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Putin and Tsipras seeking to profit from historic ties



Russian President Vladimir Putin and Prime Minister Alexis Tsipras agreed recently that it was time the deep and historic ties binding the two countries were manifested in further economic cooperation.

“We must transform these good relations and the emotional rapport between the two nations into tangible economic results,” the Russian leader said on the first day of a two-day official visit to Greece aimed at securing bilateral agreements in trade, investment and joint energy and transport projects.

Russia has shown interest in buying Greek railway company Trainose and the port of Thessaloniki, the country’s second largest.

Despite Russia being a major trading partner of Greece, the trade sanctions imposed by the European Union in response to the Moscow’s annexation of Crimea in 2014 and its support of separatists in Ukraine are biting hard on both economies. “These are difficult times for everyone – in terms of the economy and international security,” Putin said. “We must examine these problems and look for a solution. It is not a coincidence that an opportunity for this has arisen in Greece – a country with which we have deep and historic ties.” Putin expressed similar sentiments when he met with his Greek counterpart Prokopis Pavlopoulos, insisting that now is the time to discuss the potential opportunities that come with closer ties and “to take specific steps” – making a point of referring to the increased flow of Russian tourists to Greece.

This visit, Putin’s first to an EU country in six months, took place under tight security. Roughly 2,500 police officers were tasked Friday with providing security, while the city center came to standstill as traffic was blocked.

The Russian president was accompanied by his foreign minister, Sergey Lavrov, and a delegation of senior executives from state oil and gas companies – an indication of the importance the Russians are attaching to the visit, one month before the EU decides on whether to extend sanctions against Russia after July.

Tsipras, who is also looking to Russia in Greece’s bid to lure much needed foreign investment, said the strengthening of Greek-Russian relations was “a strategic choice” and that Putin’s visit coincides with a period during which “Greece has turned a page and looks to the future with optimism.”

Even though it has repeatedly expressed its reservations, Greece has begrudgingly complied with EU trade sanctions imposed on Moscow, but the government is looking for loopholes that will allow the export of Greek agricultural products to Russia that are not precisely defined in the retaliatory trade embargo that Moscow imposed on products from the EU. Putin visited the monastic community of Mount Athos in northern Greece to attend celebrations marking the 1,000-year presence of Russian monks at the sacred site. Patriarch Kirill of Moscow also attended.

36TH ANNUAL COMMEMORATION OF THE FALL OF CONSTANTINOPLE



The Greek Orthodox Metropolis of Chicago, together with the Archons of the Ecumenical Patriarchate and the Hellenic Society of Constantinople, hosted “Imagining Religious Freedoms and Diversity Beyond the Halki Seminary” by former member of the Turkish Parliament, Dr. Aykan Erdemir, at the 36th Annual Commemoration of the Fall of Constantinople.

Over 175 people joined His Eminence Metropolitan Iakovos of Chicago, His Grace Bishop Demetrios of Mokissos, and many of the clergy of the Greek Orthodox Metropolis of Chicago at St Demetrios Greek Orthodox Church in Elmhurst, Illinois, to mark this continuing commemoration which is unique within the United States as the only one of its kind.

The outstanding video and presentation by Dr. Aykan Erdemir which focused on the future of hopeful improving relations with Turkey while remembering the sadness of the past. A key message from both Dr Aykan Erdemir and Bishop Demetrios in his closing remarks was the need to move beyond toleration, which has been a stated goal for decades, but rather strive to live and work together in harmony.

Dr. Aykan Erdemir is a former member of the Turkish Parliament (2011-2015) who served in the EU-Turkey Joint Parliamentary Committee, EU Harmonization Committee, and the Ad Hoc Parliamentary Committee on the IT Sector and the Internet. As an outspoken defender of pluralism, minority rights, and religious freedoms in the Middle East, Dr. Erdemir has been at the forefront of the struggle against religious persecution, hate crimes, and hate speech in Turkey. He is a founding member of the International Panel of Parliamentarians for Freedom of Religion or



Belief, and a drafter of and signatory to the Oslo Charter for Freedom of Religion or Belief (2014), as well as a signatory legislator to the London Declaration on Combating Antisemitism. On April 27, 2016, Dr. Erdemir was awarded the Stefanus Prize for Religious Freedom in recognition of his advocacy for minority rights and religious freedoms, and is the author of numerous schol-

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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.

ALEXIS PAPACHELAS

Changes to constitution deserve full attention

The constitutional review is a very serious business and it was time that it started. The process of restoring democracy after the 1967-74 military dictatorship has come to a definite end and the country needs to resolve a number of persistent problems through institutional changes. There are issues such as ministers' and lawmakers' immunity from criminal prosecution that are long overdue for consideration.

One hopes that we have matured enough as a society to know what our problems stem from and what we need to do to solve them. Yet I must confess that I am a bit scared.

Constitutions are not things that should be changed too often; only



when circumstances demand it. We have seen amendments of the Greek Constitution in the past that were too complicated and, unfortunately, only served certain political ends at that time.

My other concern is that a review of the Constitution done at the wrong time and by the wrong people could prove catastrophic. If done by a parliament dominated by extremes and uncontrolled populism, then we may be stuck with the negative consequences for a long time to come.

Because it is such a serious matter, people with experience and knowledge of the subject need to be heard. The Sunday edition of Greek Kathimerini offered that very opportunity by hosting the opinions of a number of experts in the field regarding the changes that should be made to Greece's constitution.

Former prime ministers who had very definite ideas on this topic, such as the conservative Costas Karamanlis, should contribute to the public dialogue. After all, if you haven't had firsthand experience of the problems of governing this country, it's hard to know how to pinpoint the important issues.

Prime Minister Alexis Tsipras also needs to rise above his narrow ideological and partisan beliefs to take a broader view, but he will inevitably come under an enormous amount of pressure to use the opportunity to draft a constitution that approaches the leftist utopian dream.

What will come from this process is difficult to predict because it depends on what kind of parliament we will have next, whether it's made up of indignants or reformists

The simple fact is that even if a few problems are solved – such as the electoral law and the issue of politicians' immunity – we will all benefit.

36TH ANNUAL COMMEMORATION OF THE FALL OF CONSTANTINOPLE

(From p. 1)

arly publications.

The Greek Orthodox Metropolis of Chicago is lead by Metropolitan Iakovos of Chicago and oversees all Greek Orthodox parishes within Illinois, Iowa, Wisconsin, and Minnesota, as well as large portions of Missouri and Indiana.

The Archons of the Ecumenical Patriarchate are an honorees selected by His All-holiness Ecumenical Patriarch Bartholomew for outstanding service to the Church and distinguished, leadership within the Orthodox Christian community. It is the responsibility of each Archon to defend and promote the Orthodox Christian faith and tradition. They are also concerned with the human race's inalienable rights wherever and whenever they are violated - and the well-being and general welfare of the Christian Church.

The Hellenic Society of Constantinople is a not for profit 501(c)3 organization founded in 1939. It was one of the first Societies created in the United States to perpetuate the vast contributions made by the Byzantines, and to preserve the remaining Greek Orthodox churches in Constantinople. The Society's continuing mission is to support the religious freedoms of all minorities in Asia Minor and abroad, and support the Patriarchate in Constantinople.

THE FALL OF CONSTANTINOPLE AND FIVE KEY ISSUES CONCERNING RELIGIOUS FREEDOM FOR THE ECUMENICAL PATRIARCHATE OF CONSTANTINOPLE



After a 53 day siege, the Christian Byzantine Empire's Capital City of Constantinople fell to the Muslim Ottoman Empire after the cities walls had been breached on May 29, 1453. The fall of Constantinople and thus the Byzantine Empire marked the end of the over 1,500 year existence of the ancient Roman Empire and was a crushing blow to Christendom as it left Europe open to Muslim invasions without major opposition.

After allowing his army three days of looting as he had promised, Ottoman Empire Sultan Mehmed II ended the looting, ordered his army to leave the city, and issued a proclamation declaring the re-establishment of the Orthodox Church, the return of almost all homes and businesses (excepting the Hagia Sophia Greek Orthodox Cathedral) and freedom of all survivors of the city. His official seal recognizing the rights and authority of the Greek Orthodox Ecumenical Patriarchate of Constantinople are still held and displayed.

However, this promise of religious freedom has been eroded over the centuries and is not fulfilled today. The Patriarchate of Constantinople is under religious constraints which have been recognized and condemned by many Worldwide Organizations including the European Union and United States Government which include:

1) Government interference in Patriarchal elections: Turkish government restrictions have been imposed on the election of the Ecumenical Patriarch and hierarchs who vote for this worldwide religious leader. This would be the equivalent of Italy passing laws giving it the right to pick future Popes.

2) Non-recognition of worldwide leadership role: The Turkish government does not recognize the international status, or worldwide leadership position of the Patriarchate. They officially only recognize his role as a leader of Christians within Turkey. Again, this would be the equivalent of Italy recognizing the Pope as only the religious leader of Christians in Italy.

3) No legal identity: the Turkish government does not recognize any legal identity of the Patriarchate including non-recognition of its ownership rights and the non-issuance of residence and work permits for foreign priest who are essential to the continuity and functioning of the Ecumenical Patriarchate. The lack of legal identity has been used to confiscate Greek Orthodox Churches, homes orphanages, and seminaries.

4) Closing of seminary and inability to train new clergy: after passing laws requiring the Ecumenical Patriarch be a Turkish citizen and schooled in Turkey, the government essentially closed all seminaries, thus ensuring no future Ecumenical Patriarchs can be schooled in Turkey.

5) Confiscation of property: the Turkish government has confiscated thousands of properties from the Ecumenical Patriarchate.

MAYO CLINIC: HEART ATTACK & WATER

A cardiologist determined that heart attacks can be triggered by dehydration. Good Thing To Know. From The Mayo Clinic. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack. Interesting...

Something else I didn't know... I asked my Doctor why people need to urinate so much at night time.

Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright, legs swell. When you lie down and the lower body, legs and etc., seeks a level with the kidneys, it is then that the kidneys remove the water because it is easier. I knew you need your minimum water to help flush the toxins out of your body, but this was news to me

Correct time to drink water... Very Important. from a Cardiac Specialist!
Drinking water at a certain time maximizes its effectiveness on the body:

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion.
- 1 glass of water before taking a bath - helps lower blood pressure.
- 1 glass of water before going to bed - avoids stroke or heart attack.

I can also add to this... My Physician told me that water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin: Dr. Virend Somers is a Cardiologist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology. Most heart attacks occur in the day, generally between 6 A.M. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night. The reason is that an Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest; for years, when it gets old, it smells like vinegar.

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets. Why keep Aspirin by your bedside? It's about Heart Attacks. There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people, about 60%, who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards:

1. Call 911.
2. Phone a neighbor or a family member who lives very close by.
3. Say "heart attack!"
4. Say that you have taken 2 Aspirins.
5. Take a seat on a chair or sofa near the front door, and wait for their arrival and... **DO NOT LIE DOWN!**

"Life is a onetime gift" Let's forward and hope this will help save some!!!
Athena Roumeliotis



Yellow Stone Park

While a handful of the parks existed as early as 1872, it wasn't until 1916 that the US National Park Service was officially established – thanks to an Act of Congress signed by then President Woodrow Wilson. BBC Travel's timeline tells the story of the parks chronologically, starting with Yellowstone, established in 1872, and ending with the newest park, Pinnacles, established as recently as 2013. With 59 parks and counting, who knows what's in store for the next 100 years!

Japan: the world's most polite country?



It's so well mannered that even the toilet seat stands to attention when you enter the bathroom.

The sun had already begun dissolving into the reddening sea, an alarming reminder that we had dilly-dallied a little too long on our cycling jaunt round Japan's Ninoshima Island in Hiroshima Bay. Unsure of the ferry's last departure for the mainland, we stopped at a roadside bar to ask. This triggered worried looks all round: the final boat was about to leave.

"You can just make it if you take the shortcut," said one man, stepping outside and pointing to a narrow road up a small mountain. With evening falling fast, we had severe misgivings, but cycled off uphill nonetheless. Looking round, we were astonished to see our newfound friend jogging up the hill behind us at a discreet distance to ensure that we didn't get lost, only turning back when the port was safely in sight below us. His random act of kindness got us to the ferry with minutes to spare.

This was one of our first experiences with omotenashi, which is often translated as "Japanese hospitality". In practice, it combines exquisite politeness with a desire to maintain harmony and avoid conflict.

Omotenashi is a way of life in Japan. People with colds wear surgical masks to avoid infecting others. Neighbours deliver gift-wrapped boxes of washing powder before beginning building work – a gesture to help clean your clothes from the dust that will inevitably fly about.

Staff in shops and restaurants greet you with a bow and a hearty irasshaimase (welcome). They put one hand under yours when giving you your change, to avoid dropping any coins. When you leave the shop, it's not unusual for them to stand in the doorway bowing until you are out of sight.

Machines practice omotenashi, too. Taxi doors open automatically at your approach – and the uniformed white-gloved driver doesn't expect a tip. Lifts apologise for keeping you waiting, and when you enter the bathroom the toilet seat springs to attention. Roadwork signs feature a cute picture of a bowing construction worker.

In Japanese culture, the farther outside one's own group someone is, the greater the politeness shown to that person – which is why foreigners (gaijin – literally, "outside people") are invariably astounded to find themselves accorded such lavish courtesies. "It still surprises me after nine years here," said Spanish teacher Carmen Lagasca. "People bow when they sit next to you on the bus, then again when they get up. I'm always noticing something new."

But omotenashi goes far beyond being nice to visitors; it permeates every level of daily life and is learned from a young age.

"Many of us grew up with a proverb," said Noriko Kobayashi, head of inbound tourism at DiscoverLink Setouchi, a consortium that aims to create jobs, preserve local heritage and promote tourism in Onomichi, Hiroshima Prefecture. "It says that 'After someone has done something nice for us, we should do something nice for the other person. But after someone has done something bad to us, we shouldn't do something bad to the other person.' I think these beliefs make us polite in our behaviour."

So where did all this politeness come from? According to Isao Kumakura, professor emeritus at the research institute of Osaka's National Museum of Ethnology, much of Japan's etiquette originated in the formal rituals of the tea ceremony and martial arts. In fact, the word omotenashi, literally "spirit of service", comes from the tea ceremony. The tea-ceremony host works hard to prepare the right atmosphere in which to entertain guests, choosing the most appropriate bowls, flowers and decoration without expecting anything in return. The guests, conscious of the host's efforts, respond by showing an almost reverential gratitude. Both parties thus create an environment of harmony and respect, rooted in the belief that public good comes before private need.

Similarly, politeness and compassion were core values of Bushido (the Way of the Warrior), the ethical code of the samurai, the powerful military caste who were highly skilled in martial arts. This elaborate code, analogous to medieval chivalry, not only governed honour, discipline and morality, but also the right way of doing everything from bowing to serving tea. Its Zen-based precepts demanded mastery over one's emotions, inner serenity and respect for others, enemies included. Bushido became the basis for the code of conduct for society in general.

The wonderful thing about being exposed to so much politeness is that it's as contagious as measles. You soon find yourself acting more kindly, gently and civic-mindedly, handing in lost wallets to the police, smiling as you give way to other drivers, taking your litter home with you and never ever raising your voice (or blowing your nose) in public.

Wouldn't it be great if each visitor took a little bit of omotenashi home with them and spread it around? The ripple effect could sweep the world. (BBC-TRAVEL)

How Did They Build These Mad-Houses?

I like to think of myself as something of an original, avoiding all the latest, boring trends, but I have never done anything like this! Just look at these weird, wild and frankly quite insane homes that some of the most eccentric people in the world have built for themselves. Which one is your favorite?

Who has ever had the feeling that the earth would swallow them up? Well I have, but I never envisioned this! It must be very cozy, though, to be sleeping underground, and to hear the pitter-patter of rain drops on the earth above. Having said that, it does make me think of a rather large coffin, what about you?



one? Perhaps it would improve your behavior though: as they say, people in a glass house shouldn't throw stones.



and pets. Rocks and kids (and glass) are just not a good combination; am I right?



4. A Russian Upside Down Home



6. A Swiss Mountain-Top Home



the case every single morning. However, that first coffee of the day must complement that view amazingly well.

1. A Japanese Transparent Home

The Japanese are very fond of their privacy - except for this family! We don't know why they did it, but they have built their not-so-humble abode entirely from glass. How would you feel if everything you were doing in your home was visible to everyone? Perhaps it would improve your behavior though: as they say, people in a glass house shouldn't throw stones.

2. A Canadian Spherical Tree House

I suspect this family were a big fan of the Flintstones, but didn't want to forego all the modern conveniences a good house should bring. Meet the modern-day cavemen! If it was me though, I would be a little worried about brittle rocks and falling stones, particularly with kids

3. A Portuguese Stone Home

A young family of four live in this seashell in Mexico City, which is an ingenious creation. I bet their kids have very vivid imaginations after growing up here. It seems a bit like a house from a fairground to me, and like a lot of old fairground exhibits, it may age badly. So, just think of the upkeep that the exterior would require.

What looks like a photo trick is in fact as real as anyone's house. Located in the city of Krasnoyarsk, this upside down dwelling attracts many curious people, and I can see why: they probably wonder what the inside looks like. Do they use an upside down washing machine, TV...toilet? Surely not! Just how do they live - and how do they do the vacuuming?

Looking down 13,000 feet from the Solvay House would give me a tremendous shudder, especially looking at that tiny ledge. But some people really like to live their life on the edge. And what a stunning view they get for their bravery! But surely this must be a very cold place to live. I for one really dislike waking up, and being too chilly to peel the duvet off myself. But here that must be

This Impossible Ice Cave Stays Frozen Through Summer



On a pleasantly warm summer's day in the mountains of Shanxi Province in China, the walls and floor of Ningwu cave are covered with layers of frozen water. Ice stalactites stretch down from the ceiling, and ice stalagmites reach up from the floor, even when temperatures outside soar to the high teens. The cave is 85m deep and set into the side of a mountain more than 2,000m above sea level. Undoubtedly, the sight is dazzling, but is it unique?

Naturally occurring ice caves are dotted across Europe (Iceland is home to the beautiful ice cave of Vatnajökull) and a number of spectacular ice caves are found in Russia, Central Asia and North America. This incredible phenomena draws in gobs of tourists, with many wondering what keeps these natural freezers so cold?

Ice caves have been an object of study for more than 150 years, but how they remain so cold has sparked controversy. Explanations have included a local reversal of geothermal heat, whereby the warm currents from Earth's hot mantle might sometimes miss a particular patch of ground, causing icy deposits if a cave of the right shape happens to be in that area.

While this may be a plausible explanation for some ice caves, scientists studying the Ningwu cave at the Chinese Academy of Geological Sciences beg to differ. Yaolin Shi points out that while geothermal heat does vary in places, these often influence surface temperatures too. Meaning that if it is colder underground because of a lack of geothermal heat, it will be colder at the surface.

Ningwu cave, however, acts differently. In this particular location, summer temperatures at the surface can reach 62°F even when the cave temperature hovers at around 32°F. Clearly, there is quite a discrepancy between the two.

The cave therefore needs to be cooled in the first place. The cooling probably begins with the air outside the cave rather than a lack of geothermal heat below it. During the winter months, temperatures outside the cave plummet to -5°F. The cool and dense air from the outside cascades into the cave, meanwhile, the warmer air inside the cave rises up and escapes, lowering temperatures inside the cave further.

Once the ice has formed in the cave, it acts as a buffer that stabilizes the temperature. Meaning that if warmer air passes into the cave, some of the ice starts to melt. However, this takes a lot of energy, and so the formation of a little melted water, effectively absorbs most of the incoming heat, preventing the rest of the cave from warming up too much.

It turns out that the reverse is also true. When cold air pours in, any liquid water in the cave will freeze. This releases energy and stops the cave's temperature from plummeting as low as temperatures outside. To a certain extent, this process can keep temperatures quite constant in the cave. Furthermore the ice and water near the cave entrance help to even out the cave temperature throughout the year.

While the seasonal flows of air through the space play an important part on the ice cave's constant cooling temperature, it turns out that a number of combinations are also at play, including the cave's particular shape and position, as well as the nature of the heat exchange with the rock walls, creating a unique micro-environment necessary to keep the cave ice cold when the outside temperatures are nice and warm.

This spectacular cave is open to the public between May and October. It draws up to 1,000 visitors a day, with each tourist roughly spending about an hour in the cave, which is illuminated by 200 light bulbs. As one would expect, both the tourists and the bulbs give out heat, but according to Shi, this extra warmth should not disrupt the cave's environment, provided it receives a seasonal flow of cold air.

Unfortunately, many ice caves are being lost to recent climate change. Shorter winters produce less cold air, needed to replenish the ice caves, tipping them out of balance. Consequently, this has led to international and local efforts to try to preserve the caves.

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10 things you should know before going veggie

Are you considering giving up meat and becoming a vegetarian? In honour of National Vegetarian Week, Georgie Kiely fills us in on what you should know before turning to the dark, green and leafy side...

There are as many reasons for going veggie as there are veggie chefs and writers. I've been vegetarian for a long time. So long, that the taste of a turkey twizzler is now a distant memory (thankfully). I've never been a big meat eater and at about 8 years of age, as I gradually went off an increasing number of meat dishes, my family had to widen our vegetarian recipe repertoire. In many ways, going veggie was the start of my interest in food; where it comes from, how it's cooked, what other cuisines have to offer... The more you



explore, the more you discover that there's a whole host of delicious dishes where vegetables are the star. You'll soon find yourself asking, 'Who needs meat?'

Here are a few things to think about if you're considering becoming a 'veggievore'...

1. Protein power

If you're worried about protein and iron, don't be. You can get all the vitamins and minerals you need from a vegetarian diet, you just have to know what to eat. Non-meaty sources of protein and iron are nuts, pulses, tofu and leafy greens. Almonds, pistachios and cashews contain healthy fats too, and are perfect for snacking. Dairy is a good source of protein, as is quinoa which is ideal for a filling salad. Above all, embrace the egg, the easiest source of protein out there! Dried fruits, particularly raisins, apricots and dates are good iron sources. Vitamin C helps iron absorption so opt for foods that combine both, or have a glass of fruit juice with your meal to maximise benefits.

2. Added extras

Meat or fish can be a hidden ingredient in foods you wouldn't necessarily expect. Worcestershire sauce, for instance. Who knew?! Mousses, jellies, sauces, yogurts and cheeses can have gelatin or other animal fats in them to change the consistency and add different flavours. Make sure to check the packaging of any product you're not sure about.

3. Prepare to be quizzed

If there's one thing I've learned, people love a debate. As soon as you say you've decided to go veggie just be prepared for a barrage of questions, exclamations of disbelief and cries of, 'Even bacon?!' My grandparents still don't quite understand the concept and

are eternally confused as to why I'd deprive myself of what they see as the best bit of the meal. Rejecting Irish stew in an Irish household is a risky business but if I can do it, so can you.

4. Happy holidays

Being veggie often takes just a little bit of planning ahead. If you're going on holiday somewhere new, it's always worth checking if there are local vegetarian delicacies, restaurants or key phrases that might come in handy. Knowing the word for vegetarian is a good place to start!

5. Something fishy

It's worth considering whether you're ready to go full-vegetarian or whether pescatarianism is for you. The latter gives you a little more flexibility in your diet. Remember, there are still dietary aspects to consider if you're giving up meat and only eating some seafood. Protein and iron may still be an issue. If you're fine with fish, try out new seafood recipes to tantalise your tastebuds. Being a pescatarian for a while can also be a great stepping stone to going vegetarian.

6. Learn to love substitutes

Lentils for mince meat, quorn fillets for chicken fillets, beans for burger mince - once you start branching out in your veggie cooking you'll get used to using new ingredients and trying new veggie substitutes for everyday meat dishes. Not only are they handy for getting extra nutrients into your meals but they're ideal for feeding a mixed crowd of veggies and meat-eaters. Good quorn bolognese or spicy bean burgers are always crowd-pleasers.

7. Equip your kitchen

I'm not saying you need to buy out Lakeland but having extra storage jars for pulses, grains and other veggie staples, plus a decent blender for veggie soups and dips, won't go amiss. Depending on how adventurous your cooking is getting, a spiraliser is a fun gadget to play with for modern vegetarian health-conscious cooking with minimal effort. Good knives and chopping boards are essential to any kitchen but when you're chopping serious veg, you want the right tools for the job.

8. Branch out

Seek out veggie and vegan cafés and restaurants in your community that perhaps you've never before considered. Explore different cuisines for vegetarian options. Who knows? You might discover a new favourite!

9. Snack happy

I'm a serial snacker. I have to have something to nibble on throughout the day or I get grumpy and/or tired. When an apple or a banana just won't do, I have a stash of natural fruit rolls, boxes of cashews and packets of popcorn that keep me going. You could also experiment with blitzing together some energy balls, they take minutes to make and can be packed up and whisked away with you.

10. Eating out

Going out with friends doesn't have to change, it simply involves a bit of research. In the UK, we take it for granted that restaurants have a vegetarian alternative. Some places have more choice than others, so to avoid snacking on sides all night while everyone else tucks in, I suggest scoping out the menu online beforehand.



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 based 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

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NEWS FROM GREECE

French officials offer support but urge action too



French Prime Minister Manuel Valls underlined France's particularly strong support for Greece on Friday, and pledged to send more experts in taxation and public administration to Athens in the coming months, while his Finance Minister Michel Sapin referred to the "difficulties" Greece still faces with its reform efforts.

In a joint press conference with Prime Minister Alexis Tsipras in Athens on Friday, Valls declared that "the French government stands by the side of the Greek government." Valls also noted that many had questioned whether Greece had a future in the eurozone last year but that France had thrown its full support behind Greece and averted the risk of a Greek exit from the euro. Tsipras struck a similar tone, noting that France's stance had averted "extreme behavior which, focused on Greece, was putting the eurozone at risk."

The completion of a deal between Greece and its international creditors at a Eurogroup summit last month marked a "new page for Greece," Valls said. He added that France was committed to continuing to provide technical support for Greece, particularly for the improvement of tax collection and public administration, with a new contingent of French experts to be sent to Athens in September.

The French premier underlined French interest in Greek privatizations and in participating in the Greek tourism and agriculture sectors as well as supporting local startups. As far as state sell-offs are concerned, there is said to be French interest in the new Kastelli airport near the Cretan port of Iraklio, the Thessaloniki water company (EYATH) and the operating arm of the Hellenic Railways Organization, Trainose.

Greek Finance Minister Euclid Tsakalotos also discussed privatizations with his French counterpart Sapin as well as outstanding reforms that Greece must legislate before creditors can approve the disbursement of 7.5 billion euros in rescue loans. Sapin was more cautious in his statements than Valls, noting that "the difficulties have not finished" for Greece and that "efforts must continue."

Greece is aiming to legislate the last few prior actions over the coming days so that foreign auditors can issue their compliance report and eurozone finance ministers can sign off on further rescue loans that Athens needs to pay down debt maturing in July.

Tsipras and Valls also discussed Europe's migration crisis, another big issue that Greek authorities are grappling with. Tsipras noted that France is taking in 400 migrants per month as part of a European Union relocation scheme and called on other EU member-states to show similar solidarity.

The two leaders also discussed an agreement between the EU and Turkey, which has been in place since March and foresees the return of migrants from Greece to Turkey, and security concerns arising from the exploitation of the migrant flows by radicalized supporters of the so-called Islamic State.

Tsipras arranges for ministers to meet mother of slain rapper; mulls changing GD trial venue

Prime Minister Alexis Tsipras is reportedly taking matters into his own hands in a bid to expedite the stalled trial of the neo-Nazi



Golden Dawn party after a desperate appeal by the mother of Pavlos Fyssas, who was murdered by one its members.

The controversial decision to hold the trial at the Korydallos maximum-security prison near Athens had, from its outset last year, drawn a storm of objections, including complaints by neighboring residents, that led to repeated delays.

Tsipras, who is reportedly mulling a change in the location of the courtroom, set up a meeting on Friday between Justice Minister Nikos Paraskevopoulos and Parliament Speaker Nikos Voutsis and the mother of Fyssas, Magda Fyssa, and other relatives.

Voutsis said Tsipras arranged the meeting because he had "heeded [Magda Fyssa's] call," adding that the family expressed frustration that the trial was "moving without direction."

Voutsis insisted that the timely completion of the trial "is a crucial issue for democracy."

Paraskevopoulos, who was also present at the meeting with the Fyssas family, explained that it would be unconstitutional for him to order a change of courtrooms and that he opted instead to call on the three-member administrative panel of the Athens Court of Appeal to evaluate the situation.

ALEXIS PAPACHELAS 'Our' guy and the



'other'

Could Donald Trump win the US election? It's possible. The same anti-systemic wave that has swept through Europe is now rocking the boat of the US political system. The Republican candidate is similar in ways to Ronald Reagan, whose political opponents used to refer to as the "Teflon president," because no accusations of wrongdoing ever stuck. The US establishment is terrified and trying to unnerve Trump – to no avail so far. Hillary Clinton is part of the old establishment and is failing to galvanize voters. The middle class is angry and stagnant and Trump's style is getting through to it.

Meanwhile, Democratic officials are getting worried as they watch members of traditional unions flirting with the Republican candidate.

What kind of President would Trump be if elected? It's hard to tell. Every White House occupant is accountable to a system of checks and balances that does not allow them to do as they please. The only areas in which they make their own decisions is defense and foreign policy, which, of course, could determine the fate of the entire planet. Many believe that similarly to Reagan, Trump would adopt a more realistic policy if elected. Should this happen, it would be a shock

to the susceptibilities of the Old Continent.

Beyond the extreme rhetoric, however, another point of interest are Trump's views with regard to Muslims and the migration issue.

The conservative politician has openly linked Turkish President Recep Tayyip Erdogan to Islamic State, something which is discussed behind closed Washington doors but never in public. He believes the US must figure things out with Russia and avoid the escalation of a new Cold War, while he also thinks it necessary to back President Abdel Fattah al-Sisi, as he believes that without him Egypt's, and the entire region's stability, would be at risk.

The Greek-American community and whatever is left of the Greek-American lobby are backing Clinton. The late Archbishop Iakovos of America would have urged the establishment of communication channels with the Republican candidate.

I strongly remember the day he called me to his office after I had written a story in which I criticized him for publicly supporting George W. Bush, more than his Greek-American opponent, Michael Dukakis.

"Listen son, if our guy gets elected, we'll be fine," he said, before adding: "But if the other guy wins, do you have any idea how much he will appreciate the fact that I helped him?" Well, the other guy won and Iakovos ended up enjoying unprecedented White House access.

Only Mitsotakis can lead effort to save Greece, Pikrammenos says



New Democracy chief Kyriakos Mitsotakis would be the most suitable political leader for the position of prime minister, Panayiotis Pikrammenos, a retired judge who led a caretaker government in 2012, said in comments published Wednesday.

"Whether we like it or not, Kyriakos is currently the only person who can lead the effort to save the country," Pikrammenos told Bloomberg.

"When you are a leader, you don't just refurbish the old house. You blow everything up and then you either win or lose the game," Pikrammenos said.

"I am confident that Kyriakos will do as much, when the time comes," he said.

The conservatives are ahead in opinion polls by as much as eight percentage points.

European extremism rears its ugly head at Euro 2016

Only romantics and incurable optimists believe soccer is a celebration of the athletic spirit, which brings nations closer. And only people who are comfortable with lies will say that politics has no relation to the tensions that arise from the sport.

As well as being a big business, soccer is also a ritualistic form of extreme competition, one of the biggest in the

world. In addition, it provides setting of semi-sanctioned aggression: physical on the pitch, verbal in the stands and no-holds-barred away from the stadium.



As we see from the European Championship currently taking place in France, soccer marches comprise symbolic wars between nations that started long before the referee's whistle and do not end after 90 or 120 minutes. These teams are not random assemblies of players. Instead, those with blind faith would have us believe, they bring together and showcase the traits of the nation they represent. Not just the physical traits, but also the intellectual and spiritual. This is why the most fanatic of fans – who tend to grow in number at times of increased nationalist sentiment, such as at the present – cannot accept defeat. They do not view it as a mere athletic failure that can be explained in many different ways and possibly even reversed. They see it as an insult to their nation, as a disgrace.

The displays calling for divine intervention that are so prolific on and off the pitch are not simple superstition but are linked to the belief of every nation, passed down through the generations, that a higher power is rooting for it and protecting its interests, even when it comes to soccer. Here in Greece, many still believe that God is Greek and some even claim that this explains the country's hat-trick victory at the Euro 2004, even though it does not explain why we failed to make the cut this year. Similar religious chauvinism prevails in other countries too, both Christian and Muslim.

It is this kind of blind belief that allowed ISIS-style extremism to appear in France without a single jihadist having to move from the Middle East. The start was made by English fans who crossed the Channel not to watch a game but to chant in drunken arrogance "ISIS, where are you?" – thus delivering the most brutal and callous of insults to the French, whom they perceive as their eternal enemy. They were followed by German neo-Nazis, who arrived in France waving Nazi banners and chanting, appallingly, "We're invading again." Their ideological allies – though rivals on the pitch – the mayhem-causing Russian fascists, are not missing either. So Europe has its own form of ISIS, its neo-Nazis, who share the same "values:" hate, blood, annihilation of the other.

Greek central bank sees marginal contraction this year

Greece's economy is expected to contract by 0.3 percent this year, with the completion of the first bailout review helping to restore confidence and improve growth prospects, the country's central bank said on Wednesday.

"For 2016 as a whole, the GDP growth rate should turn out marginally negative at -0.3 percent as the positive growth rates expected for the third and fourth quarter should partly offset the negative outcome of the first half," the Bank of Greece said in a monetary policy report.

It said the economy's return to sustainable growth would be helped by lowering the 3.5 percent of GDP primary budget surplus target from 2018 onwards to 2.0 percent. [Reuters]

Obama v Trump: The gloves are off

Anthony Zurcher

The political battle between President Barack Obama and presumptive Republican nominee Donald Trump is now fully joined. Just a day after Mr Trump gave a speech on immigration and national security that included sweeping condemnations of Mr Obama's policies, the president responded with some of his harshest criticisms to date.

"Where does this stop?" Mr Obama asked. "The Orlando killer, one of the San Bernardino killers, the Fort Hood killer - they were all US citizens. Are we going to start treating all Muslim-Americans differently? Are we going to start subjecting them to special surveillance? Are we going to start to discriminate [against] them, because of their faith?" Such views, Mr Obama said, are "not the America we want".

As the Obama-Trump clash heats up, here are three things to keep in mind.

It's personal. Donald Trump and Barack Obama have a history that predates the current election cycle. In early 2011 Mr Trump repeatedly circulated conspiracy theories about the authenticity of the president's birth certificate and whether he was actually born in the US.

Later that year, at a black-tie Washington event, Mr Obama relentlessly mocked Mr Trump while the New Yorker sat stone-faced in the audience. Over the past year Mr Trump has questioned Mr Obama's competence and openly speculated about his allegiances in what he labels the war on radical Islam. The president clearly does not like the presumptive Republican nominee - and the feeling appears to be mutual.

It's strategic. There's very little precedent in modern US political history for a sitting president to directly and sharply criticise the opposing party's standard-bearer in the run-up to a general election. Mr Obama is currently above 50% in most opinion polls and has been trending upward, so he is in a position to be an active and eager participant in the campaign fray. Because he's not the nominee, he has a free hand in what he can say, and he can bring the full weight of the presidency to bear on Mr Trump.

The Republican nominee will be effectively campaigning against two candidates - Mrs Clinton and Mr Obama. And, at least for now, Mr Trump can only count on the tepid support of many of his fellow Republicans. Following Mr Obama's remarks on Tuesday, the Republican National Committee issued a press release that made no mention of Mr Trump or his proposed immigration measures, instead focusing on the Second Amendment and firearm rights.

It's a clash of worldviews. Beyond the personal and political differences, Barack Obama and Donald Trump represent decidedly different ways of viewing the US role in the world. Mr Obama preaches engagement, with the US as a piece of larger global puzzle. Mr Trump embraces an "America first" outlook in which international co-operation is largely a zero-sum game.

On trade, Mr Obama backs deals like the Trans-Pacific Partnership, which he argues will increase global prosperity and bind nations together economically.

Mr Obama argues that immigration is largely beneficial to a diverse nation. Mr Trump sees it as a threat that risks domestic security and economic prosperity. Such concerns are captured by Mr Trump's slogan, "Make America Great Again". The nation should be great but has lost its way.

"America is being taken apart piece by piece, "Our infrastructure is a disaster. Our schools are failing. Crime is rising. People are scared. The last thing we need is Hillary Clinton in the White House or an extension of the Obama disaster."

"Our diversity and our respect for one another, our drawing on the talents of everybody in this country, our making sure that we are treating everybody fairly, that we are not judging people on the basis of what faith they are or what race they are or what ethnicity they are or what their sexual orientation is, that's what makes this country great," Mr Obama said on Tuesday.

Nearly every election, the politicians involved like to talk about how important the vote will be, how pivotal the moment is, how stark the choices are.

This time, it's not hyperbole.

Forgiveness

By: Louis A. Palivos

How much does God love us? He loves us so much and He forgives us infinitely to have given His only begotten Son to die for us. "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life." Jn. 3:16. How much does Jesus Christ love us? He loves us so much and forgives us that He willingly went to Golgotha. On the cross, as He was being crucified, He uttered several profound statements, "Father forgive them, for they do not know what they are doing." Lk. 23:34. ¹ Jesus was living out forgiveness, on the cross, to the end. Jesus was living out the commandment to "Honor your father and your mother" Ex. 20:12. Jesus honored His Father God Almighty and His Mother, the *Theotokos*, to the end.

Jesus taught, "Forgive and you will be forgiven." Mt. 6:14. "If we do not forgive others, the Father will not forgive us." Mt. 6:15. How profound, Jesus, on the cross, implores His Father to forgive us, on both sides of time, then, now and for eternity!

St. Maximos the confessor taught: "He who has not completely forgiven those who stumble and has not brought his heart to God free from grievance and illuminated with the light of reconciliation with his neighbor, ill fail to attain the grace of the blessing he has prayed for."

Another Father, St. Thalassios taught: "Forgiveness of sins is betokened by freedom from the passions; he who has not yet been granted freedom from the passions has not yet received forgiveness."²

The Prodigal Son Parable is about repentance, forgiveness and grace. However, in the parable Jesus adds a second son who is unforgiving, envious and angry, at both his father and brother. Lk. 15:11-32

So, should we forgive and forget? Should we forgive and not forget? Should we not forgive? Should we forgive with conditions? Or, should we not forget?

Why We Need to Forgive and to be Forgiven

St. Paul wrote, "For all have sinned and come short of the glory of God." Rom. 3:23. **King Solomon wrote**, "For there is not a just man on earth who does not sin." Eccl. 7:20. **Isaiah the Prophet wrote**, "All we like sheep have gone astray, we have turned everyone to his own way." Is. 53:6. He also wrote, "All our righteousness is like filthy rags." Is. 64:6. **St. John the Apostle wrote**, "If we say that we have no sin, we deceive ourselves, and the truth is not in us." I Jn. 1:8

These *Inspired Authors* explain God's *revealed* human condition that secular mankind does not understand and that non-Christian and non-Hebrew religions and philosophies do not understand; except, the Almighty's Grace to other persons.

Yet, as we are, God still waits even for the lone lost sheep. Just like the Prodigal Parable Father who waited for his lost son to repent. God waits for his lost children to forgive them.

The Road to Recovery

An insightful Christian writer, Lewis B. Smedes, in his book, *Forgive and Forget: Healing the Hurts we don't Deserve*, outlined the stages of recovery:

1. An act that is committed against a person that is hurtful and painful;
2. The injured person cannot shake the memory, gets angry, withdraws and becomes unforgiving;
3. The injured person allows himself to deal with the pain and begins to deal with the person who caused the pain; and
4. The injured person allows the person who caused the pain back into his/her life, to begin to have restoration and reconciliation, and to heal his/her soul.

Smedes is also known for stating, "To forgive is to set a prisoner free and discover that the prisoner was you." Also he stated, "You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well."

The Orthodox Church, the Catholic Church, some Protestant Churches and other Christian Churches have the sacrament of Confession. As Bishop Kallistos Ware wrote in his book, *The Inner Kingdom*, Confession, Repentance, Penitence or *Exomologisis*, means both confession of sins and thanksgiving for gifts received. In Confession it must be understood that it is Jesus Christ who forgives, not a priest or a pastor. What was originally done in public, Acts 19:18, lamentable, now, is done in private. However, Jesus told Believers, "And when you have shut your door, pray to your Father who is in the secret place and your Father who sees in secret will reward you openly." Matt. 6:6

St. Dionysios of Zakynthos showed mercy and forgiveness to his brother's killer. During the Greek Independence War of 1821, Theodore Kolokotronis showed mercy and forgiveness to his son's killer. What would we have done?

As Believers, we repent and ask, "Have mercy upon me O God... blot out my transgressions. Wash me thoroughly from my iniquities and cleanse me from my sin." Ps. 51:1-2

God's promise to us is, "I, even I, am He who blots out your transgressions for my own sake; and I will not remember your sins." Is. 43:25

In closing, Believers must *forgive and forget!* Unbelievers, as well, by the light of their conscious, must forgive and forget. We must, as hard as it is, "be merciful to their unrighteousness and their sins and their lawless deeds, I will remember no more." Heb. 8:12. As God Almighty forgives and blots out our sins, we forgive others like eraser to paper or sponge to a black board.

Caveat. "I just can't forgive myself." This is a form of self-deification deception; because, when God forgives there is no need to forgive yourself, you *are* forgiven.

¹ **The first** of Jesus Christ's seven last utterances, on the cross, the rest are as follows; **Second**, "I tell you the truth, today you will be with me in paradise." Lk. 23:43; **Third**, "Dear women, here is your son and to His disciple, here is your mother." Jn. 19:26; **Fourth**, "Eloi Eloi lama sabachthani," which means "My God my God why have you forsaken me." Matt. 27:46; **Fifth**, "I am thirsty." (The Author believes this was spoken in Greek, Διψώ) Jn. 19:28; **Sixth**, "It is finished." (The Author believes this was spoken in Greek, Τετέλεσται) Jn. 19:30; and **Seventh**, "Father into your hands I commit my spirit." Lk. 23:46

² *The Philokalia* compiled by St. Nikodimos of Mount Athos and St. Makarios of Corinth.

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