week chants leading up to the Resurrection Saturday evening service were breath-taking!



Yet, it was years later that the Author began to earnestly seek to understand the meaning of the Resurrection of Jesus Christ.

Growing up in the Orthodox Church, in the Catholic Church, and in the Protestant Church, the Author has a deep appreciation of how each tradition celebrates the Resurrection. For the Orthodox Church, Pascha is forty days of preparation in anticipation of the Resurrection. The Catholic Church, as well, has forty days of Lent. The Protestant Church also celebrates the Resurrection, but on a more intellectual basis. Whereas, the Orthodox Church commemorates the Resurrection on a matter-spiritual-ex-

perience-mystical basis, as does the Catholic Church.

As the Author grew up and went to college, the Resurrection of Jesus Christ became a critical issue for him. The Author devoted a great deal of research, study, visiting Jerusalem twice and pursuing a doctorate on this issue. His Ph.D. dissertation was on, “*What is the Nature of Jesus' Resurrection Body.*” This study was done after the Author concluded, as a lawyer and researcher, that the eyewitnesses to Jesus Christ's Resurrection were reliable and that the Resurrection of Jesus Christ was a real event in history.

This article, however, is intended to present the Post-Resurrection appearance of Jesus Christ. The Reader is asked to view the full presentation on the Evidence for the Resurrection of Jesus Christ, in the link below¹. The Reader is also asked to listen to Mr. Rekoumis' interview of the Author.²

On with the evidence, as best as the Author has been able, after all these years, to accumulate and to articulate them to the Reader.

SUMMARY OF THE EVIDENCE FOR THE RESURRECTION OF JESUS CHRIST

1. Conversion of the Eleven Apostles post Resurrection.
2. Conversion of James, the Lord's brother. I Cor. 15:7
3. Conversion of Paul. Acts. 9:1-6
4. Jerome quotes from, “The Gospel According to the Hebrews,” that after the Resurrection, the Savior gave the linen clothes to the servant of the priest

(Continued p. 2)

US election: What will Clinton v Trump look like?

Anthony Zurcher



Donald Trump implied Ted Cruz’s father had ties to President John Kennedy’s assassination. Mr Cruz called Mr Trump immoral, a pathological liar and a serial philanderer. And that was all before lunchtime. But now that the smoke has cleared and the votes in Indiana have been tabulated, Mr Trump has vanquished his most formidable foe (sorry, John Kasich) and can begin making plans for the Republican convention and the autumn general election campaign.

Meanwhile, Mrs Clinton - despite a loss in Indiana - has to prepare for a very unconventional Republican opponent. Think the fireworks so far have been eye-popping? This is just the start.

Trump’s brick wall

Last week Mr Trump announced he was the presumptive nominee. At the time, that may have been presumptuous. Now it’s simple fact. But if climbing to the top of the Republican heap was an amazingly daunting feat, it will seem like a breeze compared to winning a general election against a determined Democratic foe.

A Republican nominee in the autumn already faces significant electoral headwinds. Democrats have more states that lean their way than the Republicans do. Add in Mr Trump’s currently record-setting unfavourable ratings with Hispanic and female voters, and that electoral tilt looks like a brick wall.

There’s also the question of money. Mr Trump is rich, but he’s not so wealthy as to self-fund the near billion-dollar enterprise that a modern presidential campaign has become. Amassing that kind of bankroll requires a well-developed network of donors - something that Mr Trump just doesn’t have at this point.

Oh, and about that Republican Party. Although some establishment figures are coming around - including party chairman Reince Priebus - the NeverTrump crowd isn’t going to vanish into thin air. The coming weeks and months will be a time of reckoning for the conservative faithful who view Mr Trump’s nomination as a hostile takeover. Will they stay home? Will they, like former John McCain chief of staff Mark Salter, look to Mrs Clinton and say: “I’m with her”? Image copyright Reuters Image caption Mr Trump’s support has held fast despite negative news coverage and attacks by rivals

Mr Trump may have the ability to reach Americans not normally inclined to vote Republican - blue-collar workers and the economically distressed. The question is whether those gains will make up for losses within the Republican ranks. The Clinton campaign has already begun hammering Mr Trump on his sometimes impetuous personality, late-night tweets and all. They’ll try to paint him as a dangerously erratic occupant of the Oval Office. “Throughout this campaign, Donald Trump has demonstrated that he’s too divisive and lacks the temperament to lead our nation and the free world,” Clinton campaign aide John Podesta said in a statement on Tuesday night. “With so much at stake, Donald Trump is simply too big of a risk.”

Clinton’s empty playbook

Clinton will win. The delegate maths is what it is. She still needs only win around a third of the remaining at-large Democratic delegates to secure the nomination.

It’s a prize that eluded her in 2008 and is now in sight. Image copyright Reuters Image caption Clinton is already campaigning in Ohio, with November in mind .Mr Trump is going to present an unpredictable adversary for the former secretary of state. As the Republican primary has shown, no topic is off the table for him and no possible line of attack out of bounds.

“Her past is really the thing, rather than what she plans to do in the future,” Mr Trump told the Washington Post on Tuesday. “Her past has a lot of problems, to put it bluntly.”The day before making those comments, Mr Trump had lunch with Edward Klein, a journalist who has made a career of writing inflammatory books about the Clintons and their sometimes chequered history. Chances are, Mr Trump was taking notes.

That Bernie Sanders factor

Then there’s that Sanders factor. The Vermont senator has presented an unexpected challenge to Mrs Clinton. His attacks on her past support for trade deals and her ties to the current political establishment have drawn blood. Could some of his true loyalists stay home or vote for a third party? Could some of his working-class supporters in the industrial mid-west cross over to Mr Trump?

It seems the Republican was already testing lines of attack in his victory speech on Tuesday night. He brought up Mrs Clinton’s support for coal regulations that have caused unemployment in places like Pennsylvania and Ohio. He mentioned that Bill Clinton backed the North America Trade Agreement, which he called “the single worst trade deal”.There’s no playbook for how a Democrat can run against a Republican like Mr Trump. In some places, such as immigration, he will be well to her right. In other areas, like foreign policy and trade, he could come at her from the left. Can abortion or the social safety net be wedge issues? Probably not against a man who defended Planned Parenthood and Social Security on a Republican debate stage.

EIKONEΣ ΤΟΥ ΚΟΣΜΟΥ



Με τον σοβιετικό τρόπο. Το γκράφιτι που εμφανίστηκε σε εστιατόριο της Βίλνας απεικονίζει τον Αμερικανό υποψήφιο των Ρεπουμπλικανών Doland Trump να χαιρετά τον Ρώσο Πρόεδρο Vladimir Putin. Σύμφωνα με τον Λετυφuit Ηισξιφτ, αναπληρωτή καθηγητή του Ινστιτούτου Διεθνών Σχέσεων και Πολιτικής Επιστήμης του Πανεπιστημίου της Βίλνας, το γκράφιτι εκφράζει τον φόβο των Λιθουανών για την ασφάλεια της χώρας τους σε περίπτωση εκλογής του Τρυμπ στην προεδρία καθώς ο Αμερικανός υποψήφιος έχει δηλώσει στο παρελθόν ότι «ο Πούτιν είναι ένας ισχυρός ηγέτης και το NATO είναι ξεπερασμένο και κοστίζει πολύ».



Κοίτα ψηλά. Δύο τουρίστες ψάχνουν τον χάρτη τους για να βρουν τον δρόμο τους στην μάλλον δύσκολη Αθήνα. Αν σας φέρει ο δρόμος στο Κέντρο, κάντε τον κόπο και περάστε από το Ζάππειο για να δείτε τις ανθισμένες τζακαράντες που στολίζουν με τα μωβ άνθη τους τέτοια εποχή τον ουρανό.



Οδεύοντας προς το παρελθόν. Στυλίστες και μοντέλα συμμετέχουν στην φωτογράφιση που εμπορεύεται ρούχα για μουσουλμάνες στην Κωνσταντινούπολη. τουρκική πόλη θα φιλοξενήσει την πρώτη εβδομάδα μόδας στις 13 Μαΐου, με σχεδιαστές από όλο τον κόσμο που σχεδιάζουν αποκλειστικά συντηρητικά ρούχα για καθωσπρέπει μουσουλμάνες



Ελληνικό υποβρύχιο στο Καστελόριζο

Fascinating Facts About The Human Brain



The human body is an incredibly complex and intricate system, one that still baffles doctors and researchers on a regular basis despite thousands of years of medical knowledge. As a result, it shouldn't be any surprise that even those body parts and functions we deal with every day have bizarre or unexpected facts and explanations behind them. From sneezes to fingernail growth, here are 10 weird, wacky, and interesting facts about the human brain.

The human brain is the most complex and least understood part of the human anatomy. There may be a lot we don't know, but here are a few interesting facts that we've got covered.

1. Nerve impulses to and from the brain travel as fast as 170 miles per hour. Ever wonder how you can react so fast to things around you or why that stubbed toe hurts right away? It's due to the super-speedy movement of nerve impulses from your brain to the rest of your body and vice versa, bringing reactions at the speed of a high powered luxury sports car.
2. The brain operates on the same amount of power as 10-watt light bulb. The cartoon image of a light bulb over your head when a great thought occurs isn't too far off the mark. Your brain generates as much energy as a small light bulb even when you're sleeping.
3. The human brain cell can hold 5 times as much information as the Encyclopedia Britannica. Or any other encyclopedia for that matter. Scientists have yet to settle on a definitive amount, but the storage capacity of the brain in electronic terms is thought to be between 3 or even 1,000 terabytes. The National Archives of Britain, containing over 900 years of history, only takes up 70 terabytes, making your brain's memory power pretty darn impressive.
4. Your brain uses 20% of the oxygen that enters your bloodstream. The brain only makes up about 2% of our body mass, yet consumes more oxygen than any other organ in the body, making it extremely susceptible to damage related to oxygen deprivation. So breathe deeply to keep your brain happy and swimming in oxygenated cells.
5. The brain is much more active at night than during the day. Logically, you would think that all the moving around, complicated calculations and tasks and general interaction we do on a daily basis during our working hours would take a lot more brain power than, say, lying in bed. Turns out, the opposite is true. When you turn off your brain turns on. Scientists don't yet know why this is but you can thank the hard work of your brain while you sleep for all those pleasant dreams.
6. Scientists say the higher your I.Q. the more you dream. While this may be true, don't take it as a sign you're mentally lacking if you can't recall your dreams. Most of us don't remember many of our dreams and the average length of most dreams is only 2-3 seconds—barely long enough to register.
7. Neurons continue to grow throughout human life. For years scientists and doctors thought that brain and neural tissue couldn't grow or regenerate. While it doesn't act in the same manner as tissues in many other parts of the body, neurons can and do grow throughout your life, adding a whole new dimension to the study of the brain and the illnesses that affect it.
8. Information travels at different speeds within different types of neurons. Not all neurons are the same. There are a few different types within the body and transmission along these different kinds can be as slow as 0.5 meters/sec or as fast as 120 meters/sec.
9. The brain itself cannot feel pain. While the brain might be the pain center when you cut your finger or burn yourself, the brain itself does not have pain receptors and cannot feel pain. That doesn't mean your head can't hurt. The brain is surrounded by loads of tissues, nerves and blood vessels that are plenty receptive to pain and can give you a pounding headache.
10. 80% of the brain is water. Your brain isn't the firm, gray mass you've seen on TV. Living brain tissue is a squishy, pink and jelly-like organ thanks to the loads of blood and high water content of the tissue. So the next time you're feeling dehydrated get a drink to keep your brain hydrated.

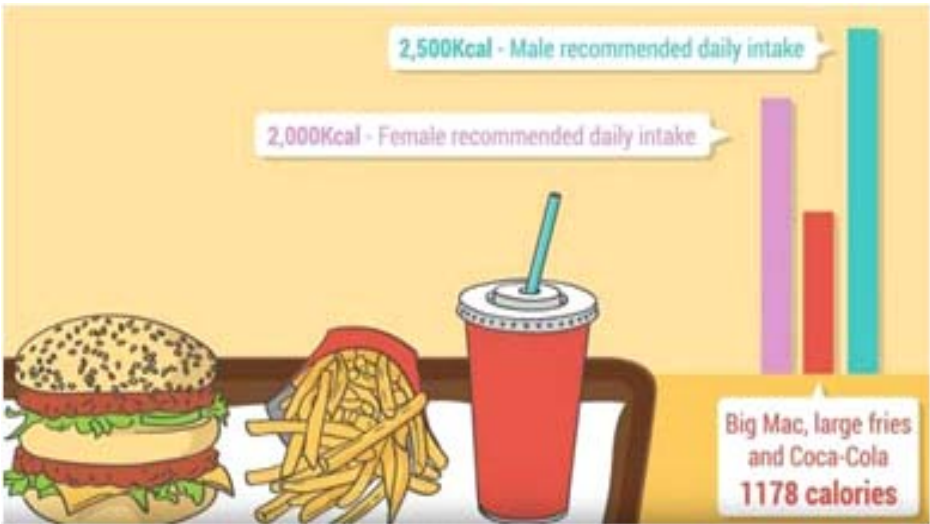
The Amount of Exercise Needed to Burn off these 8 Junk Foods

If you knew how much exercise you had to do to burn off that slice of pizza, or that burger, would you change your mind and opt for a healthier option instead? Perhaps you just need to know when to stop. So, you might limit yourself to one slice of pizza or one pint, instead of reaching for more and more. Interestingly, those 2 examples would save the average male 1 hour and 20 minutes of exercise.

Your Daily Calorie Intake

Males are generally advised to consume 2,500Kcal per day, while females are recommended to consume 2,000Kcal per day. While that may sound like a lot, when you stop to consider the amount of calories certain foods contain, say a standard McDonald's meal, you are in danger of using up more than half of your daily calorie intake - on just one meal. Take a look at the chart below:

If your goal is to lose or maintain your weight, science has shown that counting calories works. What makes this method difficult, is that most people may not know how many calories their favorite foods contain, and more importantly, how much exercise is required to burn off the calories. The charts below, created by Buddyloans.com, look into some popular junk foods, as well as their fat and calorie content. They also provide information on how much exercise it would take to burn those calories off.



Perhaps once you realize how much activity is needed to burn off a single fast food meal, you may give more thought to what you are ordering and how often you are eating junk food. Take a McDonald's burger, such as the Big Mac. Consuming this burger will take the average woman over an hour of weightlifting to burn the calories off. If you accompany your burger with large fries, you're looking at doubling your exercise time to around two hours (for men) in order to zero out the meal.



Wash your burger and fries down with a standard soda can, and the average women is looking at around 2 hours of cardio to offset the caloric cost of just a single fast food meal.

Even if you dot indulge in a McDonald's meal often, other forms of fast food can prove to be just as costly. For instance, to burn off a Margherita pizza a woman would have to do 70 minutes of cardio, a man 1 hour.

Consuming just three pieces of fried chicken adds up to an impressive 726 calories. But, to burn it off, you would have to work out for over an hour.

Desserts are esof fat. Which would mean that a woman would have to lift weights for over 237

minutes to cancel it out - that is more than 2 hours of exercise. Furthermore, it's calorie intake is extremely high. At 1710 calories, this cake (by itself) leaves only 290 calories in the average woman's calorie budget for the rest of the day

Thankfully, not all desserts will use up the majority of your daily calorie intake. A Cadbury Milk Chocolate bar will only set you back by 237 calories. Which would mean that burning this chocolate off is pretty easy and will only require a mere 21 minutes of cardio.

It's incredible what putting things into perspective can do to your daily eating habits. So, unless you are willing to sacrifice hours of your day to exercise, you may want to hold back next time round. With that said, one glass of beer is not going to hurt - but you may want to keep it to one.

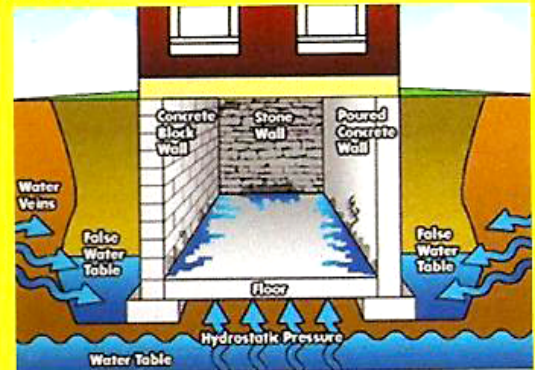
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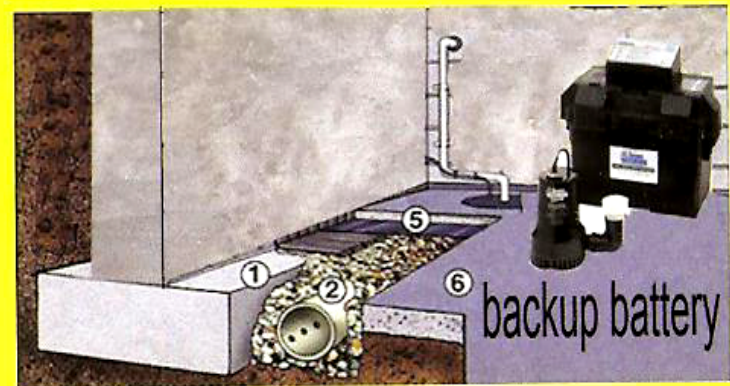
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Hilarious Jokes

The Very Patient Grandpa...I was walking through the local supermarket the other day when I saw a grandfather walking around with his 2 year old grandson. It was obvious that the grandpa wasn't having an easy time of it, with the siren-like voice of his cherished youngling scaling upwards every time candy or toys came into view. The grandfather, however, kept his cool, and intoned softly to the child: "Jimmy, relax, it won't take long."When the screaming didn't stop, the grandpa continued: "Jimmy, there's no reason to get angry, try to enjoy this walk and in a minute we'll be on the way home, promise." When I came out of the store I saw them in the parking lot, the child screaming and the older man still talking softly and quietly to him. I couldn't help myself. I walked over to him. "Sir," I said, "I have to say you are an amazing grandfather. The way you talk to the boy and keep your calm despite all of this screaming - Jimmy's a lucky kid to have a grandpa like you." "Thanks," said the grandfather, "but I'm Jimmy. This little bugger's name is Anthony."

Granmma in Court! In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked: "Mrs. Jones, do you know me?"She responded: "*Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you.*"The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked: "Mrs. Jones, do you know the defense attorney?"She again replied: "*Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him*".The defense attorney nearly died. The judge asked both counselors to approach the bench, and, in a very quiet voice, said:"If either of you idiots asks her if she knows me, I'll send you both to the electric chair."

A Marketing Disaster. A salesman returns from his assignment in Saudi Arabia, where he went to sell them a new brand of Coca-Cola.Seeing his crestfallen face, a friend asks him: "Why the long face?"The salesman replied: "I failed in Saudi-Arabia, the campaign was a total failure.""Why is that?" Asked the friend, "I thought you had a good campaign running.""Well, when I got posted there, I was very confident that I would make a great sales pitch to the saudis. But I had a problem - I didn't speak Arabic, so I planned to convey the meaning of the message with the use of three images:First poster: A man lying in the hot desert sand in utter exhaustion, he has fainted. Second poster: The man is drinking the new Coca-Cola brand.Third poster: Our man is now totally refreshed and feeling great. I had these posters pasted all over the place. You couldn't go anywhere

without seeing them.""Terrific! That should have worked!" said the friend. "The heck it should have!" said the salesman. "Only no one told me they read from right to left!!"

Everyone Interprets Questions Differently...A mathematician, an accountant and an economist apply for the same job.

The interviewer calls in the mathematician and asks: "What does two plus two equal?" The mathematician replies: "Four." The interviewer asks: "Four, exactly?" The mathematician looks at the interviewer incredulously and says: "Yes, four, exactly." Then the interviewer calls in the accountant and asks the same question. "What does two plus two equal?" The accountant says: "On average, four - give or take ten percent, but on average, four." Then the interviewer calls in the economist and poses the same question. "What does two plus two equal?" The economist gets up, locks the door, closes the shade, leans close to the interviewer and whispers: "What do you want it to equal?"

A Serious Medical Condition. A man and a woman were sitting beside each other in the first class section of an airplane. The woman sneezed, took out a tissue, wiped her nose, then visibly shuddered for ten to fifteen seconds. The man went back to his reading. A few minutes later, the woman sneezed again, took a tissue, wiped her nose, and then shuddered violently once more. Assuming that the woman might have a cold, the man was still curious about the shuddering. A few more minutes passed when the woman sneezed yet again. As before she took a tissue, wiped her nose, her body shaking even more than before. Unable to restrain his curiosity, the man turned to the woman and said, 'I couldn't help but notice that you've sneezed three times, wiped your nose and then shuddered violently. Are you OK?' - Advertisement - 'I am sorry if I disturbed you, I have a very rare medical condition; whenever I sneeze I have an orgasm. the man, more than a bit embarrassed, was still curious. 'I have never heard of that condition before' he said. 'Are you taking anything for it?' he woman nodded, 'Pepper.'

Bachelor 1. A man who has been able to avoid the opportunity of making some woman miserable.

2. A man who is said to be foot-loose and fiancée-free.

3. A man who never made the same mistake once.

4. A bad boy who has cheated some poor girl out of her alimony.

5. A person who believes in life, liberty, and the happiness of pursuit.

6. The only man who has never told a wife a lie.

Bride

A girl with great prospects of happiness behind her.

Compromise

A nice little arrangement between husband and wife whereby they both fully agree to let her have her own way.

Diplomat A man who is able to convince his wife that a fur coat would make her look fat.

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NEWS FROM GREECE

Two Athens eateries among 31 places to 'eat at before you die'



'Seychelles' is located in Metaxourgeio, down town Athens.

'Seychelles' is located in Metaxourgeio, down town Athens.

An Exarchia eatery where waiters invariably forget some part of an order and a restaurant in Metaxourgeio where no dish ever exceeds 7 euros are among "31 places around the world you should eat at before you die," according to BuzzFeed. The popular news and entertainment website recently asked a group of professional globetrotters to share their favorite culinary destinations around the world.

Jess Brammar, senior broadcast journalist on the BBC's "Newsnight" program, singled out Ama Laxei in Exarchia, central Athens, where, she writes, "the food is amazing – traditional Greek with a modern twist, lots of salads and plates to share."

Although Brammar points out that the service leaves a lot to desire, she adds, "When you are sitting in an Athenian courtyard at midnight drinking wine and laughing with friends, who cares?"

When in Athens, Guardian feature writer Jon Henley visits Seychelles, a no-frills, price-is-right restaurant in Metaxourgeio. "The food is Greek with a slight but inventive and hugely satisfying twist, and its quality is astounding," says Henley, who mentions juicy lamb cutlets with thyme and grilled vegetables with a "just-right" fig sauce among his favorite platters.

Covering the globe, the BuzzFeed list also showcases Umm Hagar in central Cairo, where the lucky diners to get the one single table at the restaurant get to savor whatever the cook feels like preparing on the day, Armand's, a small bistro on a Phnom Penh side street, where dishes include a tenderloin Rossini with foie gras, south Indian cuisine at Vijay's, northwest London, where platters include green mango prawn curry, as well as the two-Michelin-starred Don Alfonso 1890, an Italian restaurant overlooking the stunning Amalfi and Sorrento coasts where beef fillet in puff pastry with buffalo mozzarella is among the favorites.

Bank of Greece chief calls for lower primary surplus, bigger reform effort

With a tentative debate under way on relieving Greece's debt load, Bank of Greece (BoG) Governor Yannis Stournaras on Friday called for Greece's primary surplus target for 2018 to be lowered from 3.5 percent to 2 percent of gross domestic product, saying such a move could lighten Greek debt significantly.



In a speech before the Federation of Industries of Northern Greece, Stournaras said changing the budget target would help provide the Greek economy with a much-needed boost "without undermining the sustainability of the public debt."

His proposal for a 2 percent target in 2018 is one-and-half percentage points less than the target set by Greece's eurozone partners and just above the proposal of the International Monetary Fund, which has recommended a target of 1.5 percent or additional belt-tightening measures.

According to the BoG calculations, lowering the primary surplus to 2 percent could cut Greek debt to below 100 percent of GDP in 2030 and to 89 percent in 2035 if the move is combined with easing future interest rate payments on bailout loans over 20 years and extending loan maturities by 22 years.

Stournaras, who was finance minister under the previous conservative-led coalition, called on the current administration to focus on enforcing reforms once the current bailout review is completed and to pay attention to tackling a mountain of bad loans weighing down Greek banks and kick-starting a lagging privatization program.

"These actions will have a positive impact on the international markets' assessment of the country's prospects and will lead to a virtuous cycle that will mark a definitive exit from the crisis," he said.

Greece has lagged other European countries with similar debt problems in reforms largely due to weaknesses of the political system and vested interests, he added.

Negotiations are under way about the next round of reforms that Greece must legislate to unlock fresh rescue loans.

They include the creation of a new privatization agency, new regulations for the management of bad loans held by Greek banks, and the introduction of an automatic mechanism for cutting spending if Greece misses its budget targets.

A European official indicated that the next tranche of rescue loan funding will be "between 9 and 11 billion euros." Originally the amount earmarked for the completion of the review had been 5.7 billion euros but that sum will be supplemented so that the Greek state can pay arrears to suppliers.

Conservative leader out to debunk SYRIZA 'myth'

New Democracy leader Kyriakos Mitsotakis visited schools, churches and working-class neighborhoods



this week in a bid to "debunk the myth" that the SYRIZA-led coalition is championing the interests of the working classes.

"SYRIZA's social sensitivity toward weaker social groups is nothing but a myth," Mitsotakis said Friday during a visit to the working-class area of Peristeri as the SYRIZA government – which swept to power on an anti-austerity ticket – comes under increasing pressure over the new batch of measures it must pass through Parliament to complete the review of the country's third bailout and unlock vital rescue funds.

According to conservative officials, Mitsotakis's remarks reflect the effort to "deconstruct" SYRIZA's image as a socially sensitive party and illustrate how its policies affect the privileged and non-privileged in equal measure.

"The weakest ones are the ones who are first impacted by the direct taxes, which Parliament will vote through at the weekend," Mitsotakis said, adding that the government's measures "will sink the economy and undermine its recovery."

During his visit to Peristeri, which included pit stops at its main shopping mall and church and meetings with local business leaders, the conservative leader said that rather than help the less privileged, the government's measures are "punishing" the few businessmen that have actually been successful in the crisis, and he described its recipe of taxes as "shortsighted" as it will only increase undeclared labor and tax evasion.

Mitsotakis also cast doubt on whether the government will meet its fiscal targets through to 2018 and avoid the activation of an automatic mechanism to cut state spending.

"With this government, I'm not sure [targets will be met]," he said.

The government issued an angry response Friday urging the conservative leader to be candid with voters. "If he wants to be frank with the weak then he must outline what his policies are on pensions, taxes and labor laws.

Police data show over 27,000 protests in Greek capital in 2011-201



There were 27,103 protests and rallies in Athens between 2011 and 2015, according to figures provided by the Greek Police, which supplied a total of 702,443 officers during these demonstrations.

The peak year for protests was 2013, with 6,231 recorded in the capital. While many demonstrations during the period in question were large, most were sparsely attended. The number of rallies attended by more than 1,000 people in 2012 were 61, they reached 72 in 2013, fell to 58 in 2014 and rose again to 72 in 2015.

Some of these demonstrations were accompanied by widespread vandalism, such as in May 5, 2010, June 28-29 2011, October 19-20 2011, February 12, 2012, and December 6, 2014.

Turkish 'power struggle' affecting Greece, says Kotzias

Greek Foreign Minister Nikos



Kotzias has blamed rising tension in the Aegean on the once all-powerful Turkish army, saying that its renewed influence is affecting developments within and outside the neighboring country.

"Turkey is experiencing a tough power struggle," Kotzias said in an interview with Kathimerini's Sunday edition, adding that the departure of prime minister Ahmet Davutoglu, forced into resigning earlier this month, would have an impact on EU-Turkey ties.

"Also important however is the strengthening of the role of the armed forces, both at home, to deal with the Gulen movement and the Kurds, as well as abroad [in response to developments in] Iraq and Syria," he said.

"Points of friction have arisen with nearly all of its neighbors... Turkey is today more tense than in the past," Kotzias said, describing Athens's stance as "sober and composed."

"Greece must remain vigilant so it does not become part of the problem, something that certain circles in the neighboring country would hope for," he said.

Despite a recent spate of airspace violations in the Aegean by Turkish fighter jets, Kotzias said that no serious incident had occurred during Erdogan's rule. "However, if one is not careful, a serious incident could occur, even by error," the minister said, adding that although Athens is keeping NATO and the European Union updated on Ankara's provocations, Greece was "determined to defend its sovereign rights and territorial integrity."

In the same interview, Kotzias advocated the need for an updated European security architecture that would incorporate Russia.

"Despite the many problems dogging relations between the West and Russia, we need to find ways to talk and communicate," the minister said.

"It is no coincidence that even the US is discussing with Moscow a series of fundamental problems facing the world today.

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The sinister reason why people fall in love

Romance may have existed in some form long before the origin of humanity, and some believe it was born out of death and violence.

By Melissa Hogenboon

Your heart beats a little faster, glands open to secrete tiny dribbles of sweat, and your body starts producing hormones, which make you feel a bit giddy and warm inside. Peer into the evolution of love in the animal kingdom and it becomes apparent that love had its beginnings long before the advent of humanity. What's more, it could have been born out of something quite sinister. Love has been around long before the origin of humanity. The journey to love as we know it today began with sex, which was one of the first things life on Earth figured out how to do. Sex began as a way to pass on an organism's genes to the next generation.

To love, life first needed a brain that could deal with emotions. It was not until a few billion years after life began that the brain began its journey to existence. At first it was only a small clump of cells. Fast forward to around 60 million years ago, when the first members of our family, the primates, appeared. Over millions more years of evolution, some primates would evolve ever bigger brains, eventually producing modern humans.

But there was a problem. As our brains grew, our babies had to be born earlier in development. Otherwise their heads would be too big to pass through the birth canal. As a result, baby gorillas, chimps and humans are almost entirely helpless. Their parents therefore had to spend ever more time caring for them.

This prolonged childhood created a new risk. In many primates today, a mother with a dependent infant is unavailable to mate until her infant is weaned. To get access to her, a male would first have to kill her child. This sort of targeted infanticide goes on in many species, including gorillas, monkeys and dolphins. This led Kit



Opie of University College London in the UK and his colleagues, to propose a startling idea. Almost a third of primates form monogamous male-female relationships, and in 2013 Opie suggested that this behaviour had evolved to prevent infanticide. His team peered back into the family tree of primates to reconstruct how behaviours like mating and parenting changed over the course of evolution. Their analysis suggested that infanticide has been the driving force for monogamy for 20 million years, because it consistently preceded monogamy in evolution. Other species found different solutions, which is why not all primates are monogamous. For instance, chimps and bonobos minimise the risk of infanticide by being highly promiscuous. The males do not kill babies because they do not know which are theirs

But in those species where males and females started bonding strongly, their offspring's chances of survival improved because the males could help out with parenting. As a result, monogamy was favoured by evolution, says Opie.

This process may have been a one-way street, says Robin Dunbar of the University of Oxford in the UK. It could have resulted in major changes in the brain, "to keep the pair-bond together for life". This includes a preference for your partner and antagonism towards potential rivals.

This in turn could have been the "kick" that changed human evolution, says Opie. Extra male care helped early human societies grow and thrive, which in turn "allowed our brains to grow larger than our closest relatives".

There is evidence to back this up. As brain size started to expand, so did cooperation and group size. We can see a trend towards larger groups and more cooperation in the early-human species Homo erectus, which lived almost two million



years ago.

What's more, it seems that aspects of love depend on regions of the brain that only appeared quite recently in our evolutionary history.

Stephanie Cacioppo of the University of Chicago in Illinois, US, found that the most intense and "abstract" states of love rely on a part of the brain called the angular gyrus. This is known to be important for certain aspects of language, like metaphors. This makes some sense, as without complex language we cannot express the more refined and intense aspects of our emotions. The angular gyrus is only found in great apes and humans. Cacioppo's findings offer some support to the idea that our growing brains helped love to flourish.

However, Opie's idea that infanticide kick-started this process is controversial. Not everyone agrees it played any role in the development of monogamy. Female competition could have encouraged pair bonds. Anthropologist Robert Sussman says that both monogamy and infanticide are such unusual behaviours that they are unlikely to be linked. A 2014 study suggested monogamy evolved as an outgrowth of a "mate guarding strategy": that is, males staying with a female to ensure that no one else mates with her. One year later, another study reconstructed the evolution of another group of primates called lemurs. It found that female competition could have encouraged pair bonds. Opie disagrees. He says the methods in these studies "cannot be used to determine the switch to monogamy".

What is certainly true is that many primates get by just fine without pair-bonded parents, and presumably without anything akin to romantic love. But there is one thing all primates do have in common: a strong mother-child bond. This is true, "even in the nocturnal primates that live solitarily," says Sussman. He suggests that the brain processes underlying the mother-child bond were "hijacked" to create romantic love. There is evidence from neuroscience to suggest he is right.

Love is hard to define, but neuroscientists agree that there are several overlapping stages. The first stage is sexual desire: we feel attracted to another person. Touching them releases feel-good chemicals and we experience an intense longing to be with them. Intense pleasure from the sexual desire stage can lead directly to love. Parts of our limbic system, one of the more ancient bits of the human brain, are active during this stage. This includes the insula, an area known to be involved in intense emotional experiences. The ventral striatum is also in overdrive. It is the hub of the brain's reward system, and when we see an attractive face it lights up: we are rewarded simply by looking at the person we desire.

As desire moves onto the next stage – romantic love – the limbic system again plays a key role. It pumps out the feel-good chemical dopamine and the hormone oxytocin, which binds people together. This progression implies that intense pleasure from the sexual desire stage can lead directly to love, says Cacioppo. In this stage, we are literally "crazy in love". People in love do not process the world around them, says Thomas Lewis, a neuroscientist at the University of California, San Francisco in the US. "They're not evaluating the person critically or in a highly cognitive way."

Serotonin, which usually helps us feel calm, is also suppressed. This makes some sense when you consider how obsessed we can become when in love. Serotonin levels are also low in the brains of individuals with psychological disorders like obsessive compulsive disorder.

"What evolution wants from the falling in love state is for the two individuals to spend a lot of time together... in order to get a pregnancy going," says Lewis. But once the deed is done, couples do not stay bound together in such an intense, obsessive state for long. After several more months, sometimes after an intermediate "honeymoon period", the companionship stage begins.

Now the serotonin and dopamine levels normalise. But there is still a feeling of closeness, helped along by more oxytocin. If you suppress oxytocin in a monogamous species, such as a prairie vole, the animals stop being monogamous. This brings us back to Sussman's suggestion that romantic love evolved out of mother-child bonding. The bonds of long-term couples are similar to those between mother and child, and rely on similar hormonal processes.

In both animals and humans, research has shown that separation from a "loved one" creates similar feelings of emotional pain. It makes sense that we want to avoid the pain of separation by In other words, animals' brains have been primed for at least some forms of love for hundreds of millions of years. Along the way, other factors pushed our ancestors to evolve ever bigger brains, allowing romantic love to get its claws into us. Whether it was infanticide or a mother's attachment to her infant that pushed us to get close, we can be thankful that something did. We owe much of our success as a species to that crazy little thing called love.

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