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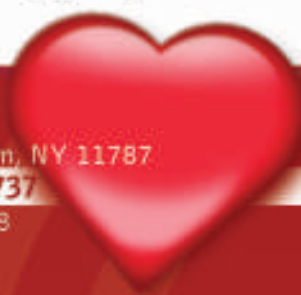


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The Crying Public

Unfortunately, Greece is in the spotlight this news cycle as Newsweek recently reported for amassing a \$350 billion national debt by giving itself a loan through Goldman Sachs, selling future EU subsidies and lottery earnings to investment banks for cash, and mortgaging its highways and airports.

“But even as Europe’s leaders unleashed their fury at the Greeks—and at the bankers who aided and abetted them—it turns out there is hardly any government that isn’t guilty of these kinds of tricks, according to OECD and EU officials,” reported the magazine.

Italy has a long history of doing the same; Belgium and Portugal have also sold future tax receipts, and even the mighty economic engine of Europe—Germany—has been accused of trying to shift “up to \$60 billion of spending on public health care and jobless benefits into a special-purpose vehicle so it wouldn’t show up in the 2010 deficit.”

And America, remember, owes billions to the Chinese and has racked up a trillion dollar deficit—and counting.

It seems to be the way of governments, and the politicians who run them, to appease the people most of the time (who demand appeasement, be it fair to say, and forever wail at politicians for not appeasing them enough), and to put off the inevitable reckoning when the register comes up short at the end of the day (in terms most Greeks can understand). One commentator said Americans are spoiled and demand contradictory things: that government stay out of their lives and their pockets, but government bail them out with jobs and tax cuts and increased services when they’re out of a job and out of benefits and out of health insurance to protect them.

But, of course, it’s not just the American electorate that’s spoiled: human nature is a very contradictory thing and there is no government, no matter how perfect, that can possibly meet the impossible standards that the voting public wants. Politicians, of course, are asking for it when they run for office and then get themselves into a pickle. Yes, they get a free ride of power and privilege for a while, but the ax will soon fall, because nobody can please all of the people all of the time, though being in politics—you try.

“Hiding public debt has been around for as long as politicians have spent money,” says Newsweek, and it cites a \$100 billion debt that France has kept off its books and the trillions in obligations for so-called “boomer debt” such as public health care which is never factored into government balance sheets and could add up to nearly 500 percent of the GDP in some Western countries.

Which brings us back to Greece. We had a neighbor in Greece who used to rail at the government for everything in his vengeres with us in the cool of the evening with the scent of jasmine in the air and the smell of the Greek coffee that my grandmother brewed in her battered old briki and he would consume in one ferocious vacuum-clear suck—and then expect more. “Oi kyvernisis ftei,” he would declare about everything that went wrong in his day, from the mail not getting delivered on time, to his donkey going lame, to his own stomach upset. And then he would glance at his coffee cup to see if it was filled and my poor grandmother would have to spend most of his vengera just trying to keep up with him.

She never could. And neither can any government, it seems, to keep up with its public.

Dimitri C. Michalakos



FROM THE EDITOR



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Telly & Barbara Hoimes with host Dennis Mehiel and a guest



Yiorgos Tsibiridis, Alica De Fronze and Thanassis Tsitsas



John Catsimatides talking to Zack Space



Left to Right: Leonidas Papalas, Gus Tsahas, George Paralemos, Dino Ralis, Zack Space, Markos Marinakis and Anthony Kayafas



Peter Pappas, Sr., Karen Mehiel, Markos Marinakis, Dennis Mehiel and James Pantelides



Alex Lyras with Peter Poulos

Greek Americans host Zack Space in New York

By Demetrios Rhompotis

It's an election year and Dennis and Karen Mehiel, George and Olga Tsunis, George Paralemos and other prominent Greek Americans hosted an event in New York City honoring Congressman Zack Space (D OH-18). Dennis and Karen Mehiel offered their beautiful home for the occasion with over 60 contributors participating. The evening was part of a series of gatherings honoring the Congressman in cities around the country. Congressmen Mike McMahon, Joseph Crowley and Steve Israel also attended and addressed the people present, praising their colleague's abilities and qualities.

"I don't have a lot of Greeks in my district, but I have a lot of Greek Americans who I consider like friends, even like family," said Zack Space in an interview with NEO. "The Greek American community has been very generous and helpful all over the country. Obviously, as Greek American I have concerns about issues of importance to the Greek community, like the injustice on Cyprus or the restrictions on religious freedom in Turkey. We also have a common set of values (with the rest of the Americans): we believe in family, in hard work, in making sacrifices. I can't say how proud I am for the support I've received."

Zack Space's grandfather came to American from the island of Icaria. Many members of the NY Icarian community were in attendance at the event.

Congressman Space, in his second term now, proudly serves on both the Energy and Commerce and Veteran's Affairs Committees. He is one of only 5 Greek-

Americans in the House of Representatives and he's facing a tough re-election given the economic conditions in the country and the fact that his district used to be a Republican stronghold. "I think it's a tough season for anyone who's in office," he admitted. "People are understandably frustrated, at times angry and there is uncertainty with the economy being where it is right now, which means we'll have to work all the harder, be focusing all our time both in Washington and back in Ohio to economic issues." For Congressman Space "jobs is a priority right now and I think if we are able to deliver on creating a better environment for jobs, get some manufacturing for jobs in the district, that will be the key."

Asked about the so-called "Tea Parties" movement and the extreme polarization of the political discourse - in fact he has received threats on his life - he said that "it's refreshing to see people that for years did not even bother to vote, suddenly care about the process. It's important to have forums to express ideas and to listen to other views in a civilized way. I encourage people to continue getting involved, whether they are conservative, liberal or moderate." However, "do it in a constructive fashion, lets not shut the debate down, lets engage each other in a civil and courteous way ...For me moderation has always been the key. And I believe there is a lot of strength and power in moderation."

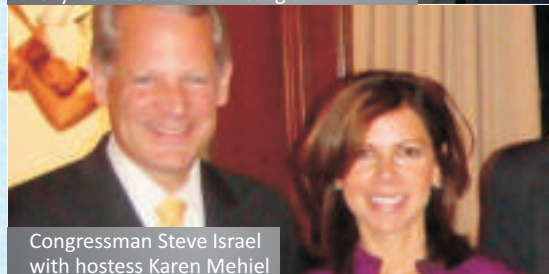
For more info on Zack Space and his campaign the website is www.ZackSpace.org



Congressman Mike McMahon, Congressman Joseph Crowley and event co-host James Orphanides



Dave Ciolek, Julie Moses, Barbara Hoimes, Telly Hoimes and Mark Caligiuri



Congressman Steve Israel with hostess Karen Mehiel



Maria Kalogeras, Alex Lyras, Mary Polemarhakos and Adrienne Kalogeras



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Standing: Nicholas Frudakis
Seated: Evangelia and Paul Sogotis,
Stefanie Roumeliotes and Dr. John Costouros



John C. Tsunis, George Pantelidis and Nicholas Frudakis



Vasilios Priskos, Michael Bapis and Elias Demakes



James Pantelidis, Maria Allwin and Stephanía Patsalis



Elaine and Thomas C. Kyrus and Eliana Papadakis



Elaine & Tykye Camaras with motivational
speaker and author Harry Cordellos



John P. Calamos, Michael L. Stefanos, Demetrios
Kotsakis, Athanasios Livaditis, John Koliopoulos,
Peter Parthenis and Dimitri Bousis



Annette Romas, Kassandra Romas,
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Steve Pavlis, Susan Loutsion,
Dr. Nicholas Loutsion and John Kusturiss



George and Mary Katakaidis



Dina Theodosakis, Cathie Andriotis,
Fran Karivalis and Stephanía Patsalis



John P. Calamos and George M. Marcus



George Marcus, Peter Polydor, Katly Tavoularis,
Mike Galanakis and Eppie Johnson



Standing: Evangelo Bousis, Angelo Palivos, Eleni Bousis,
Lynda Ann Costas – *seated:* Bessie Palivos and a friend



Kathy Tavoularis, Julia Argyros,
Wendy Hales and Brandon Barrett



Journalist Anastasios Papastolou and
actress Katerina Gagkas



Dr. Stamatios Kartalopoulos,
a friend and Anita Kartalopoulos



Kathy Tavoularis, Mindy Stearns, Glenn Stearns,
Michael Galanakis, George Kallins



Steven Hadjiligiou, Aristotle Kornaros,
a friend and Ioannis Ioannidis



George Demos, Demetra Ganias and George Soterakis



James Pedas, Peter M. Dion, Theodore Pedas
and John A. Payiavlav



Thomas L. Demakes, George Frangiadakis
and George Sakellaris



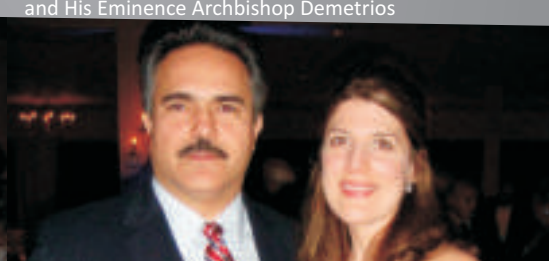
Standing: Fr. Andrew Scordalakis and His Eminence
Metropolitan Gerasimos – *Seated:* Stephanie Yeonas-Ellis
and His Eminence Archbishop Demetrios



Athanasios and Voula Livaditis, Mary Katakaidis,
Ethel Parthenis, George Katakaidis and Peter Parthenis



Cathy Sakellaris, Charles H. Cotros and Martha Fling



John Dimitrakakis of HBN with Alexis Glen

Leadership 100 reaches New Heights at 19th Annual Conference

This year's 19th Annual Leadership 100 Conference at Hotel del Coronado, California, was highlighted by an increased commitment to "The Spirit of Giving" by providing scholarships through 2018 for seminarians preparing for the Priesthood at Holy Cross School of Theology to be known as Leadership 100 Scholars.

More than 300 members and their guests attended a full three-day program at the conference with the theme "The Torchbearers of Our Faith and Hellenic Heritage: The New Generation of Leaders", that included addresses by George Argyros, former United States Ambassador to Spain and one of America's foremost real estate investors, George Pelecanos, the award-winning author, film and television producer, and a video appearance by George Stephanopoulos, the new co-host of "Good Morning America". Dr. Nicholas Yphantides, a motivational speaker focusing on the issue of obesity, Deborah Szekely, co-founder of the modern-day health and fitness movement, and Harry C. Cordellos, a world class athlete who overcame childhood visual challenges, also addressed the conference.

The action by the Executive Committee, as reported by outgoing Chairman Stephen G. Yeonas, and with the endorsement of His Eminence Archbishop Demetrios, made the scholarship program at Holy Cross School of Theology the top priority of the more than 25-year old organization. Scholarships, which are expected to exceed \$1 million a year, would provide full tuition for

seminarians in need of financial assistance who maintain a high grade point average and demonstrate exemplary character. The increase of the scholarship program will significantly advance the number of candidates for the Priesthood. Leadership 100 has provided more than \$11 million in scholarship aid to Holy Cross in the past decade.

In other action, the Board of Trustees elected Constantine G. Caras of Wilmington, Delaware, as Chairman; Charles H Cotros of Memphis, Tennessee, as Vice-Chairman; and George S. Tsandikos of Greenwich, Connecticut, as Treasurer. Kassandra L. Romas of Short Hills, New Jersey, continues to serve as Secretary. The Board also elected Tsandikos along with John A. Catsimatidis and Peter J. Pappas of New York to the Executive Committee and seven new members to the Board of Trustees: Maria Allwin of Connecticut, Drake G. Behrakis of Massachusetts, Eleni Bousis of Illinois, Tarsi Georgas of Florida, Patsy Kouvas of Ohio, Mike A. Manatos of Maryland and Adam M. Tzagournis of Ohio.

In the past two years, over the course of the 25th Anniversary Campaign, Leadership 100 has increased its membership by 100 for a total membership of 836. Fulfilled memberships of \$100,000 each now number more than half of total memberships. The investment portfolio, which saw a downturn in 2008, is now above \$62.2 million. In 2009, Leadership 100 distributed \$1,694,860 in grants with \$1,300,000 going to Hellenic College/Holy Cross School of Theology; \$388,260 to the National Ministries of the Greek Orthodox Archdiocese and \$6,600 to the Retired Clergy in Need. Since the inception of Leadership 100, total grant distributions stand at \$28,549,636. The cumulative total of all grants over the history of the organization is expected to reach \$30 million in 2010, an average of \$1.5 million a year.

In 1984, under the guidance of Archbishop Iakovos, Leadership 100 was created as an endowment fund of the Greek Orthodox Archdiocese through which Greek Orthodox leaders were asked to commit themselves to offer \$10,000 a year for a total of \$100,000 each to maintain the life-sustaining ministries of the Church. Today, Leadership 100, renamed The Archbishop Iakovos Leadership 100 Endowment Fund in recognition of Archbishop Iakovos' vision, is a separately incorporated endowment fund supporting the priority needs of the Greek Orthodox Archdiocese of America, but broadly dedicated to advancing the Orthodox faith and Hellenic ideals in America.

Attracting Young Members a top priority for new L100 Chairman

By Demetrios Rhompotis

Constantine G. Caras of Wilmington, Delaware was elected by the Board of Trustees as L100 Chairman for the next two years. A native of Steubenville, Ohio, Mr. Caras is married to Maria Michell Caras, a practicing physician, and they have two daughters, Valerie and Alexandra.

In an interview with NEO magazine hours after he was elected chairman, Mr. Caras said that he views the L100 not just as an organization, but as a movement. Asked whether there are thoughts of expanding its scope to include other areas in the community where assistance in badly needed, he left the possibility open, saying that although the L100 Charter states as its sole mission to support the church and Hellenism, “there are different ways to do that and different interpretations of how to accomplish that.”

Constantine Caras has served as Lykes Bros. Steam Ship Corporation Senior Vice President; Ogden Corporation (New York) (Fortune 500 company) Executive Vice President and Chief Operating Officer; Board of Directors, OMI Corp (New York); Vice President, Board of Directors, Avondale Shipyards (Louisiana); Vice President, Board of Directors, Versar Corporation; International Terminal Operators, Inc.; and ERCE Corp, General Counsel, U.S. Maritime Administration and U. S. Maritime Subsidy Board. He currently manages family-owned real estate properties in the Delaware area.

Besides being a member and now chairman of the Leadership 100, Mr. Caras is an Archon of the Order of St. Andrew the Apostle, Parish Council member, Holy Trinity, Wilmington, DE (including President of Parish Council) and he has received the Medal of St. Paul, the highest distinction by the Greek Orthodox Church in America.

What will your main priorities be as Chairman?

I look at L100 as a movement, not as an organization, as a movement which we like to see grow exponentially and we want to make it interesting to our young people. We want our young people to take an ownership interest in this movement and I think if we do that, we’ll build a good product, so to speak, if we don’t we will fail. We really need to make this attractive to young people.

What are you planning to do in order to facilitate that?

First of all, on a very rudimentary level, we will try to have gatherings across the country and invite the new generation of young people, speak to them about what the Church is doing, where its efforts can be doubled, where we can do more. I think we have a good story to tell.

The last two years have been tough for many people. Is this the right time to expand?

Charitable contributions have been down the last two years, that is a fact. Most foundations have suffered 25-50% losses in terms of new members. However, we have been able to attract new members, notwithstanding the economic conditions. Maybe not at the rate we had it before, but over the last two years we have been able to attract maybe up to 100 people. Our trust fund has suffered some losses, we are very transparent, we tell everybody what it is, but we are on the road to recovery and I have enough confidence to believe that this is temporary and we will come back.

L100 for too long has kept itself away from the public eye. It is not as known as some would expect, given its size and success.

Sometimes organizations gain the public eye because there are controversies involved, because of politics etc. We haven’t had any of those, there is no reason for us to be involved in any controversy we have no political



Stephen G. Yeonas (left) passes the torch of the Chairmanship of Leadership 100 to Constantine G. Caras

PHOTOS: DIMITRIOS PANAGOS

differences. On the other hand, as you know, our mission is to help the Church, to promote Orthodoxy and Hellenism. Sometimes that doesn’t translate into front page headlines, but we are going to try as we have before to demonstrate to the world what we do. And when we do that, I’m sure we’ll raise more interest and perhaps we’ll gain some membership out of that.

Have you thought of expanding the Leadership’s scope to include new areas where our community needs leadership in order to move forward?

Well, there are some legal considerations we have. We are a charitable organization: under the laws for the State of New York we are 501 C3 corporation and we are prescribed in terms of what we can do. It has to be a charitable public need. There are definitions on that by the Internal Revenue Code and we have to abide by that. And also, our main mission is spelled out in our Chapter, which is to promote Hellenism and Orthodoxy. Now, there are different ways to do

Patriarchate. That is one of the things we are looking at.

I believe you have members in Greece.

We do have members there, yes. And there is no reason why we can’t have a conference there.

When this time next year comes, what are the things you would like to have seen accomplished?

Obviously we would like to see our membership grow, our portfolio grow so that we can increase our grants. Right now, because of the economic situation, the only grants we’ve been able to make are the scholarships to Hellenic College Holy Cross, which is the most important thing we have, because unless we have Holy Cross there is no Hellenism, and no Orthodoxy in the United States. But, hopefully, we can see our portfolio grow and we can increase the support of other ministries in the church.

Are you also going to further support the Ecumenical Patriarchate?

Again, we are sort of prescribed by laws of the



(Left to Right): George M. Marcus, Master of Ceremonies, His Eminence Archbishop Demetrios, Julia and George L. Argyros with Leadership 100 Award for Excellence, and Stephen G. Yeonas, Chairman of Leadership 100.



Paulette Poulos, L100 Acting Executive Director, addressing the conference.



Guest speaker, author George Pelecanos with Archbishop Demetrios at the conference. Archdeacon Pantelaiemon is in background.

United States as to what we can do financially. But many members of Leadership are also Archons and obviously as individuals all of us we will do whatever we can. Financially, we cannot go much further than what we already do.

What about the Patriarch’s suggestion for Parishes to transfer ownership of property to Constantinople?

I don’t think that will be an issue, I don’t think that will be something that the Patriarchate is going to really insist upon. I understand what the benefit will be of having some properties worldwide. However, I don’t think the Patriarch had in mind any sort of grand empire!

A message to L100 members upon assuming the chairmanship?

Keep up the faith; please look around among your families, friends, neighborhood, communities, for people that perhaps could join the movement. I will come around, you can bet on that, visiting you and hopefully this time next year, we’ll have a much larger group.

‘Lost Decade’? Depends On Your Investment Approach

By John P. Calamos Sr.

There’s been a lot of talk about the so-called “Lost Decade” from 2000 to 2009, when equities as an asset class – as measured by the S&P 500 Index – basically went nowhere. In fact, the S&P 500 Index had negative performance during this period.

There are two key points I’d like investors to understand: One is that this does NOT mean that investing in equity markets was a bad idea. The second is that it clearly does matter HOW and WHERE you invest.

I’ve been in the investing business nearly 40 years and believe the lesson of the Lost Decade is the potential value of active management versus index investing. I believe the Lost Decade reaffirmed the value of actively managed investing. It highlights the necessity of seeking to manage risk over both the short term and long term.

I say this because, at Calamos Investments, we are extremely zealous about managing portfolios for the long run and believe our performance tells a different story than the Lost Decade would suggest. We aren’t the only asset manager offering actively managed strategies that can make this statement. In other words, the Lost Decade wasn’t a “loss” if you were in the right place.

A New Decade Ahead

But the past is past, and now what’s important is the future. What will the new decade bring? Will it be similar to the 1970s and early 80s, when the equity markets went sideways for over 10 years?

We believe that even in that type of environment, actively grinding out returns quarter-to-quarter has the potential to provide returns above market averages. The market volatility experienced during the ‘70s and ‘80s provided some excellent opportunities for investors.

At Calamos, we believe current conditions strongly favor those accustomed to managing investments actively. We anticipate a slower-growth economy, an uncertain political landscape, and higher valuation spreads at sector and industry levels. We also expect continued volatility and uncertainty regarding longer-term growth.

Global Opportunities

In this environment, we are looking for opportunities around the globe, where many markets continue to develop and grow. As these markets evolve in the

coming years, the opportunity for active managers will grow as well. We believe it may also be the opportune time for investors to increase their allocations to global securities.

With more choices to scrutinize, and more potential opportunities to pursue, active managers appear well positioned for the new decade.

As we view the global markets, we’re particularly interested in global growth companies, where we feel the combination of strong balance sheets and attractive valuations offer good opportunities.

Alert To Risk

But we now recognize, more than ever before, the importance of keeping a constant eye on risk. In particular, during a period of six to nine months beginning in the fall of 2008, we learned a valuable lesson about systemic risk. The term refers to the potential risk that financial markets as a whole will cease to function.

When the economic crisis shook markets worldwide, we learned that systemic risk can be very real. We learned it can come quickly, unannounced, and affect investments across nearly all strategies. Today, with Greece in the news daily, the global financial markets are now concerned about sovereign risk.

In our view, the need for investors to keep an eye on risk and the potential for market downturns provides another strong argument in favor of active management.

When markets move swiftly and unpredictably, active managers are in a position to respond more quickly with changes in their strategies. Passive investments are left solely at the mercy of the markets’ fury.

While it is impossible to manage short-term performance, we strongly believe that constantly trying to manage downside risk and carefully assessing each asset can help achieve long-term investment goals.

Drawing on our two decades of experience investing globally and our risk-managed investment process, we are excited about the opportunities we see. We are especially excited about the potential benefits active management can bring to investors.

John P. Calamos, Sr. is Chairman, CEO/Co-CIO of Calamos Investments www.calamos.com.

Please write to JPCsr@calamos.com, or call 888.857.7604 with questions or comments.

The opinions referenced are as of February 2010 and are subject to change due to changes in the market or economic conditions and may not necessarily come to pass. Information contained herein is for informational purposes only and should not be considered investment advice.



PHOTO: ETA PRESS

Vassilopita for Media People at Greek Consulate

Consul General of Greece in New York Aghi Balta hosted Greek Americans in media for a reception and the traditional Vassilopita cutting at her residence for a second year in a row. About 60 professionals, from the omni present weatherman Nick Gregory to Maria Stefanopoulos Bedryk, Operations Producer for Good Morning America, showed up for the occasion to celebrate, see friends and make new ones. GAME (Greek Americans in Media) an unofficial group that organizes get-togethers regularly, served as the event’s co-host, along with Greece’s Press Office in New York.

In the picture from right are Nick Gregory, Polyxeni Mastropierou, Greek Press Office Director, Consul General Aghi Balta, Foteine Tomae and her daughter Helene, and Menelaos Alexandrakis.



One of the rising stars on the Chicago political scene is Mariyana Spyropoulos, who was appointed a commissioner for the Metropolitan Water Reclamation District of Greater Chicago last August by Governor Pat Quinn and is the Democratic frontrunner for the post in the general election in November in the heavily-Democratic Cook County.

communities and the commissioners try to talk about the environment and water.”

This can often be a hard sell to the public: “Well, (talking about waste) is a challenge, that’s for sure. You can tell when their eyes glaze over and then you try to throw in a little joke here and there to make it more interesting. But if you tie it in with the environment, everybody knows the environment is not something we can just sort of forget and it’ll fix itself. I think people are aware that this kind of thing is something we need to pay attention to.”

In fact, though she was always active with the Sierra Club and the Illinois League of Conservation Voters, it was the dumping in Lake Michigan by British Petroleum which came to a head in 2007 that made her step up her activism and run for the district board.

“BP wanted to increase the chemicals that it was dumping into Lake Michigan and agencies such as the Water Reclamation District were not taking a position at that time,” she says. “This was a huge agency and it could have taken a greater stand: its motto is protecting water quality and the water environment. So I wanted to get involved and make sure that this agency becomes the leader in terms of the environment that it can be.”

Spyropoulos’ commitment is certainly homegrown: she’s a Chicago native who

And she always found the time for politics: “You find the time if you’re interested.

People who are involved in politics, I think, have the disease of politics. They’ve been bit by the bug and live off of it. They want to know everything that’s going on; they want to be involved in one aspect or another.”

She worked on the campaigns of Kerry and Obama, of Mayor Richard Daley and State Treasurer Alexi Giannoulias, and a number of others, before she finally struck out on her own with her bid for the commissioner’s job in 2008 and coming out in her maiden run among the top vote-getters.

“I like the people interaction, I like going door to door and talking to people,” she admits. “That is actually the best part of campaigning: talking to the voters, talking to the citizens and hearing what they had to say and what their concerns are.”

She’s married and lives in Lincoln Park and attends Saint George Church, and she relishes her memories of growing up in Chicago. “I had a great time. I grew up in an area where there’s not a lot of Greeks. It was mostly Irish Catholics. But I didn’t feel it was any kind of hindrance or felt any ostracism. My parents (Mr. and Mrs. Ted G. Spyropoulos) were always proud of their heritage and always stressed that you should be proud of where you’re from.”



Mariyana Spyropoulos with President Barack Obama



Mariyana with her parents Erica and Ted Spyropoulos, entrepreneur, political activist and Coordinator for Council of Hellenes Abroad - USA

Chicago’s political rising star **Mariyana Spyropoulos**

by Dimitri Michalakis

She has also been endorsed by a wide spectrum of supporters from the Sierra Club to the Chicago Tribune, which said, “Newcomer Mariyana Spyropoulos would bring to the board not only her legal background and MBA degree, but hands-on experience in conservation groups and as a restoration worker in county forest preserves. She has smart proposals for educating citizens about water issues and nudging municipalities to adopt greater storm-water management ordinances.”

What could be more encouraging than that for her election in the fall?

But as a former criminal prosecutor, Spyropoulos takes nothing for granted.

“It looks good,” she concedes. “I was the number one vote-getter in the primary. But I’ll still work hard for the general election and we’ll get in high gear again with the campaign in the fall.”

Being thorough may be part of her background and part of why she was chosen by Governor Quinn to serve on the

board, but it may also reflect the overlooked responsibility of managing an agency that has an annual \$1.6 billion budget and over 2000 employees and that literally keeps Chicago from going underwater.

“We channel storm water and also treat waste water through seven filtration plants throughout Cook County,” she says. “And through all of these filtration plants we treat about 1.5 billion gallons of waste water per day. We’re also one of the largest landowners in Cook County and have a lot of buildings.”

Unfortunately, some of these facilities date back to the 1930s and part of what she considers her mandate as a commissioner is to make them more eco-friendly.

“So what we’re trying to do, for example, is have more permeable surfaces so that water can absorb into the ground,” she says. “And we’re trying to have green roofs so the water can be absorbed into green roofs. We also go out to various

grew up on the South Side. But she was always interested in government and politics, so she attended Trinity College in Washington, DC and did her graduate work in American government at Georgetown University.

“And then I lived in London after that for about three years. I worked at a Japanese bank called Nomura. Nomura is the Merrill Lynch of Japan, or was, at that time. And around that time, everyone was interested in Eastern Europe and Nomura was looking at privatizations in Eastern European countries like Poland and Hungary, who were trying to convert from a communist system to capitalism. I was part of the research team and it was a bit like being in the Wild West, but it was a very interesting time to be involved.”

She later came back to Chicago and got her law degree from John Marshall Law School, worked in the Cook County State Attorney’s office for three years, and as a hearing officer for the Illinois Secretary of State, before finally getting her MBA from Loyola and also opening up her own law practice.



Mariyana with President Bill Clinton

She’s also proud of being in the growing tide of Greeks entering politics in Chicago and is always grateful for the support of the Greek community.

“And if they can’t vote for you, they are supportive in other ways,” she says. “I think our community does come together to support the Greek candidates: we rally around the people who do run and we’re very proud when people get involved in the process.”

Greek Americans in politics



With her cousin, Illinois State Treasurer and Candidate for US Senate Alexi Giannoulias



The founding fathers

The American Hellenic Council of California Celebrates 35 Years

By Alexander Mizan

Honoring George Marcus, Dina Titus, Demetrios Liappas and Zoye Marino Fidler



Congressman Brad Sherman, Takis Demopoulos, Congresswoman Zoe Lofgren and Nikos Alexopoulos (Past AHC President)

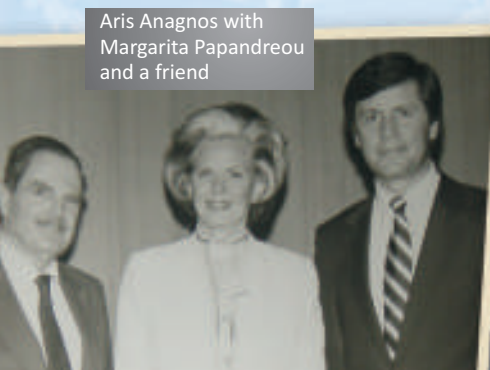
Every year, for the last 35 years, the American Hellenic Council of California has been hosting its Annual Awards Dinner recognizing and honoring community benefactors & leaders, politicians who live up to a high standard of integrity and exceptional achievers of Greek decent. On April 17, at the Omni Hotel, downtown Los Angeles, the AHC will honor Mr. George Marcus, who was born in a little village in Evvoia, Greece, but yet managed to found and run one of the largest and thriving commercial real estate firms in America. The Council will also honor Congresswoman Dina Titus, a first-term Representative from Nevada and longtime university professor who is proud of her Hellenic identity and one who recognizes

and vocally supports the truth of our positions. The other two honorees are Mr. Demetrios Liappas and Ms. Zoye Marino Fidler, who have both tirelessly served the local and national Greek-American community with the promotion of our Heritage and cultural identity. I have been the director of the American Hellenic Council for almost a year and during this time I have had the pleasure of working with numerous people in the community who care not only about Greece, Cyprus and our Hellenic heritage but also about the ideals of truth, justice & freedom & productive prosperity; ideals that have their roots in the Athens of Pericles but that also gave rise to the modern American republic.

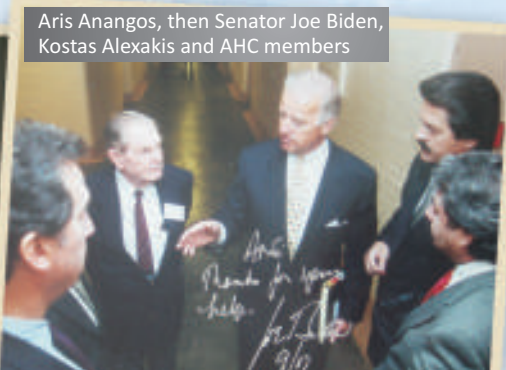
During this time, I have had the opportunity to find out about the people who are associated with the AHC; its Board Members, the people who financially support our efforts, other associates that work with us on a regular basis as well as political figures that are proponents of our causes on the national stage. But it is not until recently that I fully understood the history behind the organization and its deep roots after reviewing older documents and speaking to some of the Council's founding members.

The AHC was founded more than 35 years ago (long before I was born) in an era substantially different from ours at a location and community that have experienced tectonic changes since that day. It was originally formed as the "Save Cyprus Council" in reaction to the July and August 1974 twin invasions of Turkey into the northern part of Cyprus. It came to life as a grass roots movement within the Greek-American and Cypriot-American communities of Southern California during an era of no email, social media and text messaging. It was a product of pure idealism and motivation to fight injustice in a remote part of the world but one that remains close to our hearts. In late July 1974, several groups of restless Greek & Cypriots came together to form a united voice against the invasions and subsequent illegal occupation of the island.

The task was not for the faint of heart. The founding members of the Council worked tirelessly to fight the interests of Realpolitik policy by calling and writing to their Congressional Representatives about the fait accompli in Cyprus and how it did not represent what the United States was supposed to stand for: peace, democracy and freedom. Peaceful protests were organized and carried through on several occasions. As part of a nationwide effort, the AHC did its part in bringing about sanctions against Turkey and several UN resolutions that condemned the invaders & occupiers.



Aris Anagnos with Margarita Papandreou and a friend



Aris Anagnos, then Senator Joe Biden, Kostas Alexakis and AHC members



Congressman Zack Space with Effie Galanakis & Karen Wynn



Eleftheria Polychronis, Congressman Gus Bilirakis and Larry Patsouras



Yianni Andrianos, Secretary of State Hillary Clinton and Dinos Andrianos



Former California Treasurer Phil Angelides campaigning with AHC Members

More importantly, the founding and operation of the Council exemplified that the Greek-American and Cypriot-American community in California had come of age. From an unorganized group of immigrants, they had become an active voice in the American political establishment and an overreaching community organizer.

Over the years, the Council transformed with the times and took on additional Hellenic causes as it renamed itself to American Hellenic Council to reflect its broader orientation.

Ever since, it has been supporting politicians who stand for the ideals of justice, peace and truth and subsequently promote our causes in the political stage. It has aided in several domestic political campaigns of Greek-American candidates, from being a longtime supporter of Former Senator Paul Sarbanes to organizing behind Phil Angelides' bid for Governor of California. The largest mobilization of the community was probably Mike Dukakis' Presidential

Campaign of 1988, where the AHC spearheaded the effort in Southern California. Our members have and continue to promote our positions and educate the American political establishment through meetings with our elected representatives or with members of the administration who influence decision-making. As part of the Coordinated Effort of Hellenes, the AHC has joined in the attempt to making a larger impact in Washington by uniting with other organizations in the country who share common goals and interests.

The Council helped organize visits of Greek and Cypriot politicians to Los Angeles therefore strengthening the ties between the diaspora with the motherland. Some prominent names include the Cypriot Head of State Spyros Kyprianou and Greek President Costis Stephanopoulos as well as Melina Mercouri and Margaret Papandreou.

Finally, in more recent years, as the older guard started handing over the reins to the younger generation, the AHC via its

Charitable Foundation has remained active in educating and informing the community internally, in transforming itself into a vehicle of networking and cultural activities while at the same time maintaining its original message. In today's age of continued budgetary crisis and of disillusionment with politics (both here and in Greece), the AHC remains active in promoting the original causes that brought it to life and those who are the champions of these very causes.

In closing, the largest honor is mine for being a part of and contributing to this historic organization in company of people who have done so much over the years. The fact that the AHC not only survived but thrived and grew in an era of overall decline in political and community involvement, shows that its causes are worth pursuing.

For gala event tickets or more info on the AHC of California the phone number is (323) 651-3507 and the website www.americanhellenic.org

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Captain John Carastamatis of Eletson Corporation honored

By Margarita Vartholomeou



Dr. Andreas Merikas, President of the Department, with Dr. Eleftherios Thalassinis, Director, and other instructors before the Vasilopita event

PIRAEUS. - The Postgraduate Department in Maritime Studies at the University of Piraeus held recently its annual Vasilopita event in the Maritime Society of Greece, honoring Captain John Carastamatis of Eletson Corporation for his contribution to the industry. A considerable number of dignitaries from the maritime and business community showed up for the occasion, stressing the importance of the University and its leading role in providing modern day seafarers to the ever expanding Greek maritime tradition.

Hours before the event took place, Professor Andreas Merikas, President of the Postgraduate Department, had a meeting with the program's Director, Prof. Eleftherios Thalassinis and the rest of the instructors in order to set up the guidelines for 2010 as far the activities and the priorities of the department are concerned. Many postgraduate students also attended, indicating their eagerness to adapt to the industry's ever evolving needs.

The Maritime Studies Postgraduate Program at the University of Piraeus does not only prepare competent individuals in order to contribute to the developing of maritime related companies, but it also elaborates candidacies for the administration of public maritime organizations and services through programs with other institutions in terms of mutual exchanging of information and collaboration. All that, while maintaining the highest standards in education and professionalism, which provide students the perfect framework for developing skills in order to compete nationally and internationally.

PHOTOS: DIMITRIOS KONSTANTINIDIS



Mr. Alkis Margetis of AVIN with Mrs Photopoulou of Andriaki newspaper and Mrs Eleni Kourtesi, insurance broker, collaborators of the department and Margarita Vartholomeou



Captain John Carastamatis with Neo's Margarita Vartholomeou



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NΞO



Following the very successful series “New Generation of Leaders” that featured members of the Leadership 100 Partners Program, Neo Magazine and the Hellenic Medical Society of New York have come together to present a monthly profile of “New Generation of Doctors.”

THE NEW GENERATION of DOCTORS

Name: **Helen Rouvelas, M.D., FAAP**

Position: Pediatric Pulmonologist and General Pediatrician

Education: Fellowship: Mt. Sinai Medical Center, Residency: Maimonides Medical Center
Medical School: St. George's University, Undergraduate: New York University

Where were you born and where did you grow up?

I was born in Astoria, Queens and lived there until I was 2 ½ years old at which time we left as a family for Athens, Greece for what was supposed to be permanent residence. It was in our Apartment in Zografou where I made my first memories and where I fell in love with Greece. I spent much time with my grandparents in Elos, Sparta, partaking in all the responsibilities of farm life and where I developed a deep appreciation of nature and the Greek landscape. The failing economy of post-Junta Greece brought us back to the US after 3 years, and since then, I have called Bayside, Queens my home.

Who or what were the main influences in your life?

My influences, and more importantly my heroes are indubitably my parents. They came from poor and humble beginnings but brought with them to this country their pride and belief in hard work. Most importantly, and through their example, they made sure to pass these values on to their children. They are the epitome of kindness and generosity, always making sure those less fortunate had enough before reaping any rewards themselves.

Why did you become a doctor?

Since the age of 5, I had already proclaimed that I would grow up to be a pediatrician and I never wavered from that decision, I was always the one running to the medicine cabinet whenever anyone got hurt, grabbing the antiseptics and the bandages and stitching everyone up. Among several other strong sources of career inspiration is my older brother who is a practicing interventional cardiologist in Brooklyn. As a younger sibling, I always heard stories that fascinated me throughout his medical training. However, there is also a familial genetic predisposition for the medical field. Most of my cousins in Greece – with whom I did not grow up - are physicians as was my great grandfather. And even though one of my great, great grandfathers had completely broken ties with his family in Mani, Greece, even changing his name, I uncovered that the original family home was marked with a sign that read “Iatros Mantouvalos.” So even six generations back, there were doctors in my family.

As a new generation doctor, how do you evaluate the state of health care in the US?

As Americans, we are fortunate to reside in a nation where medical research is greatly supported and as

such has aloud us to be at the forefront of medical technology. The access to medical care oftentimes remains a problem for the average middle class working person due to the exorbitant costs of health insurance. Unfortunately, while physicians were busy working hard to care for their patients, large HMO's took over and further limited not only re-imbursements to hard working physicians but overall access to patient's medial resources. And furthermore, the proposed Obama health plan will be an even further detriment to the medical field.

On a clinical level, preventative care is highly stressed and rightly so. Despite this, we are plagued with significant preventative problems such as obesity and heart disease. Stress, inactive lifestyles, and poor diet, are all factors that are part of our detrimental US living. Change starts with the individual; if each of us takes a personal responsibility for our well-being then we can impact health care as a nation.

If you were a patient, what would your ideal doctor look like?

I would want a physician who is caring, responsible, good-hearted, informed and accessible. Growing up, I did not have a pediatrician in the traditional sense. As a family we went to a general practitioner and general surgeon named Dr. Deliyanis who was all of the above. He was a true gentleman whose passion for his art was reflected in everything he did; the type of physician that is a rarity to find in today's day and age. He made even a child feel important as I recall the way he used scoop me in his arms when I was little, and give me the biggest bear hugs when he saw me in the waiting room.

Has your Hellenic Heritage influenced your professional conduct and in what ways?

As a Greek American, the one quality that I realized sets us apart is passion. I believe in being passionate about what you do or else not doing it at all. It is this zeal for my profession which has made me the caliber of physician that I am. My Hellenic heritage can be sensed from the minute one walks into my office as glances at the many momentos of my Greek identity. One of the most treasured however is the statue of Hippocrates who dedicated himself tirelessly and wholeheartedly to the art of medicine. It was one of the proudest moments in my life when I took the oath of Hippocrates on graduation day and knew that it was one of my countrymen that will forever be called the father of medicine.

As a successful American you could and perhaps have joined major organizations that are focused more on mainstream society. Why HMS?

The founding fathers of HMS, more importantly Dr. Papanicolaou, were highly respected and admirable physicians who laid the groundwork for the creation of an organization such as this which allows bright minds to interact and share ideas for the advancement of the medical profession. I believe it is the responsibility of every physician of Greek descent to be and active contributing member so that together we can move forward in the spirit of unity in which these great men intended.

What qualities do you admire most or value in others?

I am a purebred Spartan, a true Maniatissa with very Spartan ideals amongst which are honesty, loyalty, pride, strength and honor. These are the qualities which I believe I possess but also the qualities that I admire in others.

Where would you like to be in your professional and personal life 20 years from now?

On a professional level I hope to still be offering the caliber of medical care that I offer to my patients today only on a larger scale. I am currently in the process of creating a large pediatric asthma center so that this significant health problem can be addressed.

On a personal level, I would like to be surrounded by the wonderful family members and friends that I have been very blessed to have, and one day have a family and children of my own. I still see myself living in New York.

How do you spend your time outside of work?

My two great loves are my niece and nephew. Spending time with them is always the highlight of my week. Other than that I am a great yoga fan and an avid fisherman. Traveling is my other main passion but as many places as I have travelled, none is more beautiful to me than Pila, Greece, where our summer house is located. It is there with the crystal blue waters and the beautiful sunsets that I find peace every summer.

What is your idea of happiness?

Happiness is waking up every morning knowing that you have made your dreams come true. I feel fortunate to have health, a great family and a circle of friends, and to be a part of a profession that I love.



The Hellenic Medical Society of New York (HMS) has its origins in the Greek-American Medical Fraternity, an entity co-founded by the renowned physician George N. Papanicolaou during the First World War. This organization officially registered with the New York State authorities in 1920.



Modern Day Missionaries: The Story of the St. Mark's/St. Jude's Walk-a-thon

By Katerina Georgiou

There's no word in the English language to describe the loss of a child. If you lose your parents you are an orphan, your husband or wife—a widow or widower. Costas and Thelma Constantinou know it's a feeling that defies words. Their firstborn child, Chrysostomi—known as "Cynthia"—died of leukemia in 1964, a few months before her third birthday.



Thelma and Costas Constantinou

Suddenly life presented them with a choice: to let their hearts become hardened by grief or to keep them open by cultivating compassion. At the time they were a young couple struggling to get by and care for their growing family. Cynthia's life held a deeper meaning and they prayed that someday they might make sense of what happened.

Inspiration came to them one afternoon in 2003 while watching a telethon for St. Jude Children's Research Hospital hosted by Marlo Thomas on television. The visionary pediatric cancer institution founded by her father, legendary performer, Danny Thomas, provides free medical care for all of its patients. Listening to stories about children surviving the disease that claimed their daughter's life filled them with a sense of purpose.

"We thought it was a great opportunity for us

to do something to help," said Costas. Around the same time, a child in their parish—St. Mark's Greek Orthodox Church in Boca Raton—was diagnosed with leukemia. "And then we thought: our community needs help too," added Thelma.

So they approached their clergy and proposed a walk-a-thon to benefit St. Jude's. To their delight, the idea was embraced and the church agreed to come aboard as sponsor. This year's walk-a-thon took place on January 16. Now in its seventh year, the event has raised a total of over \$130,000 in donations—all of which goes to St. Jude's.

Since its inception, Costas has organized the walk-a-thon "from top to bottom." Working closely with Reverend Robert J. Archon and Co-Chair Chuck Diamantis, he begins preparations in the fall of each year, collecting the necessary permits, distributing pledge sheets and mobilizing volunteers. It's clear that the Constantinou household is the central base of operations—inscribed plaques, letters of support and T-shirts are all within reach.

Sitting in their living room the night before the event, the conversation is dominated by the weather. Even for January, it's unseasonably chilly in Florida and rain is in the forecast for the morning. But Costas appears unconcerned. He has already prayed for a sunny day and has no doubt that Mother Nature will deliver. She hasn't let him down yet. When asked how the event has strengthened their faith, Costas disappears into the bedroom and returns holding the icon of Jesus blessing the children. The depiction of Christ sitting with a child on his lap has personal significance for the couple. "We hope to all be innocent like children," Thelma said, referring to the icon's message



From left to right: Co-chair Chuck Diamantis, St. Jude's Representative Angela Sotolongo, Reverend Robert J. Archon, Chair Costas Constantinou

to keep a pure heart despite the heavy burdens of life. For those on a spiritual path, there's no greater guidance: children don't judge or criticize, and they forgive easily. Surely their sanctification was understood by Danny Thomas who famously proclaimed: "No child should die in the dawn of life."

As the story goes, in despair Mr. Thomas prayed to St. Jude's, the patron saint of hopeless causes, asking: "Show me my way in life and I will build you a shrine." The answer was given and his purpose fulfilled with the founding of St. Jude's Hospital in 1962.

Walk-a-Thon Participants



Back then the survival rate for children, like Cynthia Constantinou, with acute lymphoblastic leukemia—the most common form of childhood cancer—was only around 4%. Today it has risen to a remarkable 94%. "There are miracles being performed at St. Jude's," said Costas. "As a community of believers at St. Mark's we feel very excited that we're participating in saving somebody else's children. It doesn't matter whether you're Orthodox, Catholic or any other denomination."

The morning of the walk-a-thon began with an overcast sky but by the time the participants had assembled the sun was beaming. Parents pushing baby strollers walked alongside people in wheelchairs and children on scooters. Young and old, Greek and non-Greek.

"We're united as one in that moment because we're all walking for the same cause," said Costas.

Afterwards, approximately 350 guests gathered under white tents erected on the church grounds. A barbecue of hot dogs and hamburgers was sponsored by The Boca Diner, and parishioners were on hand to serve.

As in previous years, the event was capped off with a multicultural concert led by violin teacher, Peggy Everett, and featuring children from the community playing music and performing Irish step dances. "Men of the House," a family band playing folk music also performed.

St. Jude's success stories, such as fifteen year old Iliana Tzikas, mingled with the crowd and bore witness not only to the marvels of modern technology but the resilience of the human spirit.



Iliana Tzikas

A radiant beauty and modern day heroine, Iliana possesses an uncommon blend of courage and gratitude born out of adversity. Diagnosed with a rare form of leukemia in October 2007, she is now in remission after receiving stem cells from her father. "I feel really good," she smiled. "It was a humbling experience, and it opened my eyes. I just can't explain it...it makes you strong."

The celebration of music, dancing, food and stories are all a reminder of triumph over tragedy.

"More people are aware that they can do something good...that they have the strength to bring people together," said Thelma.

Costas added: "It started with a light bulb but it's the people who walk and pledge that pulled the switch. From then on the light just keeps getting brighter and brighter."

If you're interested in contributing or getting involved in the St. Mark's/St. Jude's Walk-a-thon, please contact costaandthelma@comcast.net

Children Performing



Mrs. Kathy De Rosa

The De Rosa Foundation holds 3rd Annual Fundraising Gala

The De Rosa Foundation for Colon Cancer Research and Prevention will be hosting its 3rd Annual Dinner Gala at Oheka Castle in Huntington, New York. The guest of honor this year will be renowned Associate Attending Physician at Memorial Sloan-Kettering Cancer Center, Director of the Gastroenterology Fellowship Training Program, Dr. Arnold J. Markowitz.

The De Rosa Foundation was founded by Kathy De Rosa following a diagnosis of hyperplastic polyposis syndrome, which if left untreated would result in colon cancer. She was successfully treated for this condition and now raises much needed funds and awareness for this deadly disease.

"At only 38 years of age, married with two children, Paul, 8, and Julia, 5, I was diagnosed with hyperplastic polyposis syndrome," says Mrs. De Rosa. "In October 2006, I underwent a colonoscopy shortly after my younger brother Gary, 35, was also screened. Our screening revealed over 100 polyps in each of us. We underwent extensive medical evaluations and were both diagnosed with this life threatening medical condition." Despite having this syndrome, Mrs. De Rosa and her brother were asymptomatic and in fact, felt great and otherwise healthy. "We were completely unaware of our predisposition to this precancerous condition," she says. "My uncertainty and fear of this otherwise unfamiliar condition was overwhelming. This fear transformed to hope following my vast search for a qualified colorectal surgeon, which led me to Dr. Jose G. Guillem, a physician with Memorial Sloan-Kettering Cancer Center in New York City." In January 2007, Dr. Guillem successfully performed a total colectomy, removing the colon with the precancerous polyps.

"Without the early diagnosis and treatment Gary and I received, our condition could have become cancerous. We were fortunate! My own personal experience was the underpinning to establishing The De Rosa Foundation for Colon Cancer Research and Prevention. This life transforming event inspired me and I developed the overwhelming need to raise awareness on colon cancer and perhaps help others."

Many rectal cancer survivors, prominent physicians and supporters will be attending the 2010 Dinner Gala. Tickets are \$185.00 and may be purchased by calling (516) 365-6754 or via email at derosak1@optonline.net.

To find out more information about the 2010 Dinner Gala and The De Rosa Foundation, please call Kathy De Rosa at 516-365-6754 or visit the website www.thederosafoundation.org.

The Board Members of the De Rosa Foundation



Interview With Father James Kordaris

Great Lent has begun and Orthodox Christians are preparing for the Passion and Resurrection of Christ. Fasting is a major part of our personal preparation and a time to "cleanse our bodies as we cleanse our souls." This of course brings many questions to mind which often are not given a clear answer...



MAP: Father Jim, as the Director of Stewardship, Outreach & Evangelism for the Greek Orthodox Archdiocese of America are you often approached with questions on fasting and Orthodox traditions?

FJK: It happens more at the parish level and is very common each year at the start of Great Lent.

MAP: What are you most often asked?

FJK: Most people just ask how to fast. They have received conflicting information from family, friends and others and want to know what it is that the Church teaches regarding fasting, especially the fast for Great Lent.

MAP: But why do Orthodox Christians fast, what is the purpose?

FJK: The fast of Great Lent is a time for self-examination and self-denial – a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God. Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us – our family and friends. Most of all, Lent is a time of joy and a new beginning. We cleanse ourselves – mind, body and soul – through the physical and spiritual fast, keeping a Christian attitude in all that we do. All this is done to prepare us for the Great Feast of Pascha – the Resurrection of Christ.

MAP: Jesus has said, "The things that come out of the mouth come from the heart, and these are the things that make a person ritually unclean" (Mt. 15:18)." So why is it important that we abstain from certain foods and not simply focus on becoming a better person? What does food have to do with cleansing our souls?

FJK: As we said before, a main purpose of the fast is to make us aware of our dependence on God. Food is one part of fast and as it is the one most easily quantified, it is also the one most often discussed. Our food intake is also directly related to our state of mind – overeating makes us lethargic, while a light diet tends to keep us alert. Fasting is most often discussed in conjunction with almsgiving or works of charity – the money that would have gone to food is redirected to charitable works. It all ties together, helping us to focus us on a more Christ-like existence.

MAP: In addition to omitting dairy, meat and other animal products from our diets during a fasting period, why is it that olive oil is not permitted? Are vegetable and nut oils permitted?

FJK: The initial restriction on olive oil (and wine) is because they were stored in pouches made of animal skins. In addition, oil is high in fat, and thus can satiate or fill your belly, leading to sluggishness and satisfaction. Vegetable and nut oils are permitted.

MAP: Does substituting foods during lent, such as soy milk for cow's milk and vegetable burgers in place of regular hamburgers, defeat the purpose of fasting?

FJK: It can happen that in our preoccupation with preparing food that is appropriate for the fast that we actually eat just as much or more, leading to the same feeling of lethargy. Lenten recipes can be helpful to keep us within the fast, but care must be taken not to lose sight of the purpose of the fast. We should not eat until satiated, but according to the Fathers of the Church, we should rise from the table still a bit hungry and ready for prayer.

MAP: Who created the Orthodox fasting guidelines?

FJK: These guidelines come out of the Holy Tradition of the Church. This should not be confused with local, village, ethnic or family traditions with a small "T." Holy Tradition in the Church goes hand in hand with Holy Scripture in guiding our lives. The instructions for fasting may be found in the liturgical books of the Church – the Typicon, as well as the Minaion and Triodion.

MAP: What about fasting on Wednesdays and Fridays? Is this something that we should be following?

FJK: We fast on Wednesdays because that was the day that Christ was betrayed and on Friday because that was the day He died on the Cross. The fast on these days could follow the same rule as the fast during Great Lent.

MAP: Should fasting always take place before receiving Holy Communion and is it always paired with confession?

FJK: The fast before Holy Communion is from the night before – some say evening and some say midnight. It is my understanding is that for those who receive infrequently (2 or 3 times per year), more preparation is needed and should be combined with confession. For those who receive frequently, and this is encouraged, confession twice per year and as needed by the individual is sufficient.

MAP: Can you tell us what is the correct way to fast? What should we abstain from during the period of Great Lent?

FJK: The fast for the forty days of Lent is indicated below, though many are not able to hold to the strict fast. The following guidelines are to be considered prayerfully with the guidance of a

spiritual father and in consideration of any medical condition or dietary requirements:

STRICT FAST: No Meat, Fish, Milk, Dairy Products, Oil, or Oil Products

PALM SUNDAY: Fish, Oil & Wine permitted

FEAST OF THE ANNUNCIATION/MARCH 25TH: Fish, Oil & Wine Permitted

NOTE: Shellfish are permitted throughout Great Lent

One good resource for fasting is The Orthodox Daily Planner and Resource Guide published by the Department of Youth and Young Adult Ministries (www.Youth.goarch.org) which offers daily guidance in fasting, scripture readings, feast days and more.

MAP: Thank you for the thorough explanation! Lastly, do you have any advice as to how Orthodox Christians can adhere to the strict fast?

FJK: It is often good to fast with a friend who is in a similar place in their spiritual walk so that you may support one another in your efforts. It is important to remember that fasting is most effective when it involves our entire being, so we not only fast from food, but we fast from what enters us through our eyes, our ears. We fast by listening to words and music that center our thoughts on God. I think St. John Chrysostom said it best:

Do you fast? Give me proof of it by your works.

If you see a poor man, take pity on him.

If you see a friend being honored, do not envy him.

Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies.

Let the hands fast, by being free of avarice.

Let the feet fast, by ceasing to run after sin.

Let the eyes fast, by disciplining them not to glare at that which is sinful.

Let the ear fast, by not listening to evil talk and gossip.

Let the mouth fast from foul words and unjust criticism.

For what good is it if we abstain from birds and fishes, but bite and devour our brothers?

May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us.

Fr Jim Kordaris serves the Greek Orthodox Archdiocese of America as Director of Stewardship, Outreach & Evangelism. He is also pastor of the Church of Saint George on West 54th Street in Manhattan (www.SaintGeorgeNYC.org).

THE "FIRST" DIASPORA: GREEKS IN VENICE



The historical San Giorgio dei Greci Orthodox Church in Venice

Greek settlement in what is today Italy has a three thousand year history. There are still remnants of the Ancient Greek and Byzantine populations of Magna Grecia, in the Greek-speaking villages of Calabria and Salento, which I have visited and enjoyed. However, in my opinion, these regions are part of the Byzantine homeland and these "Greeks" are autochthonous locals, rather than a Diaspora. That their numbers were bolstered by waves of Greeks and Arvanites fleeing Turkish rule is certain, but their communities are indigenous to the area. Further north, in Venice, we have the first recognizable Greek Diaspora of the modern era. This community set the stage for the development of the Greek Diaspora for the next five hundred years, to the present day.

Venice and Byzantium-Greece have a relationship of fifteen centuries' duration. For the first five centuries, Byzantium protected this waterlogged Western outpost but eventually the Venetians exploited their rich and powerful benefactor, and with the help of other Crusaders, carved permanent enclaves out of Byzantium. In parts of Greece, such as Crete and the Ionian Islands, their legacy remains in architecture and culture to this day.

Venice was as much a successful commercial enterprise as an empire, and as such, it became a magnet for immigration. As the embers of Byzantium were dying out, many Byzantines began to hedge their bets and to take out Venetian citizenship. Even the last Byzantine Chancellor, Grand Duke Notaras, who famously declared that he would prefer the "Turkish Turban in Constantinople to the Cardinal's Mitre," held Venetian citizenship, and had sent his three

daughters to Venice prior to Constantinople's fall. His daughter, the Duchess Notarina, was one of the first major figures and benefactors to the Greek Venetian community.

Initially, the Greeks suffered discrimination in Venice, most particularly in the practice of their religion. As Roman Catholics, the Venetians viewed the Byzantine Orthodox Catholic as schismatic who must unite with the Church of Rome, and initially any religious services had to conform with the union of the Churches. The first church used by the community was a side chapel of the Church of San Biagio, in 1470. The Notaras family also maintained a chapel in their small palace.

After nearly a century of lobbying, the Church of San Giorgio dei Greci was built, the first Greek Church of the Diaspora. Completed in 1573, it initially had to conform to the Uniate doctrine, but the Venetians were not particularly dogmatic Roman Catholic and their Senate gave way in 1577, allowing the Church to be placed under the jurisdiction of the Patriarch of Constantinople, setting a precedent that remains for Diaspora Greek Churches to this day.

The Church itself, from an exterior point of view, assimilates the sacred architecture of its era and area, outwardly no different from contemporary Roman Catholic Churches. I am reminded of the Orthodox Churches in my wife's home province of Vojvodina in Serbia, which was under Austrian rule for several hundred years. There the Orthodox Churches are generally in a baroque style nearly identical to Roman Catholic Churches. This would occur time and again in the Diaspora, where the outward style of the Churches conformed to local norms. The Greek Orthodox Church of Prophet Elias in my hometown, Salt Lake City, Utah, from the outside looks quite similar to a Mormon Church,

Inside of course, the difference was fundamental. Here the full force of Byzantium burst forth, though it too had been subtly changed by contact with the West. The Cretan masters such as the famous iconographer Damaskinos, who painted the icons and frescoes of San Giorgio, like those Orthodox Churches in Vojvodina, blended their timeless Byzantine styles with their contemporary times, producing a Diaspora iconography incorporating both their origins and their new experiences. In a sense, their church becomes a metaphor for the transformative experience of the Diaspora, where the Greeks and other Byzantines evolved, assimilated, yet sought to remain true to their traditions.

San Giorgio dei Greci became the reference and rallying point for the Greek community in Venice and all of its cultural, educational, political, and social activities. The Greek community, at times numbering in the tens of thousands, set up residence and shop in the vicinity, and the canal facing the church became known as the Rio dei Greci. Educational institutions dedicated to the

Greek community flanked the Church, these, and the Institute for Byzantine Studies, remain to this day.

The Greeks prospered as merchants and seafarers, as well as artisans and soldiers. As Venice controlled parts of Greece, there were few restrictions on Greeks coming to Venice, and any Greek who arrived would go to the Church, as much for practical as spiritual guidance. Similarly, the Greeks of Venice actively involved themselves in the education of their fellow countrymen in Greece, both in the Ottoman - and Venetian - controlled areas. This set an additional precedent of the Diaspora, spearheaded by the Church, taking an active interest in the conditions of the motherland.

Other Greek communities sprang up in the West, most notably in Vienna, Budapest, Trieste, and London. I have had the privilege of visiting all of these communities. In Vienna, Budapest, and Trieste the churches' exteriors resemble the sacred architecture of their times, but the interiors all conform to the strictures of Orthodoxy. All of these Churches, subject to the Patriarch in Constantinople, played a key role in the liberation of Greece and the cultural and economic development of the nascent kingdom. Today, while the London Church, declaratively Byzantine in its architecture, remains full of Greeks and Cypriots of various generations, the other locations basically minister to fully assimilated communities, conscious of the Greek (or often Serbo-Greek) origins but no longer considering themselves part of the Diaspora. As the priest at the Budapest cathedral told me, "this was a Greek Church, now it is Hungarian."

As Greeks immigrated across the oceans, to North and South America and Australia, the "San Giorgio Model" of Church and Community remained the norm. Immigrants arrived, pooled their resources, built churches, and sent for priests. Even though those who came from Greece and were subject to the Archbishop of Athens, once they were in the Diaspora, the Patriarchate took over jurisdiction of the Church, operating on the "San Giorgio precedent." Far from their homelands, the Church offered a secular and sacred refuge to the harshness of exile, and an active reference and networking point for all social, matrimonial, educational, and civic activities. As in the Venetian community, so now we in the American and Australian communities meet, worship, study, debate, marry, network, opine on the politics of the old country, and assimilate based on a pattern established half a millennium ago, on a waterlogged canal in a Renaissance Church. When we want to discover where we come from, we usually go back to Greece. On the way there, it might make sense to stop in Venice, to discover where we are going as Diaspora Greeks.

By Alexander Billinis

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Metropolitan Athenagoras visits Orthodox faithful in Haiti



Metropolitan Athenagoras of Mexico visited Haiti recently, in order to be on the side of the clergy and Orthodox faithful at the earthquake stricken island. He arrived to Port au Prince from Greece where he was visiting for official Church business, aboard a Greek Government plane, with the Assistant Foreign Minister of Greece and the Executive Director of the NGO "Solidarity" of the Church of Greece. The plane was carrying 50 tons of food, medicine and other aid, a gift from the Greek Government and the Church of Greece for the people of Haiti.

Metropolitan Athenagoras immediately visited the homes and schools of Greek Orthodox faithful in Haiti to assess the damage done by the earthquake. Deeply moved by what he saw, "this is a disaster of immense proportions" he noted. "All of the buildings where our Church and schools are presently housed, were seriously damaged and will need major repairs, or even worse will need to be demolished and rebuilt." His Eminence further visited the property owned by the Holy Metropolis where plans to build a complete complex, comprised of a Church, a school, a clinic and housing for clergy, had been approved. "Since our property is presently vacant, families whose homes were destroyed and who had no place to live, are presently

using our property for temporary living quarters," he said. About 3000 people live on the Church property, 1000 of whom are children. Initially they lived out in the open until last week when the Metropolis received a donation of 500 tents, which were given to these families for more humane living conditions.

Along with two Haitian Greek Orthodox clergy, Metropolitan Athenagoras performed Divine Liturgy in a small open area of the property. The Liturgy was attended by many hundreds of Haitian Greek Orthodox faithful and by all of the families living there. Upon the completion of the Divine Liturgy His Eminence brought the people the blessings and concern of the Ecumenical Patriarch Bartholomew and offered words of comfort to Haitian faithful and all those present, asking them to keep hope alive. "We will not abandon you, we are here and will remain with you, for as many years as it takes, until you can return to your homes or until new homes can be built. We will rebuild our Church, we will rebuild our schools and we will do everything possible to help you rebuild your lives and your future," Metropolitan Athenagoras stated.

Following Liturgy, the clergy distributed rice, flour, raisins and other food aid, which

was part of the aid given by the Greek Government and the Church of Greece, to the families present.

On his way to the Ecumenical Patriarchate, Metropolitan Athenagoras passed through New York and visited with Archbishop Demetrios of America. Upon assessing the present situation, together they determined a plan of action which Metropolitan Athenagoras will present to Patriarch Bartholomew, so that, with the help of IOCC and the financial aid and assistance provided by the Church of America, positive measures can be pursued in helping the people of Haiti meet their immediate needs while working towards a long term and more permanent solution in rebuilding the lives and future of the Haitian Greek Orthodox Community.

Metropolitan Athenagoras was expected to return to Haiti the first weekend of March when he was to meet with President Rene Preval to discuss various options available for a cooperative effort with the Haitian Government for the benefit of the people of this devastated island nation.

Anyone wishing to assist the efforts in bringing comfort and aid to the people of Haiti and the Haitian Orthodox Community may offer a donation either by making an automatic Bank deposit, or by writing a check addressed to "Haiti Christian Orthodox Relief Fund" and sending it to the following address:

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ACCOUNT # 867222986

The Holy Metropolis of Mexico, under the Ecumenical Patriarchate of Constantinople, covers the Caribbean Islands, Central America, Mexico, Venezuela and Colombia. For more information the phone number is **011 52 55 5294 4460** and the email address **metropolimexico@yahoo.com.mx**

ATHAN KARAS, THE FOLK DANCE PIONEER – IN MEMORIAM



Athan Karas, Thanasis as he liked to be called by his friends, the legendary Greek folk dance pioneer, passed away on February 12, 2010, at the age of 82, after a valiant fight with complications from open heart surgery.

Athan's name is synonymous with Greek dance. He launched the Greek folk dance movement in the U.S. and he founded the Intersection Folk Dance Center in Los Angeles, which subsequently became the landmark of folk cultures and a unique center for Greek music and dance.

After dancing with major companies and researching Greek dance as an exponent of his career, he has successfully produced and presented folklore programs and events in the U.S. and Canada. He had featured in many folk-dance manuals and was represented in the recently produced multi-cultural video by Human Kinetics. Until his latest health complication, he was an instructor of Greek Dance and Culture at Loyola Marymount University and the U.S. coordinator for Mazoxi, an annual Greek dance conference held on the Island of Crete.

Athan Karas was born in Thessaloniki, Greece, and upon arriving to the US he attended New York University's School of Education, Dept. of Theater & Art, taking ballet and modern choreography with additional dance and dramatic studies under Lee Strasberg, Uta Hagen, Herbert Berghof, Joseph Anthony and at the American School of Dance, Carnegie Hall Dance Studios with Todd Bolender, Mia Slavenska and Michael Fokine. He also worked with choreographers Hanya Holm, Pearl Lang, Anna Sokolow and Sophie Maslow.

Karas had paved the way for performers in America and he conducted tours to Greece taking groups to dance festivals along with visits to ancient sites. He has also produced and presented several major Greek Festivals at UC Berkeley, UCLA, and Loyola Marymount University and created ethnic folklore programs for the Southern California Heritage Society. He was also the founder and served as Director of Laografia International Greek Folklore Society. Additionally, he was a member of the Board of Directors for the Los Angeles Greek Film Festival; Dora Stratou Greek Dance Theatre and Foundation; the AMAN Folk Ensemble; an Advisor and Director of the Folk Dance Programs for the California Traditional Musical Society "CTMS" which honored him with the Lifetime Achievement Award; a lifetime member of The Hellenic University Club of Southern California, which also recognized him for his contributions to Greek Culture and Heritage for his production of Kapetan Mihalis by Nikos Kazantzakis; he was named Man of the Year at the Levendia Conference in Tarpon Springs, Florida; and he received the 2001 Athenagoras I Humanitarian Award which is the highest award given by the Greek Orthodox Folk Dance Festival of the Western Diocese.



Athan Karas appeared on Broadway, television, and in motion pictures—starring in one of the first Greek-American films, Dark Odyssey, now available on DVD. He is the author of numerous articles on Greek dance and music that have appeared in several major ethnic and national publications, including NEO magazine.

"He will be missed by all of us. His inspirational contributions to the Dance, Theater and Film cultural communities will leave a void that will not be filled," said Aris Katopodis, Director of the Los Angeles Greek Film Festival. "The Los Angeles Hellenic community and I personally, owe Thanasi a debt of gratitude for his continued, consistent, inspirational and significant contributions. The spirit of true Greek cultural affairs has lost one of its closest contributors but has gained one of the most inspirational examples."



by Peter Shakalis

4th Quarter Manhattan Office Report: Rents and values seem to hit bottom in 2009

The good news at the end of 2009 is that taking rents appeared to be very close to their trough for this cycle, and the level of office leasing activity was approaching the long term average for Manhattan. The availability rate (the amount of space that is available for lease as a percentage of the total space in Manhattan) pushed a little higher as the year ended, rising from 13.4 percent in the third quarter to 13.8 percent in the fourth quarter.

This uptick in available space was partially a result of some of the stronger financial institutions finally placing space on the market that had been superfluous for well over a year. Additionally, Goldman Sachs' new headquarters building creates nearly two million square feet of additional office space in the Downtown market. The fact that the availability rate rose so modestly in the fourth quarter however is a testament to the market's robustness.

FirstService Williams preliminary analysis of rent trends shows that landlord concession packages (free rent and construction allowance that landlords give to tenants as an incentive to lease space) in at least some situations were not as large as they had been in the second or third quarters. While the average asking rent declined slightly, landlord net effective rents, (the landlords net rent after its cost for these concessions) seem to have stabilized.

With growth outside the US on average remaining strong, the reasonable expectation is that New York should experience continued expansion in 2010 and beyond. Additionally, in spite of the weak prospects for employment growth across the U.S., the national economy recorded 2 percent GDP growth in the third quarter and expanded at a 5.7 percent annual rate in the fourth quarter. Solid economic growth in the past has eventually brought higher corporate profits and employment gains; the fundamental drivers of the demand for office space.

There is hesitancy in the property markets however that indicates that many people do not believe that the recovery in 2010 and beyond will be quite so clean and tidy. First, and most obvious, with financing for commercial property still constrained and market values down so much, any refinancing will be difficult and in some cases impossible. This means that more property will be forced onto the distressed sale market, perhaps depressing market values even more.

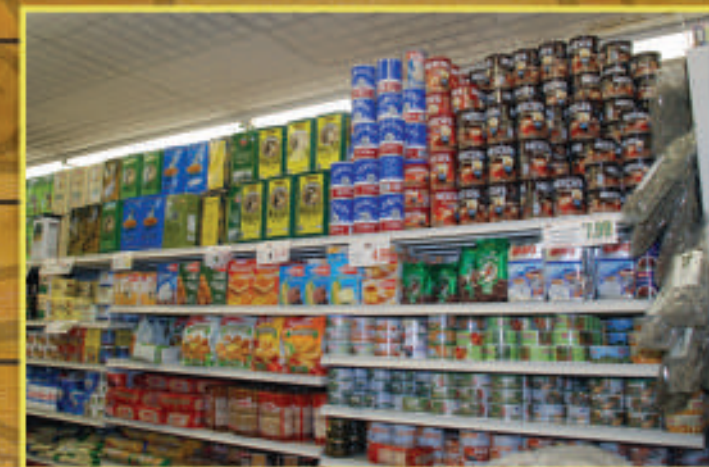
The secondly, there is a fundamental question of confidence. It still is not clear to many that we understand what went so wrong with the economy to result in such a deep and protracted downturn. If people aren't confident with the diagnosis, they also can't have much confidence with the prescribed cure.

As a result, our projection for Manhattan looks for a modest decline in the availability rate to 13.5 percent by the end of 2010 from 14 percent in the early part of the year. Employment in the office sector increases in 2010 by enough to result in the net absorption of 1.25 to 1.75 million square feet. If sentiment about the prospects for the economy improves as 2010 rolls along, the pace of leasing activity could ratchet up again in anticipation of substantially higher staffing levels and upward pressure on rental rates in 2011 and 2012.

Peter Shakalis is a Director at FirstService Williams Real Estate
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Regina Katopodis (right)
with NEO's Maria Pardalis

A Special Interview with Regina Katopodis from Artopolis Bakery Patisserie

PHOTO: ETA PRESS

Greek baked goods have come a long way since their humble beginning in our grandmother's kitchens. Baklava is now dipped in chocolate, layered with custard, rolled in all sorts of nuts, topped with ice cream and in many shapes and sizes. Exclusive Easter and Christmas treats such as Tsourekia, a braided sweet bread crusted with sliced almonds, and kourabiedes, buttery shortbread-like cookies topped with powdered sugar, are now readily available year round. Stepping into a Greek patisserie has morphed into an exquisite culinary experience. I had the pleasure of visiting one of New York's finest this month and all I can say is that I died and went to foodie heaven. I speak of none other than Artopolis Bakery Patisserie, the Picasso of confectionery and luscious pastries, pies, imported chocolate, breads and much, much more!



Maria A. Pardalis

PHOTO: ETA PRESS

The aromas of warmly spiced honey, vanilla, orange zest, toasted nuts and cinnamon lavishly permeated in the air as I walked into Artopolis. Rich custardy tarts with glazed plump fruit and decadent chocolate ganache covered tortes adorned with imported Swiss chocolate ribbons were elegantly encased in glass, while rustic bread and savory cheese pies graced the shelves behind one of the kiosks. While I waited to speak with Regina Katopodis, one of the bakery's owners, I told myself I was only going to try two pastries since I was trying to be "healthy". Little did I know that the gregarious Regina was going to have me taste nearly everything! Given the tempting treats showcased, one has to wonder how is it possible to refrain from indulging. The answer is simple, its not and trust me, it was worth every single last calorie.

Regina clearly has a love and gratification for sweets but it does not compare to the love she has for people and for our community. Artopolis has sponsored a wide array of events from Greek Month at the UN and "Euro Day" in Washington, D.C. to philanthropic events at the Children's Museum. Zagat has given them a 28 out of 30 for 5 straight years and Michael Dukakis has their galaktopourekos shipped to him in California. So what is the hype all about? In the midst of her busy schedule, Regina sat down with me over coffee and dessert, naturally, to give us a little insight on her seamless operation.



Crastina and Chara

PHOTO: ETA PRESS

MAP: Tells us about Artopolis Bakery, is it family owned and what makes it exceptional?

RK: Artopolis is owned by an eclectic mix of people who all envisioned the creation of a unique artisanal bakery Mecca that can serve all. I am co-owner along with Nick Pantelatos, Panagi Pantelatos, Kostas Tzarias and Angelos Katopodis. We worked hard for several years perfecting Artopolis to make it a full service operation so that we can help our consumer buy the most appropriate product for their occasion.

MAP: Everything looks heavenly and almost too pretty to eat. Are you the pastry chef behind these artistic creations?

RK: No, but I am very involved in the baking process and work with my head Pastry Chef Mohammad Ali and head Baker Marco Munoz in capturing the true tradition of Greek and European baking. We strive to ensure that all of our products taste perfect and homemade every time without utilizing any preservatives. Using only all natural ingredients, we proudly recreate family recipes that have been passed down for years and years. For example, our rice pudding is my mother in law's recipe from Ithaki and our lathokouloura stem from a recipe that is centuries old from Lefkada.

MAP: What is your best selling product and what is your personal favorite?

RK: There is a tie when it comes to our most popular items, Tsourekia and Melomakarona simply go flying off our shelves. We can't seem to make enough despite what time of the year it is. Our Tsourekia feature mastiha, which we import from Chios, and our melomakarona literally melt in your mouth!

I don't have just one personal favorite. I really love most everything we make since we ensure that we have the best possible recipes for each one of our delicacies. But, if I had to choose it would be our mini baklava.

MAP: I am surprised to see that you have yet to fall into the cupcake craze. Is this because a cupcake is not a traditional Greek dessert?

RK: No not at all. We actually tried and would you believe they did not sell! No matter what flavors we made and what we topped them with, our clientele did not want to buy cupcakes.

MAP: Since we are in the midst of Great Lent, I've received many emails requesting recipes for fast-friendly treats. Do you sell any Lenten baked goods?

RK: Of course! We have a huge selection of Lenten goods such as: mustokouloura, melomakarona, diples, biscotti, kritsini, eliopites and much more.

MAP: With such a huge and rich selection of Lenten products, I am sure you have a wonderful recipe to share with us.

RK: Yes and it's a recipe for our popular Lachanopita, which is another best seller!



PHOTO: ETA PRESS

Lachanopita Lenten Style

Ingredients:

- 3 Leeks, finely sliced (upper green stalks removed)
- 3 Bunches of Swiss Chard, chopped
- 1 Large Onion, cubed
- 1/2 Bunch of fresh Dill, chopped
- 3/4 Cup Carolina Rice
- 1/2 Cup Extra Virgin Olive Oil or Vegetable Oil
- 18 Sheets of Phyllo dough
- Salt and Black Pepper to taste

Preparation:

1. Preheat oven to 375 degrees. Heat 2 tablespoons extra virgin olive oil in a large skillet. Once oil gets hot, add leeks, onion and rice and sauté over medium-high heat for about 8 minutes.
2. Next, add swiss chard, dill, salt and pepper to skillet and continue to sauté until tender.
3. In a lightly greased baking pan, lay 9 sheets of phyllo and brush one by one with a little oil. Add leek mixture over phyllo and follow with 9 sheets of phyllo on top brushing them individually as the bottom. Using a fork, fold in the edges and cut the dough into large squares.
4. Place pan into your oven and bake for 30 – 40 minutes. Allow to slightly cool before serving.

Kali Orexi!!

honors members and friends

Athens Andros Society

The Athens Andros Society, one of the oldest organizations in Greece's capital (honored by the Athens Academy in 1984) held its annual Vasilopita Cut event at the landmark Grand Bretagne Hotel in the presence of various dignitaries, friends and members that showed up in impressive numbers to support a beautiful tradition and the honor people who have made a difference through their endeavors. Andrioti shipowner Ioannis Carastamatis was selected for his continuous effort in advancing the Greek Maritime industry and for his contribution to the cultural and social life of Andros island: The President and Board Members of the Peter and Marika Kydonieos Institution for the cultural, social, financial and educational support to Andros: The President and Board Members of the Andros Society of USA for the organization's contribution to the island throughout the last decades: Mr. John Rigas, General Secretary of the Andros Society of USA, for his efforts in helping Andrioti immigrants in the US: Last but not least, NEO's Margarita Vartholomeou, Board Member of the Athens Andros Society, who was honored for her tireless effort in enhancing ties among the Andrioti diaspora.

Athens Mayor Niketas Kaklamanis addressed the event, as did Members of Parliament Vrontsis and Papamanolis. Among the dignitaries present was Metropolitan Bishop of Siros - Tinos - Andros - Kea - Mylos and Myconos Dorotheos B', Commodore Constantinos Gionis, Provincial Governor of Andros Ioannis Maltabes, honorary member of the Athens Andros Society Epaminondas Logothetis, the President of the Peter and Marika Kydonieos Institution, "Andriaki" Newspaper Publisher Marianna Fotopoulou and "Kykladikon Fos" Publisher Eleni Fotopoulou.

The society's main purpose is to maintain some of the island's traditions alive and pass them to future generations. "If we keep our values, our heritage, our traditions and our history, we can see future with clarity, transparency and real optimism," said honoree Margarita Vartholomeou. "In the difficult days that we are all facing, living in a period of crisis, where money is devalued day by day, moral cohesion and values closely related to our tradition seem to be the only way out."



John Rigas, General Secretary of Andros Society USA,
NEO's Margarita Vartholomeou, Chair of Public Relations
of the Athens Andros Society, and the society's President Antonis Diapoulis.



Nikolaos Sigalas, President of Petros and Marika Kydonieos Institution,
receiving the Athens Andros Society Award.

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Three Generations of Greek Americans at the Nation's top Hellenic Festival

By Kristen Bruskas

"Family Takes Center Stage" was the theme for the 2010 Metropolis of San Francisco Folk Dance and Choral Festival, held this past January in San Jose, CA. Throughout its history, FDF has attracted thousands of youth and their families to a weekend celebrating our Orthodox faith and Hellenic heritage.

A generation is often defined as a span of approximately 30 years, and with FDF now in its 34th year, we have seen generations come and go. The grandparents who proudly watched their grandchildren in those early years have departed this life; the parents who encouraged their children to dance are now the new generation of grandparents; and those young children who danced in mid 1970's are now parents watching their own children dance. Dancers from throughout the history of FDF are now also judges, costume experts, leading musicians, and some of the strongest supporters of this ministry. As His Eminence Metropolitan Gerasimos stated, "a remarkable ongoing legacy is found in many aspects of FDF. Dancers from the 1970's are now parents, directors and judges. Grandparents have mentored their children and grandchildren on native instruments and music, passing down to them the history of their ancestors and instilling in them a deep-rooted connection to generations past, along with the obligation to share their knowledge with generations to come."

The FDF weekend began with an Agiasmos Service at Opening Ceremonies where His Eminence Metropolitan Gerasimos was joined by over 25 Metropolitan Clergy on stage at the San Jose Civic Auditorium, blessing all the participants and attendees at FDF. This was followed by an enthusiastic presentation by the Drum Café – an interactive team building performance which involves the audience in communication through drumming rhythms, creating an atmosphere of energy and unity through sound. A demonstration of the FDF theme, Family Takes Center Stage, was the presence of Major League Soccer player George John, a midfielder with FC Dallas. George has been part of the FDF family since his childhood, and has been a participant in the dance groups at Saint Demetrios Church in Seattle, WA. George returned this year to perform with the Akrites.

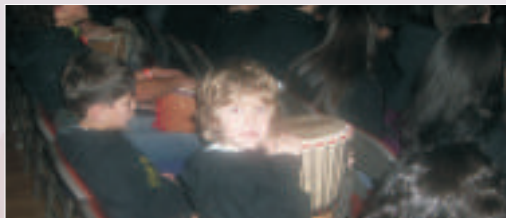
Dance competition was off to an early start on both Friday and Saturday, with over 95 groups participating, representing over 1,500 youth. Groups participated from the states of Arizona, California, Nevada, Oregon and Washington. The display of colorful costumes, the sounds of music and drums, the cheers of excitement following a performance, and the smiles which illuminated the corridors were evident from early morning until late at night. A total of over 4,000 people attended FDF throughout the weekend.

Choral Competition was held on Friday afternoon with the groups presenting a diverse offering of Liturgical and Folk music. Top honors in the choral competition went to Antilali from Saint Demetrios Church in Tucson, AZ.

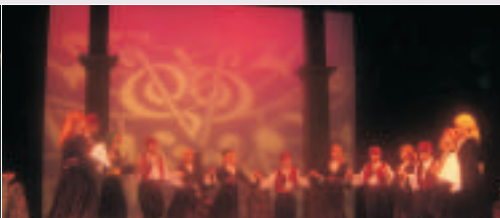
Throughout the day on Friday and Saturday, workshops were led by clergy and youth workers in the Metropolis. Topics included current events and issues, especially those focusing on family, faith, friendship and service to the community.

Friday at FDF also brought the much-anticipated arrival of His Eminence Archbishop Demetrios

PHOTO: GREENBERG & McCONVILLE



Alexander Kasolas from San Francisco plays his drum during Opening Ceremonies.



Dynamis from the Holy Cross Church in Belmont performs their final round.



Many Metropolis clergy participate in the Agiasmos Service at Opening Ceremonies.



Metropolitan Gerasimos with one of the littlest dancers.



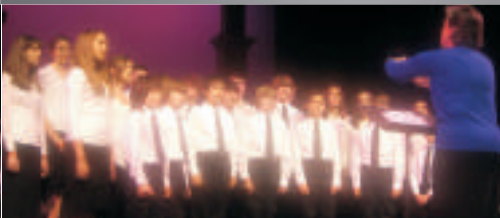
Young dancers show their excitement as they prepare to perform.



Dancers Haroula Kyriacou (St. Nicholas Church – Northridge) and Nick Karidakis (Assumption Church – Long Beach) present icons of Christ and the Theotokos to His Eminence Archbishop Demetrios.



Elliniki Flaga from St. Nicholas Church in San Jose.



The Youth Choir from Saint John the Baptist Church in Las Vegas.



Gary M. Vrionis (right) and Fanis Economidis presented Archbishop Demetrios a gift (the Hellenic Urn by Steuben Glass) on behalf of the Archons at the Metropolis of San Francisco.

PHOTOS: KRISTEN BRUSKAS

Eminence with gifts in honor of the 10th Anniversary of his Enthronement.

On both Friday and Saturday evenings, the FDF participants enjoyed even more dancing at the Glendi. This year's featured performers were: Makedonikos Ikhos (Macedonian Sound) from Florina, Greece; Paradosi – a Greek folk band comprised of leading musicians from throughout the United States; and the Olympians – a popular Greek dance band from Long Beach, CA.

Saturday afternoon brought forth over 150 "dancers in training" with the Division III Exhibition performances. These young dancers get to experience performing in front of an eager and enthusiastic crowd, earning a ribbon for their participation, but without the pressure of judges and competition. The Division III Exhibition round began with His Eminence Metropolitan Gerasimos leading the children in a traditional Kalamatiano.

Cultural Night was held on Saturday, January 16 and featured the stunning performances from the top winners in 2009 – the Youth Choir from Saint John the Baptist Church in Las Vegas, NV (Choral Sweepstakes); the Spartiates from Saint Demetrios Church in Seattle, WA (Division II Sweepstakes), and the Olympian Dancers from the Assumption Church in Long Beach, CA (Division I Sweepstakes). The Las Vegas Youth Choir presented a suite of 18 songs and hymns which were part of a musical journey throughout the various stages of life. Selections included the Katavasies from the Sacrament of Baptism, childhood favorite songs like "Mia Oraia Petalouda" and

"Feggaraki Mou Lambro", hymns from the Sacrament of Marriage, the Funeral Service, as well as other traditional Greek folk songs. The Spartiates presented a program inspired by their dance groups' trip to Preveza, Epirus where they were hosted by acclaimed dance instructor Kostas Mitsis. At the invitation of Mr. Mitsis, the Spartiates were the only group to perform at a nationally televised choral

Church. As a founding member of the Elios Society, Kenny has worked tirelessly to raise funds to support programs which promote Hellenism. He is a member of Leadership 100 and an Archon of the Ecumenical Patriarchate.

The Archieratical Divine Liturgy on Sunday morning was truly uplifting and prayerful with Archbishop Demetrios celebrating, and youth choir members from the Metropolis singing the hymns and responses under the direction of Presvytera Maria Hondros from Las Vegas, NV. At the conclusion of the Divine Liturgy, Archbishop Demetrios and Metropolitan Gerasimos led the faithful in a five-year Memorial Service for the repose of the soul of Metropolitan Anthony as well as past FDF participants who are reposed in the Lord.

Sunday afternoon's final round of competition for the Advanced Senior Division was a spectacular display of artistry, musicianship and took the audience on a virtual tour of Greece through dance suites representative of many different regions and islands. The Sunday Awards Banquet was attended by more than 2,100 people who impatiently waited for the awards ceremony to begin. Two young dancers presented icons of Christ and the Theotokos to His Eminence Archbishop Demetrios on this occasion of the 10th Anniversary of his Enthronement, extending the gratitude of our entire Metropolis for His Eminence's love and leadership of the Greek Orthodox Church in America.

Top honors for dance went to: Mnemosyne from Holy Trinity in San Francisco (Division I Sweepstakes), and Ellinopoula from Saint Nicholas in Northridge (Division II Sweepstakes).

It was evident throughout the weekend that Archbishop Demetrios was overwhelmed by the enthusiastic presence of over 1,500 dancers and singers, and expressed his desire to return for future Folk Dance Festivals. During His Eminence's remarks he stated, "If anyone says 'I'll show you a star', I would say to them, 'Come to FDF and I will show you a constellation'".

The 2010 FDF was led by Rev. Father Gary Kyriacou, Chairman of the Board of Trustees, along with Board Members: Spiro Beckas, John Boudouvas and Michael Syrengelas. They were assisted by Management Team Director Christa Barbas, and a committed group of young adults who coordinated workshops, competition, registration and various events throughout the weekend.

In 2011, FDF will be celebrating its 35th Anniversary. The location for next year's event is in final negotiations, but will be held over President's Day Weekend, February 17–20, 2011.

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At the Onassis Center: Fr. Frank Marangos, Presvytera Haidee, John Doyamis, Cathedral Board member & FOS laity leader Dorothy Poli, Cathedral Board member Jim Pantelides and COSMOS FM Operations Director Joanna Giannopoulos



FOS participants at a party at Kellari-Parea with manager Stathi Antonakopoulos



FOS participants enjoying the Christmas Party



FOS launches “Greeks Bearing Gifts” Series at Onassis Center Reception

Rev. Frank Marangos presenting to the FOS group on Tuesday nights



FOS is also sponsoring its first Lenten Retreat on March 12-14, 2010 at the St. Methodios Faith & Heritage Center in New Hampshire. The topic is Avatars of Spirituality: Rediscovering the Parable of the Prodigal Son. This Lenten Retreat will examine prodigals in the context of Holy Scripture and contemporary culture.

Forum on Orthodox Spirituality is a great example of clergy-laity collaboration and represents one of the things the Church can be for people – spiritual edification and nourishment and a source of community.

R. Dorothy Poli is the Director of FOS and co-founder with Rev. Dr. Frank Marangos. For more information on the organization, please visit <http://www.thecathedralnyc.org/>. Summaries of the presentations can be found at <http://www.thecathedral.goarch.org/FOSSummary/>. Interested individuals can be added to the FOS mailing list by sending an e-mail to fos.cathedral@gmail.com.



Onassis Center FOS guests Korean diplomat LTC Hongki Jee & wife Cathy Jee

By R. Dorothy Poli

The Onassis Cultural Center hosted approximately 200 participants and guests of the FOS group from the Archdiocesan Cathedral of the Holy Trinity at a private reception launching the new winter series of FOS: Greeks Bearing Gifts: Mt. Olympus Meets Manhattan. The event was accompanied by a private viewing of the exhibit: Icon Painting in Venetian Crete: Origins of El Greco. Following the exhibit viewing, Rev. Dr. Frank Marangos, the Cathedral Dean and spiritual leader of FOS, introduced the winter series that began on January 19 and continues every Tuesday evening through March 23.

In this series, Father Frank compares and contrasts Greek mythology and Christianity, examining such issues as “morality and salvation and the impact of Greek mythology and philosophy on the world and religion”. He explains that as the intelligentsia of the ancient world, the Greeks attempted to answer the questions of human existence, the origins of the universe, gods and man from a mythological perspective. The Greeks of Byzantium advanced this study through the Byzantine synthesis of Christian dogma and Greek philosophy. However, whereas the Greeks of the ancient world made gods in the human image, the Greeks of the Christian world understood that humans are made in God’s image.

FOS, Forum on Orthodox Spirituality, one of the newer ministries of the Archdiocesan Cathedral, is approaching its second year anniversary. It has grown from the initial meeting of 10 people to now 100-150 that attend weekly and draws from a group of many hundreds. FOS is geared towards New York area professionals who are educated, intelligent and driven but like most people today still restless and searching. Therefore, the impetus for the creation of FOS was to fill a need for spirituality as a way to balance and find fulfillment in their lives. Rev. Frank Maragos does this by drawing out the enormous richness in Orthodox spirituality and its mystical theology and in this series highlights the Christian use of ancient Greek wisdom, morality, teachings and mythology to serve as a guide for addressing personal issues encountered in Manhattan society today.

FOS sponsors social, philanthropic and outreach events in addition to the Tuesday night presentations which focus on an array of spiritual themes. Going forward, FOS plans to purchase supplies out of the homeless fund donations to make kits for the earthquake victims of Haiti. The group had created a fund in conjunction with a “homeless run” it sponsored in Manhattan last year with the Midnight Run organization.

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Participating guests artists/ young singers & instrumentalists
(In alphabetic order)
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Maggie Angelakis, vocalist
Bobby Damore, bouzouki-vocals
Lina Orlanos, guest vocalist
Tania Papayannopoulou, pianist-vocalist
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PERISCOPE

(Jet) Blues with the Archbishop

I rarely bother to comment on things people write in the papers.

I believe readers are the ones who should play the critic, but on a second thought, I’m reader myself, so I have every right to take advantage.

This case which I’m about to refer to and place my thoughts at your disposal, has two, actually four, peculiarities:

- a) it was written by somebody that I consider a friend
- b) it was completely unjustified
- c) I was pissed off because of a and b, and
- d) I happen to be present at the events mentioned.

To make a long story short, the commentary that I refer to in this case accused Archbishop Demetrios of America of pampering and catering excessively to the “spiritual” needs of wealthy people by devoting four entire days at the Leadership 100 Conference that took place from February 4 to 7 in San Diego, California, and not devoting the same amount of time to preach to the less affluent or even the poor (we have those too, in our community) who have similar needs and rights. On the surface, this simplistic line of thinking resonates easily with ignorant people, ready to accuse every form of authority of being elitist and removed from the simple folks’ needs. Populism of every kind works that way, because it’s meant to please audiences by preying on things they want to hear. An ancient and proven tactic, you can find it even in the Bible!

I, too, went to this year’s Leadership 100 Conference, the entire four days, and yes, it was an impressive gathering of extremely influential people – some of them feature prominently on a national level – who despite the overwhelming agendas they normally have, found it in their hearts to devote the time to renew friendships, make new ones and talk about Orthodoxy and Hellenism. They did not have to go through this, they could just have paid their dues and forgot about it; everybody knows they are busy. But they showed up nevertheless. During the breaks from one session to another, you could see them on their cell phones constantly, taking care of things. For some those four days away from their business wasn’t a simple matter. Besides, if they wanted a vacation, they could have gone somewhere else, away from meetings, talks and schedules. For that reason only, the crowd of about 350 individuals who gathered at the Coronado Island deserved the Archbishop’s presence, four days out of the 365 that this year will count. Moreover, Leadership 100 was established by another Archbishop, the late Iakovos, in order to support financially the American Greek Orthodox Catholic Church, its ministries and by extension Hellenism. For Archbishop Demetrios to be absent from such a meeting, would have been tantamount to contempt and then he would have been harshly criticized, only deservedly!

For the record, Metropolitan Bishop Gerasimos of San Francisco was there as

host, Metropolitan Iakovos of Chicago also came and Bishop Niketas from the Patriarch Athenagoras Institute (he was Metropolitan of Hong Kong until two years ago, when he was transferred to San Francisco only to realize that it’s full of Chinese as well!) attended too. But, I guess, being of “lower” rank (?), they escaped criticism in the newspaper commentary I mentioned in the beginning.

Jet Blue is a very “communist” airline. Its planes have no first or business class, only coach. Seats are plain, with a neutral, undistinguished-in-any-way leather color, and sometimes certain stewardesses act like Stalinist commissars, barking orders instead of helping passengers (actually, they called us “customers” repeatedly) with a smile (even with missing teeth!). Besides, leaving San Diego in 60 to 65 Fahrenheit weather and getting to a freezing New York at 4:30 in the morning, by the red eye, had a kind of Siberia flavor in it and a James Bond-like quality--only the 007 number corresponded to the actual temperature, rather than to a spy’s code! (On a more positive note, every seat on a Jet Blue plane has a TV with satellite connection which allows you to spend the flight away by watching anywhere, from European soccer matches to ways of improving your home, if you can’t sleep.)



While at the conference, I was told that the L100 stuff would go back on the same flight, so I wasn’t surprised to see them at the airport when I got there, about an hour before the departure. What I didn’t expect to see was ...the Archbishop! In the morning of that same day, His Eminence officiated at the San Diego’s St. Spyridon Greek church, clad with his imperial vestments – in the Orthodox Catholic tradition the Bishop’s liturgical cloth is the Greco-Roman (Byzantine, according to German historians) Imperial vestments, directly reminiscent of the times when Hellenism was an ecumenical cultural force that everybody looked upon with awe and eagerness to imitate. You would rightly expect the Archbishop to at least fly business. Or if he’s that much connected to the rich and famous as he was accused of being, to have somebody’s private plane to carry him back to New York. Prominent figures in American politics use planes owned by people who where at the L100 Conference, after all. You would also expect the Exarch of Two Oceans, another historical Byzantine title that he holds, to be followed by a kind of a “royal” retinue, even a modest group of



people attending to his needs. But nothing of all that: the only person accompanying this Archbishop was Archdeacon Pantelaiemon. There was no VIP lounge, no priority in getting into the plane, no special attention from the crew (although that wasn’t necessarily bad!). He boarded last, following a high school or college basketball team that took their time before they got in. On the plane, you would expect him to be in the three rows that Jet Blue offers with a little more leg room (actually, I tried to sneak there and failed!), but that wasn’t the case either. When we got at Kennedy, 4:30 in the morning, he was waiting at the carousel to pick up luggage like everybody else.

So much for his rubbing shoulders with the rich and famous and spending with them too much time away from his “regular” flock!

At this point let me explain that neither the Archbishop needs me to “defend” him nor I have any particular reason to do so. He is who he is and he has managed to win hearts and minds with the simplicity and grandfatherly qualities of his character and manners (he even got to “tame” President Bush, for God’s sake!), not necessarily with the weight of his office or his Harvard credentials. On the other hand, we at NEO have no business dealings of any kind with the Archdiocese, we never attempted any, and we don’t expect to have in the future. And that includes advertisement. I’ve never been to his Eminence’s office for private meetings or to win favors and I can’t claim to have or sought any sort of special relationship. As I stated in the beginning, I found this attack against him completely unjustified and having witnessed what I described, I felt the need to set the record straight. To accuse a man who has lived most of his 82 years draped in a pitch-black cloth of hanging out with the rich and famous is simply nonsense. I’m not saying that the Archbishop shouldn’t be subjected to criticism, in our tradition nobody can claim infallibility (unless you are the head of a political party in Greece!). But let’s focus on real issues, and be intelligent and sincere, and let’s not resort to what in modern Greek we call “katinario”. Trying to settle any kind of scores that way goes beyond the pale and makes even the yellow press pale in comparison!

DEMETRIOS RHOMPOTIS
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Library Director Maria Georgopoulou, Gennadius Trustee Nick Bacopoulos, Ambassador Vassilis Kaskarelis, Gennadius Trustee Nassos Michas and April Michas, Gennadius Trustee Edward Cohen and American School Trustee Judith Thomson.

Amb. Vassilis Kaskarelis, Chef Jim Botsacos, Maria Georgopoulou, Diane Kochilas and Nassos Michas



Constantine Papavizas, George Demos, Basil Godellas, George Soterakis



Ambassador Loukas Tsilas and Maria Seretis



Apostolos Paralikas and John Stavros



George Demos and Irene Romano



Chef Jim Botsacos and John Livanos

GENNADIUS LIBRARY CELEBRATED TENTH ANNUAL CLEAN MONDAY BENEFIT IN NY CITY

Over 120 friends of the Gennadius Library celebrated the Tenth Annual Clean Monday Benefit at Estiatorio Molyvos in New York City. A unique Lenten cuisine was prepared by Chef Partner Jim Botsacos. Honorary Patrons were Ambassador of Greece to the United States, Mr. Vassilis Kaskarelis and Mrs. Anna Kaskarelis, and a special guest was internationally-renowned Greek cuisine author and Chef Diane Kochilas.

Among the guests were Ambassador Loukas Tsilas, who served as Greece's Ambassador to the U. S. and is currently the Executive Director of the Alexander S. Onassis Public Benefit Foundation (USA). Many of the Board of Trustees of the Gennadius Library were present, including Mr. Ted Athanassiades and his wife Elaine, Dr. Edward E. Cohen, Mr. Nassos Michas and his wife April, Hon. E. Leo Milonas and his wife Helen, Mr. Petros Sabatacakis and his wife Marina, and Dr. Catherine deG. Vanderpool and her husband Ted Politis, and were joined by Trustees of the American School of Classical Studies at Athens Judith Thomson, Mr. Andrew Bridges, and Mr. Robert McCabe and his wife Dina.

Vice Chairman of the Gennadius Library Board of Trustees Nassos Michas introduced Ambassador Kaskarelis who in turn addressed the crowd and referred to the Library as "a custodian of Hellenism." Director of the Library Dr. Maria Georgopoulou, who came from Athens especially for the occasion,

thanked the benefactors for their support and updated the group on the exciting activities occurring at the Library. These events include the 29th Annual Walton Lecture organized in honor of former Gennadius Library Director Francis Walton, which took place in Athens on March 2. Prof. Robert Ousterhout, of the University of Pennsylvania, will speak on "Byzantine Constantinople: Visualizing a City in Transition."

Guests dined on the wonderful buffet and danced to the music of Grigoris Maninakis and the Mikrokosmos Ensemble. Among the gifts distributed to the guests was the booklet "Lenten Specialities: Recipes for Fasting in Style" by Jim Botsacos and Diane Kochilas. The funds raised will be applied to a match for a prestigious National Endowment for the Humanities Challenge Grant recently awarded to the American School of Classical Studies at Athens for the renovations to the School's two libraries, including the Gennadius Library.

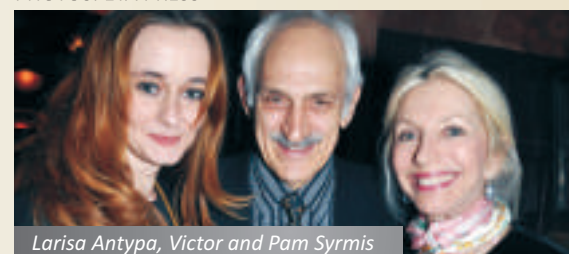
"What the Board of Trustees is trying to do is get the Library known in wider circles," said Vice Chairman Nassos Michas, in an interview with NEO. "It is very well known in the academic community and we are trying to show what we have to a broader audience." He also noted that "we attract more and more interest every year ... The Library has an unusual collection of documents which represent the Hellenic culture."

Opened in 1926 with 26,000 volumes from diplomat and bibliophile, Joannes Gennadius, the Gennadius Library now holds a richly diverse collection of over 113,000 books and rare bindings, archives, manuscripts, and works of art illuminating the Hellenic tradition and neighboring cultures.

Located in an architecturally significant building across the street from the main American School campus in Athens, the Library has become an internationally renowned center for the study of Greek history, literature, and art, from ancient to modern times. In addition to its role as a library and research institution, "the Gennadeion" is also an active participant in the Athenian and international community through its public lectures, seminars, concerts, exhibitions, and publications.

For more info the website is www.ascsa.edu.gr/index.php/gennadius/

PHOTOS: ETA PRESS



Larisa Antypa, Victor and Pam Syrmis



Lilia Ziamou, Minna Lee, Dean Scaros, Dorrie Klissas, Kathy Schwab



Center Petros Sabatacakis and wife Marina with guests



Alexis Glenn and John Dimitrakakis



Grigoris Maninakis and the Mikrokosmos Ensemble



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