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## Jesus Christ and the Pagans

Louis A. Palivos

As was pointed out in the Author's previous Articles, the Lord Jesus Christ was a real person in history. Years in advance, prophecies told of His coming are astonishing proof of Divine Foreknowledge. The Lord Jesus Christ had a short public ministry of over 3 years and in the limited geography of Judea, Galilee, Tyre and Sidon. Further, as it has been credibly pointed out, His teachings were not based on Pagan or Gentile (meaning non-jews) philosophies or religions, but on the heart of the Old Testament! Jesus Christ came for "the lost sheep of the house of Israel." Matt. 10:5. However, did He also come for the Samaritans, Greeks, Romans and other Pagans? Did He come for "other sheep I have, which are not of this fold: them also I must bring, and they shall hear my voice; and there shall be one fold, and one shepherd." Jn. 10:16. After reading this Article, the Reader will conclude that the answer is YES!

### 1. The Syrophenician Woman

The Lord Jesus Christ ventured into the region of Tyre and Sidon. The region had the Decapolis.<sup>1</sup>

"From there He arose and went to the region of Tyre and Sidon. And He entered a house and wanted no one to know it, but He could not be hidden. For a woman whose young daughter had an unclean spirit heard about Him, and she came and fell at His feet. The woman was a Greek, a Syro-Phoenician by birth, and she kept asking Him to cast the demon out of her daughter. But Jesus said to her, 'Let the children be filled first, for it is not good to take the children's bread and throw it to the little dogs.' And she answered and said to Him, "Yes, Lord, yet even the little dogs under the table eat from the children's crumbs." Then He said to her, 'For this saying go your way; the demon has gone out of your daughter.' And when she had come to her house, she found the demon gone out, and her daughter lying on the bed. Again, departing from the region of Tyre and Sidon, He came through the midst of the region of Decapolis to the Sea of Galilee." Mk 7: 24-31.

Who was this woman? This woman was Greek. How did Jesus communicate with this Greek woman? The Author believes the exchange was in Greek. The Lord Jesus Christ had mercy, compassion and showed no partiality to this Greek woman and granted her request for the demon to leave her daughter.

### 2. The Decapolis Man

The Lord Jesus Christ also healed at Decapolis, a man who had a speech impediment and was deaf.

"And He took him aside from the multitude, and put His fingers in his ears, and He spat and touched his tongue. Then, looking up to heaven, He sighed, and said to him, 'Ephphatha,' that is, 'Be opened,' immediately his ears were opened, and the impediment of his tongue was loosed, and he spoke plainly." Mk 7: 33-35.

Again, Jesus Christ had mercy, compassion and showed no partiality to this man. But, who was this man? Based on Jesus' use of the Greek form of a Syro-Chaldaic or Aramaic word meaning, "be opened," a reasonable inference would be that this person may also have been Greek or knew the Greek language. Certainly, he was not Jewish.

### 3. The Roman Centurion

When Jesus entered Capernaum, a Roman Centurion pleaded with Him.

"Lord," he said, "my servant lies at home paralyzed, suffering terribly." Jesus said to him, "Shall I come and heal him?" The Centurion replied, "Lord, I do not deserve to have you come under my roof. But just say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, 'Go,' and he goes; and that one, 'Come,' and he comes. I say to my servant, 'Do this,' and he does it." When Jesus heard this, he was amazed and said to those following him, "Truly I tell you, I have not found anyone in Israel with such great faith. I say to you that many will come from the east and the west, and will take their places at the feast with Abraham, Isaac and Jacob in the Kingdom of Heaven. But the subjects of the kingdom will be thrown outside,

( Continued p.3)

## A successful culinary adventure: The National Hellenic Museum's KOUZINA 2017 drew hundreds of local foodies blending food and legacy

The National Hellenic Museum (NHM) drew hundreds of food and wine enthusiasts Thursday night to KOUZINA 2017, an evening of delectable adventure hosted by and benefiting the National Hellenic Museum. The annual event featured more than a dozen local chefs who added a Greek twist to their



recipes, along with wine importers who offered tastings that reflected the unique regions of Greece.

Culinary experts who participated were Avli Restaurant Chef Louie Alexakis, Che Figata Chef Mark Grimes, CityGate Grille Chef Adam Tanner, Grecian Delight Chef Tom Leo, Greek Islands Chef Peter Kappos, Inspired Catering



Chef Elizabeth Tokarczyk, Psistaria Chef George Bournas, Sinha Elegant Cuisine Chef Jorgina Pereira, Tavern on Rush Chef John Gatsos, and Taxim Restaurant Chef David Schneider. Each chef added a signature twist to traditional Greek favorites. The Dessert Lounge featured Giovany Zambonino of Donna's Carrot Cake Shop, Chef Danielle Papakanelou from Le Café, Chef

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# NATIONAL HELLENIC FREE PRESS

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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.

## A successful culinary adventure: The National Hellenic Museum's KOUZINA 2017 drew hundreds of local foodies blending food and legacy

(From page one)

Athena Manolakos of Pan Hellenic Pastry Shop, and Chef Sophie Evanoff from Vanille.



"It's a great event for a great cause," said Chef Gatsos of Tavern on Rush.

"This is eight years at Kouzina for us," added Chef Alexakis of Avli. "We'll always be Museum supporters and are very happy to be here."

Commenting on what makes Kouzina unique, longtime NHM volunteer Kathy Kaporis said, "It's dynamic! You take something and add a Greek product, and it becomes unique and wildly successful."

"How often do you get to have a Metaxa hot toddie?" she mused. "Kouzina provides an avenue for Greeks, and most importantly non-Greeks, for the Museum to become a global attraction."

Chef Evanoff of Vanille brought her father, an immigrant from the Balkan area of Macedonia, to Kouzina saying, "He loves the Museum and the history; the cultures are very similar."

"As a first generation American this is near and dear to my heart," she added. "It's like I'm at home with the energy and the community."

Sommelier Jody Ames of Heritage Wine Cellars offered lessons on the wine varietals of Greece and how to pair them at home using the NHM KOUZINA 2017-2018 Recipe Calendar.

"The Museum is a gift to Chicago," said Nancy Valentine. "I am not Greek—but I see how much it does to preserve the culture. For instance, the

information I learned at the wine tasting was of great interest and I will be planning a trip to Greece in the future just to learn more. It was inspirational."



Attendees toured the Aegean: Creation of an Archipelago while embarking on a wine adventure through Greece. Wine distributors, Distinctive Importers, Eklektikon, Fantis, Fotis & Son, and Heritage Wine Cellars, lined the room with their tasting stations. Heritage Wine Cellars offered tastings of Greek sodas and liquors that refreshed the palette.

While the threat of rain moved Ship to Shore Merchants' Metaxa hot toddies inside, they only added to the vibe of the Dessert Lounge. Rain did not stop several ladies from the Ascension of our Lord Greek Orthodox Church



Philoptochos from dancing on the rooftop.

"We're here to support the Museum and have a girls night out," said Mia Connolly who explained that the group of women from the Lincolnshire parish, along with their friend Mary Kay Laurent from Sts. Peter & Paul in Glenview, rented a limousine for the event and plan to make Kouzina an annual outing.

"I love that we can keep the Greek culture, and show our children so they never forget what they have and what our family sacrificed to come here to the United States," said Laurent, a second-generation Greek American, commenting on why she supports the NHM.

New to this year's event was olive oil tasting where guests learned the flavor subtleties of selecting the right base for their culinary creations sponsored by international olive oil producer, Gaea.

Among the more than 20,000+ artifacts, recorded histories, photos, and historic newspapers preserved and stored in the NHM Collections, several thousand trace back to or include food as a reflection of the diversity of Greek culture. Museum programming uses these rich archives to teach about all the ways the Hellenic legacy has influenced life in America, including its kitchens.

As Devanco Foods CEO Peter Bartzis, a KOUZINA sponsor said: "The Museum is a beautiful place and this is a wonderful event to promote it and Hellenism."

Save the date for KOUZINA 2018 on November 1, 2018 at the National Hellenic Museum.

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# Jesus Christ and the Pagans

( Continued from p. 1)

into the darkness, where there will be weeping and gnashing of teeth.” Then Jesus said to the Centurion, ”Go! Let it be done just as you believed it would.” And his servant was healed at that moment. Matt. 8: 6-13.

Again, the Lord Jesus Christ had mercy, compassion and showed no partiality to the Roman Centurion. He healed his servant because, of the Centurion’s faith in Jesus Christ. The Lord Jesus Christ makes an implied statement that salvation shall come to “many will come from the east and west... in the Kingdom of Heaven.” In short, Salvation will be expanded to beyond the Jewish People.

4. The Samaritan Lepers

As the Lord Jesus Christ traveled through Samaria and Galilee, he met 10 men who were lepers.

“And they lifted up their voices and said, “Jesus, Master, have mercy on us!” So when He saw them, He said to them, ”Go, show yourselves to the priests.” And so it was that as they went, they were cleansed. And one of them, when he saw that he was healed, returned, and with a loud voice glorified God, and fell down on his face at His feet, giving Him thanks. And he was a Samaritan. So Jesus answered and said, ”Were there not ten cleansed? But where are the nine? Were there not any found who returned to give glory to God except this foreigner?” And He said to him, ”Arise, go your way. Your faith has made you well.” Lk. 17:13-19.

Again, the Lord Jesus Christ had mercy, compassion and showed no partiality to the 10 lepers, but only one, a Samaritan, who put his faith in Jesus Christ, returned to glorify Him. This Samaritan, a foreigner, was healed. Jesus Christ also showed no partiality with the Samaritan woman at the well near Synchar. Jn. 4:40; and with the Samaritans who refused Him and His disciples’ lodging, Lk. 9:55. Lastly, who can forget the Good Samaritan Parable, wherein Jesus Christ berates both the Priest and the Levite for not offering mercy and compassion, to the wounded and half dead man. Lk. 10:29-37.

5. The Greeks

Proselytized Greeks had come to worship at the Temple of Jerusalem during the Passover.

“Then they came to Philip, who was from Bethsaida of Galilee, and asked him, saying, “Sir, we wish to see Jesus.” Philip came and told Andrew, and in turn Andrew and Philip told Jesus. But Jesus answered them, saying, ”The hour has come that the Son of Man should be glorified.” Jn. 12: 21-23.

Again, the Lord Jesus Christ accepted the Greeks and showed no partiality. He makes the profound statement “the hour” has come that the Son of Man should be glorified.

The Author believes that this conversation between the Greeks and Philip was spoken in Greek. One hint of this is that Philip was from Galilee, an area that spoke Greek, had many Greeks, as well as, was rich in Greek culture.

6. The Gadarene Men

According to St. Matthew’s Gospel, the Lord Jesus Christ went to one of the ten cities at Decapolis called Gadara. At Gadara, two demon-afflicted men confronted Jesus. However, St. Mark and St. Luke wrote about one demon-afflicted person. See Matt. 8:28-34; Mk. 5:1-4; and Lk. 8:26-33.

Again, the Lord Jesus Christ accepted the Gadarenes and freed both of them from the demons. Based on a reasonable historical basis, Gadara was not Jewish, but may have been Greek. Therefore, the Lord Jesus Christ healed these 2 pagans with mercy, compassion and showed no partiality.

7. The Two Thieves

The four Gospel Evangelist wrote about two people that were crucified with the Lord Jesus Christ. The Gospel Writers do not tell us if these two thieves were Jewish, Greeks, Romans or Pagans. A reasonable inference is that they were non-Jews; because, the four Gospel writers characterize them disparagingly, that is, as “two thieves”, “two criminals” or “two others.”

In later traditions, the two thieves were given the name of Demas, Titus, Disma, or Gestes. These names appear to be Greek in origin.



In any case, Luke states, “Now one of the criminals hanging there reviled Jesus, saying, ‘Are you not the Messiah? Save yourself and us.’ The other, however, rebuked Him, and said in reply, ‘Have you no fear of God?’” Then one of the criminals who was hanged blasphemed Him, saying, “If You are the Christ, save Yourself and us.” But the other, answering, rebuked him, saying, “Do you not even fear God, seeing you are under the same condemnation? We are condemned justly, for we receive the due reward of our deeds; but this Man has done nothing wrong.” Then he said to Jesus, “Lord, remember me when You come into Your kingdom.” And Jesus said to him, ”Assuredly, I say to you, today you will be with Me in Paradise.” Lk. 23:39-43.

In summary, analyzing the above 7 encounters, and without going into the ministries of the 12 Apostles, the 70 Disciples and the Holy Fathers and Mothers, it becomes abundantly obvious that the Lord Jesus Christ taught and applied the heart and soul of the Old Testament which was the practice (praxis) of mercy and compassion, and He expanded to all of humanity salvation, via the Church, Matt. 16:18. He favored repentance and a turn toward the Living God. Love God in praxis and love man in praxis. The Lord Jesus Christ practiced these two most important principles with mercy, compassion and no partiality! What do we practice today?

1. Decapolis (Δεκάπολις) means “ten cities” in Greek. These ten cities were 1) Scythopolis, 2) Hippos, 3) Philadelphia, 4) Gerasa, 5) Dion, 6) Canatha, 7) Damascus, 8) Raphana, 9) Gadara, and 10) Pella. These cities had a Greek background of culture and of language, as written by Eusebius, a Christian author and Pliny, a Roman author.

# Trump and Putin 'agree to defeat IS in Syria'



Vladimir Putin and Donald Trump had kept the world guessing about whether they would formally meet in Vietnam

US President Donald Trump and Russia's Vladimir Putin have agreed to fight so-called Islamic State (IS) in Syria until its defeat, the Kremlin says.

It said a statement was prepared by experts after the leaders met briefly on the sidelines of an Asia-Pacific summit in Vietnam on Saturday. In total, the two leaders had three encounters within 24 hours at the summit in the port city of Da Nang. There has been no official confirmation from the US about the statement so far.

A meeting between President Trump and Vladimir Putin had been widely expected at the Asia-Pacific Economic Co-operation (Apec) summit, but few details have emerged.

The pair met for the first time in July at the G20 summit in the German city of Hamburg.



The two stood side by side in matching shirts for a group photo on Friday

Questions over Donald Trump's ties to Moscow have dogged his presidency, with key former aides under investigation for alleged collaboration with Russian interference in the 2016 election. The Kremlin has denied the allegations.

While there was no official comment from the White House, a statement released by the Kremlin on Saturday said the leaders had "agreed that the conflict in Syria has no military solution".

They also confirmed their "determination to defeat Isis [another term for IS]" and called on all parties to take part in the Geneva peace process.

According to Russia's Interfax news agency, they promised to maintain existing Russian-US military channels of communication to prevent "serious incidents involving the forces of partners combating IS".

Russia has been the Syrian government's main ally in the six-year long civil war. The US meanwhile has been backing Syrian Arab and Kurdish rebels on the ground, and since 2014 it has led a coalition carrying out air strikes against IS in Syria.

The jihadist group has been pushed out of its main strongholds in Syria in recent months by a combination of offensives involving the Syrian army and the Kurdish and Arab coalition.

Last month the US-backed Syrian Democratic Forces (SDF) declared they were in full control of Raqqa, a city that became the headquarters of IS's self-styled "caliphate" in 2014.

Mr Trump and President Putin posed side by side for a photo in custom-made blue shirts for the summit on Friday. They also shook hands as leaders sat down for talks on Saturday morning and later exchanged a few words before a "family photo" of attendees.

Russian Foreign Minister Sergei Lavrov also met his US counterpart Rex Tillerson earlier the same day, a source from the Russian delegation told Interfax news agency. The Kremlin said the two had co-ordinated the statement on Syria especially for the meeting in Da Nang. Questions over whether the two leaders would formally meet or not were raised after conflicting statements from the White House and the Kremlin on Friday.



# Mapping the Greek diaspora

YANNIS PALAIOLOGOS

The team has published online a multimedia map of the Greek diaspora which was produced by SEESOX and the Greek Foreign Ministry.

How can we strengthen ties between Greece and its diaspora, this growing (also as a result of the financial crisis) community that includes politicians, businesspeople, academics, scientists and artists? How can the Greeks who live abroad take a step beyond cost-free, wishful rhetoric and help to tangibly change the situation back home?

The Greek Diaspora Project, launched by South East European Studies at Oxford (SEESOX), a part of the European Studies Center at St Antony's College, marks a remarkable effort in this direction. The aim of the project is to provide a thorough map of the Greek diaspora around the world and to explore its relationship with the crisis-wracked metropolis.

Kathimerini spoke with the project's principal investigator, Othon Anastasakis, and Antonis Kamaras, who is coordinator in Greece, on the sidelines of the recent Reload Greece conference in London about progress achieved so far as well as plans for the future. The team has already published online a multimedia map of the Greek diaspora which was produced by SEESOX and the Greek Foreign Ministry. In June

next year, Oxford will host the international conference "Homeland-Diaspora Relations in Flux: Greece in Crisis and Greeks Abroad." Organizers are currently calling for papers on poli-

ters expect to have wrapped up the study by the end of the year.

The debate on the Greek diaspora, Kamaras said, "was stagnant, it did not have the comparative dimension, it was

Greek standards. The mass emigration of Indians in the early decades following independence, Kamaras said, was due to the failures of the Indian economic model. Today India is still dogged by serious structural problems. However, Kamaras says, after the reforms introduced in the 1990s, the foundations were laid for the mass repatriation of Indians

Researchers also focus on the attitudes of the homeland – on a state as well as social level – toward the diaspora. Anastasakis stresses the exclusion of expats from elections held in Greece. Exclusion, Kamaras says, feels even more acute in the years of the crisis "as these people were forced to flee because of the failures of a system that now refuses them the right to take part [in elections]."

"Greece has turned its back on the diaspora," said the former aide of Yiannis Boutaris. Speaking about the issue of charity, for example, he said that "the requirements for making a donation are much stricter than, for example, in the case of EU funding. We do not want to fulfill requirements such as transparency, good governance and so on. We do not want to yield control," he said.



tics, economics and charity. The best papers will be published in a collective volume after the conference.

Meanwhile, Anastasakis told Kathimerini, "we will carry out a survey about Greeks living in Britain – why they left, to what extent they have integrated into British society, under what circumstances they would move back to Greece... We want to carry out an in-depth study based on an as representative sample as possible." Research-

not internationalized enough." The aim of the project, he said, is to show how Greece is benefiting from its relationship with the diaspora, compared to other countries, like India or Israel, which also have significant communities abroad.

Many people, especially those in the field of tech start-ups, believe that Greece will come to look a bit like Israel in terms of the metropolis-diaspora ties. However, the Indian precedent may be closer to

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# Greek economy's death by taxes

European Commission statistics point to the disproportionate increase in taxation in Greece, at a time when the economy was shrinking, while the country's industrialists and political opposition say overtaxation has led to more tax evasion and the failure of the tax system.



Data included in the fall forecasts of the Commission show that direct taxation on income and wealth has risen to 10.2 percent of the country's gross domestic product this year, from 9.4 percent of GDP in 2009. Given the dramatic contraction of the country's GDP over the last eight years, the load on taxpayers is excessively heavy.

According to the report, the taxes Greeks are asked to pay this year on income and wealth add up to 18 billion euros, against 20.3 billion in 2009, while taxes on output and imports have risen to 31.7 billion from 27.8 billion euros eight years ago.

Brussels expects the primary surplus to beat its target of 3.5 percent of GDP again next year, rising to 3.9 percent, and then to 3.7 percent in 2019, as a result of the overtaxation.

rsday the Hellenic Federation of Enterprises (SEV) again repeated that the excessive taxation only serves to increase tax evasion and "kill off" growth, asking for taxes to start decreasing immediately after the end of the bailout program next August, so as to boost economic activity.

The tax system has failed, as today Greece has an illegal economy estimated at 40 billion euros, tax evasion of 12 billion and a disproportionately high number of low declared incomes, claims Stelios Petsas, a fiscal policy adviser to New Democracy leader Kyriakos Mitsotakis.

Addressing a tax forum in Athens on Friday, he added that the reduction in the value-added tax gap was reversed in 2015, showing that increasing taxes fetches the opposite results, and that this is a vicious cycle that should be broken.

Petsas said the expansion of the taxpayer base along with tax cuts will bring about an increase in collection rates. This, together with the write-off of non-collectable debts and the statute of limitations for old cases that are at least five years old are the first priorities of New Democracy.



# Gaia's Diet



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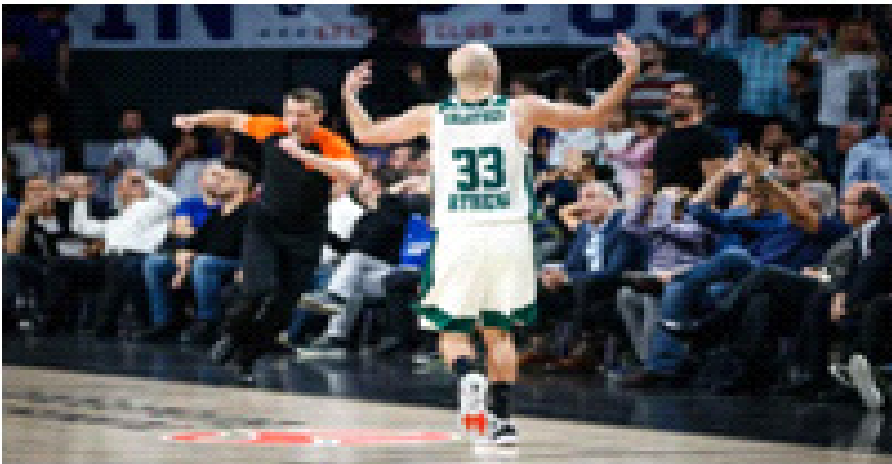
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## Calathes conquers Istanbul with game of a lifetime



Panathinaikos and Olympiakos doubled their European victories this week, with the Reds returning to joint top of the Euroleague table and the Greens climbing to joint third, after a fabulous week for Greek basketball in Europe. Panathinaikos scored its third consecutive win in the competition, as two days after trouncing Khimki in Athens it edged out Anadolu Efes in Istanbul 82-81 on Thursday.

Nick Calathes produced a career-high 29 points with nine rebounds and 10 assists, narrowly missing out on a triple-double. He did not mind though, as he led the Greens to their second victory on the road that took them to a 5-3 record. The Greek champion led for most of the game, and even when the Turkish team advanced by seven (69-62) it fought back with Calathes scoring the decisive triple for 82-79 and with James Gist (11 points) blocking the last shot by Errick McCollum.

Olympiakos faced Red Star Belgrade in Piraeus on Friday and the game was little more than a friendly one between two clubs with warm relations. The host won 85-59 to record its sixth win in eight games.

The Piraeus team was on top throughout the match as it was never really threatened by a one-dimensional Red Star on the night. It regularly led by 10 in the first half (47-37 at half-time), and advanced by 20 in the third quarter. Hollis Thompson and Nikola Milutinov led the scoring for Olympiakos with 14 and 13 points respectively.

The match also served to mend the relationship between coach Yiannis Sfairopoulos and the Olympiakos fans, after the boos heard against him at the Peace and Friendship Stadium a week earlier, at the loss to Panathinaikos.

In the Basketball Champions League AEK defeated Olimpija Ljubljana

## Investments in the balance as firms cite gov't interference

A day after Canadian mining company Eldorado Gold suspended its activities at Skouries in northern Greece, Lamda Development, which is leading a consortium of investors that aims to turn the site of the capital's former airport into a luxury real estate plot, warned that the future of the Elliniko project is in doubt due to a series of obstacles thrown up by government officials.



is in doubt due to a series of obstacles thrown up by government officials.

In a statement on Friday, Lamda referred to the 16 conditions set out by Culture Minister Lydia Koniordou which effectively annul an agreement between the consortium and the government that was approved by Parliament.

“As expected, all the abovementioned reversals and inconsistencies and the constant creation of new obstacles overturn the necessary trust between the parties,” Lamda said.

“Simultaneously, they raise concerns regarding the possibility of the materialization of the development,” it said, adding, “Besides the fact that there are no new findings, the Ministry of Culture declared a new archaeological area.”

The new development means that “the company faces an unexpected change in the contractually agreed terms, which adversely affects the Integrated Development Plan,” the statement said, adding that bureaucracy and administrative obstacles were set to increase.

Government sources, however, insisted that the administration would honor all its commitments and indicated that many of the issues broached by Lamda in its statement would be dealt with with a presidential decree to be sent to the Council of State for approval

“We call on the investor to cooperate in good faith, which, as has been proven, is the only way to solve all problems,” one government source said

The upheaval with the Elliniko project, which was signed three years ago, came a day after another major investor in Greece took issue with government obstacles to its operations.

Eldorado Gold said on Thursday that it was freezing investment at the Skouries gold mine in northern Greece and had appealed to the Council of State to uphold its rights. The development raises questions about the prospects for hundreds of workers.

Reacting on Friday, the main conservative opposition New Democracy accused SYRIZA, which leads the coalition, of being “allergic to investments.”

## Ifantis Dental Care

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GREEK NEWS

Papadopoulos’s high-level contacts



George Papadopoulos has pleaded guilty to lying to the FBI about his efforts to connect Donald Trump’s camp with Russian officials who promised ‘dirt’ on rival candidate Hillary Clinton.

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The prospect of having a Greek American among US President Donald Trump’s staff, even if he were to be just an aide in the broad sense of the term, provided a simple knee-jerk satisfaction and created expectations.

However, it very soon became evident that George Papadopoulos (the man who recently pleaded guilty to lying to the FBI about his efforts to connect the Trump camp with Russian officials who promised “dirt” on rival candidate Hillary Clinton) was trying to oversell himself. Compared to Reince Priebus (who had served for five years as chairman of the Republican National Committee and played a key part in Trump’s election campaign before taking over as White House chief of staff), George Gigicos (who repeatedly appeared at Trump’s side during the election race) or Michael Karloutsos (who was appointed deputy chief of protocol and acting chief, a key position in the State Department), who all kept a low profile, Papadopoulos had never held a substantial role, nor did he acquire one in the process. He did nevertheless seek to promote himself in Greece and Cyprus.

As far as Greece is concerned, the problem is not the behavior of Papadopoulos himself but rather the stance of Greek politicians, from the president, to the prime minister, ministers, political party leaders and senior officials, who find themselves being briefed by or depend on opportunistic individuals of questionable credibility and ability.

In this case, they rushed to attribute to this young analyst a role and honors which he did not deserve. As a result, they compromised their own integrity.

I cannot imagine a leader or senior politician in Israel, for example (I mention Israel because we recently seem to be fond of pointing out the similarities between the two countries), who has no idea about who a Jewish American styling himself as an adviser to a US presidential candidate really is.

Apart from Greek diplomats serving in the US, there are also serious and reliable Greeks and Greek Americans with good access and restraint and an aversion to playing games. These people can serve as an objective source of information for issues pertaining to the US. When we are talking about important countries, let alone the global superpower, Greek officials must have clear knowledge of the role and influence of officials who approach them, and treat them accordingly.

Suspicious parcel puts Greek Parliament on alert



Security at Greece’s Parliament building was thrown into high alert on Tuesday after a suspicious parcel was located in the courtyard area.

The fire service was called in and parked several trucks near the building’s Vassilissis Sofias Avenue entrance as experts examined the parcel and determined that it did not contain any explosives.

According to sources, the parcel was discovered behind an auxiliary building used by Parliament’s television station, Vouli.

Greece’s law enforcement and security services have been particularly vigilant since the recent arrest of a man suspected of links to urban guerrillas and of constructing and sending several parcel bombs to Greek and international financial targets, including that which injured former prime minister Lucas Papademos in May.

Police escort tax inspector’s killer to magistrate



Police officers scrambled to shield a 58-year-old man charged with the murder of a 32-year-old tax officer from angry protesters outside the capital’s Evelpidon court complex on Friday.

In his testimony before an investigating magistrate, the man allegedly admitted to stabbing Theodora Zeberi 14 times on the afternoon of October 18.

Zeberi had been sitting at the graveside of a loved one in Athens’s Second Cemetery in the western suburb of Rizoupoli when as Emmanouil Soropidis, 58, approached her with the intent of stealing her bag. [Orestis Panagiotou/ANA-MPA]

Figures suggest growing number unable to pay taxes



Almost half a million taxpayers were added to the long list of debtors to the state in the month of September, according to the latest data from the Independent Authority for Public Revenue.

The authority’s figures are a reflection of citizens’ increasing inability to pay their taxes, with 410,000 not paying their second income tax installment and the ENFIA property tax in September.

More specifically, 4,267,408 taxpayers owed money to the Greek state in September, up from 3,857,086 in August.

Moreover, by the end of September, the amount of unpaid taxes since the beginning of the year came to 9.25 billion euros.

What concerns the government is whether the 410,000 that couldn’t pay their taxes in September will join the Finance Ministry’s 12-month installment program, as the hole in tax revenues will only grow if they don’t.

Rouvikonas raid on Defense Ministry fuels security concerns

The latest raid by members of the increasingly active anarchist group Rouvikonas (Rubicon) on Friday targeted the premises of the Defense Ministry in northern Athens, fueling concerns about security at key government offices and provoking vehement criticism from the political op-

position. A group of around 20 people believed to belong to Rouvikonas breached security at the gate of the Mesogeion Avenue compound in the early afternoon and ran toward the ministry building, scattering fliers bearing anti-government and anti-austerity slogans in their wake.

Security guards stopped them before they reached the marble steps leading up to the ministry and ministry authorities informed the police.

However, the protesters had fled by the time the Greek Police (ELAS) sent officers to the scene. In its defense, ELAS sources said that, as the incident occurred on the grounds of the Defense Ministry, defense officials should have detained the suspects in order to hand them over to police.

Defense Minister Panos Kamenos, speaking from Canada, where he was attending a summit with peers from United Nations countries, called for those responsible for the security breach to be promptly identified and punished.

Meanwhile, the chief of the Hellenic National Defense General Staff (GEETHA), Admiral Evangelos Apostolakis, ordered an internal investigation into the incident.

Greek anger over Schengen checks at German airports

Athens has lodged a demarche with Berlin over increased checks on Greek travelers at German airports that contravene procedures stipulated in the Schengen Agreement.

The Greek government is reportedly extremely annoyed with the situation but Athens’s protestations to the German government were seen as relatively moderate given that the checks are taking place against the backdrop of negotiations between German political parties to form a government and rising concerns over refugee arrivals.

Germany claims that, so far in 2017, some 1,000 non-Greeks arrived at German airports from Greece without a Schengen certification.

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# How to prevent a cold

By Kerry Torrens - Nutritional therapist



Discover top tips to support your immune system and keep colds at bay, from the best foods to eat to top up vitamin levels to how much exercise you need. If you're determined to stay cold and flu free, there are some simple steps you can take that might help you dodge those bugs. Supporting your immunity isn't just about taking extra vitamin C. It certainly pays to eat lots of fruit and vegetables that are packed with protective nutrients, but there are other foods you can eat and further actions you can take to give yourself the best chance of feeling fit and healthy, especially over the winter months when flu season hits. Bolster your natural defences with our practical and tasty suggestions.

## 1. Eat lots of brightly coloured fruit and vegetables

Vegetables such as sweet potatoes, butternut squash and beetroot are rich in beta-carotene which our bodies convert to vitamin A. We need vitamin A to keep the mucosal linings in our nose and lungs robust enough to defend against infection. Other foods to include are orange and red fruits such as oranges, mango, apricots and melon. Spinach, sweet potato & lentil dhal

Find more healthy sweet potato and healthy squash recipes.

## 2. Add garlic and onion to dishes

This amazing family of vegetables contain potent oils that have an anti-microbial action, so they may help protect against bacterial and viral infections. They also support good gut health as prebiotics by promoting the growth of healthy bacteria. If you hate garlic breath or that potent aftertaste, look out for fermented black garlic. It has a rich balsamic flavour and is said to be twice as active as regular garlic, without the unfavourable after effects!

## 3. Eat enough vitamin C

Superstrength vitamin C has long been considered the ideal precaution against catching the common cold and some people insist it can help when you've already succumbed. However, studies suggest that high doses of vitamin C are most relevant for people exposed to brief periods of intense physical stress such as endurance athletes, or those living in very cold environments.

## 4. Get enough vitamin D through sunlight or food

In the winter months, low levels of sunlight mean we need to obtain vitamin D from our diets. There are only a few food sources, of which the best are oily fish such as salmon and mackerel, eggs and mushrooms. Mushroom baked eggs with squished tomatoes. Salmon & soya bean salad. Baked salmon & eggs

## 5. Eat more oats and barley

Grains such as oats and barley are rich in a water-soluble fibre called beta-glucans, which as well as keeping us full and satisfied, has a valuable immune modulatory effect – increasing the number and function of protective immune cells. Oat & chia porridge with prunes. Homemade muesli with oats, dates and berries. Squash, orange & barley salad. Chicken & pearl barley risotto

## 6. Keep your gut healthy

It's long been known that good gut health is critical to staying fit and well. In fact, more than 60% of our immune defences lie along the mucosal lining of our gut, so keeping it in tip top condition is a first line of defence against infection. Including probiotic foods like live yogurt, kefir, kimchi and sauerkraut can help to feed the good bacteria in the gut, but introduce these foods gradually to give your system time to adjust.

What are probiotics and what do they do?

More digestive health recipes & tips

## 7. Wash your hands (and clean your phone!)

When cold and flu season hits, it's worth paying attention to your hygiene habits. If you really want to dodge that cold, be scrupulous – wipe any shared keyboards and phones with an antiseptic wipe before use. Wash your hands frequently and keep them away from your face – especially your mouth and nose.

## 8. Keep active

Get out into the daylight as much as possible and keep physically active. Moderate exercise can help to support the immune system because it stimulates the production of white blood cells – the cells that defend us from illness. It's worth noting, however, that repeated excessive exercise can diminish the immune response, so stick to a moderate approach.

Get inspired with our guides to working out at home and exercising for free.

## 9. Have a hot and cold shower

It's an unusual tip, but might be worth trying if you're really keen to avoid a cold. One study found that varying the temperature of a daily shower from hot to cold (about every 2-3 minutes) creates a body response of increasing white blood cell production. That's one way to make sure you're awake first thing in the morning!

# House Republicans pass \$1.4tn tax overhaul bill



House Republicans have passed a controversial overhaul of the US tax code that slashes corporate rates. The vote came after US President Donald Trump made a rare visit to Congress to rally lawmakers around the tax overhaul plan.

The Senate is working to build support for its own version of the bill, but one Republican has said he is a 'no'. The plan also faces stiff opposition from the Democrats, who say it is a give-away to the wealthiest Americans.

The Republicans' attempts to pass the most significant overhaul of the US tax code since 1986 are a critical test for the party and president.

Republicans have called for changes to the code for years, but did not have support from the White House until President Trump's election.

He has served as cheerleader-in-chief for the measure, calling the bill a "big, beautiful Christmas present" for families.

The bill cleared the House 227-205, without Democratic support. Thirteen Republicans also voted no.

Representative Paul Ryan, who leads Republicans in the House, called it a "historic day"

"A simple, fair, and competitive tax code will be rocket fuel for our economy, and it's within our reach," the press secretary said in a statement after the vote. "Now is the time to deliver."

## What's the next step?

Analysts also expect Republicans in the Senate to pass the measure without Democratic votes and later reconcile the two versions. But Republicans are facing some opponents within their own party, which could endanger the legislation's prospects.

Without Democratic support, the Senate can afford to lose only two Republican votes. On Wednesday Senator Ron Johnson, from Wisconsin, said he does not support the bill and does not think it does enough to help small businesses.

## What's in the plan?

Broadly speaking, the Republican proposal would slash the corporate rate from 35% to 20% and change how overseas profits and payment from overseas subsidiaries are taxed. It would also eliminate a range of targeted benefits for individuals and families, in favour of boosting the amount people can deduct from their tax bill.

Supporters say the bill offers tax relief and will boost economic growth.

Republicans estimate that the average American family of four will see their taxes lowered by \$1,182 (£895).

Critics say the biggest beneficiaries will be large firms and very wealthy families. While many households could see lower taxes at first, over time some of those benefits would expire.

Opponents say the new version does not do enough to simplify the tax code for businesses - one of the original goals of the reform - and they say the proposal is fiscally irresponsible.

The House plan would cost more than \$1.4tn to 2027, while the Senate version would cost \$1.5tn, according to estimates from the Joint Committee on Taxation.

After a frustrating year, Republicans desperately need a win - and on Thursday they took a significant step toward one.

Clearing a tax bill through the House is just the first leg of an arduous journey for conservatives, however, and even success may come with a price.

The Senate is working on its own set of reforms and, if it can pass them (no small task, given their narrow majority), both chambers of Congress will have to negotiate a compromise bill.

If the finished product looks anything like the drafts, Republicans could be handing a potent campaign issue to Democrats in next year's midterm elections.

While corporate tax cuts will satisfy the conservative donor class, the fact that they are permanent while the personal breaks expire in eight years will make for devastating Democratic campaign commercials.

Add in that the Senate version undermines Obamacare reforms, some cherished tax deductions will be eliminated and middle-class Americans in states with high local or state taxes could see their net federal taxes go up, and it's a recipe for pain for Republicans in at-risk congressional districts.

For now, however, it seems to be full speed ahead.