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IN OUR NEXT ISSUE

PELOPONNESUS, CRADLE OF THE OLYMPIC GAMES, BIRTHPLACE OF AGAMEMNON, LEONIDAS, KOLOKOTRONIS, and much more. An in-depth coverage of the historic peninsula with articles on local personalities, history, food, and hints for sightseeing.

ΚΛΕΙΣΘΕΝΗΣ: The story of Ohioan Aristotelis Hutras who discovered the hidden meaning of the action of Kleis thenis 2500 years ago and arranged for a bust in the Ohio State Capitol

THE OLYMPIC GAMES
They returned to Greece, the country where they were born 2780 years ago; were celebrated without any glitches, making us proud and so grateful.

NEWSMAKERS
People and events that are making news in the Greek commercial community; Places to patronize for the products and services you need, indexed, and explained.

GREEK WORD POWER
NEWS FROM OSU
and much more…
The launching of the GREEK ETHOS periodical is a milestone in the 40-plus-year history of the Olympic movement in Columbus. We are grateful to Professor Eliseos Paul Taiganides who has proposed this project and has offered to publish 4 issues per year!

The Greek Olympic Society began as a soccer club in 1960s. The newly arrived young men and women from Greece formed a soccer team and organized a league so they can compete as their ancestors did in the Olympic games. The same young people, responding to the support they got from our community and church in their struggle to make a success of themselves, organized dinner dances that eventually led to the annual Greek Festival that today is one of the most prominent fiestas of central Ohio. We run the lamb roast at the Greek Festival and donate money to the church. We also organize the annual Apocreatico Dinner Dance and donate part of the proceeds to our church. As part of our mission and goals, we donate funds and time to philanthropic projects, too numerous to list at this time.

One of our publications is the annual “CENTRAL OHIO GREEK COMMUNITY RESOURCE GUIDE”. It was started and is compiled by our past president Chris Bouzounis, who has been active since the inception of the club 40 years ago. The Guide lists important firms and institutions that provide invaluable services to us all. I urge you to patronize the listed firms that are conveniently indexed for easy reference.

The GREEK ETHOS is another one of our efforts to educate our own members and the entire community of our mission, goals and activities.

GREEK ETHOS (ΕΛΛΗΝΙΚΟ ΗΘΟΣ) is a title we have chosen because it embodies the essence of our distinct character, our guiding beliefs, our basic nature and morality, our evolution as one of the leading ethnic groups in creating the American ethos as a fusion of cultures and traditions from around the whole world. In the amalgamation of cultures and the globalization of human behavior, we risk losing our identity as a unique ethnicity. Therefore, it behooves us to pass on to the next generations our ethos and our ethnicity.

Eventually, with support from the commercial sector, we hope to expand our effort with a web page in the Internet so we can serve you better.

Come join us in celebrating our cultural heritage and help maintain our traditions.

Respectfully yours

Nick Geldis, President
ngeldis@columbus.rr.com
CRETE IS SPECIAL!
CRETANS ARE DIFFERENT!

By Eliseos Paul Taiganides, eptai@aol.com

I should know! I have been married to a Cretan for more than 43 years. I first read about Crete in my college days in the early 1950s. One of my university professors had gone to Crete on a mission for the United Nations, and he gave me a copy of a bleak report about the poverty on the island. The first time I saw Crete was when I went there for my wedding to Maro Liapakis in December 1961. My family from Makedonia and I flew on a DC-3, the WW II propeller plane that rested inclined on 3 wheels, and the 6 of us were the only passengers on it. The second trip was in 1966, when we bought a microbus in Germany and drove it to Greece with our 3 children.

In 1966, we camped one weekend at Elounda beach by Agios Nikolaos in Crete. There was nothing at that magical spot. A shepherd cooked eggs and potatoes for us in a decrepit hut while attending his flock of sheep and goats that were devouring the vegetation of the beach. Then the Germans, who were still being taught classical Greek and Greek history in their schools, having recovered from WW II, started flocking to archaeological sites in Crete. The tourist boom of the 1970s followed and Elounda Beach became the site of 5-star resorts of world renown (having Patakos, a Cretan army colonel, in the Junta of dictators that took over the Government in 1967, helped ease the acquisition of the shorelines and the issuance of building permits). The rich and the powerful vacation now in Elounda arriving on private helicopters or jets. The rich and the powerful vacation now in Elounda arriving on private helicopters or jets. The rich and the powerful vacation now in Elounda arriving on private helicopters or jets. The rich and the powerful vacation now in Elounda arriving on private helicopters or jets.

Dining at sunset by the quaint harbor of Hania in the west is an experience that cannot be matched anywhere in the world. Cretan diet has been discovered as the best. In the center of Crete, I suggest the tavernas in the serpentine narrow streets of Rethymnon where the most massive Venetian fortresses in the Mediterranean surround its small harbor. The epicenter of business and entertainment is medieval, labyrinthine Heraklion, named after the “All Greek” hero Hercules. There, I suggest making several visits to the best endowed archaeological museum in the whole world and a pilgrimage to the ruins of the Minoan palace in Knossos.

There are hundreds of historically interesting monasteries to visit in Crete but my favorites are three. In the West, The church of Prophet Eliseo on a hill with breath-taking vistas in all directions, in Drosnonero,16 km south of Hania, on the spot where the last battle for independence from the Turks was fought in 1896 and was concluded with.

CRETE AS A TOURIST DESTINATION

Crete has some of the most magnificent mountain peaks. They are everywhere throughout the entire 260-km length of the island. There are more than 10 mountain ranges above 3000 feet elevation. Elegant Mount Psiloritis in the center and the aristocratic White Mountains in the west are above 8000 feet. Historical Diktis of the Lasithi range in the east above our village of Avdoun is over 7000 feet. The island being only 56 km in width at its broadest, the luminescent blue sea is in view everywhere from the pristine pink beach at Falasarna in the West to the imperial grove of palm trees at Val beach in the East. One can go from the populated North with the opulent resorts to the isolated cliff beaches in the South facing the warm waters of the Libyan Sea in a matter of minutes. The Farangi of Samaria, the longest gorge in whole of Europe, is a “must” for every visitor to walk its 16 km base from Omalos in the North to Agia Roumeini in the South where tavernas with cold beer and fresh fish await the exhausted trekkers. (A British submarine was awaiting King George and the rest of the Greek government who escaped to Egypt by walking through the Samaria Gorge when the Nazis parachuted onto Crete in 1941).

Dining at sunset by the quaint harbor of Hania in the west is an experience that cannot be matched anywhere in the world.

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SAINT ELISEO, the name day of Saint Eliseo. In the center, the historical Arkadi Monastery, 16 km south of Rethymnon where the monks dynamited the convent rather than surrender to the Turks. In the East, the wonderful and unique Byzantine icons at the convent of Panagia Kirá in Kritsá, 16 km south of Agios Nikolaos. But we are jumping ahead of the story. Let us go back to the beginning of time.

SYNOPSIS HISTORY OF CRETE

The cataclysm of 7500 years ago caused by the melting of the ice that covered most of Europe filled up the Pontos Lake (Πόντος Πέλαγος) and made it into what is now called the “Black Sea”. (A pejorative name given by the Ottoman Turks, who having come from the inland steppes of Asia did not have the skills of Jason and his Argonauts, and so the Turks could not navigate the tempestuous waters of Pontos). The Pontian farmers and fishermen who managed to escape the flood through the Caucasus Mountains settled into Anatolia and from there to the Aegean islands. By the 3rd millennium before Christ, there were settlements in Crete. This was the time that cultivation of olives began producing oil for cooking, for light and for therapeutic purposes. Community development with palaces in Knossos, Malia, and Faestos followed from wealth gained with extensive olive oil trade with the surrounding islands, Asia and Africa. With no enemies, the Minoan millennials were times of peaceful colonization of Karpathos and Santorini (Σαντορίνη), control of Athens and the Aegean Sea, and of major cultural breakthroughs of global significance!

Plumbing for cities, painting frescoes that could last thousands of years, urban drainage, systems for storage of grains and other food commodities, shipping, pottery, jewelry of exquisite quality and many other crafts were developed during the Minoan Kingdom. But the biggest contribution was the development of rudimentary alphabet that eventually produced the Greek letters and the passing of knowledge through the printing of words. To appreciate this, I suggest you visit the ruins at Górdyna in southern Crete, and stare at the marble tablets that have all the laws of that time inscribed on them in full detail including the punishment for sexual harassment! The best time to visit, by the way, would be on the night of the August full moon when the Gordyna basilica park hosts a night of classical music, under the stars, as is being done in many other archeological sites in Greece. Linear B that was finally deciphered in the 1950s by young M Ventris (who soon thereafter was killed in a car accident) was proven the foundation of an alphabet that lead to writing and communicating in 750 BC when Homer published the Iliad and the Odyssey, thousands of years before Gutenberg produced the printing press in Germany.

A German engineer who was visiting me in Columbus a few years ago became distraught when he saw in the car plates that Ohio was being advertised as the birthplace of aviation. He was taught that aviation was invented in Germany. Well I have news for both Ohioans and Germans. Ohio may be the birthplace of modern aviation, but the original first ever human flight took place in Crete, 3500 years ago. In fact, I even know the spot from which Daedalus and his son Ikarus took off on their maiden human flight. It is a cave on the side of a foreboding mountain of the Lasithi range that overshadows “our” village of Avdou. The cave is almost impossible to access. Even goats have difficulty clambering over the boulders to reach the cave. I know. We baptized 2 of our 9 grandchildren in the chapel inside that cave that houses the miraculous chapel of Agia Fotini. By the way, there are over 2000 caves in Crete and each one of them has a story to tell because they were used from thousands of years as shelters, as cult centers, as refuge from pirates, and later as grottos of Christian saints. The caves at Eleftherna south of Rethymnon are ingenious and thus worth your visit along with the latest excavations adjacent to the hideouts of escaped slaves in ancient times.

DAEDELUS AND IKARUS

The mountain facing Avdou is now used as the site for the national paragliding championships. The steep incline of the slope creates amicable thermal currents to help the parachutists take off and stay aloft for hours at a time at the pleasure of Aeolos, the god of wind, who helped Daedalus realize the first ever human flight. My legend has it that “our mountain” was the place from which Daedalus and his son Ikarus took off in their wax-winged aircraft back 3500 years ago. They were escaping the wrath of King Minos who did not want the architect of his palaces to reveal the secrets of the labyrinthine city to his adversaries. The Minoan palace in nearby Knossos, unearthed by Sir Evans of England in the early 1900s, had so many corridors and hidden rooms, that Ariadne, the daughter of King Minos, tied a rope from a ball of twine to the waist of Prince Theseus, son of king Aegeus of Athens for whom the Aegean Sea was named, so that Theseus could find his way back after wrestling and killing the Minotaur, the half bull-half man, whom King Minos kept imprisoned in the labyrinth. Theseus and Ariadne sailed away from Crete. But Theseus abandoned Ariadne on the island of Naxos, halfway to Athens, where Ariadne was rescued by Dionysus, the god of wine and festivals, a wonderful story that has become the theme for operas, mural paintings, and literary works by some of the greatest artists in the world.

Our mountain and our cave are a foreboding sight, which confirmed in my mind that Daedalus and Ikarus had used this cave to hide the enormous amounts of beeswax (which would explain why the sinuous cave footpath to the chapel is waxy and slippery) needed to build their wings. This region must have been a wax producing area. Until fifty years ago, my wife’s grandfather had cauldrons (κάυδρων) of beeswax in which he made wax (καταβρέθηκε) in the basement of his house in Hersonissos by the Aegean Sea, only a few miles north from Avdoú; also, a village a few miles south of Avdoú, across from the cave, is named Këría, which could come from “wax,” as the Greek word for wax is “kéri”. According to historians, Crete is the first place in the world where people cultivated bees, the first honey makers. Cretans were the first to herd sheep and the first to use bows and arrows for hunting; the first to cultivate and process olives from a time immemorial. Pezá and Arhánès are famous for their wines from time immemorial. Daedalus and his son Ikarus took off from our cave during a foggy day when the clouds
GREEK WORD POWER

Recognize Anglicized Greek Words; Enrich your Lexicon

All 20 of the words selected to test your knowledge of Greek words that have been anglicized can be found in this the first issue of Greek Ethos. (The ANSWERS are given on another page) GRADING SYSTEM: 5-10 words, GOOD; 11-17 EXCELLENT; 18-20 EXCEPTIONAL.

1. agony
2. autonomous
3. cataclysms
4. chronological
5. democracy
6. diaspora
7. ecstasy
8. eons
9. ethnicity
10. ethos
11. gymnasium
12. hierarchy
13. historic
14. kilometers
15. labyrinthine
16. lexicon
17. magical
18. metamorphosis
19. musical
20. orthodox

By Nikos Apostolakis, nikos@udel.edu

Greek family names are “patronymics”, that is they derive from the father’s name with the addition of a diminutive signifying “little one” or “son of”. But in Greek names, the ending varies based on what part of Greece your ancestors came from. For example, the ending -poulos as in Antonopoulo indicates Peloponnesian origin, meaning the son of Antonis. The same meaning would be Antoniadès in Macedonia, Antonakos in Mani, Antonatos in Kefalonia, Antonides in Pontos, Antonakis in Crete, etc.

The “-akis” in the majority of the Cretan names has an interesting historical origin. According to Professor Hatzidakis, uncle of the celebrated composer Manos Hatzidakis of the “Never on Sunday” movie fame, when the Turks occupied Crete, they addressed the Cretan men (as Muslims, they were forbidden to address women) using the neuter diminutive “-aki” along with a neuter article in front. This was to insult them and belittle them. So the Turks would say “To Antonaki”. They had a special animosity against the Cretans because of the frequent uprisings against the occupation.

The Cretans however decided to turn the “insult” to a badge of honor. They “masculinized” the name by adding an “s”. Thus, it became “O Antonakis” instead of “To Antonaki”. The spelling varied.

The spelling varied.

Most spell it with an “eta” (Αντωνάκης), but some insist on using “iota” (Αντωνιάς). A proof of professor Hatzidakis theory is the fact that in most mountainous villages of Crete, which were not occupied by the Turks, some of the names do not have the -akis ending. For example, in Anogia, [a village up the slopes of Psiloritis, the highest mountain in Crete, and a hotbed of revolutionaries, even to this day], one finds names like Skordalis, Kallergis, Xyloouris (the famous “lyraris” and folk singer Σύνθεσης, who popularized Cretan music in the 1970s). Tzagournis is a name from Ano Viano (even in the 1940s the Germans could not subdue that region of the inaccessible mountain ranges in the South coasts of Crete), and so on. Nowadays, Cretans are proud that their names have the -akis ending that distinguishes them from everyone else!

Of course, when Cretans started immigrating to America early last century, the Anglicized names they were given sometimes reflected more the ignorance of the immigration officials than the geographical area from which the immigrants came. For example, Michalakis became Meshel, which, fortuitously, proved useful for a Cretan who entered Ohio politics and rose to the top of the legislative ladder.

GRADING SYSTEM:

By Nikos Apostolakis, nikos@udel.edu

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to the Success of Ethos

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MANUEL TZAGOURNIS, M.D.: A Model for Us All!

By Eliseos Paul Taiganides

He is 70; 2 weeks younger than me! We both joined the OSU faculty about the same time in the 1960s, but I left to work for the United Nations. He stayed to make a name for himself and for us all. He rose swiftly to the top of the hierarchy of the Ohio State University.

From an instructor in internal medicine in 1968, Manuel was promoted to assistant, to associate, and to full Professor 6 years later in 1974; he was appointed Dean of the Medical College 6 years later in 1980 and Vice President of Health Sciences in 1982. Manuel served in those capacities until 1999 when he retired to return to his private practice. To appreciate the enormity and vastness of the medical empire he was administering consider the fact it is the most comprehensive health science center in the USA, and includes medicine, dentistry, pharmacy, optometry, nursing, veterinary medicine, hospitals, and public health. He played a leading role in the establishment of the school of public health that trains people in preventive medicine, community outreach, immunization, programs that are so critical nowadays. Let me give you a few statistics to get an idea of the phenomenal growth during Manuel’s tenure. The budget more than doubled to three quarters of a billion dollars, but the endowment funds increased from $40 to more than $200 million, a 5-fold increase! Enough statistics; best you read the Distinguished Service Award he got from the Board of Trustees!

I sit across from Manuel for an interview at the university hospital clinic where he is now practicing medicine. His specialty is diabetes. Some of his patients are listed among “Who’s Who” in the State of Ohio. Aronoff, the Republican President of the Ohio Senate who tes. Some of his patients are listed among “Who’s Who” in the State clinic where he is now practicing medicine. His specialty is diabetes.

OSU DISTINGUISHED SERVICE AWARD
“Ohio State’s comprehensive Medical College, which today is internationally recognized for clinical and research excellence, is in great part the work of Manuel Tzagournis. As the longest serving Dean and Vice President in the College of Medicine’s history, he served the University with unwavering dedication during a climate of great change. His legacy is one of compassion, patient care, and skilled administration.”

Manuel you have reached the top of your profession, so what is the thing of which you are the most proud? “My family” he replies without blinking an eye. Why? “Because they are good people, hard working, and serve the community and the church”. Manuel and his wife Madeline whom he met during college days at OSU in Sigma Epsilon Phi meetings (so take notice young university students) have 3 boys and 2 girls, all married and with children, 14 grandchildren in all! What did you do to make them good? “Well, we were strict with them”. Once again, I am reminded that successful kids come from parents who are firm with them. Do you feel Greek or American? “I feel that I have dual identity. Even though I function as an American, many of my friends and my values are Greek”. Do you visit Greece? “About every 3 years since 1963”.

He was born in 1934 in Youngstown, the eldest of 5 boys, all of whom have professional degrees. His mother is still living, but his father was killed in car accident in 1963. Why did you become a doctor? “It might sound like a cliché, but I like helping people”. We know that you like to help, Manuel, and that is why we consider you a model for us to emulate!

καλλι-γνώσις: News from the modern Greek program, The Ohio State University

30th Anniversary of the Program: In February 2005 the program celebrated the thirtieth anniversary of its founding in 1975 with the launching of the Project Paideia by the Greek-American community of central Ohio. This major event was recognized in a reception, which was held before the annual Sweetheart’s Ball and which recognized the 70th anniversary of the establishment of Sigma Epsilon Phi. Featured speakers were George Brown and Nicholas Alexander.

Honors Trip to Greece: During March 205 break Prof. Jusdanis will take a group of 26 Honors students to Athens who took his class, "The Culture of Contemporary Greece," and will be able to see firsthand the country which they have been studying for a quarter. Students belonging to the Honors program are the brightest at Ohio State and follow an academically more rigorous course of study. This trip is the first one undertaken by the Honors Program to Athens.

Thomas E. Leontis Lecture: This year’s Leontis Lecture will be given by Paul Magdalino, Bishop Wardlaw Professor of Byzantine History at the University of St. Andrews in Scotland. The topic of his presentation will be “The Shared Culture of Byzantium and Islam”. It will be held on April 5, 2005, at 3:30 pm in the Grand Lounge of the Faculty Club at the campus of Ohio State. Everyone is welcome to attend.

May 5-6, the Modern Greek Program at OSU will acknowledge its 30th anniversary by hosting an international academic conference. Young scholars from Greece and the United States will speak about their work.

Professor Gregory Jusdanis, jusdanis.1@osu.edu
A GREEK FOR ALL SEASONS!
By Eliseos Paul Tsiangides

He is 80 but looks and walks like man in his 50s. He is a WW II veteran serving as a Seabee in Philippines under the famous General McArthur and has 2 bronze battle stars to prove it. Went to college and graduated with high honors in 3 years, while working full time at a steel mill. He was the first Greek-American/Orthodox to be elected in the Ohio legislature, but today several Greeks, (one of them, Trakas, is running for Secretary of State), and many Eastern Orthodox are in the legislature. Hard working, Harry rose with phenomenal speed to the pinnacle of Ohio political hierarchy, serving in several leadership posts and 2 memorable years as President of the Ohio Senate. He has shaken hands with every President of the United States since Franklin Roosevelt; was a pal with several of them, especially with those of the Democratic persuasion or of Greek decent (like fellow Cretan M Dukakis who run for President in 1988). He has been a pioneering champion of legislation to advance public education, to ease the employment and challenges facing the handicapped, to protect consumers from fraudulent sales practices, and managed to get support from both sides of the aisle for these noble causes. He has made more than 60 international trips to more than 20 countries (20 to Greece) and served 22 years in the Ohio legislature, 1971 to 1993. His list of honorary citations, awards, certificates of extraordinary service to Greek and American organizations and institutions runs into the hundreds, but he is one of the most approachable men I ever met. He is neither a medical doctor (like his fellow Youngstown Cretan, Dr Tzagournis), nor a PhD, but you can address him as “Doctor”, because he has been awarded the honorary degree of Doctor from 3 universities.

He is Haralampos Michelakis in Greek, HARRY MESHEL in the local jargon, and to all A MAN FOR ALL SEASONS!

When he got to the podium to speak during the dedication of the Kleisthenis bust in the Ohio Capitol in March 2004, a project initiated by one of his Greek protégés, Aristotelis Hutras, I watched with amazement how everyone in the legislative chambers were listening to him with admiration. Harry is a suave speaker with an uncanny sense of humor. He is a great orator in the tradition of Demosthenes of ancient Athens or more like fellow Cretan Eleftherios Venizelos. Venizelos was the maverick politician during the first 3 decades of the 20th century, who Harry credits with bringing Greece into the western fold (which resulted in the big schism, Vassiliki vs. Venizeliki, or in today’s terminology, neo-conservatives vs. liberals).

Harry’s father and mother left for America in 1916. 3 years after Chania hometown Venizelos managed the union of Crete with Greece, and a day after their wedding. One of 6 children, Harry was an honor student in high school, served in the Navy during World War II, got a BS from Youngstown State University (YSY, a school that Harry’s friend Tressel brought into national prominence with 4 national football championships, the man that also coached OSU to a national championship). He got a master’s degree from Columbia University.

As Chairman of the Senate Finance Committee from 1974 to 1980, Harry spent much time in Columbus (his daughter lives here) and helped financially not only his alma mater (one of YSU buildings is called Meshel Hall in his honor), but also OSU. Now I can see why the OSU president appointed me in 1974 in a committee to liaise with legislators, but I did not get to meet Harry, as I left to work for the UN in 1975. One of the projects he helped fund was the world renown James center for cancer in the OSU medical hospital complex.

Greetings from OSU!
If you watched the opening ceremony of the Athens 2004 Olympic Games on August 13, you would have noted that the official welcome to the 16,000 athletic participants and 72,000 spectators was delivered under an olive tree (Ελιά in Greek; pronounced Elia). The Olympic winners, besides given medallions and a bouquet of herbal flowers, were crowned with a wreath made from olive branches. During the closing ceremonies for the Olympics 2004 on August 29, the crowning of Stefano Baldini of Italy, the winner of the men’s Marathon race, was with a special wreath from an olive tree that is reputed to be 5000 years old. That tree is located in Vouves in western part of the island of Crete. This is my story of the 5000-year-old “lady” olive tree, the Καβούση Ελιά, whose branches crowned the winner of the women’s Marathon Race on Sunday, August 22.

While Ms Mizuki Noguchi of Japan, with her “omanmori” talisman tucked under her running suit, began her victorious race from the ancient sacred site of the Marathon battle and was sprinting through the historic 42-km route, Matheos Pahlitzanakis of the village of Kavousi in north-eastern Crete was showing me the branches that were clipped from the Kavousi Elia to make the wreath that crowned Noguchi, 2 hours and 26 minutes later in downtown Athens. We watched on TV her crowning at the marble Panathinaikon Stadium that was built by the Greek philanthropist Averof to serve as the venue for the 1896 inaugural modern Olympics when a Greek shepherd Spyros Louis won the first ever Marathon race.

Matheos was one of the people in the village of Kavousi who instigated the recognition of the Kavousi Elia. He lived in Dayton, Ohio for several decades before returning to his native village of Kavousi, sufficiently endowed to live a life of cultural leisure.

Elaia and Elissaion had arrived in Crete from Anatolia 5000 years ago on a boat from the Levant. In Kavousi, they settled by a small creek on the hill that overlooked the sea, but high enough to be protected from pirates. Elissaion, as was the family practice in Pontos, dug channels to divert water from the creek onto the side hills where Elia planted the seeds that she had carried sewn into her clothes. Grapes, apples, pears, and vegetables grew immediately under the unfertile Cretan sun.

Then on August 22, 2996 BC, a silvery plant rose from the heart of the rocky earth. Their little girl Elais was born that day also. Both the seedling and the little girl grew up together and multiplied. The silvery tree became the Kavousi Elia that produced daughters and sons (one of them was transplanted in Vouves) and her protector Elaís bore children. Without ever realizing it, they had started a revolution that brought great wealth and power not only for Crete but also for the entire Mediterranean for the next 5000 years. Today in Greece, there are 120 million olive trees, ten trees for every Greek. Olive production in Greece has been uninterrupted over the past 5000 years! In ancient times, cutting down an olive tree was punishable by death. That legal protection, her titanic resilience against climatic changes and weather extremes, and innate tenacity were the reasons the Kavousi Elia survived these last 5000 years!

The Kavousi Elia grew in size and numbers under the Azori knob that rises on the south side of the village of Kavousi, but during the Bronze Age, the only people in the area lived on top of the hill below, from where they had a wonderful view of the sunrise. Professor of Archaeology Hatzopoulos of the University of North Carolina unearthed a settlement of the Middle Bronze Age nearby where he found evidence of intensive cultivation of olives. Kavousi Elia was surrounded by several precipitous mountains that peaked over her giving her solitude and protection. Solitude is one of the 5 key elements for olive tree prosperity: the other 4 being in order of importance: sun (it comes almost every day in Crete), stony soil (that is all there is in Crete), periods of drought (no rain in Crete from April to October), water (it is sufficient in the winter and spring months). Olive trees have a partiality to sea breeze, but prefer to be far enough from the high winds to enjoy the silence of the inland.

Olive tree cultivation spread from Crete to Syria, Mesopotamia, Palestine, and west to Magna Grecia in Italy and beyond when those areas became civilized eons later. According to the Greeks, barbarians used animal fat as an energy source, while civilized people used olive oil. Amazingly enough only recently have the nutritional and salutary values of olive oil been recognized, too late to prevent the obesity epidemic besetting fat consuming countries.

A story of the 5000-year old Cretan olive tree whose leaves were used to weave the crown for the winners of the Olympic Marathon Race in 2004

By Eliseos Paul Taiganides, eptai@aol.com

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**ΚΑΛΛΗ-ΦΩΝΙΑ: Cretan Music**
By Dr. Maria Hnarak, mh348@cornell.edu

Cretes, where music and dance were born, is famous for the glendi, the event where dancing, singing, drinking, eating, and merrymaking become panegyric. Through revolutions and subjugations, the Cretans refined the Greek notion of the palikari, a hero who defies death to defend liberty and who, at times of festive celebrations, displays his gallantry by showing off his dancing skills. It is the concept of the leventis and meraklis, who brings kefi to a party, turning simple events into joyful celebrations of life. It all started at the beginning of time with the Kourites, who, as mentioned in another article, invented dancing and singing to protect baby Zeus (ΔΙΑΣ), who himself became the palikari of Mount Olympus.

Kourites composed poetry called madinades, distichs that are associated with Cretes, creplets of fifteen syllable lines. Live madinades, contests during which lyra-players-singers compete by improvising songs on the spot, are still common on the island. Well-known are also the rizitika songs, performed mostly in the foothills of the White Mountains (Lefka Ori, in the West) where most people used to be shepherds of sheep and goats.

The trademark for Cretan music is the lyra, which is “pear” shaped while the lyra of the Pontians is “bottle” shaped! Most of the Cretan groups that come and perform here in the USA consist of 3 instruments, the lyra and 2 laoutos or loutos. In well orchestrated groups, many more local instruments make up the unique Cretan sound.

It is at weddings that one can enjoy Cretan dancing. The gentle starts with slow dragging dances and it gets faster and louder as the kefi increases and reaches its pinnacle with the girls dancing with swirls and turns that are fascinating to watch, and goes to the leaping (pidichtos) dances and crescendos into the pedozali that men (palikaria) dance showing off their mastery by standing on bottles or the edge of a chair and still move gracefully!

Cretans Mikis Theodorakis, who wrote the music for the film “Zorba the Greek”, and Manos Hadzikadakis, who composed the Oscar-winning music for “Never on Sunday” in the 1960s, popularized Greek music and dancing all over the world.

Anyone who has been to Crete will surely attest to the fact that Cretans are chauvinists, constantly bragging about their island. A lyra-player, Psaradonis, from Anogia where everyone is known by their nickname not their family name, brother of the famous singer Nikos Xylouris, said: “Chauvinist is one who thinks his country is better than... CRETE”!

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**ΚΑΛΛΗ-ΦΩΝΙΑ: CRETAN VILLAGE FOOD**
By Ann Trocchia–Taiganides, taiganides@adelphia.net

The roots of Cretan cooking, as it is practiced still in the villages, are from the Minoans times of several millennia ago! For the past 10 years, our family has been spending summers in a village underneath the Lasithi range of mountains. Avdou is a typical Cretan village with old medieval serpentine lanes and small houses connected to each other. It is a paradise of fresh produce, olive groves for virgin oil, grape vineyards for the annual supply of wine and tsikoudia (raki), “klimataria” of hanging grapes for eating, typical Cretan village with old medieval serpentine lanes and small houses connected to each other. It is a paradise of fresh produce, olive groves for virgin oil, grape vineyards for the annual supply of wine and tsikoudia (raki), “klimataria” of hanging grapes for eating...

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**Stuffed Zucchini Flowers**
(Πολύμενδες με Κολοκυθοκότατα)

INGREDIENTS: 30 – 40 zucchini flowers, 1 lb. rice, 1 cup olive oil, 4 ripe tomatoes, 1 onion, 1 bunch each: parsley, mint, dill, salt/pepper. The zucchini flowers must be picked in the morning, so they are open! COOKING: Wash the flowers and prepare the filling. The zucchini flowers must be picked in the morning, so they are open! The zucchini flowers must be picked in the morning, so they are open! Stuff the flowers and then place them in a pot. Cover them in water and place a plate over them to keep them from opening while cooking. Simmer on low heat until rice is cooked.

**Snails with Ground Wheat**
(Κοχλοι με Χονδρό)

INGREDIENTS: 1 kilo of snails, 1/2 kilo of coarsely ground wheat, 2 medium yellow onions, diced 1 large zucchini, diced, 5 very ripe tomatoes, diced, 2 cups olive oil, 3 cups water, salt/pepper to taste. COOKING: The snails should be boiled for 10 minutes, and then strained. Change the water, and then boil again for 10 minutes. Rinse the snails in cold water, then clean them (they remain in their shells!) and put them in a large stock pot with the olive oil, onions, zucchini and tomatoes. Add 2 cups of water and let simmer for 30 minutes. Remove the snails and put them aside. Add the last cup of water to the pot and bring it to a boil. Add the wheat and turn down the heat to simmer. Stir constantly until the wheat softens. Finally, stir in the snails, add salt, and pepper to taste.

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Kavousi Elia has a perimeter of 19 meters (62 feet; 9 feet diameter at the bottom where the trunk rises from the earth). It has a gorgeous plume that rises to 20 feet and spreads over an area of 40 feet in diameter. However, what I find the most fascinating of the olive tree is the trunk! The trunk reflects the thousands of years of the agony and the ecstasy of survival. It reminds me of the suffering I sensed in the Prado Museum in Madrid Spain when I first stared at the body of Christ on the Cross as painted by El Greco (Actual name: Theotokopoulos). I recently visited again the house outside the village of Fodele where El Greco was born. His house was and still is camouflaged with olive trees. I am sure that Theotokopoulos as a child playing under the olive trees noted the strange shapes that the trunks of olive trees took over their long life and suffering under the burning sun, and he might have even visited the Kavousi Elia for added inspiration. Despite her age, and the historic snowfall of February 2004 that froze the whole island for the first time in centuries, the Kavousi Elia had the strength to grow new branches in the 2004 Olympic Year right off her bushed trunk! I was amazed at her tenacity! I could not resist, I too cut a branch of the Kavousi Elia for myself!

The beauty of the Kavousi Elia attracted dignitaries and deities to her site. King Minos of Knossos visited her when she had reached her first millennium. Minos, the creator of the first civilization that gave us the first ever alphabet, sanctified olive production, but was clever enough to share the knowledge with his trading partners in Anatolia where Jesus Christ spent His last night praying in an olive grove before being crucified. We Orthodox Christians use olive oil not only for nutrition and medicinal purposes but also for our religious sacraments at birth, baptism, marriage, and at death. Theseus, the visiting prince of Athens, in one of his amorous excursions with local princess Ariadne spent some time under the plume of the Kavousi Elia! Goddess of Wisdom Athena planted a branch from the Kavousi Elia on the Acropolis, and it brought unprecedented prosperity to the city. The grateful people named the city Athens in her name and built for virgin Athena the Parthenon, the finest temple ever. In 2004, the Kavousi Elia sent another branch back to Athens, this time to crown an Olympic winner.

400 ATTENDED THIS YEAR’S APOKREATIKO GLENDI, ONE OF THE MOST SUCCESSFUL EVENTS IN THE MORE THAN 40 YEARS THAT THE GREEK OLYMPIC SOCIETY AND ITS PREDECESSOR OLYMPIC SOCCER CLUB ORGANIZED THE EVENT

Our thanks to the co-chairmen

LEE ADAMANTIDIS AND GEORGE SOURVANOS

One of our noble inheritances is filial piety, which is to respect and to honor our elders. So a special table was reserved for the eldest of our community: Katina Barouxis, James Chakeres, Loula Christ, Ethel D’Fantis, George Jameson, Thomas Kanatas, Seraphim Michaelides, George Petropoulos. Shown with the co-chairmen Sourvanos (on the left) and Adamantidis (on the right) are Mr. & Mrs. Michaelides and Dr. & Mrs. Jameson.
Crete, from Page 7

different and fiercely independent, for which I can vouch, also Crete, during the dark middle ages, produced world legendary iconographers like El Greco (Domenico Theotokopoulos) who moved to Imperial Spain and M Damaskinos. A visit to the home of El Greco by the village of Fodele 20 km west of Heraklion is a "must" pilgrimage. After the visit, go for a coffee under the gnarled platanos tree by the stream that crosses the village, a tree that was there when El Greco was growing up. Another bright star was V Kornaros who wrote that astonishing poem story "Erotokritos".

When the Byzantine Empire began to decline, Crete became the arena of pirates like the notorious Barbarossa who burned down Rethymnon. Arab Saracens made Crete the center of their slave trade from 824 to 961. In 1204, the 4th Crusade was financed and lead by the 80-year old blind ruler of Venice. Instead of leading his Christian army to free Jerusalem from the Muslims, he headed straight to Constantinople, raiding the town after destroying the naval forces of the weakened Byzantine Empire, ransacked, plundered, and pillaged the city robbing it of its precious icons and wealth, and occupied Crete and other islands. Venice became the ruler of the seas. The Venetian castles and forts that dominate the entrances to all the three major harbors and strategic peninsulas on Crete and most of the capes of mainland Greece are testimonies to the Venetian rule that controlled trade in the Mediterranean for 4 centuries. The Ottoman Turks, after laying a siege of Heraklion (Candia under the Venetian name) that lasted 22 years during which 118,000 Turks and 22,000 Cretans were killed, subjugated the whole of Crete in 1648 and ruled until 1896 when Crete became autonomous. But Crete did not join Greece [Ελλαδα] until 1913 thanks to the political brilliance of E. Venizelos, the man for whom the new Athens international airport is named.

Crete withstood successive waves of invaders over its long history but its resistance to the German parachute invasion in May 20, 1941, was indeed heroic and is now the subject of a documentary that a Greek-American filmmaker Christos Emerson made, whose web site is worth visiting for those interested in the details, www.crete1941.com. Nowadays Crete is being invaded again annually by millions of Germans but they are peaceful tourists who are spending enough money to make Crete a place where some locals can work hard 6 months and party the rest of the year.

But one cannot really appreciate Crete and Cretans without reading the most famous writer of all of Greece, the brightest son of Crete, Nikos Kazantzakis, for whom the modernized international airport is named in Heraklion. Kazantzakis is by far the writer who best captured the spirit of Greeks and the ethos of Cretans. His books have become classics: "Freedom or Death" (the struggle of Cretans against the Turks in the 19th century), "Zorba the Greek" (the adventures of a free-spirit from Macedonia in Crete at the beginning of the 20th century); "Greek Passion" (the tragedy of refugees from Anatolia trying to relocate after WW I); "Fratricides" (the tragedy of the civil war after WW II); "Report to Greco" (childhood in austere Crete and the influence of history and religion on a future writer, philosopher, an essential read). They are all published in several languages including English, but if you can read them in their original Greek, you will be delighted! His mastery of the Greek language is unparalleled. A few years ago, we had lunch with Michael Chaplin who flew to Heraklion from Switzerland with his wife Patri-
ARCHBISHOP IAKOVOS!
A Rememberance!

by Eliseos Paul Taiganides

As a newcomer to America in 1953 with limited English, I was perplexed by a survey carried out by the university newspaper on whether a Catholic could be President of the USA. It seemed, perhaps out of ignorance and prejudice, some people feared that a Catholic would bring theocracy, perhaps of the type that happened in 1980 when the Ayatollah and his Islamists assumed power in chaotic Iran (Persia). The answer came soon enough. In 1960, John Kennedy became the first Roman Catholic in the history of the USA to be elected President. But there on the black and white screen of the TV in January 1961, it was not the feared Pope from Rome, not even a Catholic bishop giving the prayer at the inauguration of President Kennedy, but a bearded Greek Orthodox priest, Archbishop Iakovos.

A few years later there was Archbishop Iakovos on the front cover of LIFE magazine standing next to Martin Luther King, the architect and martyr of the civil rights movement. Archbishop Iakovos was a pioneering and resolute foe of racial and religious intolerance, of prejudice and of discrimination. The civil rights movement helped not only the blacks, the African American minority, but also other minorities, like us Greeks, Jews, Mexicans, Catholics, etc. He was awarded the Medal of Freedom by President Carter for his record on the defense of human rights. He fought against the violation of human rights by usurpers of power. He dared to oppose the army colonels who took over the government in Greece in a coup in 1967 and who in 1974 toppled Archbishop Makarios, an elected President of the Republic of Cyprus, triggering the tragic Turkish invasion and occupation to this day of one third of the island of Aphrodite. A talented and energetic leader, Archbishop Iakovos initiated and implemented many programs, some of which did not meet with universal approval, but that is the price of strong leadership.

He died at the age of 94 in April 2005, a week after they buried his friend Pope John Paul II (see photo). But it was the earlier meeting with Pope John the 23rd in 1959, the year he was enthroned as Archbishop of North and South America, which was historic. He was the first Orthodox official to meet formally with the Pope of Rome in almost 4 centuries. Of course, the meeting was orchestrated by Ecumenical Patriarch Athenagoras who finally met with the Pope of Rome in 1964. Those 3 hierarchs began the thawing of the relations between the churches, which were frozen for 10 centuries since the crucial Schism of the original Church in 1054.

Pope John Paul II went as far as to return in 2005 to the Ecumenical Patriarchate in Constantinople the relics of John the Chrysostom and Gregory the Theologian, two hierarchs who are revered as saints in both churches for their work in the ecumenical councils. John Crysostom wrote the liturgical service used by both churches and even Protestants. The relics were pilfered by the unruly crusaders whose goal was supposedly to liberate Jerusalem, but spent much of their time in Constantinople pillaging the riches of Byzantium. Pope John Paul II apologized for the dam-

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age caused by the Crusades, when he visited Greece a few years ago, but the main ecclesiastical and political problems for the unification of the churches remain unresolved.

The 1972 clergy laity conference was in Houston. I was a delegate from our church along with Father Sarris and Jim Jelett who was the community president at the time. The keynote address was given by the then Vice President, the Greek American Spiro Agnew. The conference was cut short, when the sad news of the death of Patriarch Athinagoras reached us. With tears running down our cheeks, we assembled for a farewell service. Archbishop Iakovos ordered the priests to depart immediately to their parishes for memorial service for the beloved Patriarch.

I asked Father Sarris, our priest for 29 years from 1962 to 1991, for a comment. They were good friends. He had Iakovos as a teacher at the theological seminary in the 1940s. He remembers him as being very strict, demanding, a disciplinarian who “kept reminding us to always be priests first and foremost. Archbishop Iakovos reminds me a lot of Pope John Paul II”, said Father Sarris, who is shown in the photo receiving the blessing of Patriarch Athinagoras and Archbishop Iakovos. Archbishop Iakovos visited Columbus to dedicate the Solomonides recreation hall in the 1970s. By the way, the Ohio State University honored Iakovos with a doctor degree.

Of course, there have been many Greek Americans who have become national personalities, such as: VP Spiro Agnew, Senators Sarbanes and Tsongas, Representative Brademas, Michael Dukakis running for President in 1988, CIA Director George Tenet, et al. However, if there is one man who can be credited for single-handedly making us stand tall, both as Greeks and as Greek Orthodox, it was Archbishop Iakovos. Archbishop Iakovos was a clergyman of global reputation. He was on amicable terms with every one of the 7 American Presidents who served after he became USA citizen in 1950, with the political and religious leaders of Greece, the world council of churches, but not with the Turks.

He was born in 1911 on the Greek island of Imvros, which was regretfully ceded to Turkey by the British in 1923. Iakovos was well qualified to succeed Athinagoras. As a Turkish citizen, he could have been enthroned in Constantinople as patriarch in 1972, had it not been for his public and unrelenting lobbying of the American government and others against the dismal record of Turkey on human rights not only against the Greeks, the Kurds, and the Armenians but also against their own people. The army generals who at that time controlled the government in Turkey declared Iakovos persona non grata and would not even allow him to visit our Patriarchate in Constantinople.

I shall never forget Archbishop Iakovos. He was fearless, showed grace under stress, had a commanding presence with his handsome features, and no one can deny his devotion to our religion and to our Hellenic heritage. Keep in mind that some of our most revered saints were powerful men who used their position to promote their religion. Although he resigned in 1996, hierarch Iakovos remained active, continued to push for ecumenism among the 170 or more Christian denominations, and will be remembered by those of us he touched.
Thanks to the efforts of Vasilis Konstantinidis, AHEPA, the Church leadership, our priests, Vicky Constantinidis, Rhea Ballas, and many others the 2005 Greek Independence Day was celebrated with kefi and flair this time. The Greek Olympic Society voted $500 for the festivities. Vasilis coordinated the festivities, bought Greek flags for the children to keep, and contributed the food. Stelios Giannopoulos, Bill Antonopoulos, and Aristotelis Hutras invited the politicians who eagerly showed up at the State Capital to honor us with their presence. No, our celebrations could not match the 100,000 who were watching at the White House people watching the parade in New York, or compete with the dignitaries in the White House ceremonies (Antonoplos and Giannopoulos brought back the Proclamation from President Bush; for our community; Read excerpt on p. 15) but it was an excellent beginning.

It is interesting to note that out of the over 200 countries in the world, the USA Senate votes to recognize only one nation's independence! Ours! proclaiming March 25 Greek Independence Day. It is a unique honor for us Greeks and particularly for us here in Columbus because March 25 is also the Name Day of our Cathedral, the Annunciation of the Holy Theotokos.

The day started with liturgy in our Cathedral with the church Choir chanting a special Doxology. Afterwards a bus took us to the Capitol. Roman Fedkiw, an aid to Governor Taft, Attorney General Jim Petro, State Representative Demetrios Trakas, Columbus Mayor Michael Coleman, Franklin County Commissioners Dewey Stokes, and Paula Brooks spoke briefly inside the Capitol and presented to Ted Leakas, president of our community, and to regional officers of AHEPA, proclamations in honor of Greek Independence Day.

With our own two leventes tsoliades marching by enthusiastic kids waving flags, the Greek Flag was raised, while the crowd sang the first 2 of the 128 verses of the Greek National Anthem.

The children performed several dances in front of the Doric columns of the State capitol and cited poems that they learned in the Greek School on Sunday to commemorate with their special talents Greek Independence Day 2005. Yiannis Proestos from Cyprus, a doctorate candidate in theoretical Physics at OSU, gave us an inspiring speech in Greek. Young Anthony Harvey gave an excellent speech in English. The Greek Olympic Society supports in several ways the Greek language School and thanks the school superintendent Mrs. Mary Alatsis and her teaching staff (Maria Tzemos, Ross Kambouris, Chrissoula Matsa, Vicki Kalavakis, Anna Merkozias-Ruff, Lefki Kourea, Alexis Alatsis, Peter Patitsas) for their dedication and efforts.
EXCERPT

PROCLAMATION BY THE PRESIDENT OF THE UNITED STATES OF AMERICA
GREEK INDEPENDENCE DAY, 2005

“Well before modern Greece gained her independence, the ancient Athenians adopted democratic principles that guided their society. These principles inspired our Founding Fathers to proclaim the imperative of self-government as they worked to build our great Nation. America’s love for liberty has deep roots in the spirit of Greece.

On Greek Independence Day, we celebrate our special ties of friendship, history, and shared values with Greece.

Our country has welcomed generations of Greek immigrants, and we are grateful for their talents, wisdom, and creativity. We honor the Greek spirit that values family and education, public service, and faith.

Greek Americans have made a mark in every field by enhancing our culture, enriching our commerce, and defending our freedom. Their strong record of public service has also strengthened our democracy, and their contributions have made America a better place.”

GEORGE W BUSH

From the Editor

Taiganides, Elseos Paul, Editor

From the positive response so far, it appears GREEK ETHOS is an idea whose time had come. Two people deserve special credit for converting the idea to a reality: Chris Bouzounis and George Sourvanos.

We expanded the first issue of GREEK ETHOS from 12 to 16 pages, but we could not accommodate some donors. We plan to publish 4 issues per year and will accommodate everyone. Many thanks to our patrons, advertisers, and Church Council for their vital support.

George Sourvanos thanks personally everyone for the enthusiastic response to his pleas for ads.

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