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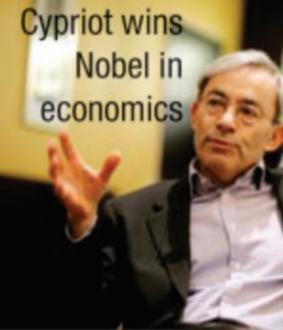
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5TH YEAR ANNIVERSARY ISSUE



Miss Teen World
Anastasia Sidiropoulou



Cypriot wins
Nobel in
economics

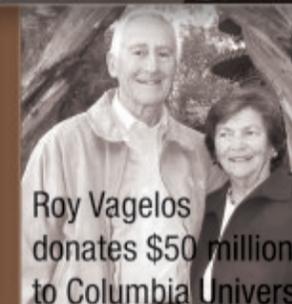


Evangeline Douris and HANAC: Serving the community for 40 years

Nicholas G.
Karambelas
on this
"unconventional
election"



Alexi Giannoulis



Roy Vagelos
donates \$50 million
to Columbia University

NEO's Fifth
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**EVANGELINE DOURIS AND HANAC:
SERVING THE COMMUNITY
FOR 40 YEARS**



OCTOBER
NEO

FROM THE EDITOR

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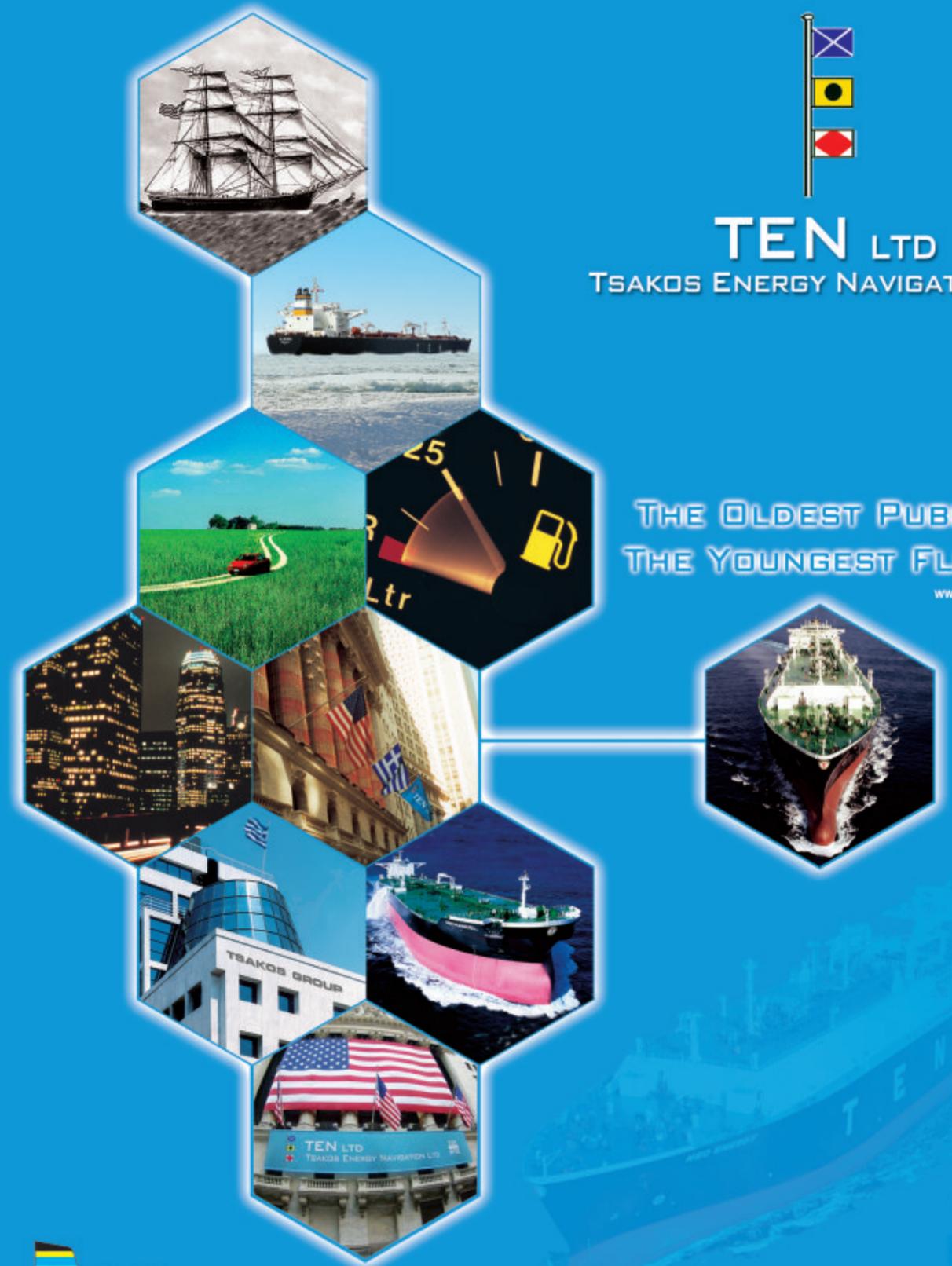
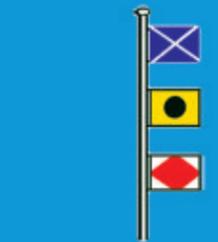


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Service and Anniversaries

Our cover story this month profiles a remarkable Greek American success story that began as a dream in the mind of one man and continues to this day in the dedication and service of his wife, Evangelina Douris. She has kept the dream alive for nearly forty years as the head of the New York social services agency HANAC, and with her efforts she has kept alive the hopes and dreams of tens of thousands of New Yorkers who have been aided by her organization, from the young to the old, with services that range from counseling and employment for the young, to housing, food, and transportation for the old.



FROM THE EDITOR

As she herself says of HANAC's efforts on behalf of decent housing for seniors, "at this stage of a person's life things should be full of comfortable and aesthetically appealing environments, with attention to creating nice surroundings in every way and with great detail in all areas."

It's a dedication to service that has become Ms. Douris' life mission and that our writer Pandora Spelios calls philanthropy in the best sense of the word.

Speaking of service: the midterm election this year promises to be apocalyptic for the Democrats, according to the polls, with certain bright spots on both coasts, but with decimation in the middle—according to the polls. President Obama has been out on the campaign trail once again and been stumping hard (for those that want to campaign with him—in typical reaction to a sitting president in his first term who almost invariably becomes toxic to the electorate in the midterm, particularly one, like Obama, who undertook such an ambitious and controversial agenda.)

Democrats hope that Tea Party candidates will dilute Republican gains by scaring off the independents, and it might be wishful thinking, or it might not. As one pol put it recently off the record, "All bets are off this year."

On the record is the fact that NEO is celebrating its fifth anniversary this year and that NEO is increasingly entering the lexicon of our Greek American world, which is a source of pride for us.

It's not easy putting out a monthly magazine in these tough economic times, it certainly wasn't easy five years ago when we undertook it, and in fact it's never been easy even in the best of times. The effort is largely shouldered every month by Dimitri Rhompotis, who seems to get a cold and congestion around the same time of the month that we have to go to print and all the pieces of the month's puzzle have to be put together in record time to get a magazine out.

But the magazine does go out, and the magazine is now a presence everywhere, and it remains a valiant effort to give a voice (and a face) to our Greek American community and to the people who make it both distinguished and unique.

To many more issues and many more years serving you, with your help, and with many thanks for the years you've afforded us so far.

Dimitri C. Michalakis



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Alexi Giannoulias is running for the US Senate in Illinois and he's leading in the polls

NOTHING CONVENTIONAL OR ROUTINE ABOUT THIS ELECTION

By Nicholas G. Karambelas

will be required to pass any legislation of substance. In both houses of Congress, the majority party controls the committees in each house. It has been said that the committees are the workshops of Congress. Any significant legislation originates in the committees. The majority party appoints the professional staff of the committees.

Unlike the parliamentary systems in the United Kingdom or continental Europe, U.S. Congress has substantial power and authority to influence and even make U.S. foreign policy. When Americans vote for House members and Senators, they are voting for a particular viewpoint on foreign policy. The effects of the Great Recession as well as the Iraq - Afghanistan Wars, which are domestic issues since military U.S. has been committed, have dominated the House and Senate campaigns. With the possible exception of Iran, foreign policy issues have not generally been priorities in the House and Senate campaigns. Cyprus is rarely mentioned. Greece is mentioned only in connection with its current financial issues. Yet the rule of law precepts and international law principles which U.S. policymakers claim to value, are undermined by the continuing illegal Turkish occupation of Cyprus, the failure of Turkey to adhere to the treaties which set the boundaries in the Aegean Sea, even though one of those treaties is U.S. law, and the denial of religious freedom to the Ecumenical Patriarchate by Turkey which also violates a U.S. law, the International Religious Freedom Act of 1998. Moreover, given the increasingly cordial relationship between Turkey and Iran, U.S. Treasury officials had to explain to the Turkish government the legal effect of legislation passed this summer which enhanced the sanctions on Iran.

Whether or not the majorities change in either the House or Senate, the American Hellenic community will face the usual challenge — educating House members and Senators about these issues and why they are important. This challenge will exist without regard to whether a House member or Senator is a Tea Partier, a Democrat or even of Hellenic descent.

The American Hellenic community will always have friends in Congress. But as President Harry Truman advised, "if you want a friend in Washington, get a dog." The purpose of such educating is to turn friends into advocates.

Nicholas G. Karambelas practices law in Washington DC and New York and he is active in politics.

According to the conventional wisdom and history, the party of the President loses seats in the House of Representatives and in the Senate in midterm elections. It is rare for such losses to result in a change in the party which holds the majority of the seats in either house of Congress. However, there is nothing conventional or routine about this election. The most obvious reason for this is the ascendance of the Tea Party movement within the Republican Party. Traditionally, the Republican Party has been hierarchical in the sense that it was controlled by office holders and functionaries who rose through the ranks over the years. That Republican Party is apparently gone, at least for this election. Those Republicans who have supported and encouraged the Tea Party movement concluded from the 2008 election that, to remain majorities in Congress, voters must be motivated at an emotional level. Consequently, Republican candidates have emerged who base their campaigns on the fear-hope paradigm rather than the policy position-art of governing paradigm.

The less obvious but equally significant difference in this midterm election is that it is the first election in which the effects of the recent U.S. Supreme Court decision in Citizens United are present. This decision overturned as unconstitutional the 104-

year old law which prohibited corporations and labor unions from directly participating in federal election campaigns. Citizens United enables corporations and labor unions to directly make independent expenditures such as funding films and advertisements in connection with a federal election as long as they do not directly contribute to the campaign of a particular candidate. When the decision was issued in June 2010, the commentary was that corporations generally would not make independent expenditures in large numbers for fear of compromising brand names with some voters. However, it appears that corporations have made independent expenditures particularly for political advertisements in far greater numbers than had been expected.

Party majority in Congress is highly significant especially in the House. The majority party elects the Speaker of the House. As a practical matter, no legislation reaches the House floor for a vote unless the Speaker approves. The majority party has subpoena power which means it causes a House committee to initiate an investigation and compel individuals to appear and testify in any such investigation. Given the expansion of the Senate filibuster rules, a simple majority in the Senate is less significant than in the House because 60 senators



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Roy Vagelos Donates 50 Million to Columbia University

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Columbia University Medical Center announced a major gift of \$50 million from a respected alumnus of its medical school, Greek American P. (Pindaros) Roy Vagelos, M.D., and his wife, Diana. The gift will support the construction of a new medical and graduate education building, which will be built on the medical center campus and named in their honor. The Vagelos gift marks the largest received for CUMC's fundraising campaign. With its receipt, the campaign for the College of Physicians and Surgeons (P&S) has raised more than \$1 billion, making it one of the first medical schools in the nation to achieve this level of support.



Dr. Roy Vagelos with his wife Diana



A renowned leader in the pharmaceutical industry, Dr. Vagelos was former chairman and CEO of Merck & Co. Inc., having graduated in 1954 from P&S. Throughout his career, he has been a stalwart supporter of P&S, campaigning to raise money for its programs and serving as a mentor for faculty, students and staff. Today he serves as chair of Columbia University Medical Center's Board of Visitors, and he is also chair of the medical center's Defining the Future campaign.

"If we tried to create the perfect volunteer for our medical center, we would try to invent Roy Vagelos," said Lee Goldman, M.D. dean of the Faculties of Health Sciences and Medicine and executive vice president for health and biomedical sciences at Columbia University. "His and Diana's generosity of spirit and support are truly inspirational. Generations of medical and graduate students will benefit from their generosity and vision."

Dr. Vagelos and his wife, Diana, a graduate of Barnard College, met at a party held by a mutual friend while Dr. Vagelos was attending P&S and she was a first-year student at Barnard. "When I first came to P&S 60 years ago, the facilities were first-rate, as many of them had just been recently built. Naturally, over time some of them have aged, and new technologies and teaching resources are now required to provide the best modern education opportunities," said Dr. Vagelos. "We are training the doctors who will deliver medical care, the scientists who will perform groundbreaking scientific research, and the teachers who will help train the future generation of physicians and scientists. It is important that their educational facilities are as exciting as medical science is today."

This project is part of an overall medical center campus revitalization plan that will add green space, create a new front door to the medical school, consolidate student services, and renovate several existing buildings. The

estimated total cost is \$185 million.

"The new building will have the best possible design that is attractive, comfortable, and appropriate for the intense kind of education that our students receive. The formal learning space will have state-of-the-art electronics that facilitate the delivery of information to students. In addition, there will be space where the students can informally interact and work as teams – reflecting our new curriculum which emphasizes team-based learning. And there will also be space to relax and have coffee," said Dr. Vagelos. "It will incorporate every aspect of medical and graduate education – updated in a modern, environmentally responsible way."

A 1955 graduate of Barnard College, Diana Vagelos serves on the Board of Trustees of Barnard as vice chair of the board and chair of the Trustee Committee on Campus Life. She and her husband have an extensive history of generous giving to Barnard College and Columbia University Medical Center.

Dr. Vagelos received his bachelor's degree from the University of Pennsylvania in 1950. After receiving his medical degree from P&S, he completed an internship and residency at Massachusetts General Hospital in Boston. Dr. Vagelos then focused on research at the National Institutes of Health where he won scientific recognition as an authority on lipids and enzymes. He subsequently became chair of the Department of Biological Chemistry at



Washington University School of Medicine in St. Louis and founding director of Washington University's Division of Biology and Biochemical Sciences.

In 1975 Dr. Vagelos joined Merck as head of research and in 1985 he was appointed CEO and chair of the Merck Board of Directors. Under his leadership some of the most important drugs and vaccines of that era were developed, including the statins for control of blood cholesterol and the vaccine that protects against infection by Hepatitis B virus which causes liver cancer.

He has authored more than 100 scientific papers published in peer-reviewed journals and has received much recognition throughout his career, including numerous awards and honorary degrees celebrating his influence on national science policy, his contributions to the advancement of scientific knowledge and biomedical research, and his commitment to the development of new, improved therapeutic options to better treat complex diseases. He is an elected member of the prestigious American Academy of Arts and Sciences and the National Academy of Sciences.

In addition to his current public policy and advisory activities, Dr. Roy Vagelos is chairman of Regeneron Pharmaceuticals Inc., a biotech company.

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(L to R) Dr. Steven Jaharis (son), his wife Elaine Jaharis, Kathryn Jaharis (daughter of Mr. and Mrs. Michael Jaharis), her young daughter Evanbia, Mrs. Mary Jaharis, His Eminence Archbishop Demetrios of America, Mr. Michael Jaharis and Metropolitan Methodios of Boston

Inauguration of The Mary Jaharis Center for Byzantine Art and Culture



Dr. Helen C. Evans

Mrs. Mary Jaharis cut the ceremonial ribbon accompanied by her husband Michael Jaharis, her son Dr. Steven Jaharis, his wife Elaine and her daughter Kathryn Jaharis. Metropolitan Methodios of Boston attended the events. Many other guests in attendance included clergy, officers and officials of Archdiocesan organizations, close friends of the Jaharis' Family, the Consul General of Greece in Boston Konstantine Bikas and the Consul General of Cyprus in New York Koula Sofianou.

A program followed at the Maliotis Center presented by Dr. Maria Kouroumali, the director of the Mary Jaharis Center for Byzantine Art and Culture. Archbishop Demetrios in his opening remarks expressed gratitude for the generous gift of the Jaharis Family and extolled Mrs. Jaharis' philanthropic service and example. His Eminence explained the importance of this center within the environment of the Holy Cross School of Theology and described the establishment of the new center as "a seed which has been sown in the field of Hellenic College / Holy Cross." He further expressed his belief and certainty that "this seed will grow multifold with God's help and will become a large and fruitful tree as in the parable of the mustard seed so that the birds of the air come and perch in its branches."

Greetings of gratitude and enthusiasm were offered by Fr. Nicholas Triantafilou, the president of HC/HC, Fr. Thomas FitzGerald, dean of Holy Cross School of Theology, Dr. Demetrios Katos, interim dean of Hellenic College and Prof. Margaret Mullett, director of the Byzantine Studies program at Dumbarton Oaks.

Two lectures followed. The first was entitled "Byzantium and Kontoglou" by Dr. Helen C. Evans

the curator of the Mary Jaharis Byzantine Art galleries at the Metropolitan Museum and the second entitled "Photis Kontoglou and the Revival of Byzantine Painting" by Dr. Ryan P. Preston, Professor at the Newberry Library.



Consul General of Cyprus Koula Sofianou with Mrs. Mary Jaharis

The second part of the program included an introduction in Byzantine music in the form of a lecture entitled "From the Narrow Path to Broadway: Visual overtones and Sound Theology" given by Nektarios Antoniou, a graduate of Holy Cross, artistic director of Schola Cantorum, a Byzantine chant group. A musical concert featuring Schola Cantorum and the Silk on the Road Ensemble followed and included selections from the Byzantine sacred and secular musical traditions.

"The Mary Jaharis Center for Byzantine Art and Culture will approach issues of Byzantium from the perspective of orthodox theology, scholarship and the arts," said Dr. Helen C. Evans, a Mary Jaharis Center Administrative Board Member and curator of the Mary and Michael Jaharis Galleries of Early Christian and Byzantine Art at the Metropolitan Museum of Art in NYC. "It will be instrumental in showing how relevant Byzantium is in the modern world."



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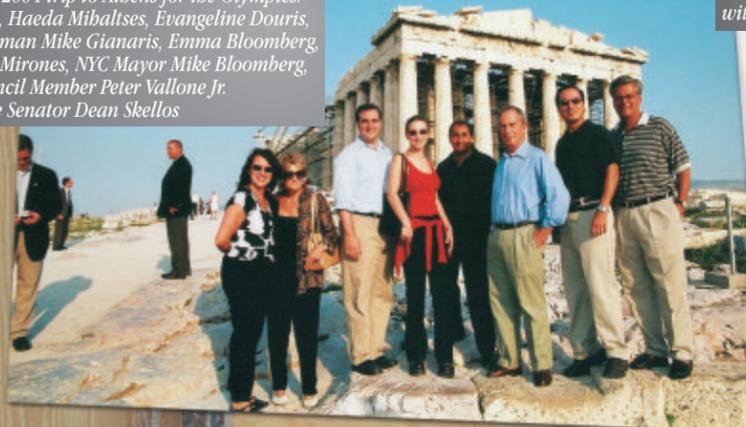
Evangelina Douris and HANAC: Serving the community and keeping the dream alive of her late husband George

By Pandora Spelios



George and Evangelina Douris

From the 2004 trip to Athens for the Olympics: From left, Haeda Mibaltse, Evangelina Douris, Assemblyman Mike Gianaris, Emma Bloomberg, Mattibew Mirones, NYC Mayor Mike Bloomberg, City Council Member Peter Vallone Jr. and State Senator Dean Skellos



George and Evangelina Douris with then NYC Mayor Ed Koch



To Angie & George, many thanks SD



Evangelina and George Douris at their engagement. Billy Loes, the baseball pitcher, is placing the rings

The late George Douris had a dream and a mission when he founded HANAC (Hellenic American Neighborhood Action Committee) in 1972 and it is a dream and a mission that his wife Evangelina and the staff of HANAC carry on today.

"I feel very privileged and honored to be able to continue to support HANAC's mission," says Ms. Douris, who serves as chairman of the board. "And also to keep HANAC's charitable services at the forefront of making a difference in the community. Caring for the young and old is paramount at HANAC."

With an \$80 million annual budget and a multi-lingual staff of more than 2700 (led since 1973 by Executive Director/CEO John Kaiteris), the organization that originally started to help new immigrants in Astoria, Queens, now provides social services to over 35,000 clients throughout the New York City metropolitan area. These include child and family counseling, employment, education, and social services, housing, and transportation for the elderly and handicapped.

"We are always there to obtain the resources needed for the communities we serve," says Ms. Douris. Despite the tough economic times, "all our services remain free; and we offer programs for every need."

In the critical area of care for seniors, HANAC opened the Archbishop Iakovos Senior Residence in Astoria 15 years ago. That was a dream for George Douris which he fortunately lived to see, and that now offers an on-site senior center for meals, social services, recreational programs and transportation—which may be why the facility has a waiting list of over 2000.

And soon there will also be the PCA Senior Residence being developed in conjunction with the Presbyterian Church of Astoria, and a 14-story residence in White Plains that will offer 149 apartments, on-site senior services, a rooftop garden, and it will be an environmentally-friendly green building. "I believe that the senior housing and centers should be beautiful environments," says Ms. Douris, "because at this stage of a person's life things should be full of comfortable and with aesthetically appealing environments, with attention to all design details to create attractive surroundings."

The George T. Douris Tower in Astoria is the crown jewel of the organization's efforts for seniors in a 15-story building with 184 apartments, a community room, an exercise room, a library, a crafts room, music and computer rooms, outdoor patio areas, a roof garden and a social service office to assist residents. "What better way to distinguish the decades of commitment and dedication to help

others that characterized George's character?", Ms. Douris once said in announcing the building. "How often did we 'let George do it,' knowing each time that he would be there to help us in any way he could? It is his legacy and it is our mutual desire to remember him."

It was a dream of her husband's to provide affordable housing for seniors and it is a dream she has realized and continues to pursue single-mindedly. She says unfortunately the need for senior housing continues to be dire and that HANAC must continue its efforts to find the funding and to develop the housing that will provide seniors "the affordability, comfort and services they need and deserve."

Because of its long track record, HANAC now receives referrals for its services from priests, doctors, and even the government and the scope of its services and outreach is always growing. It has become one of New York City's largest and most dynamic social service organizations with over 17 locations in communities throughout the city.

"The impact of HANAC's services extends far beyond the 35,000 clients we serve annually or the visits generated. Each contact affects not only the life of the program participant but their family, friends, colleagues and co-workers. The caretaker who is

relieved, for a brief period of time from caretaking responsibilities, is a better spouse and parent by being given an opportunity to attend to other obligations or to enjoy free time. The senior citizen who attends a senior center benefits from exercise, nutrition, socialization and the independence inherent in leading a full life. With increased independence these seniors are less dependent upon their own children for care and support thus freeing these younger adults to care for their families and be more productive at work."

And for families and young people, the organization's after-school programs "support the growth of their young participants while enabling parents to attend to employment responsibilities knowing their children are safe. The employer benefits when the worker isn't stressed by child safety concerns. Families, employers and co-workers all suffer from the dysfunctional substance abuser and benefit when the abuser begins to participate in our treatment program and change behavior patterns. These examples merely touch the surface of the impact of HANAC's programs and services on the lives of participants and their community."

HANAC allows itself a moment of celebration and fundraising every year with its HANAC Gala, which in this 38th year will be held on October 22 at the

Mandarin Oriental Hotel at Columbus Circle in New York City. The honoree this time will be Nicholas Karacostas, the Supreme President of the Order of AHEPA. Last year the Gala was an enormous success and this year the many dedicated people on the Gala committee are working night and day to insure that both the festivities and the fundraising are up to par in these ever-critical times for the ever-critical work of HANAC. It is with the help of what Ms. Douris calls this "great supportive team" that HANAC has been able to pursue its work, particularly with the dedication of John Kaiteris, whom, she says, seems to almost anticipate the needs of the community.

Today and always she believes the type of services HANAC provides should grow—and never diminish—no matter what economic times we live in. It is with a warm heart and continued great dedication to the needy and underprivileged that she carries out her work because of her commitment to making a difference in people's lives through HANAC and its dedicated staff. Philanthropy is Greek for the "love of people," and with all the services and aid HANAC and Ms. Douris have provided to New Yorkers, they have personified philanthropy in the best sense of the word.

Dimitri Michalakis contributed to this story

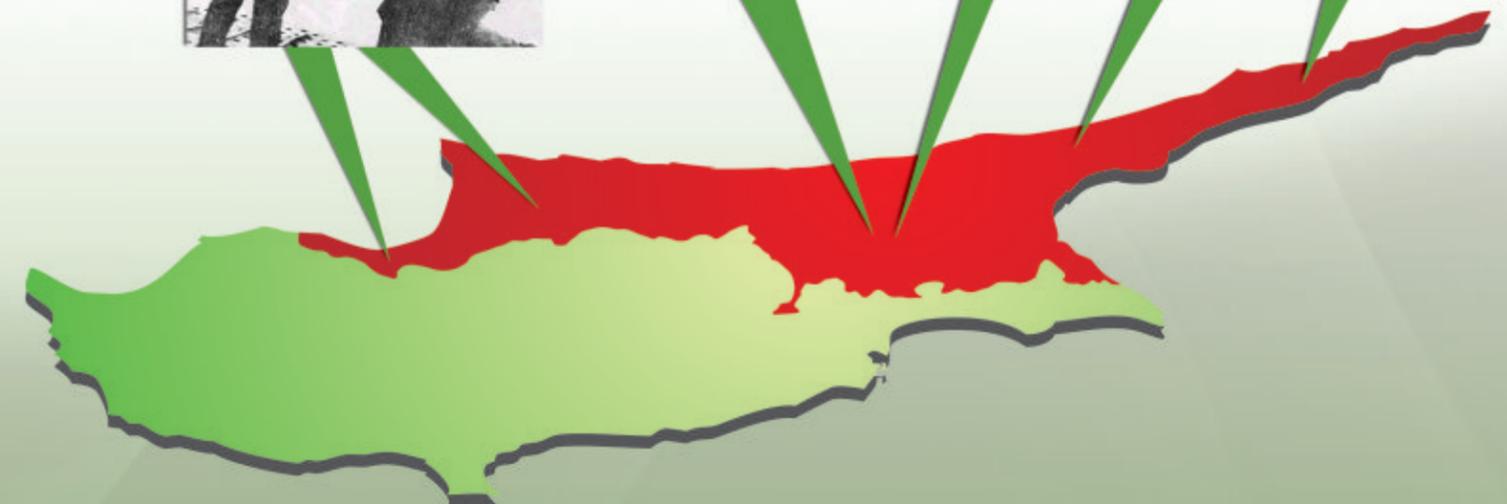


PHOTOS: ETA PRESS

CLASS ACTION LAWSUIT AGAINST THE "TURKISH GAZA" OPERATING A FRAUDULENT SCHEME WITH HSBC BANKS DEFRAUDING REFUGEES OUT OF THEIR PROPERTIES.

The lawsuit filed in the U.S. seeks compensation for the interference of property rights and has named the so called "Turkish Republic of Northern Cyprus" ("TRNC") and HSBC, a global banking system, as defendants. The defendants have offices in the U.S. coordinating their illegal business enterprise of depriving Cypriots of their property, through fraudulent transactions in the occupied areas referred to as the "Turkish Gaza." **Anyone can join the lawsuit regardless where they live.**

Cypriots from Greece, England, Cyprus and the U.S. have already joined in this lawsuit.



HSBC, the only known international bank that clears money to and from the Turkish Gaza, conducts business with an illegal regime and will be responsible for participating in such illegal transactions. For example, the Amaranta Valley project was headed by a convicted felon that defrauded many innocent parties. Hundreds of millions of dollars passed through HSBC for the construction and sale of the Amaranta Valley properties that belong to displaced Cypriots. The Turkish Government ignores its economic sabotage in Cyprus while it seeks an image as a Human Rights supporter through the use of a flotilla ship sent to the Israeli Gaza. It is time to stand united and stop the Turkish lies. The named Plaintiffs include Telemachos Fiouris of Florida and Ioannis Shekersavvas and others from the Kyrenia Refugee Association "Adoulati Kirenia" in Cyprus. Having waited for 36 years with no results from the leadership and the with recent decisions by the European courts forcing individuals to seek compensation in the Turkish Gaza, all Cypriots harmed by these events around the world are urged to join in the U.S. lawsuit.

This lawsuit was filed by Washington, D.C. based attorney Athan T. Tsimpedes who may be contacted at 202-772-3159 or by email: athan@tsimpedeslaw.com

This advertisement was paid for by Telemachos Fiouris and urges all Cypriots harmed by these events to join in the lawsuit and stand united.

Tsimpedes Law Firm, 1050 Connecticut Ave. NW, Suite 1000, Washington DC 20036 U.S.A., Ph: 202-772-3159, Fax: 202-449-3449



Professor Christopher Pissarides

London School of Economics (LSE) Professor Christopher Antoniou Pissarides, of Cypriot descent, has been awarded, along with two Americans, Peter Diamond and Dale Mortensen a Nobel Prize in economic science for his work in the "analysis of markets with search frictions". London based Professor Pissarides, has been one of the star faculty members at the LSE for many years. The three winners were awarded the 2010 Nobel Prize in Economic Sciences for their work on the efficiency of recruitment and wage formation as well as labor-market regulation.

The laureates "have formulated a theoretical framework for search markets," the Royal Swedish Academy of Sciences said in a statement. "Peter Diamond has analyzed the foundations of search

A Cypriot and two Americans win Nobel in Economics

markets. Dale Mortensen and Christopher Pissarides have expanded the theory and have applied it to the labor market. The laureates' models help us understand the ways in which unemployment, job vacancies, and wages are affected by regulation and economic policy."



Professor Dale Mortensen

Born in Nicosia, Cyprus, in 1948, Professor Pissarides, graduated from the Pancyprion Gymnasium, and then went to the University of Essex for his BA and MA in economics. The LSE beckoned in 1973 where he received his PhD in Economics under the supervision of the mathematical economist Michio Morishima. In February 1974, he went back to Cyprus to work for the country's Central Bank.

The Turkish invasion, July of the same year, made him to change his plans and he returned to England where he got his first job at the University of Southampton. Since 1976, he belongs to the faculty of LSE. He currently holds the Norman Sosnow Chair in Economics at the Economics Department and is Director of the Research Programme on Macroeconomics at the Centre for Economic Performance, both at the

London School of Economics. Speaking from his north London home, Pissarides told The Associated Press the announcement came as "a complete surprise" though his work had already helped shape thinking on both sides of the Atlantic. For example, the New Deal for Young People, a British government initiative aimed at getting 18-24-year-olds back on the job market after long spells of unemployment, "is very much based on our work," he said. "One of the key things we found is that it is important to make sure that people

do not stay unemployed too long so they don't lose their feel for the labor force," Pissarides told reporters in London. "The ways of dealing with this need not be expensive training. It could be as simple as providing work experience."



Peter Diamond

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N&O

Neo Magazine and the public policy/lobbying firm of Manatos & Manatos in Washington, DC have come together to present a monthly profile of "Hellenic and Orthodox Champions in the US Congress."



HELLENIC AND ORTHODOX CHAMPIONS IN THE US CONGRESS

ILEANA ROS-LEHTINEN (R-FL)

District: Florida's 18th Congressional District (from Little Havana to Miami Beach to Key Biscayne all the way south to Key West)

Committee/Leadership Assignments: Ranking Member, House Committee on Foreign Affairs, Co-Chair, Congressional Vision Caucus, Co-Chair, National Marine Sanctuary Caucus

Contact: Phone 202-225-3931, 305-668-2285; Fax: 202-225-5620, 305-668-5970; Webpage: <http://ros-lehtinen.house.gov/>

Regarding the state of the US economy, what are the prospects for recovery, and how soon?

Unfortunately, any recovery is being hampered by uncertainty for small business owners and investors who do not see the current political climate to be business friendly. The unemployment rate has been at nearly 10% for over a year since June 2009 and it does not look like that will change soon. Looming tax increase will especially hurt the drivers of our economy. I fully support extending the 2001 tax cuts as a component of our economic recovery. In fact, if this tax increase occurs, it is likely that the economy may go right back into another recession.

What are some of the particular challenges that you are facing in your district?

One particular challenge facing my district is Medicare fraud. South Florida has become the epicenter for this type of fraud and it is costing our Medicare system approximately \$60 billion dollars annually. This is a problem that preys on our most vulnerable citizens and it shatters the trust they have in Medicare. Congressman Ron Klein and I have introduced an anti-medical fraud bill that will help deter this criminal activity. It doubles the existing penalties for engaging in Medicare fraud and equips law enforcement with the tools and resources necessary to effectively combat this threat.

Foreclosure is another critical issue facing my district. South Florida's foreclosure rate has been one of the highest in the nation. Our families need to know that they will not be abandoned or left homeless due to the current economic downturn. The recent housing market crisis has heightened the need for FHA programs to be not only viable, but sustainable in the long-term. The peace of mind of homeowners and homebuyers is something that must never be compromised.

What would you say is the state of our democracy in these challenging and unusually polarized times?

The breadth and scope of current political speech is a sure sign of a strong and diverse democracy that is secure in its ideals. The United States is proud of our tradition of free-flowing thoughts and concerns in the public realm and I would be concerned if people were less inclined to speak their minds.

In various polls conducted throughout the U.S. Congress hasn't fared well with the American people. Why is that, in your opinion, and how do you address this issue as Congressman?

Congress must work to restore the public trust in our

actions and policies. At the very least this requires encouraging job creation and growth and reeling in the rampant spending of Washington to control the bloated government deficit. Congress must certainly focus on keeping its past promises to the American people and make sure that the needs of Main Street America are always met.

Would you encourage more active voter participation in your decision making as Congressman, using the advances of technology, like the Internet and other forms of communication?

The heart of our great democracy is the right to vote. I certainly encourage every American to exercise this right and have long supported new and innovative ways of engaging our citizens. Developments like "vote by mail" initiatives being rolled out in several states are prime examples of the growth of this type of civic engagement.

How did you become interested in the Greek-American community, and who introduced you to them?

Having fled Castro's communist Cuba at a young age, I grew to cherish the ideals of freedom and democracy that the United States espouses at home and abroad. It led to my engagement in international relations and in my current capacity of Ranking Member of the House Foreign Affairs committee it gave me the chance to meet individuals from our nation's diverse communities, including the Greek-American community.

What are your thoughts on the Cyprus issue and what are some of the things you've done to support settlement efforts?

Thirty-six years following the invasion by Turkish troops, Cyprus continues to suffer the division of its land and people, with the occupation of northern Cyprus by 45,000 Turkish troops. Any solution to this conflict must be developed by the Cypriots themselves-without interference by Turkey-and it must include withdrawal of the Turkish occupying forces. I will continue to call on Turkish officials to withdraw their troops from Cyprus, and to fully support reunification efforts. The Government of Turkey must accept that the people of Cyprus want to see their country unified once again and that they deserve a future of peace, stability and democracy.

Do you consider Turkish provocations in the Aegean a threat to regional stability and international peace? Also, what actions have you taken or do you plan to take to encourage the US to take a stronger stance against this kind of irresponsible behavior?

I am concerned whenever I hear reports of tensions or territorial disputes in the Aegean. The combative posturing by Turkish military jets over the Aegean islands, and interference by Turkish military naval vessels in Greek commercial and maritime operations, threatens the stability of the entire region. Turkey must stop engaging in such provocative acts. I have discussed

such tensions with Turkish government officials, and will continue to do so. I have been encouraged that Greece's initiative, with historic visits to Turkey by both former Prime Minister Kostas Karamanlis and current Prime Minister George Papandreou, has led to a reciprocal visit to Greece this year by Turkish Prime Minister Recep Tayyip Erdogan. I am hopeful that continuing such high-level consultations will help enhance stability across the Aegean Sea.

Are you aware of the state persecution against the Ecumenical Patriarchate in Turkey and what have you done to address this issue in Congress?

I believe that Ecumenical Patriarch Bartholomew's advocacy for peace and religious tolerance stands in strong contrast with those policies of the Turkish Government that infringe on the religious freedom of the Orthodox Church. Those policies indeed threaten the continued existence of the Church itself in Turkey. The Patriarchate must be allowed to reopen the Halki Seminary and train future clergy, own property and elect its own spiritual leader without interference or unrealistic mandates from the Turkish government. I believe that policy changes in this area are something that the Turkish government can and must do. Therefore, I was pleased to join in co-sponsoring House Resolution 838, to welcome the Patriarch to the United States on his visit Last October, and also House Resolution 236, urging Turkey to respect the rights and religious freedoms of the Ecumenical Patriarchate.

Since the Bush Administration recognized FYROM as "Macedonia", the country has become more intransigent when it comes to territorial and cultural irredentism against Greece who her major financial supporter in the region. What kind of action on the part of the US would you promote in order for a mutually acceptable solution to be facilitated?

I remain frustrated by the lack of progress on a resolution of the name dispute between Greece and the Former Yugoslav Republic of Macedonia, which I believe has negatively affected stability in the Balkan region. Such a mutually beneficial resolution will only be reached when both parties demonstrate an openness and commitment to the negotiations. The Former Yugoslav Republic of Macedonia must stop holding to intractable positions which, despite providing domestic political gains in the short term, will only prolong the dispute and thereby hinder the country's future growth. I believe the United States should use only the interim name of the Former Yugoslav Republic of Macedonia until such time that a mutually acceptable resolution is reached that addresses all of the historical, cultural, linguistic and territorial issues involved. To promote such a resolution, I have joined with my colleagues in support of House Resolution 486, which urges the Former Yugoslav Republic of Macedonia to work in good faith with Greece to reach a mutually acceptable resolution to all issues, and to cease all hostile and provocative acts until such a compromise is achieved.



N&O



HELLENIC AND ORTHODOX CHAMPIONS IN THE US CONGRESS

HOWARD L. BERMAN (D-CA)

District: California's 28th Congressional District (San Fernando, Pacoima, Arleta, Panorama City, Sylmar, North Hollywood, Encino, Sherman Oaks, Van Nuys, Studio City, Hollywood Hills etc.)

Committee/Leadership Assignments: Chairman of the Foreign Affairs Committee, Vice Chair of the Judiciary Committee, Member of the Subcommittee on Immigration, Citizenship, Refugees, Border Security and International Law

How did you become interested in the Greek-American community, and who introduced you to them?

Since I was quite young, I have felt a civilizational affinity for Greece as the cradle of democracy and the inspiration for more than two millennia of Western cultural achievements. In my adult life, I became poignantly aware of contemporary Hellenic issues in 1974, when I followed with shock the tragedy wrought by the Turkish invasion of Cyprus. Subsequently, as I served in the California State Assembly and the U.S. Congress, I came to know countless Greek-Americans as colleagues, constituents, and friends. Over the years, it was these Greek-Americans who educated me about Greek and Cypriot issues and sensitized me to the relevance of these issues to our national values and interests. My most powerful experience, however, came when I had the opportunity to visit Cyprus in the spring of 2009. There I saw first-hand the contrast of the beauty of Cyprus and the sadness of occupation. I also saw the resilience of the Cypriot people, who have managed to build a vibrant, democratic, and prosperous society, despite tragedy and loss. On that trip I spoke at length with President Christofias, a humane and wise leader. So, fundamentally, I am attracted to Greek issues because of values – commitment to democracy, a sense of justice – but that attraction has been regularly reinforced by personal experience with Greek-Americans, Cypriots, and Greeks.

What are your thoughts on the Cyprus issue and what are some of the things you've done to support settlement efforts?

The occupation of Cyprus was as wrong as it was murderous in 1974, and it is still wrong today. It is deeply disturbing that it has continued for more than 36 years. Turkish troops should be withdrawn so that they cease to be a sword of Damocles over Greek Cypriot lives. I strongly believe the parties must reach a negotiated settlement on the long-established basis of a bi-communal, bi-zonal federation, but it is difficult to do that under the shadow of 40,000-plus Turkish troops. A significant withdrawal of those troops would be a confidence-building measure; without it, nobody will believe the Turks are serious about a settlement. Ultimately, all foreign troops must be removed. Last year I signed letters to President Obama and Secretary of State Clinton urging the removal of Turkish troops and demanding a serious U.S. effort to bring about a just settlement on Cyprus. I will continue to speak out against the division and Turkish occupation of Cyprus. And I will continue to press the Administration to take bold action to make Turkey withdraw its troops and come to a just settlement of the Cyprus problem. The devastation in the lives of the refugees has been incalculable. So is the destruction of religious and cultural treasures. That's why I co-sponsored Mr. Bilirakis' House Resolution 1631, "Calling for the protection of religious sites and artifacts from and in Turkish-occupied areas of northern Cyprus, as well as for general respect for religious freedom." This resolution details the disastrous consequences of the Turkish occupation for religious freedom and for Cyprus' remarkable religious and cultural patrimony. As Chairman of the House Foreign Affairs Committee, I made sure that this important resolution was brought to the floor of the House, where it passed unanimously. It was particularly appropriate that it passed on the day

President Christofias was in town to open a remarkable exhibit on Cyprus' cultural legacy at the U.S. Museum of Natural History.

Do you consider Turkish provocations in the Aegean a threat to regional stability and international peace? Also, what actions have you taken or do you plan to take to encourage the US to take a stronger stance against this kind of irresponsible behavior?

Turkish provocations in the Aegean are destabilizing, but, for some reason, they get too little attention from policy-makers and international media accustomed to Greek restraint. Turkish violations of Greek airspace, the claims on Greek islands, and the threats of "casus belli" are a form of psychological warfare against Greeks. At a minimum, these violations make a mockery of the spirit of peace and rapprochement that Greece initiated in the 1990s and create an environment that could spark war at any time. War in the Aegean would be a disaster not only for Greeks and Turks but, quite clearly, also for NATO and for U.S. national interests. Turkey's Aegean provocations must be given priority in U.S.-Turkish relations – and these provocations must end.

Are you aware of the state persecution against the Ecumenical Patriarchate in Turkey and what have you done to address this issue in Congress?

The situation of the Ecumenical Patriarchate is dire. If Turkey does not reverse its policies very soon, we will witness the demise of this historic institution, which is the source of inspiration for 300 million Orthodox believers, a powerful moral force in politically sensitive regions, and one of the world's great cultural treasures. Fundamentally, this problem boils down to one issue: Turkey must recognize the ecumenical nature of the Patriarchate. Turkey's notion that the Patriarch must be a Turkish citizen is outmoded and wrong and must be ended. And it is time to re-open the Halki Seminary, which for centuries was the intellectual lifeblood of the Patriarchate and now has been shuttered for nearly four decades. I have repeatedly spoken out on these issues and written to the Administration about it. In response to a recent letter of mine, Deputy Secretary of State Steinberg pledged to provide me with regular briefings regarding these issues and the Administration's progress in persuading Turkey to end its discriminatory policies. The first briefing is scheduled to take place just before this interview is published. I will keep Greek community leaders abreast of what I learn. I intend to make every effort to make sure that we achieve our goal of securing a robust and enduring Ecumenical Patriarchate in its present location in Phanar.

Since the Bush Administration recognized FYROM as "Macedonia", the country has become more intransigent when it comes to territorial and cultural irredentism against Greece who is its major financial supporter in the region. What kind of action on the part of the US would you promote in order for a mutually acceptable solution to be facilitated?

It is important that the US continue to fully support the efforts of the United Nations to find a mutually acceptable final name. I am encouraged by Greece's political will in this regard. It is my hope that a solution can be found soon.

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Καλή Ορεξη!

Exhibition at the Onassis Center explores the role of heroes in society



The ribbon cutting moment: From left, Member of Parliament Dimitris Avramopoulos, Ambassador Loukas Tsilas, Archbishop Demetrios of America, Deputy Minister Paul Geroulanos, and Anthony Papadimitriou, President of the Onassis Foundation



Dr. John Brademas, Anthony Papadimitriou, Deputy Minister Paul Geroulanos, Congresswoman Carolyn Maloney and former Senator Paul Sarbanes

beautifully decorated pottery and miniature carved gemstones, the exhibition shows how the ancient Greek heroes were understood and how they served as role-models. It also explores this human need for heroes as role models through the arts of one of the oldest and most influential civilizations in history.

"People today think of the Greek heroes and heroines as great fictional characters invented by poets and storytellers," stated Ambassador Loukas Tsilas, Executive Director of the Onassis Foundation (USA). "But to the ancient Greeks, these were real men and women who had lived, died and then somehow transcended death."

The exhibition was officially inaugurated by Paul Geroulanos, Greek Deputy Minister of Culture, and Archbishop Demetrios of America. A lavish ceremony followed, in which mortal if not heroic dignitaries from the US and Greece attended and had the privilege of viewing the collection before anyone else.

The Alexander S. Onassis Public Benefit Foundation (USA) and the Onassis Cultural Center are located in Olympic Tower in the heart of midtown Manhattan, at 645 Fifth Avenue, entrances on 51st and 52nd Streets, between Madison and Fifth Avenues. Subway: #6 train to 51st Street and Lexington Avenue; the E or the V train to 5th Avenue / 53rd Street; or the B,D,F or V trains to 47-50 Street-Rockefeller Center (at 6th Avenue).

The age-old figures of Herakles, Odysseus, Achilles and Helen continue to fire the popular imagination today—and so does the concept of heroes, which began with the stories and images of these and other fabled Greek characters. Yet the very word "hero" has a different meaning in our society than it did in an ancient Greek world that seemed, to its people, to be alive with Greek heroes and heroines. To provide a better understanding of the lives, fates and meanings of the first heroes and heroines, to explore the inherent human need for heroes and to give audiences an opportunity to measure their own ideas of heroes against the ideas represented by a wealth of extraordinary Classical Greek artworks, the Onassis Cultural Center in Midtown Manhattan

hosts the exhibition Heroes: Mortals and Myths in Ancient Greece, on view from October 5, 2010 to January 3, 2011. Admission is free. The exhibition has been organized by the Walters Art Museum, Baltimore, in cooperation with the Frist Center for the Visual Arts, Nashville, the San Diego Museum of Art and the Alexander S. Onassis Public Benefit Foundation (USA).

Heroes brings together more than ninety exceptional artworks focusing on the Archaic, Classical and the Hellenistic period (6th – 1st century BC), drawn from collections in the United States and Europe. Through these objects, which range from large-scale architectural sculptures to

ORTHODOX CHRISTIAN AND TIBETAN BUDDHIST ICONS AT THE RUBIN MUSEUM

The Miraculous Birth of Buddha Shakyamuni;
Tibet; 19th century;
Pigments on cloth;
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Rubin Museum
of Art; C2002.30.3
(HAR 65196)



The Nativity of Christ;
Crete, Greece;
17th century;
Tempera and gold
leaf on wood panel;
16 1/2 x 12 5/8 in.;

Collection
of Emmanuel
and Argie Tiliakos



The Dean & Board of Trustees of the Rubin Museum of Art will host a reception and viewing of its new exhibit "Embodying the Holy: Icons in Eastern Orthodox Christianity and Tibetan Buddhism" for members and friends of the Cathedral of the Holy Trinity, on Tuesday, November 9, 6:30-9:00pm

This unique exhibit that opened October 5 and will remain on view through March 7, 2011, will examine intriguing correspondences and differences between Eastern Orthodox icons and Tibetan Buddhist thangkas (paintings on cloth).

Embodying the Holy sheds light on parallels between the Eastern Orthodox Christian and Tibetan Buddhist sacred traditions in function, subject matter, composition, and story telling strategies, pairing some 63 icons from important private collections and The Museum of Russian Icons, Clinton, Massachusetts, with 26 from the Rubin Museum of Art and other collections. Whether Orthodox icon paintings, iconostases, and crucifixes or Buddhist thangkas, reliquaries, and stupas, all the works on view are essentially functional objects, created to be used in ritual and devotion.

Icons illustrating episodes from the life of Christ are compared with Tibetan thangkas depicting events in the life of the historical Buddha. An 18th-century Byzantine icon from Greek Asia Minor depicting an angular Christ adorned in a flowing red robe and gripping a white banner, rising from the tomb amid fields like blue-green waves, will be exhibited nearby 19th-century Tibetan thangka in which the life stories of the Buddha are rendered with equal vitality, in loving detail and brightly colored profusion around a central, seated Buddha figure.

Marilena Christodoulou was part of the Rubin Museum's founding team and has served as its Chief Financial Officer since before it opened to the public in 2004. "I never thought I would see Greek icons in a museum of Himalayan art, so this is very exciting for me." Mrs. Christodoulou is also looking forward to welcoming the Greek community to the museum on November 9 for a special evening with the Archdiocesan Cathedral of the Holy Trinity.

The Rubin Museum of Art is located at 150 West, 17th Street, NYC. For reservations and information on the special reception for the Cathedral members and friends (November 9) please call (212) 288-3215 or email, info@thecathedralnyc.org



Nick Karakostas, AHEPA Supreme President, Congressman John Sarbanis and Zenon Christodoulou



Deputy Foreign Minister of Greece Dimitrios Dollis



PSEKA President Philip Christopher with Alexis Christoforos of Market Watch, the evening's MC



President Christofias presents "To the Finest" Award to George James Tsunis (founder, Chairman and Chief Executive Officer of Chartwell Hotels LLC.)



From left, Cyprus President Dimitris Christofias, Anthony Manolas, Melina Manolas, the honorees, Dr. Panagiotis Manolas and George Tsunis, his wife Olga Tsunis, his mother Eleni and Cyprus Federation of America President Peter Papanicolaou



Anthony Manolas, Dr. Panagiotis Manolas, Dr. George Dangas and President of Hellenic Medical Society of New York George Tsioulas



Metropolitan Bishop Evangelos of New Jersey and Foreign Minister of Greece Dimitris Droutsas

Cyprus Federation Annual Gala

The Cyprus Federation of America honored two outstanding individuals, Dr. Panagiotis Manolas with the "Philanthropic/Humanitarian Award" and Mr. George James Tsunis with the "Justice for Cyprus Award" on Friday, September 24th, at the annual gala. The President of the Republic of Cyprus Dimitris Christofias who was in New York for the UN General Assembly, presented the awards and praised both individuals for their remarkable achievements and commitment to the Cyprus cause.

A crowd of over 380 people filled the Terrace on the Park roof top hall to the extent that its staff was at a loss for the biggest part of the event! Metropolitan

Bishop Evangelos of New Jersey represented Archbishop Demetrios and offered the Benediction. Among the multitude of dignitaries, we spotted Marcos Kyprianou, Foreign Minister of Cyprus, Dimitris Droutsas, Foreign Minister of Greece, Deputy Foreign Minister of Greece Dimitrios Dollis, Consul General of Greece and Cyprus, Aghe Balta and Koula Sofianou respectively, US Congressmen Michael McMahon, Steve Israel and John Sarbanes, President of PSEKA Philip Christopher and President of Hellenic Medical Society of New York George Tsioulas. Cyprus Federation President Peter Papanicolaou welcomed the guests before passing the baton to Alexis Christophoros of Market Watch who MCed the event.

NICHOLAS C. KALOUDIS, M.D., F.A.C.E. Endocrinology, Diabetes and Metabolism Diplomate, American Board of Internal Medicine

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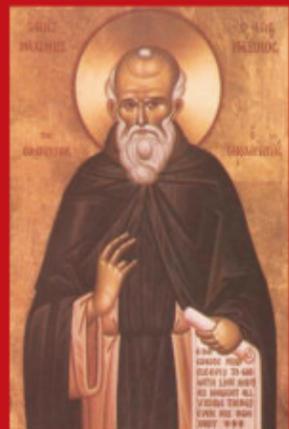
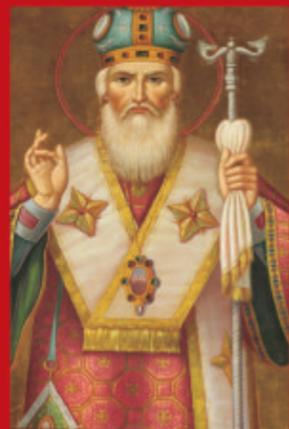
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By His Eminence
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Demetrios of
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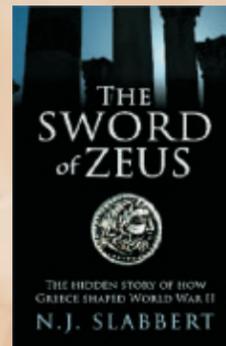


By order of the court, in October
of 2010 Nicholas Frudakis legally
changed his name to:

**NIKOLAOS
MAXIMOS**



Call to extend Ohi Day as multimedia WWII project wins praise



Author N.J. Slabbert's acclaimed multimedia project about Greece's role in World War II, THE SWORD OF ZEUS, has prompted a call for Ohi Day to be extended into "a season of WWII remembrance".

Three ZEUS books, a film and an educational web site are currently in the works. Previews of the first Zeus book have started appearing on the project's web site <http://www.theswordofzeus.info>, to mark the 70th anniversary of Greece's defiance of the Hitler-Mussolini Axis.

The first excerpt is the introduction to the first ZEUS book, by Brigadier General Stergios Smirlis, former NATIO liaison for the Greek Army, who says: "N.J. Slabbert's Sword Of Zeus is not just mesmerizing. It is also vital to our understanding of our epoch."

Industrialist Aris Melissaratos, senior advisor to the president of Johns Hopkins University, also chairs the ZEUS Project's Advisory Board. Mr. Melissaratos said it would be fitting to observe the weeks leading up and following Ohi Day as "a special season of World War II remembrance", with this observance becoming a tradition. During this time Hellenes should recall with pride and gratitude not only Greece's war experience, but also its colossal contribution to democracy, science and enlightenment worldwide. "I am proud," Mr. Melissaratos added, "to be part of the ZEUS Project's encouragement of this season of reflection, by sharing a series of free excerpts of the first ZEUS book as a public service." He said Mr. Slabbert had conceived "a masterpiece".

Em Saks, Managing Editor of Montague House, ZEUS's publishers, confirmed that a limited number of previews of the first book were being published free online, in open-access format, to mark the 70th Ohi Day and support the idea that the anniversary should become the high point of a sustained period of reflection. The preview series would be followed by publication of the first ZEUS book and further announcements.

Dr. Peter Yiannos, president of the American Foundation for Greek Language and Culture's Delaware-based center, remarked: "This is tremendously exciting. Those who have enjoyed the bestsellers of James Michener will find here the Greek story given fresh life by a Michener for the 21st century." He described Mr. Slabbert, as a "visionary" out to "cut through stale stereotypes and re-tell the Greek saga afresh with exciting new insights and context for the 21st century, not just for Greeks but for the world."

Mr. Slabbert is an award-winning author and former Reader's Digest senior editor. A popular book on the history of science, technology and innovation that he co-authored with Mr. Melissaratos recently appeared on a Top Ten reading list compiled by the New York City-based Mediabistro web site. The ZEUS Project was "an extraordinary intellectual adventure, not only into mid-20th-century history but into the psychology of the world we live in today," he said. "It has opened my eyes to contemporary culture's strange under-appreciation of Greece's contribution to the making of the 21st century."

by Peter Shakalis



Manhattans 2010 Third Quarter Roundup...

The Midtown office space market is holding firm, or as firm as can be expected, with rents averaging \$54.93 per square foot. In the Midtown North market, the availability rate (the percentage of vacant space and space that is presently under lease, but can be made available to a prospective tenant) reached 12.7 percent by the end of the third quarter of 2010, down from almost 15 percent in the latter half of 2009. This is a positive sign as an availability rate of 9 to 10 percent generally typifies a good balance in the market between available space and demand. Asking rents in this market have been averaging \$59.95 per square foot. The Midtown South market also sustained a good performance with an availability rate of 11.1 percent in the third quarter of 2010. The average asking rent has been increasing in the Midtown South market since the spring of 2010, rising at a 5.8 percent annual rate during the first three quarters of 2010 to \$41.91 per square foot. Positive trends in the Midtown North and Midtown South markets however have been muted by the deterioration in the Downtown market, which continues to struggle in 2010. The availability rate reached 16.4 percent in the third quarter, up from 11.5 percent one year ago, and is unlikely to improve in the months ahead. Rents have slipped to \$37.01 per square foot even though there have been some additions of new state-of-the-art buildings to the inventory of available space that have higher asking rents.

One of the two main reasons for the decline in the Downtown market is that it's the only market with significant additions of new space over the last few years and has the solid prospect of more new supply during the next three to four years as the World Trade Center buildings come onto the market. This contrasts the Midtown South market which has had no new structures added to its inventory, and the Midtown North market which has seen a slight increase of 1.5 percent to its inventory of space during the past two years, and little new space projected to be added during the next three years. The second reason is that the uncertainty of the implementation and effects that the federal financial regulation legislation will bring adds to tenant hesitation in signing long term lease commitments. The major financial institutions, particularly the banks, have been holding their employment levels relatively steady. The imposition of the new financial regulation law raises the possibility that commercial banks in particular will contract in size and be forced to leave some lines of business. As a result their employment levels might decline, lowering their respective space requirements.

The prospect of this shift in fortunes for these institutions has impeded the recovery in Downtown's office market. By contrast, solid demands from media, government, fashion, non-profits, entertainment and boutique financial services have sustained the Midtown North and Midtown South markets. The long term view for Downtown however remains positive. Tenants are being attracted by Downtown's current space availabilities. Condé Nast's anticipated relocation from 4 Times Square in Midtown North to One World Trade Center and Merrill's interest in the same building typify the transformation of the Downtown market to a 24/7 area encompassing a broad array of business sectors. Daily News' previously announced move to 4 New York Plaza provides another example of these opportunistic moves.

Capital Markets:

The capital markets continue to mend. Eighteen office investment sales transactions have closed so far in 2010, resulting in a transactional volume of \$3.5 billion. Additionally there are seven properties under contract and seven properties on the market indicating that 2010 transactional volume will almost surely more than double the \$1.9 billion total in 2009. The average Class A sales price year-to-date in 2010 is \$522.00 per square foot. This pricing level for Midtown buildings represents a significant increase from the \$404 per square foot Midtown average for 2009.

While financing is becoming more available, lenders are still being selective and offering much lower loan-to-value ratios than were seen at the height of the market in 2006 and 2007. Special services and portfolio lenders are likely to see an increasing number of mortgage defaults. Many large loans that were financed at the height of the market will come due during the next two years, and no deep source of refinancing these loans has emerged.

Peter Shakalis is a Director at FirstService Williams Real Estate
psbakalis@fswre.com

N&O



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:	Emmanuel Moustakakis
Position:	Director, Coronary Care Unit, New York Hospital Queens Interventional Cardiologist, New York Hospital Queens Asst Professor of Clinical Medicine, Weill Cornell Medical College
Education:	M.D., The University of Texas Health Science Center at Houston, 2002 B.A., The University of Texas at Austin, 1998

Where were you born and where did you grow up?

Born in Chicago, IL, grew up primarily in Houston, Texas.

Who or what were the main influences in your life?

My late father Vasilios, my mother Zoe and church.

Why did you become a doctor?

I was always fascinated with medicine from a very young age, and I'd been encouraged to pursue the field by many doctors in my family.

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

There are many obvious problems with the current state of health care in the US, but at its core, a doctor's job is still to help the sick. We must be proactive and involved in the evolution of the industry, and the changes involved with Health Care Reform, but always keep the primary calling in mind.

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

Compassionate and understanding, an effective communicator who can put the patient's fears at ease.

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

Since ancient times, Greece has been an epicenter of science and art, and I think there is an inherent pride in maintaining and advancing that tradition. The Hellenic background no doubt influences me in terms of my attempts to maintain a humanistic approach to the sick and their families.

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

It is always important to remember that, given the large population of Greeks and Greek-Americans in this area, it is important to support an organization that has their interests in mind. Health care needs can be very scary, and I think it is helpful for the citizens in our area to have a sense of relationship with this organization, that it is committed to the needs of Greek patients and doctors.

What qualities do you most admire or value in others?

Strong work ethic and empathy.

Who are your heroes in real life?

My parents.

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

Continuing to advance my skills as a physician and a proceduralist and hopefully maintaining a positive impact on the lives of all my patients, including my Greek patients. I also hope to maintain a strong connection between my family and the Greek community in the New York City area.

How do you spend your time outside of work?

Golfing and spending time with my wife, Christina, and newborn daughter Marissa.

What is your idea of happiness?

Happiness to me is a sense of achievement with my life, that I am impacting others' lives in a positive way and a feeling of being a positive role model to my daughter.

ΜΙΚΗΣ ΘΕΟΔΩΡΑΚΗΣ MIKIS THEODORAKIS

An 85th Birthday Tribute

Lina Orfanos and The Poetica Ensemble

A song celebration on the occasion of the 85th year of the internationally acclaimed Greek composer Mikis Theodorakis. Lina Orfanos, a frequent guest star over the years with the "Popular" Orchestra of Mikis Theodorakis, performed at the Lycabettus Hill birthday concert for the composer in Athens, Greece this past summer.

Theodorakis calls Lina a "thrilling performer" with "interpretive perfection" and admits to a special admiration for this third generation Greek American. The six member Poetica Ensemble, under the direction of Spiros Exaras, is an international group of amazing musicians who have been performing Theodorakis songs with Lina Orfanos throughout the United States since 2005.

Sunday, November 7, 2010, 7:00pm

Flushing Town Hall
137-35 Northern Blvd., Flushing, NY 11354

Admission: \$25, general seating
Information & reservations: 212.247.5988, www.linaorfanos.com

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.

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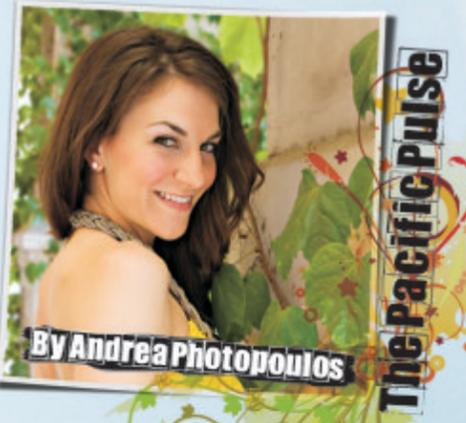


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A Night of Artistic Tragedy

“Oresteia” by Aeschylus

A beautiful girl walks on stage wearing a simple white dress holding a drum. Everyone hold their breath wondering what will happen next....and then...like a songbird, she sings...and the tragic story begins with the murder of Agamemnon. Hosted by The Hellenic Heritage Institute (HHI) the Greek tragedy “Oresteia”, by Aeschylus, was performed September 24, 2010 at Le Petit Trianon Theatre in San Jose, California. Originally presented in 458 BC, this trilogy is one of the only few stories which has totally been preserved. It was directed by Leonidas Loizides, a critically acclaimed theatre and film director who established the non-profit organization “The Theatre Scheme of Leonidas Loizides” and shares his works with the world through touring. Loizides and his cast had just finished performing off Broadway in New York before they flew to California and were heading up to Portland next. The cast members, which included singer Phillippos Constantine from famous 1999 Greek boy band “ONE”, were very excited to be in California and were grateful for the opportunity.

Prior to the performance, guests were invited to the theater’s beautiful outdoor patio where they enjoyed fine Hellenic cuisine catered by Dio Deka and bouzouki by Babis Kalivitis of Mythos Band. Guests

Bravo! The cast of “Oresteia” takes a bow and takes in the audiences applause



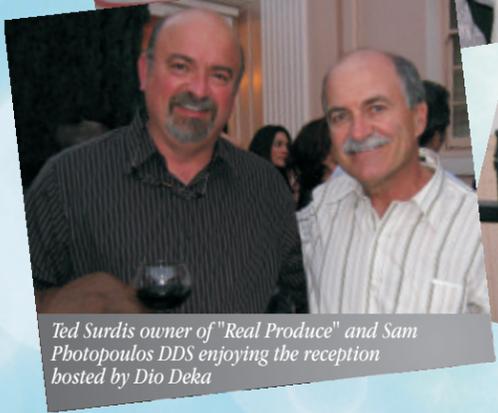
Athena Charnas Pugliese posing with Sofia Kominea who played Greek Goddess Athena at the after party



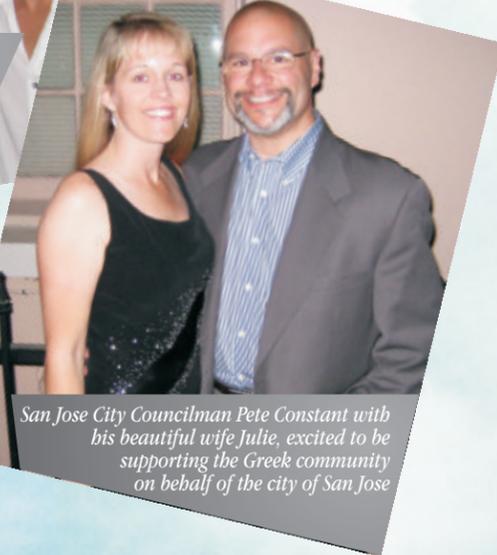
Cast members of Oresteia. From left Sofia Kominea, Elena Faidra, Veronica Iliopoulou, Phillippos Constantine, Tasos Lamakis and Dimitra Limniou enjoying the after party at The Bold Knight Bistro in downtown San Jose



Cast members of Oresteia, actor Tasos Lamakis, director Leonidas Loizides, and actor Phillippos Constantine (singer from boy band ONE) getting ready for the show



Ted Surdis owner of “Real Produce” and Sam Photopoulos DDS enjoying the reception hosted by Dio Deka



San Jose City Councilman Pete Constant with his beautiful wife Julie, excited to be supporting the Greek community on behalf of the city of San Jose

were already enjoying themselves with the reception festivities and did not realize that the real treat was waiting inside. As the lights dimmed the audience was taken to an amphitheater in ancient Greece with no set, no fancy back drop, just the actors dressed in simple authentic costumes...keeping focus on the most important thing...the acting. As soon as the dialogue began we were drawn in and placed on an emotional ride...revenge, murder, pain, love and then justice.

The actors were so passionate and believable that they kept audience members on edge even though we knew what came next. When the performance

ended the audience was silent as they took a second to recover from the intensity. The play was performed in Greek with English sub-titles and if you were quick enough you could read and watch, but I feel most of us chose to watch. How often do we get to experience an art dated so far back in time? Having The Leonidas Loizides Theatre group come all the way from Greece and perform for us in the States was a special occurrence and should not be missed. The Theatre group will be touring through December and will be back in California November 13th in Los Angeles. To learn more information on upcoming performances of “Oresteia by Aeschylus” visit www.loizides.com

THE GREEKS IN HUNGARY



By Alexander Billinis



The Greek Orthodox Church in Beloianisz, Hungary, a city founded by Civil War refugees

Hungary’s location, at the center of a vast fertile plain directly north of the Balkans, was a natural magnet for Balkan immigrants fleeing the Turks. When the Austrian armies expelled the Turks from Hungary, after the Turks’ second, unsuccessful siege of Vienna, in 1683, the lands they conquered required repopulation after a century of seesaw warfare. This frontier area between the Austrian Empire and a still powerful Ottoman Empire holding the Balkans filled with immigrants, becoming a melting pot of nationalities, and Greeks fleeing the Ottoman Empire formed part of this mélange. I had the great pleasure of living in Budapest for one semester in college, in the fall of 1990. As usual, I sought out Hellenism.

Greek immigration to Hungary in these years after the reconquest from the Turks was a part of a larger Orthodox outflow from the Balkans into the Hungarian plain. The largest element was the Serbian, natural given the Serbs’ proximity to Hungary, but Greeks, particularly merchants, made up a sizeable part of the Orthodox immigration. Also, at the time, it was not uncommon for Roman Catholics to refer to all Balkan Orthodox as Greeks, or Romioi (Byzantine), so the underlying ethnicity of the immigrants was often confused. Further, at the time, national identity was a fluid concept, and many Serbs or (especially) Bulgarians became Hellenized, or Greeks Serbianized. In Hungary, particularly the areas bordering Serbia, which now form Serbia’s Vojvodina province, the Greeks typically assimilated into the Serbian community.

Further north, Greek merchants and artisans established their communities, and prospered through the growth of trade. Greeks were

particularly well represented in commerce with the Ottoman Empire, but also in the wine trade. There is speculation that vintners from Macedonia initially planted Hungary’s most famous wine, Tokaj. I found the wine quite similar to a sweet wine made by a Greek friend from the island of Evia. Who knows? Certainly the city of Tokaj had a large Greek population, and their mansions, wineries, and churches are tourist attractions to this day. In the late 1700s, the colloquial Hungarian term for merchant was Gorog (Greek).

In the twin cities of Buda and Pest, Greek merchants built a grand cathedral which still graces a side street off Budapest’s main shopping drag, Vaci Utca (Vaci Street). Here the officially titled “Eastern Orthodox Cathedral” expresses its past prestige and wealth, and its current, more down-at-heel status, in a fading splendor. One of its two bell towers is missing, a victim of street fighting at the end of World War Two. When I visited this church, as a student in Budapest, during the winter of 1990, I found it near empty. I spoke to the priest in Greek, and I found that his Greek was as elementary as my Hungarian. Speaking in a mixture of the two languages, his message was clear: “This was a Greek church, now it is Hungarian. We are Orthodox Hungarians.” That said, the Ecumenical Patriarch runs this and three other Orthodox churches as part of the Exarchate of Hungary.

Another town, just north of Budapest, presented a different picture, Szentendre (St. Andrew) founded by Greek, Serb, Romanian, and Bulgarian immigrants, remains self-consciously Orthodox and Balkan, though the architecture is thoroughly Austro-Hungarian. Several Orthodox churches

operate, lovely baroque structures, and the museum boasts of the town’s eclectic Balkan heritage. A half hour from Budapest, Szentendre benefits greatly from the capital’s tourist boom, and the artsy atmosphere has turned it into a hip address. When I lived in Budapest, I knew it “before it was cool,” and when its Orthodox heritage was its biggest draw.

Hungarians are a lively, randy bunch, but in Szentendre the panache was of a type farther south, that of Serbia or Greece, a deeper café culture, a slightly oriental curvature to the streets and the figures—or so it seemed to a romantic 20 year old! In fact, the town very much reminds me of Sombor, the Serbian city where we currently live. Here too, this formerly Hungarian town has a delightful mixture of East and West, of Serb and Hungarian, with the Orthodox Serb, a relative of the Greek, in the cultural ascendant, in an architectural setting recalling the best of Vienna and Budapest. It is a delightful mix.

These Orthodox communities recalled an old immigration, where most of their descendants now called themselves Hungarians, but the Greek element in the country received an additional, recent, sedimentation after the Greek Civil War ended, in 1949. Tens of thousands of Greek Communist refugees, willing or unwilling, were scattered throughout Eastern Europe in the wake of the Communists’ defeat. Many ended up in Hungary, including the founders of the village of Beloianisz, named after the Greek Communist hero Nikos Beloyiannis. The village’s Greek majority faded in the 1960s and 1970s, as the Greeks repatriated or moved to nearby Budapest. Little distinguishes this hamlet from others built in the Communist era, the same bad concrete, functional tastelessness predominates, in stark contrast to pre-Communist architecture, delightfully Austrian with rustic use of wood and stone. The only ethnic marker in the village is an Orthodox Church, built in the Byzantine style in the 1990s, largely financed by Greeks from Austria and Germany.

All of the Greek immigrants, including the recent Civil War era wave, have dissolved to one extent or another into the ethnic mélange of the Hungarian nation. The evidence is still there, for those interested in finding the Hellenic heritage that helped to build today’s Hungary. As a Greek-American student majoring in Balkan History, Hungary provided plenty of reminders of my heritage, and served as an introduction to Serbia, another child of Byzantium, where we currently live.

Alexander Billinis has spent a decade in international banking in the US and Europe, most recently in London. He is particularly interested in Greece’s economic and cultural position in the Balkans. He has worked with companies invested in the Balkans, and is writing a travel-historical book about the post-Byzantine states of modern Greece, Serbia, Bulgaria, and Romania.



Greek Traditions in synergy with American Traditions in Greenport, NY



By R. Dorothy Poli

The Feast of the Exaltation of the Cross has been intertwined with Greenport's Maritime Festival held annually since the 1990s. This is a nice example how Greek traditions can blend with American traditions without either losing its meaning and how traditions can actually act to enhance each other. The Maritime Festival, which currently draws approximately 25,000 people, was inspired by the annual procession by Ss. Anargyroi, Taxiarchis & Gerasimos Greek Orthodox Church to the marina for the blessing of the waters. The town officials and particularly those of Greenport's Maritime Museum in witnessing this event were inspired to build a town festival and parade, known as the Maritime Festival, in honor of the feast. The procession has been held since the 1980s after the church, previously Protestant, was purchased and converted into the current church by Metropolitan Paisios of Tyano and Bishop Vikentios of Apameia, Deputy Abbott, of St. Irene Chrysovalantou Monastery in Astoria, NY. The two hierarchs dedicated the feast's celebration annually on the last weekend of September.

This year the feast was celebrated on Saturday, September 25 beginning with Divine Liturgy presided over by Bishop Vikentios and celebrated by its Dean, Fr. Jerasimos Ballas. After the service of the

blessing of the waters, the Cross was thrown in the water. Twelve divers jumped in, mainly teenage boys and girls and including a 68 year old fit gentleman. Vasilis (Billy) Holevas, a high school senior and parishioner at St. Nicholas Church in Flushing, retrieved the Cross and was awarded the victory cup by Bishop Vikentios.

The parade included twenty groups who marched down Main Street stretching from the church to the marina. Drum corps of fire and police departments included those from New York City and as far away as Seekonk, MA. There was an impressive showing of approximately twenty vintage cars including a Rolls Royce dating from early 1900s. At the marina, a dozen boats docked and hundreds of onlookers lined the pier and all eagerly awaiting the throwing of the Cross. They came to witness this annual event. A variety of other activities took place during the course of the weekend. They included: kayak derbies, Dory races, snapper-fishing contests, pirate shows, a 106th Rescue Wing air/sea rescue



simulation, shopping through the many vendors, music concerts and fireworks over the harbor.

Following the blessing of the waters, the pilgrims walked back to the church for a memorial service for the victims of 9/11 with a wreath placed at a tomb of the Unknown Soldier. Presvytera Kyriake Ballas and the Ladies Philoptochos Society hosted a lunch for the pilgrims from New York City. In attendance for the services from St. Irene, included Archimandrite Eletherios, Fr. Iakovos, General Secretary Dr. Ioannis Kotsarides, Cantor George Mirides. Pilgrims were primarily from St. Irene in Astoria and St. Nectarios in Brooklyn.

Other events occurring at Ss. Anargyroi, Taxiarchis & Gerasimos church include the visit of Metropolitan Theoleptos of Ikonion of Constantinople, representing His All Holiness Patriarch Bartholomew. The church has a chapel dedicated to St. Michael the Archangel. For the feast of St. Michael, the Metropolitan will be celebrating evening vespers on November 7.



FOS spiritual leader Fr. Frank Marangos, Presvytera Haidee, Dorothy Poli, FOS laity leader, and FOS participants



NEO's Demetrios Rbompotis, Dorothy Poli and John Dimitrakakis of HBN Acclaimed jazz guitarist Spiros Exaras with Fay



Fr. Frank addressing the participants



Andreana Andreyev with friends Dorothy Poli, a friend, Laurence Maalouf and Alexandra Scuro

PHOTOS: ETA PRESS

FOS introduces the Fall Series at Thalassa Restaurant Reception

An impressive group of mostly young adults, from all walks of life, gathered recently at Thalassa Restaurant, in New York City, to celebrate the 3rd year "commencement" of FOS (Focus On Orthodox Spirituality), a ministry of the Greek Orthodox Catholic Archdiocesan Cathedral of the Holy Trinity, Conducted by Rev. Frank Marangos, D.Min, Ed.D. Spiros Exaras, the renowned jazz guitarist and Fay, an acclaimed singer, performed a variety of tunes, while people mingled, talked, joked, laughed and had a taste of Thalassa's gourmet appetizers.

According to Ms. Dorothy Poli, the group's co-founder and laity leader, "FOS was created in response to the need voiced by New York-area professional men and women for deeper spiritual illumination and nourishment. FOS aims to transform lives by drawing attendees into a fuller understanding of Orthodox faith and worship, all in the context of contemporary culture and society. FOS also seeks to build strong relationships and a sense of community."

The group meets every Tuesday night at the Cathedral hall. FOS covers a particular topic for a certain number of consecutive weekly sessions. Fr. Frank draws on Scripture, Holy Tradition, Church Fathers' writings, Theology

and Liturgical Worship for his exegesis on these topics. FOS encourages suggestions for topics and events as well as tough questions on religion. God wants questioning believers and not blind obedience. According to Fr. Frank, one must use all their resources and strength to dialogue and debate, and wrestle and grapple with issues of faith. Within this struggle, one opens oneself to the reality of God, an experience that each individual must own personally. Loyal to the aim of building community, FOS also offers an opportunity for those attending the session to gather afterwards at any one of the neighborhood restaurants (typically Hi-Life on 78th St. and 2nd Avenue).

Now in its third year, FOS holds events like the one at Thalassa prior to the launch of a new series in order to introduce the new topic and to present what FOS offers to new people and provide a social gathering for existing participants. This Fall Series which runs from October thru December explores the "Names of God" and the relationship between God and man and how it evolved/changed over the course of creation and human history. FOS welcomes all and has among its attendees people of other faiths. For more information, go to www.thecathedralnyc.org or contact Dorothy Poli at fos.cathedral@gmail.com.



Byzantine Chant Concerts by Cappella Romana

Ensemble for Orthodox Music Cappella Romana continues its 2010-11 series in November with four concerts of traditional Greek Orthodox Byzantine Chant: Nov. 4: Whitman College, presented by Byzantine history and musicology faculty; Nov. 5: Marvhill Museum, in Goldendale, Washington-also home of the Greek Orthodox Convent of St. John the Baptist; Nov. 6: St. Mary's Cathedral in Portland, Oregon; and Nov. 7: St. Demetrios Greek Orthodox Church in Seattle, Washington. Cappella Romana is resident at Holy Trinity Greek Orthodox Cathedral in Portland. This program of Byzantine chant is inspired by the "Bodiless Powers," the Angelic Hosts, whose feast is November 8. Guest Director John Michael Boyer is in his first engagement directing Cappella Romana in a main series program.

The ensemble, comprised of virtuoso psaltoi (cantors) from Atlanta, San Diego, Portland, Seattle, and the Bay Area, will also perform selections in English from Cappella Romana's critically acclaimed recording, The Divine Liturgy in English in Byzantine Chant. Boyer studied initially under Dr. Alexander Lingas at Holy Trinity Greek Orthodox Cathedral, Portland, and is currently a seminarian at Holy Cross Greek Orthodox School of Theology in Brookline, Mass.

Lingas, currently on the faculty of City University, London, founded the vocal ensemble in 1991. His work with Cappella Romana has won international acclaim for its expertise in music in the Orthodox tradition.

Based in the Pacific Northwest, Cappella Romana presents a regular series of concerts in Portland, Oregon, and Seattle, Washington, now also presenting guest ensembles such as the Tudor Choir. The ensemble made its European debut in March 2004 at the Byzantine Festival in London, performing to over 2,000 people in St. Paul's Cathedral. In 2005 it completed its first tour to Northern Ireland and the Republic of Ireland. Its New York debut took place in April 2004 at the Metropolitan Museum of Art during the exhibit "Byzantium: Faith and Power 1261-1557." Yale University, Princeton University, the Holy Trinity Cultural Series (Indianapolis), and the Bloomington (Indiana) Early Music Festival also presented the ensemble, as well as the J. Paul Getty Museum on two occasions.

For further information, call (503) 236-8202 or (503) 927-9027 (cell). Email: info@cappellaromana.org Web: www.cappellaromana.org

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Hellenic Lawyers Association Gala



Congressman John Sarbanes

The Twenty-Second Annual Dinner Gala of the Hellenic Lawyers Association (HLA) will be held at The Pierre (NYC) on Friday, November 12th with cocktail hour commencing at 7pm. This year's honored guest is Congressman John Sarbanes of Maryland's Third Congressional District. In addition, the HLA's

2010 Attorney of the Year Award will be presented to George Stamboulidis, Esq., managing partner at Baker Hostetler (NYC).

The HLA will publish a Journal to commemorate the evening, which will be distributed to the guests. The journal is a wonderful opportunity to show support for the HLA, as well as an effective outlet for advertising, in addition to extending your best wishes to our honorees. The proceeds from the journal help fund the many scholarships offered to deserving law students the evening of the dinner gala. You can email your advertisement to John Saketos, the Journal Committee Co-Chair at jsaketos@csslawfirm.com and Kate Christoforatos at ktdesq@aol.com



George Stamboulidis

The HLA proudly offers a number of Scholarships every year, through the proceeds of the journal, as well as through the generosity of our supporters. Should you wish to sponsor a scholarship, please contact HLA for additional information. The HLA encourages law students of Hellenic descent to apply for the scholarships. The application, as well as additional information, is attached and will also be posted on our website at www.hlany.org.

Please note that there are advanced ticket sales only for the dinner gala, so reserve early.

OPA! The Musical back to New York

Flower Power Productions is pleased to announce the return of OPA! The Musical to Queens after a critically acclaimed, sold-out run at Queens Theatre in the Park in 2009. OPA! The Musical, directed by Sam Viverito, will play a limited engagement at The Hellenic Cultural Center (27-09 Crescent Street at Newtown Ave. Astoria, NY). Performances begin Friday, October 15 and continue through Sunday, November 21. Opa! The Musical is a romantic comedy set on the tiny Greek island of Elia - a place where time stands still. Sophia and Manos dream of bigger lives off the island, but Costa is quite content to stay on the island of his birth and continue with his simple, olive-filled life. After it's announced that the island will be dumped from the ferry routes until the economy "levels out", these characters make some desperate choices which will alter the courses of their lives forever. When a boat finally arrives on the island - 20 years later - some of the villagers' long-held secrets come to the forefront and they are left with only one choice ...to face their hidden selves, celebrate life and just say OPA!

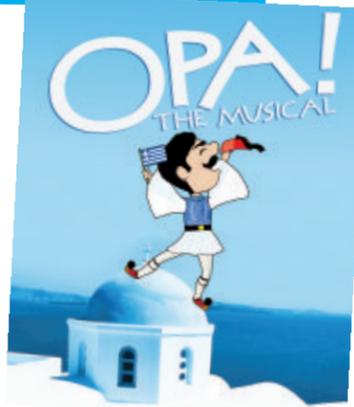
The production features scenic design by Michael Hotopp and lighting design by Scott Borowka. Casting is by Jamibeth Margolis, CSA, and Michelle Cote is the stage manager.

OPA! The Musical plays Fridays at 8 p.m., Saturdays at 3 and 8 p.m., Sundays at 3 p.m. Tickets are \$25 and are now available online at www.OpaTheMusical.com or by calling (718) 626-5111. Tickets may also be purchased in-person at the Theatre Box Office 1/2 hour prior to performance. Restaurant packages and group discounts are also available.

OPA! The Musical is being presented with support from Assemblyman Michael Gianaris and its running time is 2 hours with intermission.

For more information the website is: www.OpaTheMusical.com

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Essay Competition by Pangregorian

Astoria, New York- The President of Pan Gregorian Enterprises of Metro New York and Long Island, Mr. Dimitri Kafchitsas, and the Board of Directors proudly announce the establishment of an essay competition open to middle and high school students who are on good academic standing. The Essay competition application and the topic of the essay are available by calling the Pan Gregorian office at (718) 728-6000. The deadline for application submission is December 31, 2010.

The Pan Gregorian Enterprises of Metro New York and Long Island, Inc., is a New York based corporation established in 1988 and licensed by Pan Gregorian Enterprises of New Jersey. The Corporation's primary mission is to leverage the buying power of its stockholders and members, as well as negotiate valuable contracts that offer considerable savings and rebates to the participating restaurants.

The Corporation has also established the Pan Gregorian Fund, a non-for-profit entity with a mission to advance, support and promote the Greek American education system, the Greek language and academic excellence. The Essay Competition is established to promote entrepreneurial spirit within the youth and help spearhead further achievements in the hospitality industry. Two monetary awards will be given out for the first and second place winners, alongside with recommendations for future internships as needed. The results of the essay competition will be given appropriate publicity.

For more information and to request an application please contact the Director of Operations, Mrs. Chrysoula Fiotodimitrakis at (718) 728-6000.



By Maria A. Pardalis

bread & honey

A COLUMN DEVOTED TO MAKING GREEK FOOD EASY

Baked Acorn Squash Stuffed with Pomegranate Walnut Toasted Pilaf

Julia Child once said, "You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients." America's venerable TV food pioneer might not have been Greek, but her views on cooking are extremely Hellenic. I too believe that the tastiest and most nutritious food comes straight from the farm and to the table. Summer may have faded into autumn but that does not mean there still isn't a large abundance of seasonal fruits and vegetables for you to choose from.

The fall harvest graciously floods our farmers markets and grocery stores with bushels of crisp apples, cranberries, pomegranates, sweet potatoes, persimmons, quinces and my favorite, winter squash! Many autumn Greek recipes call for butternut squash, marrow and pumpkin, which make for amazing sweet and savory pies. As a squash enthusiast, I always wondered why the acorn variety was not incorporated into a kolokithopita or into Greek cuisine. It's natural shape makes it perfect for stuffing and when filled

with a hearty blend of grains, nuts and feta, it's a well rounded Greek meal in itself!

I often roast acorn squash until tender and then stuff it with a pomegranate walnut toasted pilaf. Simple yet sophisticated, this grain mixture marries the chewy texture of pearl barley and basmati rice with the nutty goodness of toasted walnuts and the fresh tang of pomegranate seeds. Luckily pomegranates are also in season and so this will make for the perfect quintessential fall harvest dish.

Ingredients:

- 2 medium acorn squashes (halved lengthwise and seeds removed)
- 1/2 cup brown basmati rice
- 1/2 cup pearl barley
- 2 cups homemade or store bought chicken or vegetable stock
- 1 cup pomegranate seeds (from 1 large pomegranate)
- 1 small yellow onion, finely chopped
- 1/4 cup parsley, finely chopped
- 1/4 cup walnuts, lightly toasted
- 2 cloves garlic, minced
- 1 tablespoon freshly grated lemon zest
- 1 teaspoon ground cinnamon
- Pinch of ground cloves (optional)
- Pinch of ground cardamom (optional)
- 2 tablespoons Extra Virgin Olive Oil, plus extra for baking sheet
- 1 cup feta cheese, crumbled
- Coarse sea salt and ground black pepper



Prep Time: 20 Minutes
Bake Time: 45 minutes
Yield: Makes 4 servings

Directions

1. Preheat oven to 400 degrees F. Drizzle acorn squash halves with olive oil, sprinkle with a pinch of cinnamon and season with salt and pepper. Place cut side down on a rimmed baking sheet and roast for 30 to 35 minutes or until the squash is completely tender.
2. Meanwhile, heat two tablespoons of olive oil in a large saucepan over medium-low heat. Add onion and cook until softened, about 5 minutes.
3. Stir in garlic, rice, and barley. Cook until golden and toasted, about 3 to 4 minutes. Add chicken or vegetable stock and bring to a boil. Cover and quickly reduce heat to low. Cook for about 25 minutes or until grains have absorbed all liquid.
4. Remove from heat and fluff with fork. Mix in pomegranate seeds, walnuts, lemon zest, parsley and spices. Season with salt and pepper.
5. Once tender, remove baked squash from oven. Scrape out a little bit of the cooked squash and mix into grain and pomegranate mixture. Divide mixture among the roasted squash halves, about 1/2 cup for each, top with feta cheese and serve.

Pair the stuffed acorn squash with a leafy green salad and a glass of a fruity strong bodied white wine, such as a Sauvignon Blanc and enjoy!

TIP:

For a healthy and quick savory snack, save the nutritious squash seeds! Rinse and dry the seeds well. Toss them on a baking sheet with a pinch of sea salt and a drizzle of olive oil. Bake in a 375 degree oven for 15-20 minutes or until golden brown. Enjoy immediately or store in an airtight container for up to one week.

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Anastasia Sidiropoulou Miss Teen World 2010



The Hilton Post Oak in Houston played host to the international search for the most outstanding teenager in the world. This past August, 24 contestants from all over the globe vied for the opportunity to be Miss Teen World 2010 and a Greek, Anastasia Sidiropoulou, beat them all!

Anastasia, 17 years old, comes from the Thrakomakedones Mountains in Athens, Greece. She is a recent high school graduate who will go on to university to become a doctor. In addition, Anastasia has aspirations to become a model. Beautiful inside and out, she loves painting, playing the guitar and sketching political cartoons for her father's, Nikos Sidiropoulos', newspaper. Anastasia will spend her year promoting the Miss Teen World Pageant and their motto "Be Your Own Kind of Beautiful".

After a week of rehearsals, social functions and making friends from all over the world, 24 young ladies took part first to a preliminary round of competition in swimsuit and evening. The following day, the distinguished group of international judges spent some time getting to know each of the ladies in a panel-style interview where business-style dresses or suits were worn by the contestants.

Then, 12 semi-finalists were announced and they were: Miss Teen Canada-World Channing Smendziuk, Miss Teen India-World Shreya Ishita, Miss Teen New Zealand-World Chane Berghorst, Miss Teen Siberia-World Osodoeva Oyuna, Miss Teen South Pacific-World Cassie Sumimoto, Miss Teen Mexico-World Dora Molina, Miss Teen South Africa-World 'Ti-Amore' Fourie, Miss Teen Greece-World Anastasia Sidiropoulou, Miss Teen Guyana-World Candace Charles, Miss Teen United States-World Belle Owen, Miss Teen Aruba-World Sara Thornton and Miss Teen Namibia-World Marisa Maloney. The 12 were narrowed down to five and each of them was asked an on-stage question. The final results were as follows: the 4th runner up was Miss Teen South Pacific-World Cassie Sumimoto, 3rd runner up Miss Teen Guyana-World Candace Charles, 2nd runner up was Miss Teen South

Africa-World 'Ti-Amore' Fourie and 1st runner up was Miss Teen Canada-World Channing Smendziuk.

Crowned by the outgoing Miss Teen World 2009, Tayla Robinson of South Africa, Anastasia won a prize package valued over \$30,000 including a \$5,000 educational scholarship. The crown, cash, wardrobe, jewelry, media training and travel opportunities are just some of the luxuries she will experience during her year. She receives several photo shoots from official photographer See What Develops in Houston. The participating sponsors included Crown Couture, XOXO clothing company, Frederico Leone Shoes and Gaspar Cruz Cosmetics. But most importantly, Miss Teen World receives an once-in-a-lifetime opportunity to be a representative of teenagers all over the world. For more information about the organization, visit www.MissTeenWorld.us

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Soloists left to right, Virtuoso Jazz trombonist Steve Turre, Master Trumpeter Yiannis Economides from Greece, Award Winning Trombonist/Producer Demetrios Kastaris, Lead Singer & Master Sonero Sammy Navarro, fourteen-year-old prodigy bouzouki player Theofilos Katechis

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BY JOANNA XIPA



Owner Adam Kariotoglou



Owner Adam Executive Chef & Consultant Dimitri Mavrogiannis

Centerpiece chandelier

Main dining room

Xandros Restaurant: High End Greek Cuisine in Beverly Hills

Someone once told me that L.A. was not known for authentic cuisine, that if you want real Greek food, for example, you'll have to travel far out of your way to a few and far between locally known establishments that may seem to satisfy your taste-buds... Otherwise, It seems everything is too diluted, too "Americanized", too much "fusion", mixing together the wildest combinations of opposite cuisines. What's even funnier, is more often than not, you'll find Middle-Eastern restaurants who like to label their cuisine as "Mediterranean" as a marketing decoy, to fool the average American who otherwise associates hummous and falafels as being Greek as a result of it!

Finally, Adam Kariotoglou, long-time restaurateur, has come to the rescue! I recently met with him and his Executive Chef & Consultant, Dimitri Mavrogiannis, when I decided to check out what the recent celebrity buzz was all about. Apparently pop superstar, Miley Cyrus, plus over 30 other celebrities (a lot of them Greek), were amongst the countless guests at their private Grand Opening. I had the pleasure to have a 1-on-1 interview with him and his executive chef and I got a chance to know the mortal side of the man behind the scenes of Xandros restaurant, opened just two weeks ago at the heart of Beverly Hills! The decor is Ancient Greek, specifically Macedonian, with King Philip's "Star of

Vergina" prominently displayed from the patio wall. Hence the realization of the shortened name from Megas Alexandros (Alexander the Great). The patio, lined with Olympic style torches, will soon light up our California nights.

Adam was raised Seattle, WA, by his Greek immigrant parents from the island of Samos. When he came to Los Angeles, seven years ago, he couldn't find a Greek restaurant out here that catered to his palate! His next dream then, became to bring high quality Greek cuisine over here, and have it earn the respect that it so deserves. Together with Dimitri, they came up with a delicately modern twist to the authentic Macedonian (Northern Regional) Greek menu to distinguish it from yiayia's authentic cooking.

"We've worked hard to create a menu full of organic and fresh ingredients. We don't freeze anything! We buy all our produce daily and the small freezer that we do own is used for the filo of our pastries. The lamb, chicken and beef are free range, grass fed, and corn fed. The beef is 21 days air-dried and aged. Our vegetables include fresh tomatoes (both heirloom and cherry tomatoes). Last but not least, we use the staples of our Mediterranean diet: Extra virgin olive oil, freshly-squeezed lemon-juice and our own fresh herbs such as oregano and thyme which we dry ourselves."

Their menu can be found on www.xandrosgreekreastaurant.com. I had the pleasure of trying out an array of appetizer dips, the signature Watermelon Salad, The Octopus Seafood Dish and the Chicken. For dessert loukoumades, but his time with ice cream and fresh cut fruit! Their selection of Greek and Californian wine can accommodate both the casual wine drinker and the more demanding cognoscenti.

Now, you'd think I ate enough as a cause for a certain celebration! If I were to come from a Wednesday to Sunday, I would have also enjoyed their dancing entertainment: not only do we have the belly dance coming in, but our very own wait-staff do their own signature dance from time to time! Thalia Thomas, (she's Greek as well) who owns the Pilates Dance studio about a quarter of a mile down the street, has taught all of our waiters different dances: the Zembekiko, the Zorba dance, the Sirta, and of course Tsifteteli choreographed on the bar. Wow! How could I have missed that? Well, for sure there will be a next time, and very soon as well!

Xandros is located at 50 N. La Cienega Blvd., just next to Lawry's, half a block up from Wilshire, Beverly Hills. For reservations call (310) 854-1001.



Happy 5th!



I don't like anniversaries, all kinds of them, much to the chagrin of my wife and a few other people around me who don't get it: Christmas, New Year's and a few other holidays suffice enough to remind us that another cycle in our lives has been completed and a new one is about to commence. I totally despise birthdays, although I tend to like the parties—providing someone else is the honoree; and when the date

comes, I prefer to ignore it, although more than enough people have the audacity to remind me! I've chosen to understand life in a linear form, not straight, of course, with plenty of curves (feminine and otherwise), drawbacks and leaps forward, instead of the circular form that for millennia has been the norm. No matter what we do, there is only one way forward, with a beginning and an end. The conception of life in a cyclical way offers some sense of familiarity in the form of conclusion-repetition, but I think that's mainly psychological, an intellectual placebo pretty much like the idea that we have democracy as long as one of the two parties succeeds the other to power!

Having said that and made my position clear, there are always exceptions and I can't refrain from noticing a very important anniversary which is as much mine as yours: October 2, five years ago, our magazine, NEO, was launched in Astoria, New York, in front of a numerous, yet humble gathering of well wishers. Looking at the 50 or so framed covers, forming an abstract yet symmetric mosaic on the badly plastered walls of my frugal office, I can only stand in awe as I reflect on those past five years. Countless days and nights of work, stress, anxiety, followed by immense pleasure each time I touched and smelled a fresh issue coming out of the printer. Although the analogy might be way off, I could compare that feeling with a woman's after giving birth. The pain fades away seeing the newborn and the will to have another one starts building in her the same moment.

What makes this project even more remarkable is the fact that so far we hadn't had any special interest financial back up or some kind of a "strategic" partner. Nobody's money has been given to buttress NEO, beyond regular advertising. And that might have made our job harder at times - especially as we've been trying to collect ad money in order to continue publishing - but it has also given us an additional sense of independence and pride: yes, we can do without kissing nobody's ass! Unfortunately that independence hasn't always been appreciated by some people who haven't accepted the fact that we were able to do just that, without their "blessing" or "approval". But so be it. We are on the lookout for friends and supporters, not for pimps!

Anyway, I didn't mean to be mean at our 5th anniversary, so allow me to thank each and every one of you for your continuous friendship all these years. Many thanks and immense gratitude should go to our contributors, partners and assistants in every way possible. Much more than a simple enterprise, NEO has been a collective effort aiming to bring something new to the community, not necessarily better or worse, but different for sure. That's still our goal as another season starts and as much as I refuse to see life in cycles I understand that the beginning is always uphill. So keep helping us and you won't be disappointed.

DEMETRIOS RHOMPOTIS
dondemetrio@neomagazine.com

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By N.J. Slabbert

SCIENCE-CHALLENGED AMERICA MUST RECLAIM ITS HELLENIC ROOTS

An oddity of American culture is what the nation's higher education system calls "Greek life." These are student organizations with Greek-letter names. Going back to the birth of the Phi Beta Kappa Society in the 1700s, they have been associated with academic excellence, bullying, snobbery and elitist cliques retaining influence long after college. Whatever their merits or flaws, their most remarkable feature is that they have nothing to do with Greek life, at least to any extent involving knowledge of Greece's language, history, ideas or traditions.

America's intellectual fabric is riddled with such murky Hellenism—an intuitive reverence for Greekness accompanied by ignorance of why this should be. The phrase "it's Greek to me", dating at least to Elizabethan times, has long implied not just incomprehensibility but also mystique and superiority. Philosophically and culturally, ancient Greece loomed large in the imaginations of America's founding fathers when they sought to differentiate themselves from the Europe of their day yet retain a sense of history that reflected their new republic's values.

A visible expression of this was a fascination with neoclassical architecture. From Thomas Jefferson's mansion Monticello to the nineteenth-century Greek revival, Greco-Roman domes, pillars, friezes and other forms conveyed the stately tone Americans wanted for their national signature. In banks, wealthy homes and government icons like the Capitol and the White House, Grecian touches came to signify American gravitas. The Chicago World's Fair of 1893, a pivotal event in the U.S.'s identification of its national purpose with science and technology, embraced this Hellenic theme with a dazzling panorama of classical structures called the White City. In an ode to it, editor-poet Richard W. Gilder wrote: "Ah! happy West—Greece flowers anew, and all her temples soar!"

What became of this Hellenic mood? The twentieth century happened. An avalanche of social and economic circumstances buried many early signposts of America's national identity. By the 1930s cracks were appearing in the country's perceptions of itself. By the 1960s confusion reigned. But folk media often reveal enduring cultural realities, and telling vestiges of America's popular Hellenism continued in comic books and movies, like the phantom limb phenomenon, in which the brain persists in feeling an arm or leg after it has been amputated. 1939 saw the advent of the hugely popular superhero Captain Marvel, whose powers came from mythic Greek heroes like Hercules, Atlas and Achilles. For a while his comic books outsold

Superman. In 1941 the comics welcomed Wonder Woman, a member of Greece's legendary tribe of female warriors called Amazons. (Her author was a psychologist who contributed to the development of the lie detector.) Hercules has been a fixture of the Marvel Comics universe for decades. Troy (2004) and Clash of the Titans (2010), movies based on Greek fable, have been box office blockbusters.

America's resonance with Hellenic themes on a deeper level became clear to me in 2008 when I began a (still proceeding) investigation of the role of science and invention in U.S. economic growth with Aris Melissaratos, director of Johns Hopkins University's technology commercialization. I learned that America's economic health depends on its inventive capability, that the nation's scientific advance is heavily rooted in the Hellenic intellectual tradition, and that America's disturbing scientific decline (see, e.g., the National Academy of Science's 2010 report *Rising Above the Gathering Storm* Revisited) is due at least partly to the dwindling of that tradition.

Although it seems counterintuitive to relate highly practical twenty-first-century events to philosophical concepts with ancient sources, compelling evidence shows that America's urgent need to recover

By affecting a lofty professional indifference to moral values, and by allowing science to be dominantly represented by writers who emphasize debunking over inspiration, scientists have failed to explain the difference between skepticism and nihilism

for mer innovative momentum is a battle of abstract ideas that transcends calendars. For example, although our Greek heritage contains many different philosophies, one of its most potent ideas overall has been that scientific progress and social vigor are inextricable. In the late nineteenth and early twentieth centuries this notion was powerful in the U.S. It then evaporated in favor of a belief that societal progress was independent of science and could be safely left to lawyers and investment bankers seeking short-term profits. As a result, America coasted for decades on legacy technologies, finally hobbling into the twenty-first century in a state of both economic and scientific crisis.

Then there is the question of science's ethical character. The first military use of the atom bomb, against Japan in 1945, suddenly painted science in horrific moral colors. This erosion of science's moral stature was exacerbated by public concern about the

environmental effects of technology; scientists were branded as lackeys of evil corporations. Cultural critics argued that scientific worldviews represented various forms of exploitation and prejudice. Science's moral high ground crumbled, and America entered the twenty-first century with a population not just largely ignorant of science but, in significant measure, hostile to it: a nation of Luddite pressure groups, entertainments glorifying irrationality, and a booming market in New Age superstition.

These trends have expanded into a vacuum in the intellectual marketplace created by science's feeble public defense of its stature as a source of truth, human relevance, dignity and moral grandeur. By affecting a lofty professional indifference to moral values, and by allowing science to be dominantly represented by writers who emphasize debunking over inspiration, scientists have failed to explain the difference between skepticism and nihilism. This has made science repellent to many. The great tragedy of science in our time is that scientists have played into the hands of the forces of unreason by surrendering the presentation of their work as a philosophically satisfying adventure in civilization-building, and as a profoundly exciting journey of the human soul. To regain their lost ground now, scientists would be greatly helped by recovering science's humane historical roots. Science is more than a quest for

grants and research jobs. There is nothing wrong with either, but to function effectively in society scientists must remember that what they do, even at its most pedestrian, has historical drama, spiritual content, even poignancy. Science's public communication has degenerated into entertainment and its most thoughtful practitioners struggle to find a convincing moral voice. But there is an immense opportunity for them to offer their methods and results as a continuation of that great

Hellenic story of free rational inquiry that is the ancestor of not only modern science but also the democratic ideals of American life. No less than the Judeo-Christian tradition, which it overlaps, the Greek legacy is a spring that has fed the American mind at its best. It is time for science and America to drink from it again. When Santayana warned that "those who cannot remember the past are condemned to repeat it", he omitted an even worse consequence of historical amnesia. If we forfeit our heritage, there may not be much of any kind of future at all.

N.J. Slabbert is co-author of Innovation, the Key to Prosperity: Technology & America's Role in the 21st Century Global Economy (2009), and creator of the book-film-web project The Sword of Zeus: The Hidden Story of How Greece Shaped World War II.

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