

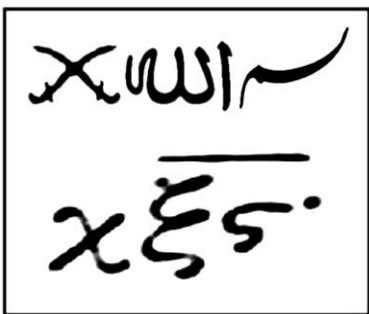
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The Coming Antichrist

Louis A. Palivos

Who is this person that for centuries the name Antichrist has been mentioned? Where is he going to rule from? What nationality is he going to come from? The Holy Scriptures mention the word, “Antichrist”. The Holy Fathers and Mothers mention the word, “Antichrist”. There is a huge amount of world-wide coverage of this enigmatic Antichrist. Major religions are awaiting for their Messiahs; Zoroastrianism for *Saoshyant*; Judaism for *Mashiah*; Buddhism for *Maitreya*; Hinduism for *Kalki*; Taoism for *Li Hong*; Babuism for *He Whom God Shall Make*; and Islam also is awaiting the coming *Kalifah*, *Caliph* or *Mahde*. Is the Biblical Antichrist related to the Islamic Caliph? The evidence, in this article, seems plausible to support this view!

Holy Scripture

In the Holy Scripture, directly or indirectly, the Antichrist is mentioned over 50 times:

- Who is a liar but he who denies that Jesus is the Christ? He is the Antichrist who denies the Father and the Son. 1 Jn. 2:22
- Little children, it is the last hour; and as you have heard that the Antichrist is coming, even now many Antichrists have come, by which we know that it is the last hour. 1 Jn. 2:18
- Every spirit that does not confess that Jesus Christ has come in the flesh is not of God. And this is the spirit of the Antichrist. 1 Jn. 4:3
- Let no one deceive you by any means; for that Day will not come unless the falling away comes first, and the *man of sin* is revealed, the *son of perdition*, who opposes and exalts himself above all that is called God or that is worshiped, so that he sits as God in the temple of God, showing himself that he is God. 2 Thes. 2:3-4
- Therefore when you see the ‘*abomination of desolation*,’ spoken of by Daniel the prophet, standing in the holy place (whoever reads, let him understand). Mat. 24:15
- The Antichrist is a man. Dan. 7:24-25
- He (*the desolator*) will confirm a covenant for seven years. Dan. 9:27
- He (*the little horn*) will arise among ten kings. Dan. 7:8
- This ten nation union will be a revived Empire. Dan. 2:44
- He will uproot three kings. Dan. 7:8
- He will be promoted by a miracle-working partner. Rev. 13:11-12
- He will have a mouth speaking great things. Dan. 7:
- His look will be more stout than his fellows. Dan. 7:20
- He will be of fierce countenance. Dan. 8:23
- He will understand dark schemes. Dan. 8:23
- He opposes God. 2 Thes. 2:4
- He shall speak marvelous things against the God of gods. Dan. 11:36
- He will sit in the temple of God. 2 Thes. 2:4
- He claims to be God. 2 Thes. 2:4
- He shall honor the god of forces. Dan. 11:38
- He will think to change times and laws; and they (saints) will be given into his hand for three and one-half years. Dan. 7:25
- He shall not regard the God of his fathers. Dan. 11:37

(Continued p. 2)

Ecumenical Patriarch calls on fellow primates to recognise Ukraine Church independence

That canonical role of the Ecumenical Patriarchate as the coordinating centre in relations between the sister Orthodox Churches is now being challenged openly by Moscow.



Ecumenical Patriarch and Archbishop of Constantinople Bartholomew I, a spiritual leader of the Orthodox Christian around the world, leaves to St George Church in Istanbul, Turkey, 16 December 2018. Bishop of the Ukrainian Orthodox Church of the Kyiv Patriarchate, Metropolitan of Pereiaslav and Bila Tserkva Epifaniy (Serhiy Dumenko) has been elected head of the local Orthodox Church in Ukraine at the unification council of the Ukrainian Orthodox churches on 15 December 2018. The Holy Synod announced its decision that the Ecumenical Patriarchate would proceed to grant autocephaly to the Church of Ukraine on 11 October 2018.

Amidst Moscow Patriarchate threats of a schism in Eastern Orthodoxy, Ecumenical Patriarch Vartholomeos has called on the leaders of all the self-governing (autocephalous) Orthodox Churches to recognise the autocephaly that it has granted to the Orthodox Church in Ukraine.

The Ecumenical Patriarchate granted autocephaly to the Ukrainian Church in September after a decades’ long row between Kiev and Moscow, under whose jurisdiction the Ukrainian Church was in the Soviet era.

The Ecumenical Patriarchate in Constantinople is under canon law the sole authority that can grant independence to local churches, as it did with Greece in 1850, two decades after King Otto declared the Orthodox Church of Greece independent.

Also, it was the Ecumenical Patriarchate that recognised the Russian Church as a patriarchate in the 16th century (1589), and later ceded to it authority to ordain the bishops of Kiev, which it recently revoked.

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(Continued p.2)

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PUBLISHER
SOTIRIS REKOUMIS
EDITOR
DENISE REKOUMIS
LAYOUTS
JOHN REKOUMIS
CONTRIBUTORS

**DR. STAVROS BASSEAS, JOHN REKOUMIS,
DENISE REKOUMIS, DR JORDAN TSOLAKIDIS,
CHRIS MERENTITIS DR. LOUIS PALIVOS**

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Ecumenical Patriarch calls on fellow primates to recognise Ukraine Church independence

(From page 1)

lenged openly by Moscow, which due to the size of its flock and the backing of the Russian Empire had for centuries sought to supplant Constantinople as the first-ranking Church in Orthodoxy.

That is why the Russians have historically called Moscow the “third Rome”, after the collapse of the Eastern Roman Empire (Byzantium) established by the Emperor Constantine.

“The completion of all actions [procedures before autocephaly is formalised] is expected on 6 January, the day of Epiphany [the baptism of Christ], on which we wish to deliver the Tome of Autocephaly and to concelebrate [the liturgy] with the primate of the Orthodox Autocephalous Church [of Ukraine],” Vartholomeos wrote in his letter to the leaders of other 13 autocephalous Churches. Kiev is the 15th.

Ukrainian delegation in Constantinople

Even as the clergy and laity of the Ukrainian Orthodox Church were arriving in Istanbul for Sunday’s historic liturgy, the leaders of the other 13 Churches were reviewing the letter in order to proceed immediately (or not) with the recognition of Kiev’s independence, but not all of them (aside from Moscow) were equally receptive, and Moscow and Constantinople are each enmeshed in a battle to persuade the other Churches.

Vartholomeos’ letter stated, “Expressing brotherly trust in your Beatitude (the title of primates of independent Orthodox Churches) knowing very well the will and the expressed desire of Ukraine...and the responsibility of the Church of Constantinople for resolving all ecclesiastical issues, we trust that you will agree with these actions and will recognise the Orthodox Ukrainian Church as Autocephalous, memorialising [praying for during church services] the name of the Metropolitan of Kiev and All Ukraine in the Sacred Diptychs [the book containing the names of the leaders of the autocephalous Churches] immediately after the name of his Beatitude the Archbishop of the Czech Lands and Slovakia.”

The strict hierarchy in the Eastern Orthodox Church stipulates that at all church services each primate of a local, autocephalous Church memorialises the names of the leaders of all the other independent Churches in the chronological order in which their Churches were granted autocephaly.

Recapitulating the events of the last months and the actions taken, Vartholomeos calls upon the other primates to proceed with recognition.

“We shall have no excuse on the Day of Judgment if we choose to ignore our brethren who are experiencing days of anxiety in Ukraine, before the awesome, unique and just seat of the Judge of the souls and hearts of humankind and of our Just Lord and Saviour Jesus Christ.”

The Coming Antichrist

Louis A. Palivos

- He will not regard the desire of women. Dan. 11:37
- The Assyrian. Mic.5:5, Is.10:5, 14:25
- The king of Babylon. Is.Ch. 14
- Gog. Ezek. 38:1, Rev. 20:7
- I know where you dwell, where Satan’s Seat is (Turkey). Rev. 2:13
- The number of the beast is ϡξϢ. Rev. 13:18
- His coming is after the working of Satan. 2 Thes. 2:9
- The Antichrist is cast alive into the lake of fire. Rev. 19:20
- He will be tormented day and night forever and ever. Rev. 20:10

The Holy Fathers

The *Didache*, that is, *The Teaching* also called, “*The Teaching of the Twelve Apostles*,” states: The deceiver of the world will appear as a son of God and will perform signs and wonders and the earth will be delivered into his hands and he will commit abominations the likes of which have never happened before. Circa 50-120 A.D., Ch. 16:4

Barnabas wrote:

That the Black One (the Antichrist) may find no means of entrance, let us flee from every vanity, let us utterly hate the works of the ways of wickedness. Circa 80-100 A.D., Ch. 4.

The Shepherd of Hermes wrote:

Blessed are you who endure the great tribulation (caused by the Antichrist) that is coming and blessed are they who shall not deny their own life. Circa 95-150 A.D., *Visions* 2,4

Justin Martyr wrote:

Jesus Christ shall come from Heaven with glory, when the man of a apostasy (the Antichrist) who speaks strange things against The Most High, shall venture to do unlawful deeds on the earth against Christians. Circa 110-165 A.D. *Dialogue with Trypho CX*

Irenaeus wrote:

And they [the ten kings who shall arise] shall lay Babylon waste, and burn her with fire, and shall give their kingdom to the beast, and put the Church to flight. (*Against Heresies*, V, 26, 1)

For all these and other words were unquestionably spoken in reference to the resurrection of the just, which takes place after the coming of antichrist... And [with respect to] those whom the Lord shall find in the flesh, awaiting Him from heaven, and who have suffered tribulation, as well as escaped the hands of the Wicked one. (*Against Heresies*, V, 35, 1) circa 120-202 A.D.

Tertullian wrote:

Heresies, at the present time, will no less rend the church by their perversions of doctrine, than will Antichrist persecute her at that day by the cruelty of his attacks, except that persecution make seven martyrs, (but) heresy only apostates. (*The Prescription against Heretics*, IV)

And that the beast Antichrist with his false prophet may wage war on the Church of God. (*Resurrection of the Flesh*, 25) Now the privilege of this favor [be alive when Christ comes back] awaits those who shall at the coming of the Lord be found in the flesh, and who shall, owing to the oppressions of the time of Antichrist, deserve by an instantaneous death [i.e. raptured/translation], which is accomplished by a sudden change, to become qualified to join the rising saints; as he writes to the Thessalonians [1 Thess, 4:15-17]. (*On the Resurrection of the Flesh*, 41) Circa 145-220 A.D.

Hippolytus wrote:

He (the Antichrist) shall destroy Egypt, Libya and Ethiopia. When the times are fulfilled, and the ten horns spring from the beast in the last (times), then Antichrist will appear among them. When he makes war against the saints, and persecutes them, then may we expect the manifestation of the Lord from heaven. (*On Daniel*, II, 7). In order that when those things [Antichrist’s mark of the beast] come to pass, we may be prepared for them, and not deceived. For when the times advance, he too, of whom these things are said, will be manifested. (*Treatise on Christ and Antichrist*, 50). Now, concerning the tribulation of the persecution which is to fall upon the Church from the adversary... That refers to the one thousand two hundred and threescore days (the half of the week) during which the tyrant is to reign and persecute the Church. (*Treatise on Christ and Antichrist*, 60, 61, cf. 60-67) Circa 185-235 A.D.

Cyprian wrote:

For you ought to know and to believe, and hold it for certain, that the day of affliction has begun to hang over our heads, and the end of the world and the time of Antichrist to draw near, so that we must all stand prepared for the battle; nor consider anything but the glory of life eternal, and the crown of the confession of the Lord; and not regard those things which are coming as being such as were those which have passed away. A severer and a fiercer fight is now threatening, for which the soldiers of Christ ought to prepare themselves with uncorrupted faith and robust courage, considering that they drink the cup of Christ’s blood daily, for the reason that they themselves also may be able to shed their blood for Christ. *Epistle 55, 1*) Nor let any one of you, beloved brethren, be so terrified by

The Coming Antichrist

Louis A. Palivos

the fear of future persecution, or the coming of the threatening Antichrist, as not to be found armed for all things by the evangelical exhortations and precepts, and by the heavenly warnings. Antichrist is coming, but above him comes Christ also. The enemy goeth about and rageth, but immediately the Lord follows to avenge our sufferings and our wounds. The adversary is enraged and threatens, but there is One who can deliver us from his hands.(*Epistle 55,7*) Circa 200-251 A.D.

St. Athanasios the Great wrote:

He (Antichrist) will be born from a porn. He will begin in Galilee just like Jesus Christ. Circa 325-373 A.D.

St. John Damascene wrote: His (Antichrist) mother's ancestors shall come from the eastern parts of Persia and beyond the Euphrates and come to Galilee. Circa 675-745 A.D.

St. Ephraim the Syrian wrote:

He shall overcome 3 kings, Egypt, Libya and Ethiopia. He shall move mountains and raise islands from the sea. He shall fly in the air along with demons. Circa 306-373 A.D.

St. Nelos the Myrth Bearer wrote:

As the times of the Antichrist approaches, people will be not recognizable, men and women shall be indistinguishable because of their dress and hairstyle. Ethos and traditions shall change pornia, adultery, homosexuality, robberies and murders shall abound. For this serious sins and debauchery, people will lose the Grace of the Holy Spirit.irca 430 A.D.

St. John of Crostandes wrote:

He was in the (Jerusalem) temple where there were black candles and he was on a throne dressed in red with a gold crown and diamonds and a star. He is tall, has all black eyes like charcoal, black pointed beard, mean face, cunning, devious like a wild deer and a beak nose.

St. Andreas of Salos wrote:

He shall order monks and nuns to marry, the same with priests. He shall encourage pornia between mother and daughter. His name shall be Araexlixos (Αραιχληχος).

As this article closes, let's look at the similar characteristics that the Antichrist shall have in common with the Islamic Mahdi.

1. Both are political and military leaders.
2. Both are spiritual leaders.
3. Both target Jews and Christians.
4. Both establish Jerusalem as the seat of authority.
5. Both will sign a 7 year peace treaty with Israel.
6. Both will change laws and times.
7. Both shall have a helper/enforcer.
8. Both try to establish one religion on earth.
9. Both shall practice beheading.
10. Jerusalem shall be seized.
11. Both do miracles, signs and wonders.
12. Both deny fundamental Christian doctrines: the Trinity, the Incarnation,

Jesus Christ is the only begotten Son, Jesus Christ's death on the cross, His Resurrection, His Ascension and Holy Scripture.¹ If Islam or another religion with similar characteristics as Islam, "has authority over (Gk. epi) every tribe, tongue, and nation." Rev. 13:7-8, Dan. 5:18-19, then, it is easy to understand how the Antichrist may not control all the nations but will have influence *within* every country on earth.

A Greek scholar connected Islam and nominal Christianity, The ten horns, bearing the crowns were the same as the ten horns of the fourth beast of Daniel's vision and designated the kingdoms and people of Europe, co-existing with the seven (heads) Caliphates of the mmaedan world.² Has Islam and nominal Christianity, may God not take His grace from the Church, attempted to overcome the seed of the women, that is, Christ, to change times and laws?

In closing, the Antichrist, a man, has been prophesized to come. St. John was revealed that the number of the Antichrist is 666, ϞϞϞ, in Greek. Do these Islamic symbols, ﷲ, correlate to what St. John saw? These Islamic symbols mean, In the Name of Allah Multitude Jihads, read from right to left. Did St. John see these symbols which are like the Mark of the Beast? Is the Antichrist the Mahdi of Islam?

Is the last Beast Empire, a revived Islamic 10 part Empire that the Mahdi shall rule? Given both what the Holy Scripture has revealed and what the Holy Fathers have written, the evidence is plausible that the Antichrist may be Islamic!

The evidence is plausible that the Mahdi may be the antichrist!

1. Joel Richardson, *The Islamic Antichrist*, WorldNetDaily, Los Angeles, CA, 2009.
2. Apostolos Makrakis, *Interpretation of the Book of revelation*, The Orthodox Christian Educational Society, Chicago, Ill., 1972, translated and copyrighted from the Greek, in 1948.

Has Trump turned his back on Europe?

By James Naughtie BBC News



As the EU says the US government has effectively downgraded its diplomatic status in Washington, how has the transatlantic relationship changed under Donald Trump's presidency?

For generations, American presidents have saved some of their warmest words for their European colleagues. They came to the Berlin Wall and spoke of freedom - and, after it fell, they spoke of a new era of co-operation with a rebuilt Europe. But in the era of Donald Trump, leaders across the continent now know that those days have gone. Barack Obama's warm words about binding ties across the Atlantic are all now distant memories.

With every visit to Europe and every White House tweet about the cost of Nato or EU tariffs, this president makes it clear that he believes Europe is more often an impediment than an ally. None of his predecessors would have dreamed of calling the EU a "foe", as President Trump did in a recent interview about trade.

With Europe embroiled in its Brexit difficulties, which leave so many questions unanswered, its leaders also find themselves scrambling to work out what it might mean if these old ties with the United States continue to unravel.

That was what German Chancellor Angela Merkel was contemplating when she said, a few months ago, that it was time for Europe to take its destiny into its own hands. It was instructive to spend a few days in Berlin recently and to hear over and over again a version of these words. The United States, with its 'America first' approach, has put Europe and Germany into the space of a strategic competitor, if not even an enemy. I who watched Donald Trump's inaugural presidential address two years ago - in which the "America first" phrase became the theme of a nationalist marching song - wondered how far he would go. Wouldn't the realities of power kick in? It seems not.

Karen Donfried, who served as President Obama's European adviser, told me: "I would not assume that whoever follows Donald Trump goes back to where we were pre-Trump, because you can't.

"Those four or eight years that Donald Trump is president will have changed the relationship and changed the US role in the world, so it will be different."

How different? Think of a rolling crisis on Europe's eastern border - between Ukraine and Russia.

Since the contentious annexation of Crimea in 2014 - which the Obama administration declared illegal and a reason for sanctions on Russia - there has been a series of clashes that have made it clear Vladimir Putin is not interested in taking the pressure off. That is likely to be obvious in the run-up to the Ukrainian presidential election in March.

But, in Washington, Donald Trump has shown little interest in the concern across Europe - especially in Poland and Germany - about President Putin's expansionist policy.

Instead of promoting a collective approach, he has preferred his characteristic man-to-man style of negotiating, claiming that he rescued his relationship with President Putin in one conversation, a two-hour closed summit in Helsinki in July 2018.

But in Angela Merkel's office, there was incredulity that the White House didn't consult its allies before that meeting with the Russian president and that it passed on almost nothing afterwards, beyond what emerged via Twitter.

The Americans are our most important ally and we know how much we depend on the American contribution to our defence and security in the EU. But it's now about strengthening the European pillar within Nato, because under this president - and perhaps also under the next president - we might see less appetite in Washington to get involved in our immediate neighbourhood if it might be necessary. So, rethinking is needed inside Nato.

But that challenge is coming at an awkward moment: Angela Merkel is stepping down in two years, meaning Europe's dominant political figure will be gone.

In Berlin, I also spoke to retired American diplomat John Kornblum, who followed the course of the Cold War from the 1960s to the end, and then became the US's German ambassador.

Europe is at a crossroads, It's now almost 30 years since the end of the Cold War. Europe is in a much weaker, less independent, less stable condition today than it was 30 years ago. And that's an unfortunate thing to say but it's true.

And the solution? It's easier to ask the questions than to find the answers. That's the tenor of these times.

What everyone does now know is that Europe and the United States, however much they retain their shared values, have to re-engineer their relationship as together they negotiate a new age of uncertainty.

The world’s most nutritious foods

After analysing more than 1,000 raw foods, researchers ranked the ingredients that provide the best balance of your daily nutritional requirements – and they found a few surprises. Imagine the ideal food. One that contains all the nutrients necessary to meet, but not exceed, our daily nutrient demands. If such a food existed, consuming it, without eating any other, would provide the optimal nutritional balance for our body. Such a food does not exist. But we can do the next best thing. The key is to eat a balance of highly nutritional foods, that when consumed together, do not contain too much of any one nutrient, to avoid exceeding daily recommended amounts. Scientists studied more than 1,000 foods, assigning each a nutritional score. The higher the score, the more likely each food would meet, but not exceed your daily nutritional needs, when eaten in combination with others.

Calculated and ranked by scientists, these are the 100 most nutritious foods:
Please note: a few of the foods listed are endangered species, which we would not recommend. We would advise researching the provenance of all ingredients if buying them yourself.

100. SWEET POTATO (v) 86kcal, \$0.21, per 100g A bright orange tuber, sweet potatoes are only distantly related to potatoes. They are rich in beta-carotene. NUTRITIONAL SCORE: 49

99. FIGS (v) 249kcal, \$0.81, per 100g Figs have been cultivated since ancient times. Eaten fresh or dried, they are rich in the mineral manganese. NUTRITIONAL SCORE: 49

98. GINGER (v) 80kcal, \$0.85, per 100g Ginger contains high levels of antioxidants. In medicine, it is used as a digestive stimulant and to treat colds. NUTRITIONAL SCORE: 49

97. PUMPKIN (v) 26kcal, \$0.20, per 100g Pumpkins are rich in yellow and orange pigments. Especially xanthophyll esters and beta-carotene. NUTRITIONAL SCORE: 50

96. BURDOCK ROOT (v) 72kcal, \$1.98, per 100g Used in folk medicine and as a vegetable, studies suggest burdock can aid fat loss and limit inflammation. NUTRITIONAL SCORE: 50

95. BRUSSELS SPROUTS (v) 43kcal, \$0.35, per 100g A type of cabbage. Brussels sprouts originated in Brussels in the 1500s. They are rich in calcium and vitamin C. NUTRITIONAL SCORE: 50

94. BROCCOLI (v) 34kcal, \$0.42, per 100g Broccoli heads consist of immature flower buds and stems. US consumption has risen five-fold in 50 years. NUTRITIONAL SCORE: 50

93. CAULIFLOWER (v) 31kcal, \$0.44, per 100g Unlike broccoli, cauliflower heads are degenerate shoot tips that are frequently white, lacking green chlorophyll. NUTRITIONAL SCORE: 50

92. WATER CHESTNUTS (v) 97kcal, \$1.50, per 100g The water chestnut is not a nut at all, but an aquatic vegetable that grows in mud underwater within marshes. NUTRITIONAL SCORE: 50

91. CANTALOUPE MELONS (v) 34kcal, \$0.27, per 100g One of the foods richest in glutathione, an antioxidant that protects cells from toxins including free radicals. NUTRITIONAL SCORE: 50

90. PRUNES (v) 240kcal, \$0.44, per 100g Dried plums are very rich in health-promoting nutrients such as antioxidants and anthocyanins. NUTRITIONAL SCORE: 50

89. COMMON OCTOPUS 82kcal, \$1.50, per 100g Though nutritious, recent evidence suggests octopus can carry harmful shellfish toxins and allergens. NUTRITIONAL SCORE: 50

88. CARROTS (v) 36kcal, \$0.40, per 100g Carrots first appeared in Afghanistan 1,100 years ago. Orange carrots were grown in Europe in the 1500s. NUTRITIONAL SCORE: 51

87. WINTER SQUASH (v) 34kcal, \$0.24, per 100g Unlike summer squashes, winter squashes are eaten in the mature fruit stage. The hard rind is usually not eaten. NUTRITIONAL SCORE: 51

86. JALAPENO PEPPERS (v) 29kcal, \$0.66, per 100g The same species as other peppers. Carotenoid levels are 35 times higher in red jalapenos that have ripened. NUTRITIONAL SCORE: 51

85. RHUBARB (v) 21kcal, \$1.47, per 100g Rhubarb is rich in minerals, vitamins, fibre and natural phytochemicals that have a role in maintaining health. NUTRITIONAL SCORE: 51

84. POMEGRANATES (v) 83kcal, \$1.31, per 100g Their red and purple colour is produced by anthocyanins that have antioxidant and anti-inflammatory properties. NUTRITIONAL SCORE: 51

83. RED CURRANTS (v) 56kcal, \$0.44, per 100g Red currants are also rich in anthocyanins. White currants are the same species as red, whereas black currants differ. NUTRITIONAL SCORE: 51

82. ORANGES (v) 46kcal, \$0.37, per 100g Most citrus fruits grown worldwide are oranges. In many varieties, acidity declines with fruit ripeness. NUTRITIONAL SCORE: 51

81. CARP 127kcal, \$1.40, per 100g A high proportion of carp is protein, around 18%. Just under 6% is fat, and the fish contains zero sugar. NUTRITIONAL SCORE: 51

80. HUBBARD SQUASH (v) 40kcal, \$8.77, per 100g A variety of the species Cucurbita maxim. Tear-drop shaped, they are often cooked in lieu of pumpkins. NUTRITIONAL SCORE: 52

79. KUMQUATS (v) 71kcal, \$0.69, per 100g An unusual citrus fruit, kumquats lack a pith inside and their tender rind is not separate like an orange peel. NUTRITIONAL SCORE: 52

78. POMPANO 164kcal, \$1.44, per 100g Often called jacks, Florida pompapos are frequently-caught western Atlantic fish usually weighing under 2kg. NUTRITIONAL SCORE: 52

77. PINK SALMON 127kcal, \$1.19, per 100g These fish are rich in long-chain fatty acids, such as omega-3s, that improve blood cholesterol levels. NUTRITIONAL SCORE: 52

76. SOUR CHERRIES (v) 50kcal, \$0.58, per 100g Sour cherries (Prunus cerasus) are a different species to sweet cherries (P. avium). Usually processed or frozen.

NUTRITIONAL SCORE: 53
75. RAINBOW TROUT 141kcal, \$3.08, per 100g Closely related to salmon, rainbow trout are medium-sized Pacific fish also rich in omega-3s. NUTRITIONAL SCORE: 53

74. PERCH 91kcal, \$1.54, per 100g Pregnant and lactating women are advised not to eat perch. Though nutritious, it may contain traces of mercury. NUTRITIONAL SCORE: 53

73. GREEN BEANS (v) 31kcal, \$0.28, per 100g Green beans, known as string, snap or French beans, are rich in saponins, thought to reduce cholesterol levels. NUTRITIONAL SCORE: 54

72. RED LEAF LETTUCE (v) 16kcal, \$1.55, per 100g Evidence suggests lettuce was cultivated before 4500 BC. It contains almost no fat or sugar and is high in calcium. NUTRITIONAL SCORE: 54

71. LEEKS (v) 61kcal, \$1.83, per 100g Leeks are closely related to onions, shallots, chives and garlic. Their wild ancestor grows around the Mediterranean basin. NUTRITIONAL SCORE: 54

70. CAYENNE PEPPER (v) 318kcal, \$22.19, per 100g Powdered cayenne pepper is produced from a unique cultivar of the pepper species Capsicum annum. NUTRITIONAL SCORE: 54

69. GREEN KIWIFRUIT (v) 61kcal, \$0.22, per 100g Kiwifruit are native to China. Missionaries took them to New Zealand in the early 1900s, where they were domesticated. NUTRITIONAL SCORE: 54

68. GOLDEN KIWIFRUIT (v) 63kcal, \$0.22, per 100g Kiwifruits are edible berries rich in potassium and magnesium. Some golden kiwifruits have a red centre. NUTRITIONAL SCORE: 54

67. GRAPEFRUIT (v) 32kcal, \$0.27, per 100g Grapefruits (Citrus paradisi) originated in the West Indies as a hybrid of the larger pomelo fruit. NUTRITIONAL SCORE: 54

66. MACKEREL 139kcal, \$2.94, per 100g An oily fish, one serving can provide over 10 times more beneficial fatty acids than a serving of a lean fish such as cod. NUTRITIONAL SCORE: 54

65. SOCKEYE SALMON 131kcal, \$3.51, per 100g Another oily fish, rich in cholesterol-lowering fatty acids. Canned salmon with bones is a source of calcium. NUTRITIONAL SCORE: 54

64. ARUULA (v) 25kcal, \$0.48, per 100g A salad leaf, known as rocket. High levels of glucosinolates protect against cancer and cardiovascular disease. NUTRITIONAL SCORE: 55

63. CHIVES (v) 25kcal, \$0.22, per 100g Though low in energy, chives are high in vitamins A and K. The green leaves contain a range of beneficial antioxidants. NUTRITIONAL SCORE: 55

62. PAPRIKA (v) 282kcal, \$1.54, per 100g Also extracted from the pepper species Capsicum annum. A spice rich in ascorbic acid, an antioxidant. NUTRITIONAL SCORE: 55

61. RED TOMATOES (v) 18kcal, \$0.15, per 100g A low-energy, nutrient-dense food that are an excellent source of folate, potassium and vitamins A, C and E. NUTRITIONAL SCORE: 56

60. GREEN TOMATOES (v) 23kcal, \$.33, per 100g Fruit that has not yet ripened or turned red. Consumption of tomatoes is associated with a decreased cancer risk. NUTRITIONAL SCORE: 56

59. GREEN LETTUCE (v) 15kcal, \$1.55, per 100g The cultivated lettuce (Lactuca sativa) is related to wild lettuce (L. serriola), a common weed in the US. NUTRITIONAL SCORE: 56

58. TARO LEAVES (v) 42kcal, \$2.19, per 100g Young taro leaves are relatively high in protein, containing more than the commonly eaten taro root. NUTRITIONAL SCORE: 56

57. LIMA BEANS (v) 106kcal, \$0.50, per 100g Also known as butter beans, lima beans are high in carbohydrate, protein and manganese, while low in fat. NUTRITIONAL SCORE: 56

56. EEL 184kcal, \$2.43, per 100g A good source of riboflavin (vitamin B2), though the skin mucus of eels can contain harmful marine toxins. NUTRITIONAL SCORE: 56

55. BLUEFIN TUNA 144kcal, \$2.13, per 100g A large fish, rich in omega-3s. Pregnant women are advised to limit their intake, due to mercury contamination. NUTRITIONAL SCORE: 56

54. COHO SALMON 146kcal, \$0.86, per 100g A Pacific species also known as silver salmon. Relatively high levels of fat, as well as long-chain fatty acids. NUTRITIONAL SCORE: 56

53. SUMMER SQUASH (v) 17kcal, \$0.22, per 100g Harvested when immature, while the rind is still tender and edible. Its name refers to its short storage life. NUTRITIONAL SCORE: 57

52. NAVY BEANS (v) 337kcal, \$0.49, per 100g Also known as haricot or pea beans. The fibre in navy beans has been correlated with the reduction of colon cancer. NUTRITIONAL SCORE: 57

51. PLANTAIN (v) 122kcal, \$0.38, per 100g Banana fruits with a variety of antioxidant, antimicrobial, hypoglycaemic and anti-diabetic properties. NUTRITIONAL SCORE: 57

50. PODDED PEAS (v) 42kcal, \$0.62, per 100g Peas are an excellent source of protein, carbohydrates, dietary fibre, minerals and water-soluble vitamins. NUTRITIONAL SCORE: 58

49. COWPEAS (v) 44kcal, \$0.68, per 100g Also called black-eyed peas. As with many legumes, high in carbohydrate, containing more protein than cereals. NUTRITIONAL SCORE: 58

48. BUTTER LETTUCE (v) 13kcal, \$0.39, per 100g Also known as butterhead lettuce, and including Boston and bib varieties. Few calories. Popular in Europe. NUTRITIONAL SCORE: 58

47. RED CHERRIES (v) 50kcal, \$0.33, per 100g A raw, unprocessed and unfrozen variety of sour cherries (Prunus cerasus). Native to Europe and Asia. NUTRITIONAL SCORE: 58

46. WALNUTS (v) 619kcal, \$3.08, per 100g Walnuts contain sizeable proportions

(continued p. 6)

Greece in 2019: High hopes, low expectations

Hopes may run high at the start of the first year in which Greece finds itself free from bailout programs after eight years, but realistic expectations remain, unfortunately, low.



The focus of many analysts is on the many elements of uncertainty that permeate the Greek economy – from the high cost of any potential foray into the markets, to several judicial rulings that have found pension and bonus cuts unconstitutional, threatening to upend the budget and throw long-term planning off balance,

and from the non-performing loans that imperil banks to the risks for Greek exports from the emerging global economic slowdown and big players’ trade wars. These worries are all well founded, but there is also another concern. The objective observer cannot but express dismay at a prevalence of behavior – politicians, business people, social partners, opinion makers and simple citizens – that points to a need for a serious shift of mentality. This is essential to building the new and different Greece that some people dream about – at least those who truly care about the country. They are the people who, in today’s cynical times, are often dismissed as dreamers.

My mind goes back to an interview I did in December 2010, at the start of the Greek crisis, with the head of the International Monetary Fund at the time, Dominique Strauss-Kahn. He told me two things: To overcome the crisis, Greece’s two major political parties (at the time, the governing socialist PASOK and the main opposition, conservative New Democracy) had to reach a consensus and Greeks themselves had to take ownership of the reforms the country needed. Of course, neither of these suggestions were taken on. Hence, eight years later, we may have officially exited the bailout program but as a society, as an economy and as a political system, we haven’t changed.

Realists remain justifiably pessimistic but hope has to be kept alive. Some of us choose to imagine that soon the country could start moving toward a different state of mind, to a point where politicians will dare to boldly state some difficult truths, where meritocracy in public life will be encouraged, where we will invest in innovation and where healthy businesses are allowed to flourish.

These are some of the many ingredients needed for real and sustainable growth but they cannot be found in the present environment of polarization, vulgarity and criminalization of political life. As the new year begins – a year with three elections, a constitutional revision vote and crucial, binding decisions on sensitive national issues – the country needs prudence, consensus, conciliation and cooperation. The hopes of many are high – but so are the country’s needs.

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tions of a-linolenic acid, the healthy omega-3 fatty acid made by plants. NUTRITIONAL SCORE: 58

45. FRESH SPINACH (v)23kcal, \$0.52, per 100g Contains more minerals and vitamins (especially vitamin A, calcium, phosphorus and iron) than many salad crops. Spinach appears twice in the list (45 and 24) because the way it is prepared affects its nutritional value. Fresh spinach can lose nutritional value if stored at room temperature, and ranks lower than eating spinach that has been frozen, for instance. NUTRITIONAL SCORE: 59

44. PARSLEY (v) 36kcal, \$0.26, per 100g A relative of celery, parsley was popular in Greek and Roman times. High levels of a range of beneficial minerals. NUTRITIONAL SCORE: 59

43. HERRING 158kcal, \$0.65, per 100g An Atlantic fish, among the top five most caught of all species. Rich in omega-3s, long-chain fatty acids. NUTRITIONAL SCORE: 59

42. SEA BASS 97kcal, \$1.98, per 100g A generic name for a number of related medium-sized oily fish species. Popular in the Mediterranean area. NUTRITIONAL SCORE: 59

41. CHINESE CABBAGE (v) 13kcal, \$0.11, per 100g Variants of the cabbage species Brassica rapa, often called pak-choi or Chinese mustard. Low calorie. NUTRITIONAL SCORE: 60

40. RESS (v) 32kcal, \$4.49, per 100g The brassica Lepidium sativum, not to be confused with watercress Nasturtium officinale. High in iron. NUTRITIONAL SCORE: 60

39. APRICOTS (v) 48kcal, \$0.36, per 100g A 'stone' fruit relatively high in sugar, phytoestrogens and antioxidants, including the carotenoid beta-carotene. NUTRITIONAL SCORE: 60

38. FISH ROE 134kcal, \$0.17, per 100g Fish eggs (roe) contain high levels of vitamin B-12 and omega-3 fatty acids. Caviar often refers to sturgeon roe. NUTRITIONAL SCORE: 60

37. WHITEFISH134kcal, \$3.67, per 100g Species of oily freshwater fish related to salmon. Common in the northern hemisphere. Rich in omega-3s. NUTRITIONAL SCORE: 60

36. CORIANDER (v) 23kcal, \$7.63, per 100g A herb rich in carotenoids, used to treat ills including digestive complaints, coughs, chest pains and fever. NUTRITIONAL SCORE: 61

35. ROMAINE LETTUCE (v) 17kcal, \$1.55, per 100g Also known as cos lettuce, another variety of Lactuca sativa. The fresher the leaves, the more nutritious they are. NUTRITIONAL SCORE: 61

34. MUSTARD LEAVES (v) 27kcal, \$0.29, per 100g One of the oldest recorded spices. Contains sinigrin, a chemical thought to protect against inflammation. NUTRITIONAL SCORE: 61

33. ATLANTIC COD 82kcal, \$3.18, per 100g A large white, low fat, protein-rich fish. Cod livers are a source of fish oil rich in fatty acids and vitamin D. NUTRITIONAL SCORE: 61

32. WHITING 90kcal, \$0.60, per 100g Various species, but often referring to the North Atlantic fish Merlangius merlangus that is related to cod. NUTRITIONAL SCORE: 61

31. KALE (v) 49kcal, \$0.62, per 100g A leafy salad plant, rich in the minerals phosphorous, iron and calcium, and vitamins such as A and C. NUTRITIONAL SCORE: 62

30. BROCCOLI RAAB (v) 22kcal, \$0.66, per 100g Not to be confused with broccoli. It has thinner stems and smaller flowers, and is related to turnips. NUTRITIONAL SCORE: 62

29. CHILI PEPPERS (v) 324kcal, \$1.20, per 100g The pungent fruits of the Capsicum plant. Rich in capsaicinoid, carotenoid and ascorbic acid antioxidants. NUTRITIONAL SCORE: 62

28. CLAMS 86kcal, \$1.78, per 100g Lean, protein-rich shellfish. Often eaten lightly cooked, though care must be taken to avoid food poisoning. NUTRITIONAL SCORE: 62

27. COLLARDS (v) 32kcal, \$0.74, per 100g Another salad leaf belonging to the Brassica genus of plants. A headless cabbage closely related to kale. NUTRITIONAL SCORE: 63

26. BASIL (v) 23kcal, \$2.31, per 100g A spicy, sweet herb traditionally used to protect the heart. Thought to be an antifungal and antibacterial. NUTRITIONAL SCORE: 63

25. CHILI POWDER (v) 282kcal, \$5.63, per 100g A ource of phytochemicals such as vitamin C, E and A, as well as phenolic compounds and carotenoids. NUTRITIONAL SCORE: 63

24. FROZEN SPINACH (v) 29kcal, \$1.35, per 100g A salad crop especially high in magnesium, folate, vitamin A and the carotenoids beta carotene and zeaxanthin. Freezing spinach helps prevent the nutrients within from degrading, which is why frozen spinach ranks higher than fresh spinach (no 45). NUTRITIONAL SCORE: 64

23. DANDELION GREENS (v) 45kcal, \$0.27, per 100g The word dandelion means lion’s tooth. The leaves are an excellent source of vitamin A, vitamin C and calcium. NUTRITIONAL SCORE: 64

22. PINK GRAPEFRUIT (v) 42kcal, \$0.27, per 100g The red flesh of pink varieties is due to the accumulation of carotenoid and lycopene pigments. NUTRITIONAL SCORE: 64

21. SCALLOPS 69kcal, \$4.19, per 100g A shellfish low in fat, high in protein, fatty acids, potassium and sodium. NUTRITIONAL SCORE: 64

20. PACIFIC COD 72kcal, \$3.18, per 100g Closely related to Atlantic cod. Its livers are a significant source of fish oil rich in fatty acids and vitamin D. NUTRITIONAL SCORE: 64

19. RED CABBAGE (v) 31kcal, \$0.12, per 100g Rich in vitamins. Its wild cabbage ancestor was a seaside plant of European or Mediterranean origin. NUTRITIONAL SCORE: 65

18. GREEN ONION (v) 7kcal, \$0.51, per 100g Known as spring onions. High in copper, phosphorous and magnesium. One of the richest sources of

vitamin K.

NUTRITIONAL SCORE: 65

17. ALASKA POLLOCK 92kcal, \$3.67, per 100g Also called walleye pollock, the species Gadus chalcogrammus is usually caught in the Bering Sea and Gulf of Alaska. A low fat content of less than 1%. NUTRITIONAL SCORE: 65

16. PIKE 88kcal, \$3.67, per 100g A fast freshwater predatory fish. Nutritious but pregnant women must avoid, due to mercury contamination. NUTRITIONAL SCORE: 65

15. GREEN PEAS (v) 77kal, \$1.39, per 100g Individual green peas contain high levels of phosphorous, magnesium, iron, zinc, copper and dietary fibre. NUTRITIONAL SCORE: 67

14. TANGERINES (v) 53kcal, \$0.29, per 100g An oblate orange citrus fruit. High in sugar and the carotenoid cryptoxanthin, a precursor to vitamin A. NUTRITIONAL SCORE: 67

13. WATERCRESS (v) 11kcal, \$3.47, per 100g Unique among vegetables, it grows in flowing water as a wild plant. Traditionally eaten to treat mineral deficiency. NUTRITIONAL SCORE: 68

12. CELERY FLAKES (v) 319kcal, \$6.10, per 100g Celery that is dried and flaked to use as a condiment. An important source of vitamins, minerals and amino acids. NUTRITIONAL SCORE: 68

11. DRIED PARSLEY (v) 292kcal, \$12.46, per 100g Parsley that is dried and ground to use as a spice. High in boron, fluoride and calcium for healthy bones and teeth. NUTRITIONAL SCORE: 69

10. SNAPPER 100kcal, \$3.75, per 100g A family of mainly marine fish, with red snapper the best known. Nutritious but can carry dangerous toxins. NUTRITIONAL SCORE: 69

9. BEET GREENS (v) 22kcal, \$0.48, per 100g The leaves of beetroot vegetables. High in calcium, iron, vitamin K and B group vitamins (especially riboflavin). NUTRITIONAL SCORE: 70

8. PORK FAT 632kcal, \$0.95, per 100g A good source of B vitamins and minerals. Pork fat is more unsaturated and healthier than lamb or beef fat. NUTRITIONAL SCORE: 73

7. SWISS CHARD (v) 19kcal, \$0.29, per 100g A very rare dietary source of betalains, phytochemicals thought to have antioxidant and other health properties. NUTRITIONAL SCORE: 78 6.

PUMPKIN SEEDS (v) 559kcal, \$1.60, per 100g Including the seeds of other squashes. One of the richest plant-based sources of iron and manganese. NUTRITIONAL SCORE: 84

5. CHIA SEEDS (v) 486kcal, \$1.76, per 100g Tiny black seeds that contain high amounts of dietary fibre, protein, a-linolenic acid, phenolic acid and vitamins. NUTRITIONAL SCORE: 85

4. FLATFISH 70kcal, \$1.15, per 100g Sole and flounder species. Generally free from mercury and a good source of the essential nutrient vitamin B1. NUTRITIONAL SCORE: 88

3. OCEAN PERCH 79kcal, \$0.82, per 100g The Atlantic species. A deep-water fish sometimes called rockfish. High in protein, low in saturated fats. NUTRITIONAL SCORE: 89


2. CHERIMOYA (v) 75kcal, \$1.84, per 100g Cherimoya fruit is fleshy and sweet with a white pulp. Rich in sugar and vitamins A, C, B1, B2 and potassium. NUTRITIONAL SCORE: 96

1. ALMONDS (v) 579kcal, \$0.91, per 100g Rich in mono-unsaturated fatty acids. Promote cardiovascular health and may help with diabetes. NUTRITIONAL

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GREEK NEWS

Facing Brexit’s dead end

British Prime Minister Theresa May, her counterparts from the other 27 European Union member-states and the presidents of EU institutions have been discussing the “political” aspects of Brexit since Thursday.

Several leaders made it clear from the start that they would not accept any change to the agreement reached between Britain and Brussels. “But we are ready to discuss how to facilitate UK ratification. As time is running out, we will also discuss our preparedness for a no-deal scenario,” said Donald Tusk, president of the European Council. What we expect on Friday is to see how this “facilitation” will cut the Gordian knot that is Brexit.

May is up against the “intransigence” of her “partners” (to put it in terms reminiscent of Greece’s troubles with the European Union), who are prepared to help only with regard to how she will sell the deal to her party’s MPs.

This week, May put off a vote in the House of Commons when it was clear that Conservative Party members would reject the deal, but she herself won a vote of confidence demanded by party backbenchers. In other words, Theresa May might be unshakable in her party’s leadership for the next 12 months but she might also be paralyzed. The question is whether British MPs will accept the deal by March 29 or whether Britain will suddenly find itself adrift of the European Union.

Brexit has been absurd from the start. Britain’s “Euroskeptics” have wanted to reap the benefits of the single market while rejecting the political aspects of the project – without which the whole venture would fail. Also, a small group from Britain’s elite (many of whom have benefited handsomely from globalization) managed to yoke popular discontent at the effects of globalization to their anti-EU project, managing a weak majority in favor of Brexit.

Furthermore, an unsolvable part of the whole problem concerns the border that will arise between Ireland and the United Kingdom (which includes Northern Ireland) after Brexit.

And yet even though the problems seem insurmountable, even though Brexit can be canceled by withdrawing the application for it, the government will not change course. May excludes the possibility of another referendum.

In the face of this dead end, perhaps the most logical decision – the only political move – would be for the European Union to decide that the lack of a deal by March 29 will not mean a “crash” but, by default, Britain’s continued membership of the EU until such time as an agreement is reached.

Mitsotakis says next elections will seal 'great political change'



Main opposition leader Kyriakos Mitsotakis on Friday said his party will unite Greeks and bridge differences created by the governing coalition, expressing

ing confidence New Democracy will emerge victorious from next year's elections during a speech at the opening day of the party's conference.

“The next elections will seal the great political change that the Greek society demands,” he told attendees. “I ask you to join forces and leave SYRIZA in the past.”

He also reiterated his rejection of the name deal signed between Greece and the Former Yugoslav Republic of Macedonia (FYROM) last June, saying Prime Minister Alexis Tsipras recognized a Macedonian language and ethnicity.

“New Democracy will never ratify the Prespes agreement - not now, not in the next Parliament, not ever,” he said, adding that Tsipras exchanged the abolition of the planned pension cuts with a “major national loss” in foreign affairs.

Mitsotakis also announced his party will legislate a 2,000-euro benefit for every child born, which will cover the initial costs and will be distributed with “widened income criteria” to include “the vast majority” of new families.

He also pledged to increase the minimum wage at twice the country's annual GDP growth rate.

Meanwhile, at a SYRIZA rally in the northern city, Prime Minister Alexis Tsipras lashed out at ND on a wide range of issues ranging from foreign policy to alleged scandals in the conservative party's closet.

He also accused Mitsotakis of personally transforming the conservative party into a “far-right sect” that is bent on restoring the influence of the elites and their vested interests.

The opposition conservatives, he said, are “political fraudsters who ravaged the country while posing as super patriots, hand in hand with the neo-Nazis of Golden Dawn.”

“[New Democracy] threw the country into the turmoil of the memorandums and we liberated it,” Tsipras said, adding that his government restored the pride and dignity of the Greek people which had been shattered by previous governments.

Tsipras also sought to rally SYRIZA supporters in northern Greece, where the leftist party’s popularity has suffered due the Macedonia name deal, known as the Prespes agreement.

Referring to the deal, he sought to identify those opposed to it with the extreme-right, deriding them as “professional patriots.”

He also claimed that the Prespes agreement and the international alliances built under his government had raised Greece’s status from the margins of international developments to that of a leading power “in the Balkans and the Southeast Mediterranean.”

Satisfactory performance by Greece in the euro area

Despite its financial crisis, Greece is among the eurozone countries that have fared rela-

tively well since the introduction of the single currency 20 years ago, according to a report published on Friday by Bloomberg.

The financial news agency ranked the euro area’s member-states according to the level of utilization of the opportunities the common currency offers, grading them from A to C. Greece got a B for its satisfactory performance within the eurozone.

Bloomberg argued that although the country has suffered terribly during its debt crisis, it has managed to build new trade relations with the wealthy core of Europe. It added that the concession of monetary policy to a reliable central bank brought greater price stability in the first years, and that Greece has recently seen an improvement in its competitiveness.

Son of N17 victim adds voice to condemnation of hitman's furlough



The decision to grant a fifth furlough to Dimitris Koufodinas, the hitman of the now defunct November 17 terror group, was roundly condemned on Friday.

The regional governor of central Greece, Costas Bakoyannis, whose father was assassinated by the group in 1989, decried the decision.

“Victims of Koufodinas do not celebrate New Year with their families. But he received a six-day vacation,” said Bakoyannis, who will also run for Athens mayor in the local elections in May. Turkey also berated Greek authorities for releasing “a convicted terrorist who claimed the lives of Turkish diplomats.”

“It is disrespectful to their memories and their bereaved families,” the Turkish Foreign Ministry said in a press release. His prison leave started

on Friday and will last six days.

Koufodinas was arrested in 2002 and is serving 11 life sentences for multiple murders. The group was responsible for the murders of 23 people, including politicians, businessmen, industrialists, publishers and foreign diplomats.

Witness in Novartis bribery probe now seen as a suspect



One of the three protected witnesses in a kickbacks investigation involving Swiss pharma giant Novartis was slapped with a travel ban and had his passport confiscated after reportedly trying to flee the country with his family on Monday night, Greek media said, citing judicial sources.

The unnamed man, who has served as an advisor to several former health ministers, had provided information to corruption prosecutors investigating the practices adopted by the company to dominate the Greek market. New evidence, however, led authorities to charge him with passive bribery, aggravated by the provisions pertaining to state embezzlers, the same sources said.

The investigation concerns allegations that the drugmaker bribed Greek doctors and prominent public officials to increase its access to the Greek market and sell its products at inflated prices. It is largely based on the testimonies of the three key witnesses.

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Yemen war: WFP accuses Houthi rebels of diverting food aid



Ten million Yemenis do not know how they will obtain their next meal

The World Food Programme has demanded Yemen's rebel Houthi movement stops diverting desperately needed food aid from people in areas under its control. A survey by the UN agency said people in the capital Sanaa had not received rations to which they were entitled.

The WFP said lorries were illegally removing food from distribution areas, with rations sold on the open market or given to those not entitled to it.

There was no response from the Houthis, but they have denied diverting aid.

The UN says some 20 million Yemenis are food insecure and that 10 million of them do not know how they will obtain their next meal.

Yemen has been devastated by a conflict that escalated in 2015, when a Saudi-led coalition intervened after the Houthis seized control of much of the west of the country and forced President Abdrabbuh Mansour Hadi to flee abroad.

At least 6,800 civilians have been killed and 10,700 injured in the fighting, according to the UN. Thousands more civilians have died from preventable causes, including malnutrition, disease and poor health. The WFP said the misappropriation of aid came to light in a review conducted in recent months, prompted by an increasing number of reports of humanitarian food for sale on the open market in Sanaa.

Checks unearthed fraud being perpetrated by at least one local partner organisation tasked with handling and distributing food assistance, according to the agency. The local organisation is affiliated with the Houthi-run education ministry. "This conduct amounts to the stealing of food from the mouths of hungry people," said WFP Executive Director David Beasley in a statement.

"At a time when children are dying in Yemen because they haven't enough food to eat, that is an outrage. This criminal behaviour must stop immediately."

The WFP said its monitors had amassed photographic and other evidence of lorries illicitly removing food from designated food distribution centres.

They also found that the selection of beneficiaries was being manipulated by local officials and that food distribution records were being falsified.

Some food relief was being given to people not entitled to it and some was being sold for gain at markets in the capital, according to the WFP.



The Houthi rebel movement took full control of the capital Sanaa in 2015

Mr Beasley warned the Houthi authorities in Sanaa that unless they took immediate action to end the diversion of aid the WFP would "have no option but to cease working with those who have been conspiring to deprive large numbers of vulnerable people of the food on which they depend".

Earlier on Monday, the Associated Press reported that factions and militias on all sides of the conflict had blocked food aid from going to groups suspected of disloyalty, diverted it to combat units or sold it for profit.

On 13 December, the rebels and Yemen's government agreed to a UN-brokered ceasefire in the key Red Sea port and city of Hudaydah, which is crucial for the delivery of aid supplies.

On Saturday, the Houthis said it had withdrawn its fighters from the port and handed over control to the coast guard. But UN spokesman Stephane Dujarric questioned the claim, saying such steps could only be credible if all other parties could observe and verify them.

Mr Dujarric also said the Houthis had failed to honour an agreement to open a humanitarian corridor along the Hudaydah-Sanaa highway by Sunday as agreed.

Trump threatens to shut Mexican border in demand for wall funding



Image caption Migrants from Honduras tried to enter the US illegally on Thursday by jumping a border fence.

Donald Trump has threatened to shut down the border with Mexico over illegal immigration if Congress fails to fund his proposed wall.

"Either we build (finish) the Wall or we close the Border," the US president tweeted after nearly a week of deadlock in Washington over the federal budget.

Confirming the threat to close the border was real, the White House said negotiations with Congress had stalled.

The dispute has caused a partial US government shutdown.

Hundreds of thousands of federal employees are either on unpaid leave or continue to work but do not know when they will be paid.

Both Congress chambers met for just a few minutes on Thursday but took no steps to end the closure. The House and Senate will now meet again on Monday.

Later in the week, a new House will be sworn in, dominated by opposition Democrats who won the mid-term elections last month, but Mr Trump's Republicans will retain the Senate with a slightly larger majority.

In October Mr Trump made a similar threat to close the southern US border when demanding action from Latin American governments to stop migrants, in what has become known as the caravan, trying to cross into the US illegally.

What exactly did Trump say?

"We will be forced to close the Southern Border entirely if the Obstructionist Democrats do not give us the money to finish the Wall & also change the ridiculous immigration laws that our Country is saddled with," he tweeted on Friday.

He is seeking \$5bn (£4bn) to cover the cost of the wall but Democrats and some within Mr Trump's own party insist they will not approve it.

Mr Trump argued on Friday that the US had lost out to Mexico by \$75bn a year under the North American Free Trade Agreement (Nafta), which he replaced with a new deal with Mexico and Canada last month.

Migrants keep heading for Aegean islands despite bad weather

Despite the bad weather, dozens of undocumented migrants made the short but

perilous crossing to the Aegean islands from Turkey in the last few days of the year.

A total of 75 migrants reached Farkonisi in the early hours of New Year's Eve, according to the Greek Coast Guard, which intercepted two vessels carrying 38 and 37 migrants respectively. All 75 migrants were trans-



ferred to nearby Leros for identification.

Over the weekend, another 55 migrants reached Lesbos and Chios. Samos had no arrivals over the same period but authorities remain concerned following an increase last month.

"Migrant flows may have reduced due to the weather but they haven't stopped," Samos Mayor Michalis Angelopoulos said, noting that 1,080 people arrived in December.

The government has pledged to close the island's overcrowded reception center by mid-February, though sources say it will be difficult to do anything before local elections in May.