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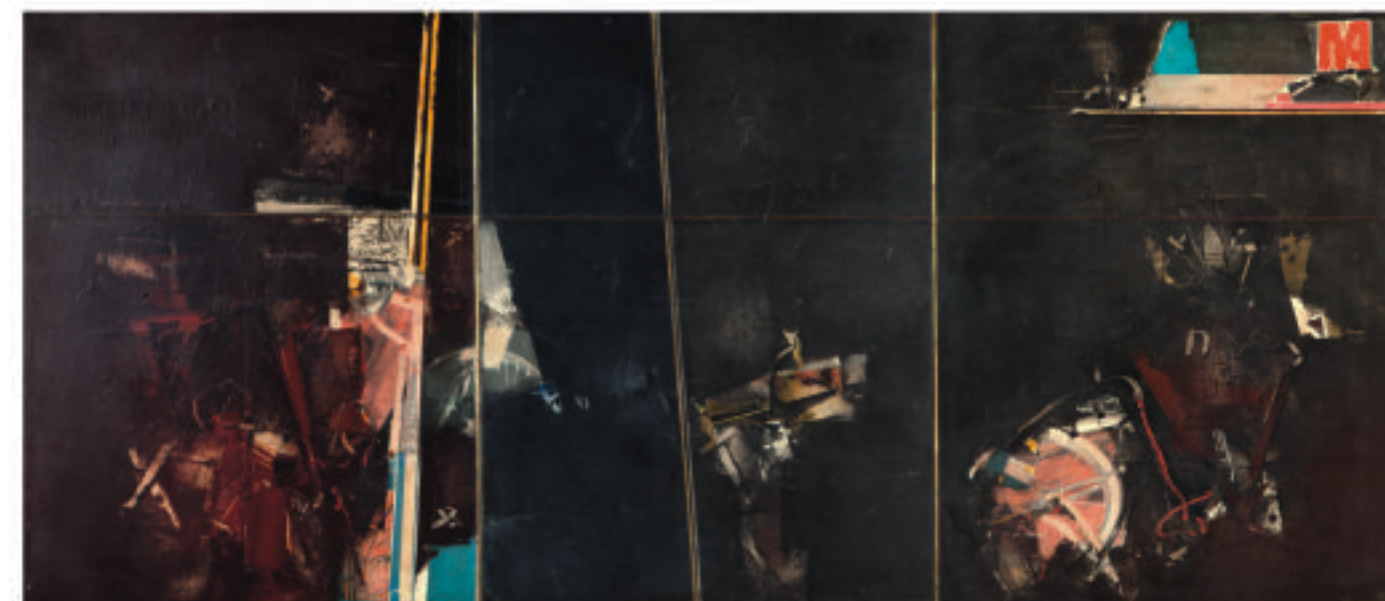
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FROM THE EDITOR

Barbarians at the gates

The hurricane that slammed into the eastern seaboard of the United States a few weeks ago seemed to be an object lesson from nature that even the richest city in the world, New York City, is nothing more than a crystal palace when nature goes unhinged. Weeks after the storm, thousands were still without power, without a home, without gas for their car and train service to get to work, and whole families were living

on donated food and dwindling hope that they would ever see their home again—all in the shadow of that symbol of modern upper mobility—the Empire State Building, and the condos around it that sell for tens of millions, and the restaurants that cater to the owners of the condos with their \$500 meals.

A hurricane as deadly and tragic as this only demonstrates how vulnerable we are and how inflated our hubris is in thinking that our beachfront homes will be safe forever, and our subway system will take us everywhere without a hitch, and our smart phones will keep us connected, and our geni of electricity in the light switch would keep them all humming. Little did we know. Our veneer of civilization crashed within minutes of the storm and suddenly we urban sophisticates were left huddling around candles like cavemen, or rooting for our valuables in the muck, or walking aimlessly in the cold to find food and water, or scrapping like feral tomcats over the last of the food at the supermarket and the last of the fuel at the gas station.

So much for our civilization.

The cradle of civilization, Greece, is going through an even ruder awakening of civilization's perils as with the economic tsunami people from the cities have returned to the land once again to grow olives, oil and raise chickens to survive, and to revive the barter system, and make a steady bestseller of a book called *Starvation Recipes*, which recounts how Greece once survived the Nazi occupation.

One exuberant Greek mattress entrepreneur (predictably Spartan) told The New York Times that what Greece needed was, "Spartan thinking, man! We've got to get lean and smart. All of these state subsidies that Greeks got, they make you fat and lazy!"

A more sober-minded Greek economist predicted a two-tiered population for the future. "You are going to see a part of the population, the middle class, comprising say 30 to 50 percent, involved in some kind of resurgence. But another part of the population will be living on 300 or 400 euros (\$400 to \$500) a month. This part of Greek society won't be living a Western European lifestyle. It will be more like Bulgaria."

Not much cheer if we're all going to be Bulgarians, or the threat of more hurricanes to come (whether man-made or natural) will reduce us to huddling like cave-dwellers in the midst of our once-proud cities. The Greeks considered themselves the apogee of civilized man and the rest of the world as barbarians: we have learned lately that the barbarians are always at the gate.

Dimitri C. Michalakis

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Angela Merkel's Hypocritical Plan for Greece

Germany's Finance Ministry warned in a recent report that Europe's largest economy would mark a significant slowdown in the fourth quarter. In an attempt to mitigate the economic issue, German Chancellor Angela Merkel suggested opposing German political party members stop blocking her proposed tax cuts. Merkel indicated that the German economy needed economic stimulus, and that tax cuts should help domestic economic growth by giving her countrymen more money to spend. Likewise, she is promoting pension contribution cuts to help German prosperity, and advising companies to give more lucrative pay increases to their employees. Sounds sensible no?

Now imagine the perspective of a Southern European onlooker. The hypocritical divergence of the two directives being issued to the various groups must fill Greeks with disgust. European leaders, at the nudging of Germany, have pushed the complete opposite strategy for Greek and Spanish prosperity than those being promoted in Germany today. So which is the true path to prosperity, the one being promoted by the Germans for the Germans or the one being promoted by the Germans for the Greeks?

Obviously, the issue is more complex than that, given the debt and management problems of the Greeks versus the smooth operating German economic machine. The Greeks must adhere to the prescription of their emergency creditors in order to receive desperately needed funds. Still, why does the economic prescription contrast so sharply to the pill being recommended by Merkel for the Germans? It is after all for the same ultimate purpose, the betterment of the economy, and in Greece's situation, the ensuring of debt repayment.

Perhaps the Europeans have it all wrong with regard to Greece, and instead of ensuring the repayment of their loans, are instead burying their money into a deep depression with the ruins of Ancient Athens. That's what the esteemed student of the Great Depression now running the American Federal Reserve might suggest, given Ben Bernanke's comments to U.S. legislators over the years. He would tell you that it was precisely the mistimed budget mindedness of American leaders that led our economy into the Great Depression. It turned an average recession into a once in a generation economic struggle.

A few voices, including from yours truly, have from the beginning warned that growth spurring initiatives for Southern Europe should precede and outweigh a graduated austerity program, and that Greece's repayment program should have extended terms. We have been happy to see Europe more recently acknowledging the burdensome drag of its initial repayment demands.

Still, while Greece's public entities reduce workforce, draw back pension benefits and raise taxes, they are constraining the Greek economy. This is something that the Germans can no longer dispute, given their own domestic policy push, though to be fair, Merkel's opponents are calling her demands irresponsible. The repercussions of the actions in Greece are pushing away private industry, illustrated recently by the move of Coca-Cola Hellenic (NYSE: CCH), which is relocating its headquarters to Switzerland and relisting its shares in London. Merkel does not want to trigger that same sort of flight in Germany, but is asking for companies that face no foreign competition to pay an alternative energy surcharge from which they have long been exempted.

What drives German stocks, like those found in the DAX and the iShares MSCI Germany Index (NYSE: EWG), likewise drives Greek stocks, like those found in the Global X FTSE Greece 20 ETF (NYSE: GREK). For that matter, it's what drives the iShares S&P Europe 350 (NYSE: IEV) and the SPDR S&P 500 (NYSE: SPY)! The rules of economic prosperity are indifferent to the language spoken or culture found within a given country; they are universal. Thus, the economic policy prescribed to Greece and Spain should be the same as that being recommended for Germany, or at least should stress growth over austerity.

It is ignorant closed-mindedness and ethnocentricity which has kept the groups of people within the euro-zone from fairly and effectively resolving their crisis together. The problem is most clear when the leaders of Europe go home to seek approval of international plans. We understand the cost of this issue through the observance of the most effective action taken to-date, which in my opinion was the brave plan of the Mario Draghi led European

Central Bank (ECB) to support sovereign debt in a sterilized manner. When Europe can accept its unity on the streets of Brussels, Paris, Berlin, Athens and Madrid, then it will have the resources and the will to fulfill its brave dream. On that day, it can likewise stop lying to the Greeks and the Spaniards about what's best today for their economies.

You may follow Mr. Kaminis' column at WallStreetGreek.com and SeekingAlpha.com



German Chancellor Angela Merkel

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*Cyprien Katsaris on piano and
Constantinos Yiannoudes, baritone*



*From right, George Tsunis,
Banquet Underwriter, with
Greece's Foreign Minister
Dimitris Avramopoulos*



*Dr. Panagiotis Manolas, Georgia &
Dimitris Kaloidis, Bishop Sebastian
of Zela, Dr. George Dangas*

High Level Dignitaries Celebrate Cyprus at New York Event

PHOTOS: ETA PRESS

With a spectacular event at New York City's Lincoln Center, "Cyprus: Musical Filoxenia", which included a banquet and a recital by the world-renowned French-Cypriot pianist and composer Cyprien Katsaris with the participation of the Archdiocesan Metropolitan Youth Choir, the Greek-Cypriot baritone Constantinos Yiannoudes and 14-year-old tenor George Ioannou, the Republic of Cyprus celebrated its Presidency of the European Union and its 52nd independence anniversary.

The musical journey was organized by the Cyprus Federation of America with the Permanent Representation of Cyprus to the UN and the country's Consulate General in New York and it was attended by President of Cyprus Demetris Christofias, President of Serbia Tomislav Nikolic, President of the European Commission Jose Manuel Barroso, President of the European Council Herman Van Rompuy, Speaker of the Parliament Finland Eero Olavi Heinaluomi, Foreign Ministers of Greece & Cyprus, Dimitris Avramopoulos and Erato Kozakou-Marcoullis respectively, members of the diplomatic corps and other dignitaries.

Cyprus is the third most populous island in the Mediterranean Sea and one of its most popular tourist destinations.

An advanced, high-income economy with a very high Human Development Index, the Republic of Cyprus was a founding member of the Non-Aligned Movement until it joined the European Union on 1 May 2004. On January 1st 2008, the Republic of Cyprus joined the Eurozone and this past June assumed the European Union rotating presidency.

In 1974 Cyprus was divided de facto after the brutal Turkish invasion which resulted in illegal occupation of the northern third of the island. The United Nations recognizes the sovereignty of the Republic of Cyprus over the entire island.

*President Demetris Christofias, Archbbishop Demetrios,
Foreign Ministers of Greece and Cyprus and other dignitaries*



*The event's Host Panicos
Papanicolaou, President of the
Cyprus Federation of America,
with Titos Christofides and friends*



*Maria Koleva, Choir Master, Yioryos Ioannou, the young
Cypriot tenor on right, and Metropolitan Youth Choir*



From left: Archbbishop Demetrios of America, President Demetris Christofias & Elsie Christofias, Herman Van Rompuy, President of the European Council, Jose Manuel Barroso, President of the European Commission, Panicos Papanicolaou, President of the Cyprus Federation of America, George Tsunis, Banquet Underwriter, Erato Kozakou-Marcoullis, Foreign Minister of Cyprus, Dimitris Avramopoulos, Foreign Minister of Greece, Eero Olavi Heinaluomi, Speaker of the Parliament Finland and Tomislav Nikolic, President of Serbia.



Livethnic LLC announced the launch of its website, www.livethnic.com, the world's first ethnic city guide. Livethnic offers users a search engine to explore ethnic restaurants, nightlife, community organizations, religious centers, shopping, professional services, educational resources, media and festivals within their cities of interest. The site also features an online community where members can create a profile, share music, and join groups to become better informed about related happenings.

Livethnic.com Launches as the World's First Ethnic City Guide and Community

"Livethnic is a one-stop shop for all things ethnic. It provides a platform to better identify with our own backgrounds and better understand the cultures of others," said CEO & Founder Justin Bozonelis. It addresses the need for an ethnic community search engine and offers a niche approach toward community-related information. Prior to Livethnic, users would have to visit at least ten disparate websites for the category information and to join an online community. "It pulls it all together. Members are constantly adding submissions from their communities so that the site builds itself out organically from their own experiences."

Livethnic offers its members benefits for registering with the site. Such features include: the ability to share songs and discover media from various ethnicities, submit and review listings in each category, and create a personal profile with photos to join groups. Within community groups, members can make announcements, post events, receive related email updates and further build their networks. "Members and visitors who seek products and services within specific communities are a unique target audience for businesses listing on Livethnic. Such relationships tend to stick and encourage additional customers through word of mouth," said Bozonelis.

Livethnic launches with ten ethnicities across three cities: New York, Los Angeles and Miami, and plans to expand rapidly. Chicago, Boston, Houston and San Francisco are scheduled to be added, as is a substantial increase in ethnicities per city and a mobile version of the site. "The model is extraordinarily scalable. The goal here is 50+ ethnicities across 30+ U.S. cities and then international expansion," Bozonelis said.

Livethnic is headquartered in New York, NY. For additional info their email is: info@livethnic.com

Livethnic CEO & Founder Justin Bozonelis



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by Dimitri C. Michalakis

Tina Livanos

combines a life of fashion and charity

Tina Livanos had a notion.

“What happened to luxury and the notion that handbags and accessories were supposed to be made by talented artisans and not on an assembly line?” declares the 30-something designer of the luxury, one-of-a-kind handbags of her Livanou line now made only from exotic skins such as snake, crocodile and ostrich imported from the source in Africa. “What happened to striving to be unique, and the pride of being an individual?”

“I prefer having private clients,” she says. “That way I can keep prices down and make more unique individual pieces. A lot of clients are friends, or friends of friends—people who I like and trust—and I don’t have to be scared that someone will take the design and sell it or deal with a store markup that can make the bag very expensive.”

At a time when an Olsen twins “original” bag can sell for \$22,000, a handmade Livanou crocodile clutch can retail for \$600 and a snakeskin for \$400, which, for a bag with vintage silver pieces, can be “very reasonable.”

“I shouldn’t say that,” she admits. “What’s reasonable for somebody else might be really expensive.” But she makes her bags affordable for the quality they offer (because she selects the skins herself in Africa) and she eschews the flashy marketing.

Livanos is certainly unique and certainly an individual. An attorney and manager of her father’s real estate firm (*Livanos Real Estate Investments*), she also tapped into her creative side with handbags.

“‘I’ve always just loved bags,’ she says. “I feel that you can wear jeans and a tee shirt and if you have a nice bag it makes your whole outfit. I don’t think we should spend that much on clothes. But a bag is something you can have for years. That’s why my big thing is the quality of the bags—so they can last and even become an heirloom.”

None of her bags— “classic with a twist,” she calls them—are exactly alike, by design. “My big thing is to be unique and different and for no one else to be holding the same bag as you,” she says. “Why would you want to look like everyone else? That’s my motto basically in everything, too.”

So a natural progression for her line was to get into exotic skins (after working with leather and selling in outlets like Bloomingdale’s) and to market each bag to private clients and through selected boutiques.

And a variety of other countries, as well, including France, Germany, England, Lebanon, China, and the United States, including New York, Chicago, California, Las Vegas, Texas, and New Jersey. Now the bags are being featured on Fab online and at Shoebox boutiques.

And the Livanou line is expanding into vintage jewelry, including crosses, based on designs which Livanos picked up from her travels around the world.

“I bought them because I like them so obviously I don’t want to give them away or sell them,” she says. “So what do I do? I’m talking to a jewelry company now and I found some manufacturers here, and even though I would like to have these pieces be one of a kind, it’s worth making more of them so more people can have the look of a piece based on a vintage idea.”

And in the same spirit that makes her a maverick in the fashion world she is using fashion to do charity work in Africa and also here and Greece.

“I learned when I helped my friends in fashion with their legal work how much excess there is in the fashion industry,” she says. “I was like—where is all this clothing going? It was taking it home, giving it to friends. Some companies even threw it out so it didn’t go on sale, and I thought this was really a shame. So I started something called Fashion from Friends, which collected surplus clothes from friends that I had in the industry and donated it, say to St. Basil’s Academy. I went up there three times and brought new clothing. And who doesn’t want a used designer dress? Every young woman wants to look nice.”

Besides switching the manufacture of her bags to Greece, she started a charity called Helping Hellas (helpinghellas.org), which aims to provide communities in Greece hard-hit by the economic crisis with supplies to meet their basic needs from sponsors in the United States. She’s working with the respected Desmos Foundation of Athens to identify those most in need and get the supplies out to them.

“It started with the bags, with samples, or inventory the stores didn’t end up buying and then it snowballed,” she says. “I thought there might be surplus with other things, and more dire needs, so I connected companies that donated pens and school supplies, and that’s how Helping Hellas started.”

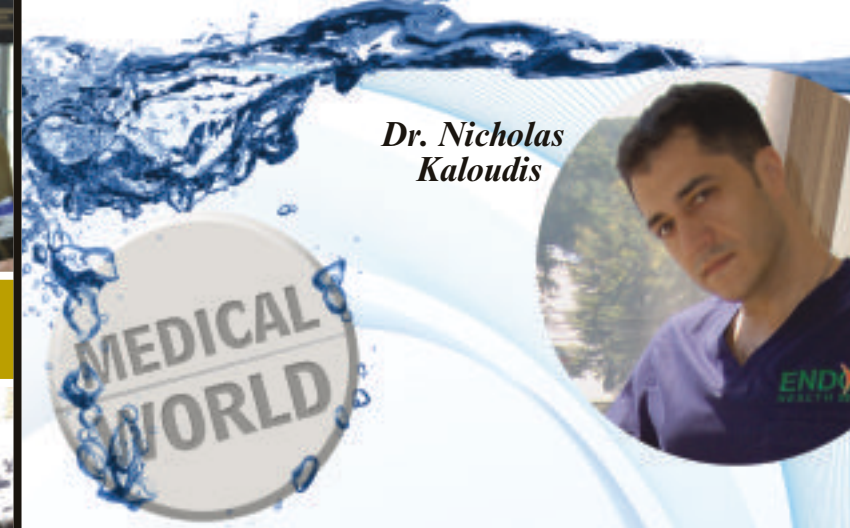
For her native island of Chios (her parents Vasili and Argyro come from Elata on the island), which was decimated by arson fires this past summer, she is

working with Chios Nature to raise both money “and awareness that there’s more than replacing the mastiha trees that were lost. There is the soil erosion when it starts raining and the volunteers who fought these fires and what do they need if it happens again? We want to raise money so they have more supplies, so they have a truck to get to the fire. We have to think about how these fires might happen again and how to prevent them. We are trying to get people excited about giving money to a trust—and that’s the hard part. It’s getting the people educated. But I’m sure Greek Americans would be 100% behind it if they were informed about what’s needed and how it can be properly used. Like the bags, everything is marketing.”

She says she does the charity for “purely selfish reasons—it makes me feel good.” And while she doesn’t know where her marriage or career will take her, “I love New York, and I love Chios, and I love fashion and clothes, but those are not the most important things in life. They told me you have to market your line and tweet and you have to do this and that, and I’m like, I can’t talk about bags. That would drive me crazy. There’s so much going on in the world.”

“That said—” she laughs “—you’re talking to somebody who doesn’t want to wear the same thing twice. I know in the grand scheme of things making bags is a frivolous luxury, but I love it and I’m proud when I hold my own in the industry and when people come up to me and tell me I love your bags.”



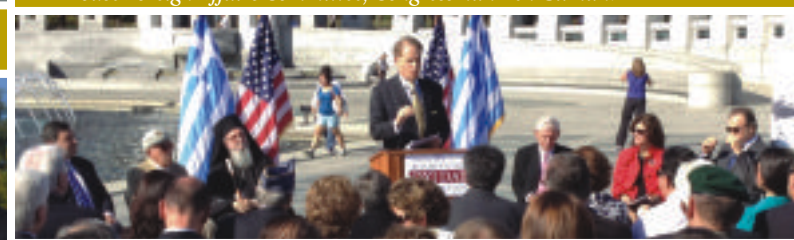


US Assistant Secretary of Defense Zachary Lemnios

(L to R) Congressman Chris Smith, Yuan Weijing (wife of Guangcheng), Oxi Day Award Winner Chen Guangchang, National Endowment for Democracy President Carl Gersman.

Elie Wiesel receiving the Metropolitan Chrysostomos Award from Oxi Day Foundation President Andy Manatos

(L to R) House Foreign Affairs Committee Senior Policy Advisor Alan Makovsky, Brookings Institute Managing Director Bill Antbolis, Ambassador for International Religious Freedom Suzan Johnson Cook, former Chairman of the House Foreign Affairs Committee, Congressman Ben Gilman.



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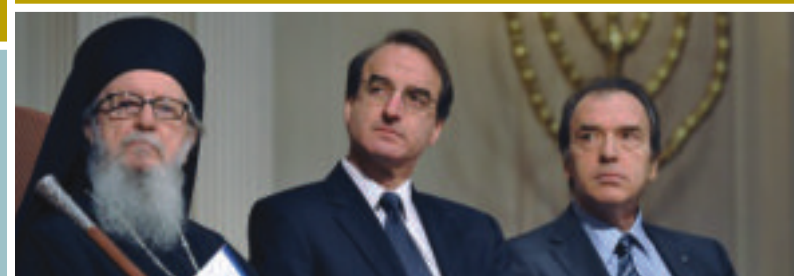


Presentation on Greece's profound role in WWII at the US Institute for Peace



(L to R) Richard Ben-Veniste, Oxi Day Award Winner Chen Guangcheng, Battle of Crete Award Winner Dr. Fouzia Saeed, Keynote speaker John Negroponte

(L to R) Former US Ambassador Tom Korologos, presenter - Professor Andre Gerolymatos, Andy Manatos, Cyprus Ambassador Paulos Anastasiades, Maria Anastasiades, Oxi Day Foundation Sponsors Lynn and Paun Peters



At Arlington National Cemetery following a wreath-laying at the Tomb of the Unknowns. First row (L to R) Greek Ambassador Christos Panagopoulos, Angelo Tsakopoulos, WWII Veteran Antonios Kounalakis, Georgia Gilman, WWII Veteran Congressman Ben Gilman, Andy Manatos, Mike Manatos. Second row (L to R) Father Demetrios Antokas, Maria Antokas, Basil Mossaides, Nick Larigakis, Antigoni Kefalogiannis, Dr. John Psaroubakis, Leona Pettit, Leon Andris.

Fouzia Saeed, one of Pakistan's most prominent women's rights advocates, received the Battle of Crete Award; Elie Wiesel, the world's most highly-regarded and well-known holocaust survivor and human rights advocate, received the Metropolitan Chrysostomos Award; Ben Gilman, the former Chairman of the House Foreign Affairs received the Greatest Generation Award given to an American WWII hero; Brigadier General Mike Cokinos, received the Greatest Generation Award given to a Greek-American WWII hero; Antonios Kounalakis, received the Greatest Generation Award given to a Greek WWII hero.

At Historic Synagogue at 6th and I Streets for the Metropolitan Chrysostomos Award: (L to R) His Eminence Archbishop Demetrios, American Jewish Committee's Jason Isaacson, Ambassador of Greece Christos Panagopoulos

The policy elite in Washington, D.C., from Capitol Hill, the Obama Administration, the American media, American think tanks and others celebrated heroes who exhibit today the courage displayed by modern history's most consequential Davids vs. Goliaths for democracy -- the Greek people in WWII. In addition to the hundreds who were involved in the award nomination process, dozens of government officials, media leaders, think tank experts and business leaders participated in the ceremonies that took place in Washington, DC October 24th - 25th, at Arlington National Cemetery's Tomb of the Unknowns, 6th and I

Historic Synagogue, the US Institute for Peace, the National WWII Memorial and the black tie award dinner at the historic Willard InterContinental Hotel.

During the *Second Annual Washington Oxi Day Foundation Celebration* the following were honored:

Chen Guangcheng, the blind Chinese human rights activist who blanketed the American media when Secretary of State Hillary Clinton brought him to America in May, received the Oxi Day Award; Dr.

Early in the morning of October 28, 1940, the Italian ambassador to Athens visited Greek Prime Minister Ioannis Metaxas, requesting that Greece allows free passage of Italian forces through her territory. Without hesitation or further consultation, Metaxas responded "no" (oxi, in Greek) on the spot, opening another glorious page in the history of Greece and the free world.

It took only four days for the outnumbered and ill equipped Greek forces to repel the massive Italian attack and to start an epic chain of victories -- THE FIRST AGAINST THE AXIS ARMIES DURING WWII -- that culminated with the liberation of a big swath of Greek-inhabited territory within Albania. Seeing his ally facing total defeat, Hitler decided to invade Greece as well, with the help of Bulgaria. While, it

took less than two weeks for mighty France to fall, the Axis powers spent more than six months to succumb Greece, disrupting Hitler's war timetable, since he was forced into the debilitating Russian winter where he met defeat.

Leaders like Winston Churchill, Joseph Stalin, America's Sumner Welles and even Adolph Hitler's Chief of Staff, Field Marshall Wilhelm Keitel, credit Greece with bringing about Nazi's defeat. "The Greeks delayed by two or more vital months the German attack against Russia; if we did not have this long delay, the outcome of the war would have been different," said Keitel.

In 1940, Greece's Defeat of the Seemingly Undefeatable Axis Forces Inspired the World. President Franklin Roosevelt said "When the entire world had lost all hope, the Greek people dared to question the invincibility of the German monster raising against it the proud spirit of freedom."

METABOLISM: CONVERTING FOOD INTO ENERGY

Metabolism is the process by which your body converts what you eat and drink into energy. During this complex biochemical process, calories in food and beverages are combined with oxygen to release the energy your body needs to function. Even when you're at rest, your body needs energy for all its "hidden" functions, such as breathing, circulating blood, adjusting hormone levels, and growing and repairing cells.

How hot are you burning? The number of calories your body uses to carry out these basic functions is known as your Basal Metabolic Rate — what one might call metabolism. Several factors determine your individual basal metabolic rate:

Your body size and composition. The bodies of people who are larger or have more muscle burn more calories, even at rest.

Your sex. Men usually have less body fat and more muscle than do women of the same age and weight, burning more calories.

Your age. As you get older, the amount of muscle tends to decrease and fat accounts for more of your weight, slowing down calorie burning.

Energy needs for your body's basic functions stay fairly consistent and aren't easily changed. Your basal metabolic rate accounts for about 60 to 75 percent of the calories you burn every day.

In addition to your basal metabolic rate, two other factors determine how many calories your body burns each day:

Food processing (thermogenesis). Digesting, absorbing, transporting and storing the food you consume also takes calories. This accounts for about 10 percent of the calories used each day. For the most part, your body's energy requirement to process food stays relatively steady and isn't easily changed.

Physical activity. Physical activity and exercise — such as playing tennis, walking to the store, chasing after the dog and any other movement — account for the rest of the calories your body burns up each day. Physical activity is by far the most variable of the factors that determine how many calories you burn each day

Dr. Nicholas Kaloudis is a highly regarded, board certified endocrinologist. He is a diplomate of the American Board of Internal Medicine and owner of EndoHealthMD, in Manhasset, NY. His center provides comprehensive specialty care using current evidence-based practices, and the latest advances in medical aesthetics. He holds an appointment as Associate Clinical Professor at North Shore University in Manhasset. He has received numerous awards, and he has published articles in the field of Endocrinology. For more information and a listing of services provided call: 516 365 1150.



Brooklyn AHEPA mobilized their members on to help victims of the devastating storm that pounded the Northeast Coast. Two large contingencies mobilized at the Bravo Headquarters in Bay Ridge, Brooklyn. One group went to the Far Rockaways and the other group went to Staten Island's south shore, bringing the much needed supplies and manpower.



by our local brothers and National Head Quarters, but more donations are needed."

According to Empire District 6 Secretary Peter Vasilakos, "the real costs are going to be realized in the days to come when people have to bring in the heavy construction materials and manpower to rebuild and make their homes livable. It is very important that we use our limited resources in an efficient manner and not inundate these people with items that they really don't want or need."

The Ahepa 41 Executive Board called an emergency Chapter meeting in Bay Ridge, Brooklyn, in order to discuss logistics as well as allocation of resources and man power as the relief effort continues.

As part of the relief effort, AHEPA National Headquarters, Empire State District 6, Local Chapters, and other groups and individuals are sending supplies, care packages, and donations to: Ahepa Chapter 41, c/o Sts. Constantine and Helen Cathedral, 64 Schermerhorn Street, Brooklyn, NY 11201. Please make a commitment and help in this worthy cause by sending in your contribution in as well.



Archbishop Demetrios with member of the Clergy and local AHEPA Chapter discuss relief efforts.



BROOKLYN AHEPA CHAPTER 41 HELPS SANDY'S VICTIMS

National President, Dr. John Grossomanides, in an alert last week to the Entire AHEPA Organization nationwide, called for all Districts and Chapters to respond by providing support and assistance to the local chapters who are on the ground in the Northeast and who can mobilize in a grassroots effort to give direct assistance to those in need.

In an EMPIRE DISTRICT SIX CALL TO ACTION UPDATE – it was reported by AHEPA's District 6 that Brooklyn 41 was staged at the 2 locations - Staten Island Mill Rd and the Far Rockaways - and that all the heavy supplies - gloves, masks, shovels rakes, sledge hammers, garbage bags - were exhausted within an hour. Chapter President Ted Pavlounis, who was on site in Staten Island, stated: "We should focus our efforts on buying the heavy supplies needed and getting them down at these areas as this is what is needed now. Brothers have had a positive impact but we need to continue to help in any way possible. We are pleased with the overwhelming support shown

Founded in 1922, AHEPA is the largest and oldest American-based, Greek heritage grassroots membership organization. It was established by visionary Americans of Hellenic decent to fight and protect all from prejudice from individuals and groups such as the KKK. In its history, AHEPA has joined with the NAACP and B'nai B'rith International to fight discrimination. It works to promote Hellenism, Education, Philanthropy, Civic Responsibility, Family and Individual Excellence. It is also the largest provider of federally-funded housing for low-income senior citizens through HUD. Its mission is to promote the ancient Hellenic ideals of philanthropy, education, civic responsibility, family and individual responsibility and excellence through community service and volunteerism.

For more information, AHEPA's 41 Brooklyn Chapter phone number is 718-238-2400 and their email Ahepa.41@gmail.com



Are your fuel bills too high? Decrease your bills while increasing the comfort of your home by applying for Weatherization Services. We provide energy conservation measures such as high efficiency lighting, refrigerator replacement, roof insulation, boiler and window repair and replacement and much more. Weatherization Services for eligible owners of 1-4 unit homes are completely FREE. A minimal contribution is required from owners of multi-unit buildings of 5 or more units. Any size building is eligible to apply.

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If you would like more information on our weatherization program please feel free to call us and we would be happy to answer any questions.

Happy Thanksgiving!

The HANAC Weatherization Program is funded by NYS Division of Housing and Community Renewal

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- Replacement or repair of broken windows and /or external doors.
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- Refrigerator replacement.
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- High efficiency lighting installed
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- Reduces our dependence on foreign oil.
- Preserves the housing stock.
- Provides jobs and job training.
- Revitalizes neighborhoods.

For additional information contact:

HANAC WEATHERIZATION DEPT.
Anna Minadis, Director
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email – Wxhanac@aol.com

Visit our website at www.hanac.org to see all the services HANAC provides for community



HELLENIC AND ORTHODOX CHAMPIONS IN THE US CONGRESS



Ted Deutch (D-FL)

District: He currently represents Florida's 19th Congressional District but he is running at Florida's 21st Congressional District, located in Miami-Dade County and including many of the western suburbs of Miami such as Hialeah, Olympia Heights, and Cutler

Committee/Leadership Assignments: House Foreign Affairs Committee, including positions on the Middle East Subcommittee and the Africa, Global Health and Human Rights Subcommittee.

Contact: (202) 225-3001, (561) 988-6302

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

The US economy can quickly recover so long as Congress works together after the election to achieve a comprehensive budget and deficit deal that cuts spending but also raises revenue. This will bring confidence and certainty to small and large businesses.

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

Too many families in my district are struggling to find work in this difficult economy. In addition, foreclosures are too common and homeowners are not being able to renegotiate their mortgages with banks as effectively as needed. In addition, seniors are struggling with rising costs but Social Security COLAs are not rising along with everyday prices.

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

The American democracy is vibrant yet under attack from various threats including the flood of unregulated and secretive funds flooding our elections in the wake of the Citizens United Supreme Court decision. In order to protect our democracy we must enact a constitutional amendment overturning Citizens United to make certain our elections cannot be bought by corporations.

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?

Our ratings are low because Congress is too

polarized and Members are not willing to compromise with the opposing party. I take a different tact and actively seek to pass legislation with my Republican colleagues. I have succeeded in this regard by passing Iran Sanctions and Veterans legislation into law by working in a bipartisan manner.

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?

I already do use such technology by keeping in touch with constituents via Facebook, Twitter, and through telephone town halls. The more communication, the better as far as I am concerned.

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

My district is home to St. Marks Orthodox church which is community institution. I have been attending the Greek festivals for many years and I also meet with clergy and lay leaders from the parish.

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

I have encouraged negotiations between both parties as a settlement will only come through direct negotiations. I was pleased to see Cyprus take the EU presidency this summer. Cyprus has been a great friend and ally to the United States. I also strongly encourage oil and gas developments with Cyprus and our other American allies in the region.

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 have strongly spoken out against any provocations by Turkey against any U.S. allies including Cyprus. I have made it clear to Turkey that as a NATO ally, they must support and foster stability in the region.

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

As a Member of the House Foreign Affairs Committee, I am proud to have supported several pieces of legislation in support of the Ecumenical Patriarchate. Earlier this year, we passed legislation to ensure the protection of religious sites in Turkey. My colleagues and I have sent several letters urging the Turkish government to recognize the Ecumenical Patriarchate's important and vital rights.

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 a 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?

As FYROM seeks a path to NATO membership, we need to be clear that this issue needs to be resolved. I have supported efforts to include a geographical qualifier in the name.

LOU RAPTAKIS RE-CAPTURES STATE SENATE SEAT IN RHODE ISLAND



Senator Leonidas Raptakis points to board with final numbers posting victory

Former Rhode Island State Senator Leonidas "Lou" Raptakis, who served in the Rhode Island General Assembly for sixteen years, won re-election to the State Senate, earning an impressive victory in a campaign that focused on his past record of accomplishment and reputation for being a watchdog for the public interest in the State House. Raptakis earned 7,033 votes to 4,333 for his incumbent opponent, Glenn Shibley.

Raptakis served in the Rhode Island Senate until 2010, when he left to run his first state-wide race for Secretary of State. While he lost a primary election that year, he continued to play an active role in state politics, leading a successful effort to oppose an unpopular meals tax hike which would have done further damage to restaurants in the state which were already struggling in a tough economy. While his Senate district changed somewhat as a result of a re-districting process which took place earlier in the year, about 80% of the new Senate District 33 was composed of areas Raptakis had represented in the past.

PHOTOS: ANESTIS DIAKOPULOS



Senator Elect Leonidas Raptakis greets Gregory Demetrakas, George Moragemos, Lakis Andriotis standing, Andreas Andreopoulos and Lee Diakopoulos

"I am grateful to the voters for giving me the opportunity to return to the State Senate and serve as their voice in the State House," said Raptakis. "At the same time, I'm grateful for the strong support I received from so many friends in the Greek community and I look forward to having the opportunity to bring attention to Hellenic issues in the legislature and by working with Congressional leaders in Washington, DC."

Raptakis pointed to a range of issues where he has worked to promote strong American support for issues of concern to Greece and Cyprus, including: promoting a resolution to end the division of Cyprus; recognizing the Hellenic roots of Macedonia; pushing for Greece's inclusion in the visa waiver program; introducing a Pontian Genocide resolution; arranging the donation of Hellas Liberty ship to Greece for use as a floating maritime museum.

"Whether it's fighting for the rights of local property taxpayers or calling attention to issues of concern to the Hellenic community, I know how to build support for legislative initiatives and produce meaningful results," said Raptakis. "I look forward to returning to the State Senate and continuing to get things done for our communities."

strategy στρατηγική

by Endy Zemenides



THE 113TH CONGRESS

The results of the 2012 election resulted in several developments that should be of particular concern to the Greek-American community. For example, we are reasonably certain that we are going to have a new Secretary of State. Depending on who gets the nod for this position, it may result in Senator Robert Menendez (who was easily reelected) become chair of the Senate Foreign Relations Committee. On the House side, the community has had the good fortune of having the top Republican (Ileana Ros-Lehtinen) and top Democrat (Howard Berman) on the Foreign Affairs Committee emerge as strong philhellenes. Congressman Berman lost his bid for reelection, and because of House rules, Congresswoman Ros-Lehtinen will no longer serve as chair for this key committee.

A notable loss for the community was on the Senate side of the Capitol. For over three decades, there has been a Hellene in the United States Senate. In 2010, the U.S. Senate came close to featuring 3 U.S. Senators (with Alexi Giannoulas and Charlie Christ coming up short in bids to join Olympia Snowe). With Senator Snowe's retirement, and Shelly Berkley's narrow loss in the Nevada Senate race, there is no longer a single Hellene in the U.S. Senate.

This makes the results of the 2012 elections in the U.S. House of Representatives even more important. In 2006, Senator Paul Sarbanes and Congressman Michael Bilirakis both retired. In 2010, two Greek-American Representatives (Zach Space and Dina Titus) lost their reelection bids. This year, Dina Titus ran in a redrawn district and was easily elected (for the second time) to Congress. Congressmen Gus Bilirakis, John Sarbanes, Niki Tsongas all sailed to reelection.

Due to the landslide in the 2010 election, retirements, and the results of the 2012 election, over 170 members of the House of Representatives will be freshmen and sophomores. As it stands right now, three Greek-Americans will be among the most senior 230 Representatives. This brings them closer to key Committee assignments. For example, given Republican retirements on the House Foreign Affairs Committee, Gus Bilirakis has a chance to be elevated to the chairmanship to the European Subcommittee. There is also speculation that Congresswoman Dina Titus will be given greater seniority than other freshman because of her status as former Member of Congress.

To have four relatively recently elected Representatives climb up so quickly in terms of

seniority is notable. If one closely examines the list of members of the House, accounts for the ages of some, the contested nature of the districts that some represent, assumes that some House members will seek higher office (as they have in the past), and for historic turnover in the House, there is a reasonable chance that Bilirakis, Sarbanes and Tsongas could be in the top 100 members of the House after the 2016 Presidential election.

Sometimes, the community has not stepped up for our Greek-American members of Congress because we consider them to hold "safe" seats, or think that they "don't have a race" in a particular year. This is an assumption that we should never make, given the history of the loss of John Brademas when he was in line to be Speaker of the House. Retaining these members, and ensuring that they become more senior and more influential is of paramount importance.

As discussed above, seniority can bring committee chairmanships. What is equally important is political strength. Consider the example of Chicago Mayor Rahm Emanuel. Elected to Congress in 2002, he rose to the position of the chair of the Democratic Congressional Campaign Committee and proved to be one of the country's great fundraisers. Two years later, he was tapped to be President Obama's first chief of staff. Three years after that, he was easily elected Mayor of Chicago.

The reality of the importance of money in politics cannot be overstated. The strong reputations that Bilirakis, Sarbanes, Tsongas and Titus have established will not be enough for them to get to the top of their party structures. How they help their party will be given as much — if not greater — weight than any of their legislative achievements. They are all in a "Race to the Top" with other House members, and their ability to show a strong base will determine how fast they get there.

Get to know each of these members of Congress. They are all proud of their ties to the community, and have all been particularly active not only on the issues, but in support of many community initiatives and groups. These are not individuals that remembered they were Greek when they declared their candidacies. And they also do not pander to the community. They fully understand how American interests are served by standing by Greece and Cyprus, and how American values are honored by protecting the rule of law and religious freedom abroad. Let's get them to the top.

Endy Zemenides is the Executive Director of the Hellenic American Leadership Council (HALC), a national advocacy organization for the Greek American community. To learn more about HALC, visit www.hellenicleaders.com

NEO

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."





fresco: Original Greek Gelato in Manhattan

Ilias Iliopoulos

After six years of owning and operating a gelateria in Athens, Greece, brother and sister, Ilias and Venetia Iliopoulos, brought to New York City their passion for classic Italian gelato. Fresco Gelateria, located in the heart of the East Village (138, 2nd Avenue, tel: 212.677.6320), offers a modern twist on the traditional slow churn process by combining quality ingredients and progressive flavors, such as goat cheese, rosewater, fig, watermelon etc.

The beach shack interior evokes a Greek island sensation while showcasing authentic benches made of wooden planks from the Coney Island boardwalk.

Fresco Gelateria opened on August 1st and serves fresh gelato, produced onsite along with daily baked pastries and an assortment of espresso based drinks.



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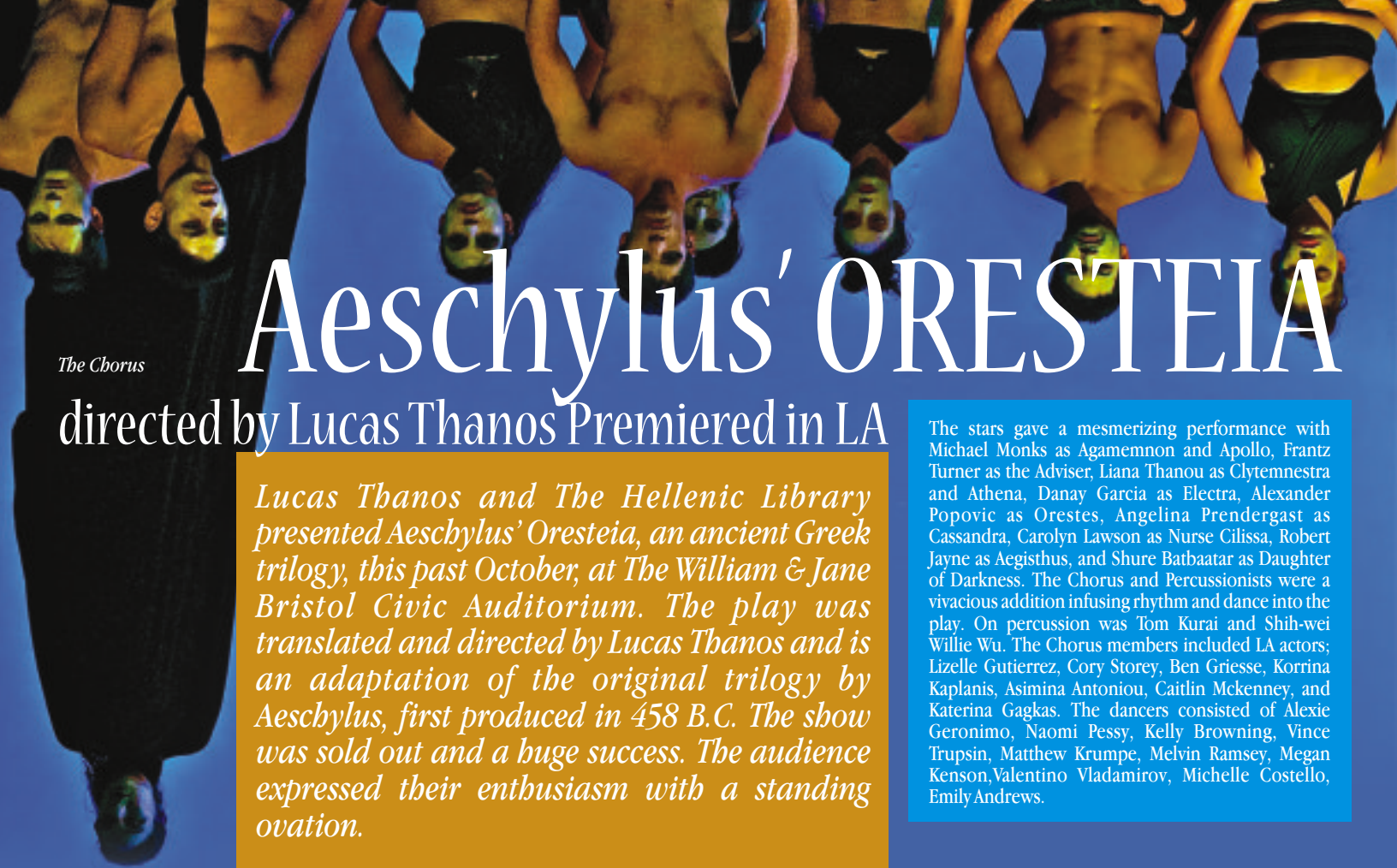
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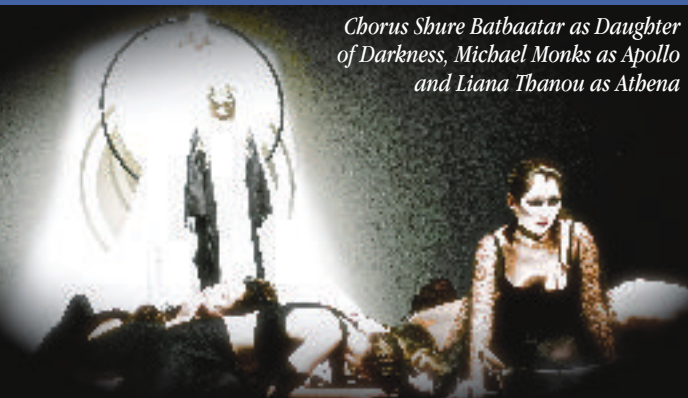
The Chorus

Aeschylus' ORESTEIA

directed by Lucas Thanos Premiered in LA

Lucas Thanos and The Hellenic Library presented Aeschylus' Oresteia, an ancient Greek trilogy, this past October, at The William & Jane Bristol Civic Auditorium. The play was translated and directed by Lucas Thanos and is an adaptation of the original trilogy by Aeschylus, first produced in 458 B.C. The show was sold out and a huge success. The audience expressed their enthusiasm with a standing ovation.

The stars gave a mesmerizing performance with Michael Monks as Agamemnon and Apollo, Frantz Turner as the Adviser, Liana Thanou as Clytemnestra and Athena, Danay Garcia as Electra, Alexander Popovic as Orestes, Angelina Prendergast as Cassandra, Carolyn Lawson as Nurse Cilissa, Robert Jayne as Aegisthus, and Shure Batbaatar as Daughter of Darkness. The Chorus and Percussionists were a vivacious addition infusing rhythm and dance into the play. On percussion was Tom Kurai and Shih-wei Willie Wu. The Chorus members included LA actors; Lizelle Gutierrez, Cory Storey, Ben Griesse, Korrina Kaplanis, Asimina Antoniou, Caitlin Mckennedy, and Katerina Gagkas. The dancers consisted of Alexie Geronimo, Naomi Pessy, Kelly Browning, Vince Trupsin, Matthew Krumpke, Melvin Ramsey, Megan Kenson, Valentino Vladamirov, Michelle Costello, Emily Andrews.



Chorus Shure Batbaatar as Daughter of Darkness, Michael Monks as Apollo and Liana Thanou as Athena


Director Lucas Thanos, is a composer, explorer of Contemporary Choreography and a persistent scholar of Ancient Greek Tragedy. He studied Theatre, Music, Dance and Philosophy in Athens, Rome and New York. He researched for many years the dance philosophy of Isadora Duncan, serving as adviser of her family as well as reviver and Artistic director of the "Isadora Duncan Center for the Studies of Dance".

Thanos has dedicated the last few years to the study of Aeschylus' rhythmic physical movement, the Ancient tragic word, and the root of the collective experience. He seems to be drawn to symbolist hypothesis, to psychoanalytic interpretation, to the anthropological dimension of these Ancient texts. Having considerable experience in dance and theatre, he relied on his musical and dance praxis in his quest to decipher and analyze in depth the musicality and the internal rhythm of the dramatic poetry of Aeschylus.

By translating all of the Aeschylus' known plays to the contemporary Greek and English language, his focal point is to bring out the rhythm and the musicality of the great dramatist word.

Aeschylus' Oresteia by Lucas Thanos will continue to tour around the nation.

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hellenes without borders

by Alexander Billinis



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.

The Balkans before the Balkan Wars

A Year ago last month (October 1912), the Balkan Wars began. It may be worthwhile to look back at the Balkans before the Balkan Wars to remind ourselves how much these two conflicts changed the destiny of Greece.

September 1912

As the summer faded into fall a century ago, the Balkan Peninsula was a very different place than today. One glance at the map tells us this. Greece ended at Arta, in Epirus, and at the footholds of Mount Olympus, not yet touching beloved our Macedonia. In the Aegean, east of the Cyclades and the Sporades, the islands were Turkish-controlled, though Samos was an autonomous, Greek-governed principality. In Constantinople and Asia Minor, up to three million Greeks lived often prosperous lives as Ottoman subjects, unaware of their precarious future. In the southeast Aegean, Italy had occupied Rhodes and the other Dodecanese Islands in the course of their recent war with Turkey. To the south, the "Great Island" Crete, which had a half dozen

revolutions to unite with the Greek motherland since 1821, also existed in a netherworld of autonomy; though the Cretans declared union with Greece in 1908, nobody recognized the act. A Cretan at Greece's premiership, Eleutherios Venizelos, was determined to change this.

To the north, geographical Macedonia, Epirus, Thrace, Kosovo, and Albania all remained Ottoman provinces, seething with unrest and an absolute goulash of nationalities: Greeks, assorted Slavs, Turks, Albanians, Vlachs, and Jews. Albania did not exist, and Serbia and Bulgaria both ended considerably north of their current frontiers (though in Serbia's case, most of her gains have been wiped away by the Yugoslav wars of the 1990s). Far from cooperating, the three principal Balkan Orthodox states had been at each other's throats in Macedonia, and within living memory Serbia and Bulgaria had fought a bitter war. The Turks did their best to exploit the Balkan states' division by encouraging, well, Balkanization.

All three states had tried to tangle with Turkey on their own and suffered crushing defeats, most recently Greece in 1897. Despite their enmity, the

only way the Turk was to be evicted would be in concerted action. Bulgaria and Serbia formed an alliance in March 1912, with the intention to act in concert to fight the Turks, and to submit any territory in dispute to the Russian Tsar for mediation. Montenegro associated with this treaty via Serbia. Then Greece and Bulgaria concluded an alliance against Turkey in May 1912, based on each side controlling what Turkish territory they conquered and Bulgaria stipulated that their alliance did not include fighting on Greece's side if war broke out over Crete. In September 1912, Greece concluded a similar agreement with Serbia, easier to honor because Greek and Serbian claims, unlike Bulgarian claims, scarcely overlapped.

Turkey concluded her hostilities with Italy in large part to face the greater existential danger from her feisty former subjects. That said, most European states reckoned that the Turks would defeat the Balkan League handily. They did not reckon on the Balkan states' determination to free their conationals still within the Ottoman Empire, or the degree to which these small states had drilled their armies with the latest weapons, or that Greece possessed a navy far superior to that of the Turks in everything but tonnage.

On October 8, Montenegro declared war on Turkey, and legend has it that aged King Nicholas of Montenegro fired the first artillery shell. A few days later, the other Balkan states followed.



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Admiral Stavridis receiving the Homeric Award from Award Chairman Markos Marinakis and Chian Federation President Stavros Haviaras

The Dance Group of the Women's Auxiliary performing for guests.

Members of the Chian Federation Executive Council, dignitaries, and past presidents during the presentation.

ADM. JAMES G. STAVRIDIS PRESENTED WITH CHIAN FEDERATION'S 33RD ANNUAL HOMERIC AWARD

by Dimitri C. Michalakos

European Supreme Allied Commander James G. Stavridis was the recipient of the Chian Federation's 33rd annual Homeric Award presented to the admiral during a gala at the Federation's Hellenic American Cultural Center in Astoria.

"I think the legacy of Chios and the Chian Federation is one of service and celebration and absolute dedication to the ideals of the United States and Greece," the admiral said in a press conference before the gala. "I am proud to be here as Supreme Allied Commander of NATO, and I want to say thank you to Greece for the hard work in the NATO alliance, and to all in the Greek American community here for their wonderful support to the United States of America."

The admiral is a native of south Florida and a graduate of the U.S. Naval Academy. His grandparents emigrated from Asia Minor and his father fought in three wars with the U.S. Marine Corps. The admiral was present at the gala with his wife Laura and his daughter Christina.

"From my grandfather, Dimitrios, who shares today his name day with me and the other Dimitrios' in the

audience, my grandfather showed me the value of hard work, a simple thing known to everybody in this room," said the admiral in his remarks at the gala. "And my father, George, showed me love of my country."

"I stand before you tonight as the latest recipient of this extraordinary award and I want to begin by saying thank you to those from Chios," he said, "an island which is at the heart of Greek values—everyone is a Chian, everyone is from Chios, and shares in these wonderful values."

"Tonight, as we celebrate the one hundredth anniversary of the freedom of the island of Chios—join me in a round of applause—as we celebrate ourselves on this spectacular evening, I will say we must sail on in our lives, we must set goals, we must have a vision for what we want to accomplish, we must experience life as Ulysses did," he concluded. "Life is about sailing on, it is about movement, we cannot remain at anchor, we must move forward always. This is what we do as Greek Americans and I am very proud to receive this marvelous award, and as the keynote speaker mentioned of Themistocles at the Battle of Salamis, together with you to row to freedom."

Markos K. Marinakis was chairman of the Homeric Award Committee and he said all Chians and all Greek Americans were proud of the admiral's service to the nation.

"The Homeric Award is an honor bestowed upon distinguished individuals who advocate human rights and democratic ideals and who have worked to strengthen relations between the United States and Greece," he said. "As a proud Greek American, and the highest ranking Greek American in the nation's armed forces, Admiral Stavridis, with his strong commitment to public service, democracy and freedom, is an exemplary model to humanity."

Federation president Stavros Haviaras said, "It is an honor for all Greeks to have among us distinguished individuals of Greek descent such as Admiral Stavridis, who have performed outstanding service for all of humanity. Even more so, it is appropriate on the centennial of the liberation of our beloved island to honor an admiral, because it was another admiral, Pavlos Kountouriotis, who planned the campaign to free Chios. In the person of Admiral Stavridis we honor all seamen and sailors who fought and sacrificed to enable us to live free."

The keynote speaker of the evening was Philip Christopher, past president and founder of the Pancyprian Association of America and a longtime activist for Greek issues, who praised the Chian Federation for being "in the forefront of all national Greek issues for so many years." He also praised the Homeric Award because "it stands for freedom, for Hellenic values, and for Hellenic ideals, which are the same ideas America espouses."

"Many people say to me that with such a prestigious award as the Homeric Award, perhaps you should present it at the Waldorf Astoria, or the Hilton," he said. "But we tell them that it was in this house where the demonstrations in Washington started back in '74: this is where freedom rose for all of us Hellenes, not only here in NY, but across the nation."

He added, "I know that supporting the Chian Federation and the Homeric Award is not only an obligation, it is really something that we have to do every year because of what it stands for and what we are fighting for. We are fighting for Greek national issues. And at a time when we are searching for solutions, at a time when we are searching for heroes, the new Greek American generation should be looking to Admiral Stavridis, because he is a real role model for Greek Americans today. We are very,

very proud because Admiral Stavridis is the supreme commander of all allied forces of NATO--28 countries of NATO--a Greek American is the supreme commander. He is also the European commander--51 countries of Europe--and the commander is Dimitrios Stavridis, a Greek American."

Nicholas Poulis also spoke about the HelpChios Relief Fund which he heads, and which provides money, food and clothing to the needy in Chios and supplies sinitias, or food pantries, run by the Metropolis of Chios. (Dr. Nicholas Rallis is co-chair of the fund, which is under the auspices of the Federation's Geriatric Foundation headed by Alex Doulis.)

"The mission of the HelpChios Relief Fund is very simple: to help feed the Chians under the depressing circumstances due to the economic crisis," said Poulis. "On a monthly basis we send funds to the Metropolis, which runs a soup kitchen under the supervision of Metropolitan Markos. What we are doing is helping human beings that are being devastated by the economic depression in Greece."

Other speakers that evening were Greek Consul General George Iliopoulos, Cyprus Consul General

Koula Sophianou, Congresswoman Carolyn Maloney, State Senator Michael Gianaris, Councilman Peter Vallone and New York City Comptroller John Liu.

The master of ceremonies was former assemblyman Matthew Mirones.

Fiora Kyrou sang both the U.S. and Greek national anthems, the Syn-Phonia Orchestra performed, and performing in period costume was the Federation's Dance Group of the Women's Auxiliary, which is headed by Maria Papagiannakis.

Co-chairs for the Homeric Award gala were Amalia Bournias and Captain Nicholas Skarvelis.

Also announced in the special journal for the evening were the winners of the Federation's Eleftheria Centennial National Essay Contest. At the graduate level, First Prize went to Irene Milonas Maris, Second Prize, Dimos Karidas, Third Prize, Christina Kosmidis. At the undergraduate level: First Prize, Eric (Kafantaras) Hand, Second Prize, Daphne Karidas, Third Prize, Sophia Scoufaras. At the high school level, First Prize, Angeliki Nikolettta Tsoumpariotis, Second Prize, Demetrios Kyriannis, Third Prize, Kira Tsougarakis.

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"Baking Stories 2013" Calendar & Book



Martha Tompoulidou

Christoyianni wrote the music.

The talented Neophytos Stratis will play the piano and sing the fairy tale song "Cornilios Rostbeef".

Vassiliki Tsanaktisidou will present the program which includes a reception with coffee and home made desserts. Admission is free.

Martha Tompoulidou was born in Thessaloniki where she graduated from the Aristotle University with a degree in Greek Literature.

As an actress, with a diploma from the Athens School of Drama, she worked with the National Theatre of Greece. In her twenty years of professional experience, Ms. Tompoulidou participated in numerous productions of modern repertoire and ancient drama.

In 2001 Ms Tompoulidou won the Fulbright scholarship and came in NY where she took acting, dancing and singing classes in HB Studio and the Broadway Dance Center. In NY she has collaborated as a director and an actor with the Greek Cultural Center, the Resonance Ensemble Theater and the Federation of Greek Societies of NY.

In 2008 she founded the "Ichneftes" Theater Organization of which she is the Artistic Director.

"Baking Stories 2013" is an artistic calendar which presents traditional desserts from 12 different countries, illustrated by accomplished artists along with 12 original stories written by Martha Tompoulidou. There are two editions: "Baking Stories 2012/The Calendar" and "Baking Stories 2013/The Book" in Greek and English.

The collections will be presented on Sunday, November 25th, 7:00 pm, at the Hellenic Cultural Center (Crescent Street and Newtown Ave, Astoria)

and on Sunday, December 9th, 7:30 pm, at the Cyprus House (13 East, 40th Street, Manhattan).

Special guests at the events include acclaimed actors Ioanna Katsarou, Dimitris Bozinis, Theodora Loukas and Christos Alexandridis who will read "The Bait", one of the stories written as a one act play.

The well known soprano Alexandra Skendrou will sing "The sugar house", one of the stories written in rhyme. Renown baritone and composer Anastassi

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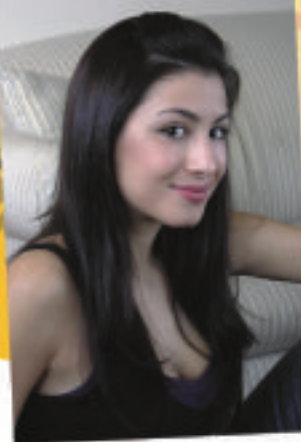


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By Maria A. Pardalis

bread & honey

A COLUMN DEVOTED TO MAKING GREEK FOOD EASY

Maria's Special Koupes

Autumn is upon us and although I so look forward to the sumptuous Thanksgiving fare and traditions November brings, a part of me yearns for long summer days spent basking in the sun and the comfort food I enjoyed this past August in Cyprus. Cypriot cuisine is impressively expansive and slightly differs from conventional Greek food. The island's geographical position and its history have resulted in a very unique fusion of Greek, African, and Middle Eastern culinary flavors.

One of the dishes I miss most is the ever so popular Cypriot street food, koupes. These torpedo-shaped fried croquettes are stuffed with ground beef and a rich blend of herbs and spices. Koupes are spice driven and a reflection of Cyprus' cultural influences, definitely not something you will find in a Greek restaurant.

Due to their complexity, koupes are almost impossible to find even at Cypriot restaurants here in the United States and so I decided to recreate my family's century old recipe and simplify it. In order to make this dish a bit more heart-friendly, I decided to transform the traditionally fried croquette into a baked pie.



Maria's Special Koupes, Prep time: 35 minutes, Bake time: 50 to 60 minutes

Ingredients

Serves
8

For the Crust

- 2 cups fine bulgur wheat
- 4 cups water
- 2 large yellow onions, grated
- 1 cube chicken bouillon
- 2 tablespoons extra virgin olive oil
- ½ teaspoon ground cinnamon
- 1 teaspoon ground cumin
- Sea salt and pepper to taste

For the Filling

- 1 pound lean ground pork
- 1 pound lean ground beef
- 1 cup fresh parsley, finely chopped
- 1 teaspoon ground cumin
- 2 medium yellow onions, finely chopped
- 1 teaspoon allspice
- 1 tablespoon Extra Virgin olive oil
- Sea salt and pepper to taste

Preparation

To make the crust:

- 1 Preheat oven to 400 degrees. In a large saucepan bring water to a boil. Stir in bulgur and bouillon. Turn off heat, cover and let stand for 20 minutes or until most of the water is absorbed.
- 2 Fluff bulgur with a fork, add remaining ingredients and mix well using your hands. Set aside and start on filling.

To make the filling:

- 1 Heat oil in a large nonstick skillet over medium-high heat. Add onions and sauté for 5 to 7 minutes. Add remaining ingredients and cook until meat is no longer pink.

To assemble

- 1 Lightly grease a large rectangular shaped pan with extra virgin olive oil. Firmly press half of the bulgur mixture evenly onto the bottom of the pan.
- 2 Spoon filling evenly over crust and cover with remaining bulgur mixture. Smooth out the top with a spatula. Sprinkle top with water and using a sharp knife, score in a crosshatch pattern.
- 3 Place koupes on the center rack of your oven and bake for 40 to 45 minutes. Once thoroughly cooked, broil for 5 minutes or until top is golden brown and crusty.
- 4 Remove from oven and allow to stand for 5 to 10 minutes before serving.
- 5 Sprinkle with fresh lemon juice and serve with a generous dollop of Greek yogurt.

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SKIDDER'S RESTAURANT:

THE (GREEK) PLACE TO BE IN ST. PETE, FLORIDA



Candy (right) and Carmen



Nick with his best half, wife Angie

If you live in New York there is nothing unusual when driving to see Greek flags waving alongside the Star Spangled Banner at the entrance of diners or restaurants. You don't even get moved any more, you just keep driving thinking about the unpaid bills from your recent summer trip to Greece! If, however, you couldn't afford that trip (Greece is still in the Eurozone, after all), or you didn't have enough vacation time and you decided that under the circumstances sun-bathed and baked Florida was the ideal choice, and then, while driving on St. Pete's busy Gulf Boulevard you saw a Greek flag, chances are that you make a stop!

by Demetrios Rhompotis

That's how I got to visit Skidder's Restaurant, a place that combines so many different things while managing to maintain a distinct character, just like America herself, I would dare say. It's a family restaurant, a bistro, a Mediterranean style café and a place to hang out. The menu is built along the same lines, offering continental and European breakfast, Greek & Italian dishes for lunch and dinner, sandwiches, seafood, of course, even vegetarian choices! And last, but not least, pizza, and not any kind of pizza, one of the most famous in the area that has the delivery personnel on a ceaseless pace!

It was late in the afternoon when we got there, just before the avalanche-like dinner rush was about to ensue. It didn't take a lot to realize that at least one of the people sitting at the corner table of the open air patio, facing Gulf Boulevard, was Greek. The music coming out of the speakers on all sides was also Greek and not the tourist-like Zorba mellifluous tunes, but hard core Greek! When he saw us looking for where to sit, the Greek looking, tanned man stood up and in seconds we started speaking in the language of ... Zorba ... and by that I certainly do not mean Mexican (Anthony Quinn)!

That's how I met Nicholas Skiadiotis, the owner, who immediately invited us over to his table (I told him I was in the area to cover the Republican Convention, so that I would look more important, although that wasn't exactly true). There, we got to meet the ...former mayor of St. Pete and a couple of very friendly locals who visited Greece many times and they liked it so much that during one trip they overstayed their visa and as a result there is a kind of hold that prevents them from reentering the country.

Nicholas, as we came to realize, isn't only Skidders owner, but a kind of unofficial Greek ambassador in the area, offering advice and trying to help in anyway he can. And if the Greek Consulate General in Atlanta closes due to economic constrains, then Nicholas might need to assume the duties of a real Greek consul, albeit unwillingly! "You see, despite the problems and the bad news all over the networks, people here still love Greece. So, when they want to go there not only I encourage them, but I give them ideas where to go and what to do," says Skiadiotis. "Greece still is one the most beautiful places on earth and she deserves our love. That's why I go there and stay at least four months a year!"

Nick's love affair with St. Pete, Florida, started in the most unsuspected of ways. He emigrated to New York from his native village of Platanos, a breathing distance from ancient Olympia, in 1974 and like many Greeks at the time he went into restaurant business. It was winter of 1987 and a very stressful breakup with a restaurant partner had left him completely exhausted. While going home, he passed by his friend's travel agency in Astoria, where he would often stop to say hello. It was then and there that he saw a poster with St. Pete's magnificent beach. "Can you send me to that place tomorrow?" he asked his friend, and while the other went on to laugh, Nick was dead serious!

It was pre-Internet time yet, so it took some effort and various phone calls, but before long he left the place with two round trip tickets and a seven day hotel reservation. Getting home, he went right upstairs, to his wife Angie, "his better half," he says, and waving the tickets he solemnly declared: "I'm leaving for Florida tomorrow for a week, please come with me!" After Angie protested like only a Greek woman knows how about the last minute notice and the lack of time to do her hair etc-when she realized that he was going to go no matter what, she started packing the suitcase (still protesting, of course!). "She fell in love with the place like I did," Nick says, "so she soon realized it was great that I bought the tickets, even without her knowing."

Having gone back and forth numerous times, Nick saw the opportunity to do business as well, so that he could have a reason to stay there much longer. In



Nick and son Teddy Skiadiotis hosting models from one of the area's beauty pageants

1993 he bought Skidder's and since then he has became more of a Floridian than New Yorker. Although he still has a house and business in the city, St. Pete is his home. "I came to love the place, the sun, the weather, the wonderful people. Also the pace of doing things here is much more manageable. I worked for many years and so hard in New York, this for me is like a vacation, only permanent!"

When in St. Pete, Nick goes to Skidder's every day, late afternoon usually, and sits in his favorite spot where everybody can pass by and say hello or talk about the latest developments. He's also involved in other businesses and his son Lefteris, or Teddy, as people know him, has taken over to a great extent. But Nick feels still young and kicking, so he's not thinking about retiring anytime soon.



Sportscaaster Dick Crippen with wife Penny, Nick Skiadiotis, Henry & Eleanor Gonzalez with their daughter, former St. Pete's Commissioner Chris Leonard, Candy, Skidders Manager, and Millard Gamble

New York State Senator Mike Gianaris was also hosted at Skidder's. Here with Nick Koutelos & wife (right) and friends



Former Florida Governor Charlie Crist (center) with his father (left), Nick Skiadiotis and his son Teddy



While talking about the economy, the discussion shifts to Greece and the hardships there. Nick is optimistic that at the end Greeks will manage to pull themselves out of this mess, but he feels for the people. "I know how it is," he says. "I too went through things and it takes a lot of guts not to lose faith, not to break. And it's in situations like this that a helping hand might do all the difference. Whatever I can do to help, I do. There are people coming here and if I cannot give them a job, I call friends who might be in need. I'm not saying that I will save the country, but you have to start from somewhere, by doing something."

Thanks to Nick and his engaging personality, Skidder's has hosted very prominent people throughout the years, from every field of endeavor,

politics, sports and ...beauty! Very often you see busloads of hot models, taking part in various pageants which the area is famous for, visiting the restaurant. "Either I'm so handsome or the food is so good and keeps them in shape! Or both," says Nick with a big laugh. "But I'm also married!"

Going through a wall full of photos with dignitaries, customers, congressmen, senators, governors, athletes, coaches, TV personalities, one can see that Skidder's isn't just a restaurant but a local powerhouse. "We also do fundraisers here," he notes with a smile.

Skidder's is located on 5799 Gulf Boulevard, St. Pete Beach, Florida. The phone number is (727) 360-1029. You can also check it out on Facebook.

When there, try the Greek salad as a starter, then grouper with their marechiara sauce on pasta and finish with homemade strawberry cheesecake. This dish couples well with chilled Moschofilero white wine. When done, enjoy your cigar and your favorite drink in the open air and like me, start looking for ways to extend your stay...



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The Post Election Trauma

Do you remember when I was talking about the feeling of ...hopelessness following the end of the Olympics? I kind of feel the same now that the election is over: it's like waking up in the morning and forcing yourself to look for real news-- other things that will captivate your interest, that can fill this wide gap--in other words, the new situation has the potential to unsettle us completely and for sure it has done it to me!

For the last two years we knew what the main topic was; we even knew how to rewrap the same "arguments" and sell them as something new: people would brook no serious questions (unless it had to do with the wrapping paper...). We could also have those ...idyllic moments while talking with friends of the opposite party, when everybody supposedly agreed on the things that need to be done for the good of the country and after not too long, the conversation would naturally drift to sports (and women) and everybody would leave the table or living room satisfied and proud to be American!

And I'm sure this feeling of emptiness is shared by all "mainstream," commercially-oriented TV "pundits" who in their sprint towards the finishing line of this past election exhausted the limits of what could be said within the safety that the condom of our political correctness ...amply provides. They could talk for months on end without saying anything, or anything different for that matter, and feel great about themselves and their service to the country, which happily coupled with the service to their pockets, making the experience fulfilling in more than one ways!

Yes, they feel the same, as I feel, although for entirely different reasons. I expected nothing serious to come out of the whole thing, so I have come to appreciate mainly the artistic aspect of the process: the theatre, the drama and yes, the precious comedy that you can extract from the most solemn moments of this bisexual-bipartisan I meant to say--play. The understanding which ensures that no matters of utmost importance will

be touched and if they do, it will be by mistake or by default, is what guarantees the theatricality of this magnificently staged operation. In other words, you know it's a play and a dull one, but you hope for a surprise every now and then.

In the "pundits" case, the feeling of void in their midst is due to the fact that they rightly sense their raison d'être missing: it's sort of an existential problem which cannot be solved through the mind-boggling exercises in philosophy or even religion beliefs. Besides, it takes really intelligent people to be able to torture themselves that way and yet be sober when dealing with life's mundane things as if nothing had happened. Those are the exceptional, maybe, the rest is just the ...exception!

So, in order for these "pundits" to be able to live in the post election period they had to come up with a stratagem that would allow them and the rest of the country to be on a permanent election alert! (It's somehow the same concept of terrorism alert Bush employed so effectively for almost eight years). After all, maybe this is the new idea of democracy in the making so that it keeps herself alive - but no kicking - even if that means through life-support devices which in this case are the media. So the army of experts and commentators have already started talking about the 2016 contest and thrown possible candidates left and right, winking and nodding with the air of somebody who has inside information and gives the public a great service by sharing it.

Listening to those people, you come to believe that 2016 is already here, which doesn't excite me to the least, in fact it makes me feel much older already and there are so many things that I haven't done! And even worse for my state of mental health, the main thing that takes me out of this trance is looking at my bills, which clearly state what date they need to be paid! It's such a relief! It makes me feel grateful to my debtors, in fact I even thought of paying them something extra for this therapeutic service, they certainly deserve it! Our bills make sure we stay real and in the present course of things, otherwise the future that will absorb us is some kind of an invisible vacuum the only way out of which will be rejection in a eschatological or excremental way! If you don't believe me, take a look at Rush Limbaugh...

Speaking of shit, let me explain that the modern Greek word of excrement, "skata", derives from the word "eschatology" which itself signifies the very end of a process. I'm not giving you this explanation as a metaphorical take of mine on the result of this artificially prolonged election extravaganza. In fact, it's the best outcome our state of democracy could produce, in my humble

opinion, given the abuse on processed arguments from both sides of the aisle that have left her (our Democracy, I mean) in a permanent state of indigestion.

What I want to say is that our experts and specialists have exhausted the humanly-possible limits of talking about the very, narrowly-scoped same things, and as a result they can only come up with ... eschatology and by that shit is to be understood! They can't offer anything else at this point, whatever nutrients were there have been absorbed long time ago so what's left is ... skata!

This is what they are serving us abundantly and this is what we are asked to consume with renewed interest, pretending it's fresh cake just out of the oven. And it is up to us, once more, to lift the ... gauntlet and either keep playing this game by pretending that shit is food for thought or wipe our ass with it and throw it back as a counter argument! Which lead us to another problem: our shit will be

This is Elinor Jozef, the first female Arab combat soldier in the Israeli Army.

Hopefully she will never have to use her combatant skills, other than to conquer some lucky fellows...



called as it is by them, while theirs will still be offered as political wisdom! And since they are the de facto arbitrators of what is and what is not, we are going to loose the battle of shit, besides their capacity to shit on us, is unlimited!

Once more I realize that there is no way out of my line of arguments, and at this point, when the post election void-trauma is still fresh, I'd rather keep it low and get ready for the ...Holidays! Thanksgiving is in the offing and before you notice it so is Christmas. And the moment New Year's is over, you know Easter is approaching fast. Indeed, there are other things in life besides the election and unlike the latter, they really occur on a yearly basis!

P.S. I don't know if I should appreciate it or be pissed about it, but it's amazing that people with whom I haven't talked for a long time, even for years, found a way to reach me and ask about my well being after the hurricane Sandy. What's worse? It took me years and consistent effort to fool myself into believing they didn't exist!!!



Off-Beat Music Sector

by Peter Douskalis

Spiros Exaras on his Collaboration with Elio Villafranco and their upcoming CD

What do you get when you combine a Greek and a Cuban? – Some really great music is what.

I bring to you what should be no surprise to any lover of music. Spiros Exaras is a staple musician, guitarist, composer, and arranger in a global music scene and is preparing to release a CD, "Old Waters, New River", with world-renowned Cuban pianist Elio Villafranco. Both based here in New York City, the two had the opportunity to connect and record a beautiful duet album featuring piano and guitar that will soon be released. Although a sophisticated style of music jazz may be, you don't need to know anything to know that this is beautiful music. I had the opportunity to speak with Spiros about the upcoming release to better understand the project and its message.

Be sure to keep an eye out on Spiros' website: www.spirosexaras.com for future release information. You can also make sure to keep an eye out right here in NEO Magazine for all of the latest details and can also keep up on the latest music news in the area by following my Facebook at www.facebook.com/peterdouguitar.

Spiros Exaras and Elio Villafranco getting ready to jam



Can you tell me about the inspiration for this album? How did the whole project begin?

We both come from countries with rich cultures. Before we sat down and jam together we knew that something different would come up from this. There is no bigger challenge for a musician to explore something totally opposite than is used to. That is what happened in this case. Mike Millius is an acclaimed producer and the one who brought us together. Before he introduced us I remember him saying, "I think you two guys should meet and play together".

How did you come up with the name for the album?

Titles are always a tough part. After long time that we were searching for a name, we both came with something similar. I incorporated the word "river" while Elio used the word "old water". Then we put them together, not to make happy both parties, but basically because this title represents the project. Old waters reflect the two cultures (Greek and Cuban) and new river is the project that emanates from these "waters".

Based on your previous CD's blend of jazz and Greek influence, how does your new album compare?

This project is not just me, but Elio as well. The two of us are sharing ideas, compositions, arrangements, etc. So it has a lot of paths to explore. I would say that this project is Greek-Cuban-jazz, comparing to my previous album "Phrygianics" that was more of a Balkan-jazz.

I hear that on this project you use a nylon string guitar. Do you have a preference which type of guitar you use and how did this affect your style of composing?

Certain instruments can lead you to specific ideas, or some compositions require an accurate sound effect. In this project we both aimed to keep it simple in sounds. We had so much to say with the compositions and arrangements of the songs that didn't need to make it more complicated. Sometimes simplicity speaks more to the heart and this project has a lot of emotions that only could be expressed by pure wooden instruments.

How is it that you blend your Greek heritage with your jazz guitar playing? Is this something that you consciously do or does it come naturally?

Years ago I was trying to sound more "American". From the time I started to appreciate Greek music more, I began to utilize Greek elements into my playing and compositions. I am in a level that all these elements come naturally to me.

How do you find yourself promoting the style of jazz music to the Greek community? Further, how do you find yourself making this cross-connection to mainstream jazz in the US?

Very tough! Greek audience, especially here is not educated in jazz at all, or other styles than Greek music. People know my work basically from my participation in Greek concerts or engagements that are related to the Greek community. American audience is more open to other cultures; let's not forget that this country is a blend of different ethnicities. Therefore, they can appreciate the fusion in music, as they do it in cuisine or even in other forms of art.

What was it like working with Cuban pianist Elio Villafranco and in what ways did you collaborate on this project?

Elio is a great person, besides he is an acclaimed musician. I learned a lot from him. We've been working together for over 3 years now. I think the biggest achievement of this collaboration is that we both learned how to tame our egos. That's why this project is well balanced. I know when Elio is trying to explore something and I leave him space, the same he does when I try something new. He will take it with respect and get it somewhere else.

Will there be a release party?

ABSOLUTELY! We don't know yet the exact release date, probably in the beginning of 2013. It will certainly be followed by a release party.



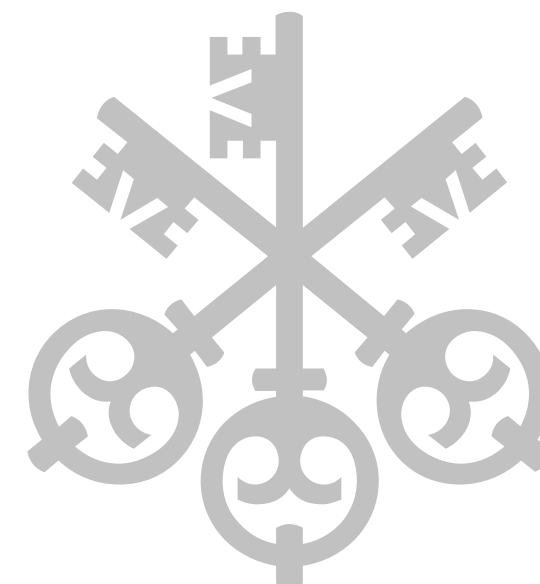
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