

national hellenic FREE PRESS

VOL. 35

NO. 373

CHICAGO, IL.

OCTOBER, 2016

Jesus Christ's Soon Return: Part 3

By: *Louis A. Palivos*

Here are additional signs of the times and a limited interpretation of a few of the signs.

- | | |
|---------------------------------------|---|
| 31. Jannes and Jambres | II Tim.3:8 |
| 32. Knowledge Explosion | Dan. 12:4 |
| 33. Travel Explosion | Dan. 12:4 |
| 34. Prosperity and Greed | James 5:1-3; I Tim. 6:5; Rev. 3:17-18; Titus 2:11-13 |
| 35. Rebuilt Jerusalem Temple | Micah 4:1-2; Math. 24:15; II Thes. 2:3-4; Dan. 9:27; Is. 2:2-3 |
| 36. Temple Institute | |
| 37. Ashes of the Red Heifer | Num. 19:1-22 |
| 38. Train for Temple Service | Ez. 43:14-15 |
| 39. Vessels Prepared | Ez. 43:14-19 |
| 40. Messiah Fever | |
| 41. Israel Fertile | Is. 27:6 |
| 42. Israel Rain Increases | Joel. 2:23 |
| 43. Exiles Return to Israel | Ez. 37:21 |
| 44. Ethiopian Jews Return | Zeph. 3:10 |
| 45. Hebrew Language | Zeph. 3:9 |
| 46. Israel Regathered | Math. 24:32-33; Ez. 36:24; Is. 11:11-12; Amos. 9:14-15; Joel. 1:6-7 |
| 47. Jerusalem Regained | Lk. 21:24; Zech. 12:1-5 |
| 48. Army from the East | Rev. 9:15-16 |
| 49. Russia or Turkey | Ez. 38:1-2,15,16 |
| 50. Russia or Turkey Plans for Israel | Ez. 38:3-4, 7-9, 14-16 |

31. Jannes and Jambres were magicians in Pharaoh's Court willingly resisting the power of the true God. **St. Paul** revealed that in the last days, men would also willingly resist the truth, just like Jannes and Jambres, by



reproducing serpents with sorcery and enchantments, Ex.7:8-12. Furthermore, St. Paul revealed the characteristics of the last day generation:

“For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving,

slanderers, without self-control, brutal, despisers of good, traitors, headstrong, naughty, lovers of pleasure, rather than lovers of God, having a form of godliness but denying its power.” II Tim. 3:2-5 And: “always learning and never able to come to the knowledge of the truth.” II Tim. 3:7 What other

[\(Continue p. 2\)](#)

Syria: Are We Headed For World War III?

The Current Standoff in Syria Explained

From: *Jake Schembri*

Five years on, it seems that there's no end in sight for the Syrian war - the situation is actually getting worse. In fact, there are many who believe that we are on the verge of World War III. But how did Syria turn into the quagmire it currently is?

A short background

When the uprising against Bashar al-Assad's government began in 2011 as part of the Arab Spring, the Free Syrian Army and its allies appeared to have had a good shot at overthrowing the man many have accused of being a dictator.

Since Russian intervention in the war began last year, the rebels wishing to overthrow the government have had a much harder time of things. The Russians are on al-Assad's side, and wish to ensure that he stays in power.

Just to give you an idea of how fragmented and messy this war really is, there are no less than four different factions fighting it out in the country. In one corner, there are forces loyal to al-Assad, which are backed by the Lebanese militant group Hezbollah, Russia and Iran. In another, there's the rebel faction seeking al-Assad's overthrow. The rebels are backed by the Gulf States, Jordan, Turkey and the USA.

Further complicating matters is a coalition of Kurdish groups, such as the PKK, Peshmerga and others, that seceded from al-Assad in 2012. They are undoubtedly looking to establish autonomy for Kurdish people in the territory it currently controls. In addition, the Islamic State, alternatively known as ISIS, ISIL or Daesh, has captured and controls vast swathes of territory in the war-torn country as part of its ambitions to establish an Islamic caliphate in the Levant.

Fall 2016 – the siege of Aleppo



As it stands, forces loyal to al-Assad control all of Syria's most strategically-important cities, namely Homs, Damascus, Hama and Latakia. The only city that they don't have under their control is Aleppo, which is symbolic to

[\(Continue p. 2\)](#)

NATIONAL HELLENIC FREE PRESS

PUBLISHER
SOTIRIS REKOURMIS

EDITOR
DENISE REKOURMIS

LAYOUTS
JOHN REKOURMIS
CONTRIBUTORS

**DR. STAVROS BASSEAS, JOHN REKOURMIS,
DENISE REKOURMIS, DR JORDAN TSOLAKIDIS,
CHRIS MERENTITIS.**

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.

Jesus Christ's Soon Return: Part 3

From p. 1

generation globally is manifesting these 21 characteristics?

#32,33. The Prophet Daniel wrote, circa 530 B.C. Critics attacked Daniel, that he wrote after the historical events. Critics used three different arguments: prophecy, linguistics and history. However, research has verified that Daniel is highly reliable and credible, refuting the false critics' attacks based on prophecy, linguistics and history.

One of Daniel's most profound prophecies concerned Alexander the Great and the four Generals who succeeded him.

"And the male goat is the Kingdom of Greece. The large horn that is between its eyes is the first King. As for the broken horn and the four that stood up in its place, four Kingdoms shall arise out of that nation, but not



with its own power." Dan. 8:21-22.

Astoundingly, as prophesied, after Alexander's death his Kingdom was split into four areas: Lysimachus got Thrace and Bithynia; Cassander got Macedonia

and Greece; Seleucus got Syria and Babylon; and Ptolemy got Egypt, Palestine, Arabia and Petra.

Doesn't it stand to reason that future prophecies would also come to pass 100% accurate? Daniel prophesied that, at the time of the end, "ten Kings shall arise from this Kingdom." Dan. 7:24. Remarkably, St. John in Revelation also prophesied that, "ten Kings who have received no Kingdom as yet, but receive authority for one hour as King with the beast (Kingdom). Rev. 17:12.

Daniel also prophesied that at the time of the end, two additional signs would reveal the approaching close of history. "Many shall run to and fro and knowledge shall increase." Dan 12:4.

What other generation in history can have a claim at the explosive acquisition of knowledge at its fingertips? What other generation has traveled more, here and there, than our generation? In closing, is our generation the generation to which these signs are pointing?

Syria: Are We Headed For World War III?

(from p. 1)

the rebellion and crucial for the al-Assad regime that believes the war will end if it manages to capture it. In fact, the city is currently under siege by government



forces trying to make that happen.

Flashpoint 1 – US-led bombing of Deir ez-Zor

Most recently, events in Deir ez-Zor, eastern Syria, have resulted in a much-intensified standoff between Russia and the USA. The US-led coalition, which is supposedly in the country to rid it of Islamic State forces, bombed Syrian government positions in the area. The Islamic State surrounding the area took advantage of the disarray this caused, and mounted a ground-based attack on the government forces within minutes of the airstrikes.

While the US-led coalition has stated that it bombed the positions by accident, the Russians and the Syrian government have said that they were deliberately targeted in a bid to disrupt the shaky ceasefire agreement both sides had previously come to. Going even further, the Russians said that this bombing was



evidence of Washington being sympathetic to the Islamic State, and said that the coalition was acting as the jihadist group's air force.

Flashpoint 2 – Attack on UN convoy heading to Aleppo

Just two days after the aforementioned event took place, a convoy of aid trucks sent in by the United Nations to assist the besieged citizens of Aleppo was attacked. Some 18 of the 31 trucks in the convoy were destroyed, and at least 20 people were killed.

The Americans blamed the Syrian government for carrying out the atrocity, however it has categorically denied any responsibility for what transpired. Moscow has backed the Syrians' stand, stating that its own analysis of the video footage of the destroyed convoy indicated that the destruction was caused by its cargo catching fire rather than bombs, with some commentators suggesting that it was caught in the crossfire of an ongoing ground battle.

The consequence

Perhaps inevitably, these two events have led to a total breakdown of diplomatic relations between the two sides. Moscow has warned against Washington from striking against Syrian government forces seeking to capture Aleppo, adding that it hoped the US-led coalition wouldn't bomb anywhere by mistake as it said it did in Deir ez-Zor.

On the other hand, top American military chiefs have discussed the possibility of implementing a no-fly zone in Syrian airspace to prevent atrocities similar to what happened to the UN convoy, only allowing planes belonging to the US-led coalition to fly in it.

The problem is that Moscow would not tolerate this being implemented, and this would inevitably lead Washington to open war with the Syrian government and Russian forces stationed in the country. Further evidence of the tension between the two sides is a nuclear evacuation drill, said to have involved 40 million people, recently conducted in Russia.

At the moment, seemingly just one false move by either side needs to be made in this complex, costly and devastating Syrian proxy war for a global nuclear war to break out. These are scary times, so let's hope that diplomacy and reason will prevail in the long run.

Get Your Blood Sugar Levels Under Control with This Guide

Admittedly, most of us will think of diabetes when we hear the term “high blood sugar,” and with good reason. Diabetes is very serious, but long before a diagnosis occurs, the body will show signs that someone’s blood sugar levels are elevated.



Glucose is the main culprit for elevated blood sugar levels, and we ingest glucose via the food we eat. This substance is distributed to every cell in our body, and is an essential nutrient when ingested in the correct doses. The problem is that when glucose levels in the body become too high for an extended period of time, they can result in kidney, blood

vessel, nerve and eye damage.

In the present day, many people are eating far higher amounts of processed and artificial food than they really should be. This negative change in eating habits is directly leading to incidences of people with high blood sugar increasing around the world. So how can you avoid the same happening to you? The first thing you need to do is know what the signs of high blood sugar are, as well as how to identify them:

14 signs of high blood sugar

1. Frequent urination and urination during the night
2. Blurred vision
3. Difficulty concentrating
4. Dry mouth
5. Impotence
6. Recurrent infections
7. Slow healing of cuts and wounds
8. Stomach problems
9. Constant fatigue or extreme tiredness
10. Increased thirst
11. Dry and itchy skin
12. Constant hunger
13. Excess abdominal fat/weight gain
14. Nerve problems

Three high sugar foods to avoid

One slice of white bread – GI score 70

If you really must eat bread, switch to brown and reduce your glucose intake.

Rice cake – GI score 78

If you have blood sugar levels that are relatively normal, having a rice cake is fine to eat as a snack, however you should avoid rice cakes altogether if your blood pressure is already high.

Baked potato – GI score 85

You might think that baked potatoes are perfectly fine to eat as part of a healthy, balanced diet, however you really should avoid them if you’re exhibiting any of the symptoms outlined above

Three low sugar foods to enjoy

Walnuts – GI score 15

Walnuts make fantastic additions to salads, or just eaten on their own. Their GI score is very low, making them ideal to eat if you’re concerned about your blood sugar levels.

Broccoli – GI score 10

Although you might have hated eating broccoli as a child, broccoli offers a myriad of health benefits, not least having the ability to repair the damage caused to your vessels by high blood sugar levels.

Eggs – GI score 0

Eggs are great for your health and definitely won’t elevate your blood sugar levels. Their GI score is zero, so this means they are completely glucose-free.

As you can see from all of the above, it’s highly important to keep tabs on the deficiencies and excesses of your diet. Be aware of what you’re putting into your body, so that you don’t end up overloading it with all the sugar that manufacturers put into their food.



Pangolins are said to be the world’s most trafficked mammal. All eight species are targeted for their meat and for use in traditional Chinese medicine. The world’s most trafficked mammal is finally receiving some protection. The photo shows about 4,000 dead, defrosting pangolins, weighing a total of five tonnes. It is believed to be the largest seizure of these animals ever discovered.

PICTURES OF THE WORLD



Participants in the "Swim the Canal" event take part in the race through the 6,346-meter-long Corinth Canal that separates the Peloponnese from mainland Greece, Tuesday. It was the first swimming race since the construction of the canal in 1893. The swimmers covered a distance of 6 kilometers



Electricity utility Public Power Corporation posted significant year-on-year declines of 45.9 percent in profits and 8.5 percent in turnover in the first half of 2016, according to the financial figures it released on Wednesday. This reflects the reduction in its retail market share through the strengthening of the competition, and the impact of its discount policy for consistent customers. PPC chief Manolis Panayiotakis estimated that this reduction will continue in the future due to the commitments the country has made to its creditors. Revenues from the sale of power posted a 10.5 percent annual drop in H1 to 2.53 billion euros.



Following the year-on-year drop in travel receipts over the first seven months of 2016 and the expected decline of 25 percent in hotel enterprises’ net results, there are ominous signs for the industry next year too, according to Greek hoteliers. Yiannis Retsos, the president of the Hellenic Hotel Federation and vice president of the Association of Hellenic Tourism Enterprises (SETE), warned on Wednesday that unless a series of key issues are resolved, the sector will be destined for further hardship in 2017 too. The main threat to the country’s image in the international markets remains the handling of the refugee and migrant crisis.

Hellenic
Legacy

Greek American Rehabilitation & Care Centre

Gala



GLYKERIA

KOSTAS
KARAFOTIS

Saturday, November 19

WESTIN O'HARE HOTEL

6100 N. River Rd. • Rosemont, IL

For tickets & info Call: **847.465.1323**

www.greekamericancare.org

Kouzina 2016: A Twist on Greek Classics

Tickets on sale now for NHM's premier food and wine event.

Don't miss Kouzina 2016 — the most anticipated Greek food and wine event of



the year. The National Hellenic Museum's annual Greek food festival gives leading chefs the opportunity to showcase their unique vision of Greek cuisine. The party runs from 6:30 p.m. to 10 p.m. on Nov. 3 at the National Hellenic Museum, 333 S. Halsted St. This event is more than just a fundraiser; it's a celebra-

tion of the food and wine that nurtures our souls. "It is an incredible opportunity for both the chefs and our guests to explore the rich legacy and tradition of Greek food and wine and to experience it through a contemporary lens," said Rena Lee, Director of Museum Experience. "The chefs delight and surprise us each year with their twists on Greek classics such as moussaka and roasted lamb."

The list of chefs includes:

Louis Alexakis of Avli Estatorio
 Jimmy Bannos of Heaven on Seven
 Andres Barrera of City Winery
 John Boudouvas of Mia Figlia
 George Bournas of Psistaria Greek Taverna
 George Engel of City Gate Grille
 Mario Kalamogias of Plateia Mediterranean Kitchen
 Pete Kappos of Greek Islands
 Peter Minaki of Kalofagas Supper Club (Toronto)
 Jorgina Pereira of Sinha
 Devon Quinn of Eden
 Massimo Salatino of Francesca's
 Rick Spiros of Bento Box

This year's event will feature an expanded wine and beer tasting area on the second floor, providing more space in the popular dessert lounge for the tables of delicious sweets and confections from Sweet Connection, Donna's Carrot Cake, Pan Hellenic Pastry Shop, and more.

Tickets are \$125, but may be purchased at a reduced cost of \$100 through Oct. 21 at <http://www.nationalhellenicmuseum.org> or by phone at 312-655-1234.

Top court fails to make headway on TV license appeals



A second session of the Council of State's plenary session on Friday, aimed at considering the appeals of television channels against a recent controversial auction of TV licenses, failed to achieve any progress amid growing tensions over the relationship between the judiciary and the government.

Following a session on Wednesday, the country's highest administrative court convened on Friday for three hours to discuss the appeals.

A total of 30 senior judicial officials, including the president of the court, Nikos Sakellariou, took part in the session, which was marked by frequent tense exchanges, according to sources.

The same sources indicated that judicial officials also clashed over other matters, underscoring the growing divisions within the judiciary about the approach of Greek courts to highly politicized cases.

There was unexpected upheaval from an external source after an anonymous caller telephoned in a bomb threat. The court building was evacuated to allow police to search the premises but no suspicious devices were found.

Earlier this week, the court's rapporteur proposed that judges reject the appeals by the television channels against the constitutionality of the auction.

According to sources though, only half the court's judges agree with this recommendation, with the other half believing that there is a basis to the TV channels' appeals.

Another set of appeals by Greek television channels against the auction are scheduled to be heard by the Council of State on January 13. Some believe this may lead to the current process being postponed until next year.

The atmosphere in the Council of State and other Greek courts is increasingly tense following a bomb attack outside the home in Exarchia, central Athens, of prosecutor Georgia Tsatani late Wednesday.

The guerrilla group Conspiracy of the Cells of Fire claimed responsibility for the blast and warned of more serious attacks to come. "We chose a symbolic hit aiming only for material damages, but in the future, it will not be limited to that," the group said in a statement on the anti-establishment Athens Indymedia website, adding that it has "memory and patience" and that the attack was a show of solidarity with imprisoned members and jailed "political prisoners."

Police on Thursday reintroduced two officers to Tsatani's police guard, reversing a decision for their removal in September, as part of a wider re-evaluation of security given to potential targets.



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

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



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



The Hippocratic Cancer Research Foundation

*"Wherever the art of medicine is loved, there is also a love for humanity."
— Hippocrates*

SAVE THE DATE
NOVEMBER 5, 2016

Kick-Off Gala

HILTON CHICAGO
720 South Michigan Avenue
cancer.northwestern.edu/horf

Nearly half of all men and one-third of women in the United States will develop cancer during their lifetime.

The mission of the Hippocratic Cancer Research Foundation is to discover, develop and implement effective new treatments for patients with cancer by advancing groundbreaking research at the Robert H. Lurie Comprehensive Cancer Center of Northwestern University in Chicago.

Our goal – to eliminate cancer and save lives – is ambitious but achievable.

Hippocratic Cancer Research Foundation
c/o Robert H. Lurie Comprehensive Cancer Center
Northwestern University
303 East Superior Street, Suite 3-125
Chicago, IL 60611

Ifantis Dental Care

John Ifantis, DDS, PC

9251 Waukegan Rd. Morton Grove, IL 60053

(847)663-0003

All that is good begins with a SMILE.

At Ifantis Dental Care, **your smile is our top priority!** Dr. Ifantis and his entire team of dental professionals is dedicated to providing you with the personalized, quality care that you deserve. When you visit Ifantis Dental Care you will experience all that modern dentistry has to offer, in one location. The dental care we provide includes a comprehensive list of general, restorative, cosmetic, orthodontic and periodontal services to meet the needs of the whole family, at an affordable price. Our goal is to assist each patient in achieving and maintaining long term dental health and a beautiful smile. Some of the services we provide include:

- Exams & Cleanings
- Extractions
- Fillings
- Root Canal Therapy
- Dental Implants
- Crowns & Bridges
- Braces
- Invisalign "clear braces"
- Veneers
- Teeth whitening
- Partials & Full Dentures
- Neuromuscular (jaw joint) treatment
- Snoring & Sleep Apnea treatment



Flexible financing options and easy pay plans are available.

We cordially invite you to call for more information- (847) 663-0003 or send an email to whitenyourteethom@gmail.com

Visit us to find out why are patients refer us to their friends and family!

GREEK NEWS

Last of the Greek coup leaders dies

Former Greek coup leader Stylianos Pattakos, one of three military chiefs who brought down democratic rule in 1967, has died at his home in Athens after a stroke, reports said Saturday.

Pattakos, who would have turned 104 years old next month, seized power along with Nikolaos Makarezos and George Papadopoulos in a coup on April 21, 1967, ushering in seven years of repressive military rule.



"Let history judge our actions," Pattakos once said.

As the junta's interior minister, he famously stripped Melina Mercouri - one of the country's most adored actresses - of her Greek citizenship as she waged an international political campaign against the regime.

Mercouri, who also saw her property confiscated by the junta, retorted: "I was born a Greek and I will die a Greek. Mr. Pattakos was born a fascist and he will die a fascist."

Under the triumvirate led by Papadopoulos, the army brutally repressed the 1973 Athens Polytechnic student rebellion against military rule.

More than 20 people were killed in clashes that day, but it marked the beginning of the end for the junta.

The three coup leaders were ousted in November 1973 by military police chief Dimitrios Ioannidis.

Ioannidis's dictatorship itself fell in mid-1974 after an ill-fated coup in Cyprus supported by the military junta in Athens.

After the return of democratic rule in Greece, the four men were sentenced to death for high treason but their sentences were later converted to life imprisonment.

IMF will stay out of Greek bailout, to take special status

The International Monetary Fund will not join the Greek bailout program but will likely accept a special advisory status with limited powers that keeps it at the table.

The IMF has been holding out for more



than a year over the terms under which it would participate in any new program, arguing that the financial targets set in the European bailout are unrealistic without major debt relief. But the Fund is increasingly resigned to European resistance to debt relief for Greece and it is now in talks to accept a newly created role that would let it play a part with limited formality, the sources said.

"It will be more than an advisor but the role will not have the strict conditionality, like the compliance and economic health checks every three months," one of the sources said.

"This way Lagarde can go to the board and say, hey, 'I'm not violating our rules' and Schaeuble, whose government is facing an election next fall, can say, 'see, I have the IMF on board'" the source said.

The exact nature of the IMF's role has not been decided but it would have more powers than a simple advisor and would for example be responsible for drawing up certain proposed agreements and negotiating documents. They won't put money into the program but it won't be just technical assistance; they will probably take a special advisory role to be created especially for the Greek bailout.

Greek and IMF officials held talks at the Funds' fall meetings in Washington this week, discussing this special status, which was supported by the Greek side. Despite the change in the IMF's role, Greek officials believe it will aid them having a body that supports debt restructuring at the table.

Poul Thomsen, director of the IMF's European Department, said on Friday that the IMF is still "fully engaged" on Greece but is insisting on debt relief, although this need not come in the form of principal reduction.

"We have not changed our mind on this. This discussion we will have in the coming months," Thomsen said.

The Greek economy has suffered from a deep recession with demand weighed down by fiscal cutbacks, a heavy tax burden, capital controls and a lack of investment.

The sources added that while the IMF is officially expecting the economy to grow by 0.1 percent, the actual figure is still likely to be in negative territory.

That is far short of the IMF's 2.8 percent target for next year in the Fund's latest economic projections.

The sources said that an agreement over Greek debt relief was still possible but the window of opportunity was very narrow and depended on the quick conclusion of the next bailout review.

If the review drags on, then talks would be put off until after German elections next fall as any discussion on restructuring debt will irk German voters, the sources said.

The Greek side argues that it does not need a haircut but could manage its debt if its repayments were smoothed out, maturities were extended and more expensive IMF debt was swapped for cheaper European funding.

The Greek economy would also get a major boost from being included in the European Central Bank's sovereign debt buying program but that is not likely to happen until the end of the first quarter of 2017, at the earliest, one of the sources said.

The ECB could buy just un-

der 3 billion euros of Greek debt, a relatively small amount for the economy, but potentially a major confidence booster.

Ancient Greek sculpture inspiration for China's Terracotta Warriors, researchers say

Archaeologists studying the Terracotta Warriors say that inspiration for the famed army built to guard the tomb of China's first emperor near today's Xian may have come from Ancient Greece, the BBC reports.

According to the report, experts believe that the 8,000 statues may have been crafted under the guidance of ancient Greek sculptors in 3rd Century BC.

Their findings suggest that western contact with China began long before European explorer Marco Polo arrived in China.

"We now have evidence that close contact existed between the First Emperor's China and the West before the formal opening of the Silk Road. This is far earlier than we formerly thought," senior archaeologist Li Xiuzhen, from the



Emperor Qin Shi Huang's Mausoleum Site Museum was quoted as saying.

Meanwhile, a separate study cited by the BBC shows that European-specific mitochondrial DNA was found in China's westernmost Xinjiang Province, indicating that Westerners traveled, settled and died in the area before and during the time of the First Emperor.

That would be 1,500 years earlier than commonly held.

A documentary on the findings will be broadcast on the National Geographic Channel and the BBC.

Crisis has changed our eating habits

Greek consumers are eating



more and more fruit and vegetables, while consuming ever less meat, eggs and milk. This shift in eating habits comes not thanks to aims to eat more healthily, but rather due to the drop in household spending due to the continued crisis.

A survey conducted by the Consumers' Protection Center (KEPKA) on Greeks' eating habits - published this week - showed that bread, vegetables and fruit are now consumed daily. Red meat, fish, fried potatoes and refreshments have been reduced to once a week. Chowing down on lamb or goat is today a monthly affair.

Greeks have cut down considerably on eating out and KEPKA also attributes that to the financial crisis.

Two out of every five respondents, or 39.7 percent, said they do not eat any meals away from home, compared with 25.28 percent in 2011. Once-a-week eating out is the habit of 31 percent of people, down from 37.6 percent in 2011.

Notably, the share of people who said they never eat out at fast-food restaurants rose from 48.96 percent in 2011 to 60.08 percent this year, which is attributed to the reduction in pocket money that Greek parents give their children these days.

ΛΥΣΤΕ ΤΟ ΠΡΟΒΛΗΜΑ ΤΩΝ "ΠΑΡΑΣΙΤΩΝ" ΣΤΑ ΡΑΔΙΟΦΩΝΙΚΑ ΜΑΣ ΠΡΟΓΡΑΜΜΑΤΑ. ΑΚΟΥΣΤΕ ΜΑΣ ΑΠΟ ΤΟ ΚΟΜΠΙΟΥΤΕΡ ΣΑΣ ΠΕΝΤΑΚΑΘΑΡΑ ΚΑΙ ΜΑΛΙΣΤΑ 24 ΩΡΕΣ ΤΟ 24ΩΡΟ.

ΛΥΣΤΕ ΤΟ ΠΡΟΒΛΗΜΑ ΤΩΝ

THE LAW OFFICE OF GEORGE C. XAMPLAS • 25 E WASHINGTON ST, SUITE 700, CHICAGO, IL 60602 • (312) 345-0510



Xamplas

Helping our clients navigate the labyrinth of Greek law

- GREEK REAL ESTATE
- GREEK TAX ISSUES

- GREEK INHERITANCE & WILLS
- IMMIGRATION & PASSPORT

- POWER OF ATTORNEY
- GREEK BUSINESS LAW

www.xamplalaw.com



US election 2016: All you need to know



In January 2017, the most powerful nation on earth will have a new leader, after a drawn out and expensive campaign - but how does a US presidential election work? When the US picks its president, it is not only choosing a head of state but a head of government and a commander-in-chief of the largest military on the planet. It's a big responsibility. So how does the process work?

Who can be president? Technically, to run for president, you only need to be "a natural born" US citizen, at least 35 years old, and have been a resident for 14 years. Sounds easy, right? In reality, however, nearly every president since 1933 has been a governor, senator, or five-star military general.

How to become the president of the US

Who gets to be the presidential pick for each party? A series of elections are held in every state and overseas territory, starting in February, which determine who becomes each party's official presidential candidate. The winner of each collects a number of "delegates" - party members with the power to vote for that candidate at the party conventions held in July, where candidates are formally confirmed.

The big talking points of the campaign

There has been a slew of controversies generated by **Donald Trump**, from the moment the New York businessman launched his campaign with the description of Mexican immigrants as "rapists and criminals". His candidacy has rarely gone a few weeks without sparking some uproar. He's waged wars of words with a judge, a Miss Universe, a Fox News anchor and the Muslim family of a fallen soldier. He's had to defend his refusal not to release his tax returns and the suggestion he has paid no federal income tax for 18 years, plus field questions surrounding his charitable foundation. The latest bombshell came on 7 October with the publication of a video from 2005. Mr Trump is heard referring to women in sexually offensive terms when he was caught on a live microphone during the filming of a soap. The furore forced him to issue an apology and try to convince voters that the words in the video "do not reflect who I am".

And Hillary Clinton has had her share of anxious moments too. The damage wrought by her private email arrangement to her reputation is thought to be significant, and questions have been raised about the foreign donations to the Clinton Foundation. The New York Times, which has endorsed her, has been looking into the part she played in pushing back at the women who claimed to have affairs with her husband Bill.

Who won the debate?

The first debate in New York in September saw the two candidates sharing a stage for the first time, and as a spectacle it did not disappoint. Trump and Clinton locked horns for 97 minutes, with the Democrat seeming to get under Trump's skin at times, by accusing him of ripping off contractors, dodging his federal taxes, being a misogynist and promoting "the racist, birther lie".

New Yorker Trump landed some blows on Clinton on trade deals, her emails and the Middle East, framing her as a political insider who had achieved nothing after three decades of public life. But after a shaky start, she controlled the evening and he failed to stay disciplined about his message.

The fact-checkers were busy, and the BBC has done its own homework on some of the key claims. They weren't the only ones who had their work cut out - the Twitter mischief-makers also made hay, in 140-characters or less.

And the VP debate? That was won by Mike Pence

Donald Trump's woeful first presidential debate performance was compounded by a series of unforced errors, capped by an early morning Twitter tirade and a damaging New York Times story about his near billion-dollar business losses in 1995. His poll numbers headed south. The Republican vice-presidential nominee's primary job - really his only job - was to stop the bleeding and give the campaign an opportunity to regroup. Mr Kaine's goal was to keep him from doing that. Mr Pence succeeded. Mr Kaine, while unloading a crate of opposition research on Mr Trump, failed.

There is one more televised debate to come: Wednesday 19 October in Las Vegas, Nevada Then - finally - votes are cast on Tuesday, 8 November.

How does the vote in November work?

The candidate with the most votes in each state becomes the candidate which that state supports for president. It's all down to a system called the electoral college, a group of people who choose the winner - 538 of them, in fact. Just half of them - 270 - are needed to make a president. Each state has certain number of these "electors" based on their population in the most recent census (it so happens that it's the same number of districts in a state, plus two senators) When citizens vote for their preferred candidate, they're actually voting for the electors, some of which are pledged to one candidate, some for another.

But here's where it gets interesting. In almost every state (except Nebraska and Maine), the winner takes all - so the person who wins the most electors in New York, for example, will get all 29 of New York's electoral votes.

In the race to get to the magic number - 270 - it's the swing states that often matter most.

WHAT WOULD HAPPEN IF THE WORLD WOULD TURN VEGETARIAN



People become vegetarians for a variety of reasons. Some do it to alleviate animal suffering, others because they want to pursue a healthier lifestyle. Still others are fans of sustainability or wish to reduce greenhouse gas emissions.

No matter how much their carnivorous friends might deny it, vegetarians have a point: cutting out meat delivers multiple benefits. And the more who make the switch, the more those perks would manifest on a global scale.

But if everyone became a committed vegetarian, there would be serious drawbacks for millions, if not billions, of people. In developed countries, vegetarianism would bring all sorts of environmental and health benefits. But in developing countries there would be negative effects in terms of poverty.

What might happen if meat dropped off the planet's menu overnight.

First, climate change. Food production accounts for one-quarter to one-third of all anthropogenic greenhouse gas emissions worldwide, and the brunt of responsibility for those numbers falls to the livestock industry. In the US, an average family of four emits more greenhouse gases because of the meat they eat than from driving two cars.

What would happen if everyone became vegetarian by 2050. Largely thanks to the elimination of red meat - food-related emissions would drop by about 60%. Food, especially livestock, also takes up a lot of room - a source of both greenhouse gas emissions due to land conversion and of biodiversity loss. Of the world's approximately five billion hectares (12 billion acres) of agricultural land, 68% is used for livestock. Should we all go vegetarian, ideally we would dedicate at least 80% of that pastureland to the restoration of grasslands and forests, which would capture carbon and further alleviate climate change. The remaining 10 to 20% of former pastureland could be used for growing more crops to fill gaps in the food supply. Though a relatively small increase in agricultural land, this would more than make up for the loss of meat because one-third of the land currently used for crops is dedicated to producing food for livestock - not for humans.

People formerly engaged in the livestock industry would also need assistance transitioning to a new career, whether in agriculture, helping with reforestation or producing bioenergy from crop byproducts currently used as livestock feed. Some farmers could also be paid to keep livestock for environmental purposes.

Should we fail to provide clear career alternatives and subsidies for former livestock-related employees, meanwhile, we would probably face significant unemployment and social upheaval - especially in rural communities with close ties to the industry.

If meat dropped from menus, the economic effects worldwide would be profound. There are over 3.5 billion domestic ruminants on earth, and tens of billions of chickens produced and killed each year for food. We'd be talking about a huge amount of economic disruption.

But even the best-laid plans probably wouldn't be able to offer alternative livelihoods for everyone. Around one-third of the world's land is composed of arid and semi-arid rangeland that can only support animal agriculture. In the past, when people have attempted to convert parts of the Sahel - a massive east-to-west strip of Africa located south of the Sahara and north of the equator - from livestock pasture to croplands, desertification and loss of productivity have ensued. Without livestock, life in certain environments would likely become impossible for some people. That especially includes nomadic groups such as the Mongols and Berbers who, stripped of their livestock, would have to settle permanently in cities or towns - likely losing their cultural identity in the process.

Meat is an important part of history, tradition and cultural identity. Numerous groups around the world give livestock gifts at weddings, celebratory dinners such as Christmas centre around turkey or roast beef, and meat-based dishes are emblematic of certain regions and people. The cultural impact of completely giving up meat would be very big, which is why efforts to reduce meat consumption have often faltered.

Worldwide vegetarianism by 2050 would lead to a global mortality reduction of up to 10%. The effect on health is mixed, too. Springmann's computer model study showed that, should everyone go vegetarian by 2050, we would see a global mortality reduction of 6-10%, thanks to a lessening of coronary heart disease, diabetes, stroke and some cancers. Eliminating red meat accounts for half of that decline, while the remaining benefits are thanks to scaling back the number of calories people consume and increasing the amount of fruit and vegetables they eat. A worldwide vegan diet would further amplify these benefits: vegetarianism staves off about 7 million deaths per year, while veganism knocks that estimate up to 8 million. Fewer people suffering from food-related chronic illnesses would also mean a reduction in medical bills, saving about 2-3% of global gross domestic product.

All in moderation But fortunately, the entire world doesn't need to convert to vegetarianism or veganism to reap many of the benefits while limiting the repercussions. Instead, moderation in meat-eating's frequency and portion size is key. "It's not this either-or, vegetarian-or-carnivore scenario."