A publication of the Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies and the Friends of Hellenic Studies

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From the Director

Dear Friends,

As we head into the darkest days of the year, this issue of *The Hellenic Voice* is full of light as it comes to you sun-kissed and happily jet-lagged. Our focus of this issue is "Hellenic Studies in Motion": Stockton students taking what they learn in the classroom into the field, into the bright light of Greece and Asia Minor.

On Syros, four students—three of them first-time travelers—walked straight into an international conference on Orthodox—Catholic relations and discovered that they belong in that conversation.

In the "Journey to Pontos" seminar, students went from refugee testimonies in the archives of the Centre for Asia Minor Studies to villages and the city streets of Trabzon, and to monasteries along the Black Sea, where the traces of Greek Orthodox life are still visible in stone, landscape, and memory. In both cases, our students experienced the teacher-scholar model at its best: faculty and students learning side by side, equally challenged and equally transformed.

You'll also hear from members of our wider community, whose travels to islands like Astypalaia and Kythnos show that Hellenic Studies is not just a major, but a lifelong habit of seeing the world.

Thank you to the **Friends of Hellenic Studies** and all our supporters who turn scholarships into boarding passes and curiosity into experience.

Warm regards,

Tom Papademetriou, Ph.D.

Director, Pappas Interdisciplinary Center for Hellenic Studies



DEAN C. & ZOË S. PAPPAS
INTERDISCIPLINARY CENTER FOR HELLENIC STUDIES
STOCKTON UNIVERSITY

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From the Co-Chairs of the Friends of Hellenic Studies

Dear Friends of Hellenic Studies,

On behalf of my co-chair, Mariea Kazantzis, I wish you all a happy and healthy holiday season, as well as prosperity and happiness in 2026. It's that time of year when we begin to reflect on what's happened the past year: hopefully many good things, but also what didn't go as planned, challenges we're still trying to overcome, and personal losses. It's truly a magical time of the year, gathering with friends and family to celebrate various holidays. One of my favorite FHS traditions is the New Year's Vasilopita. Last year for the first time I found the lucky coin. Without going into too much detail, I can honestly say that the past year, despite its many challenges, has been one of personal and professional growth. My wish for all the members of the Friends of Hellenic Studies is that they, too, find themselves in a happier and healthier place in 2026.

Now, to a more serious matter, Hellenic Studies at Stockton, like many Humanities programs across the country, is facing some serious challenges. Stockton University as a whole is experiencing declining enrollments and broader pressures affecting higher education. (Read about the "enrollment cliff" online and other serious challenges facing higher education, especially the Humanities). At the same time, a few of our longtime colleagues are getting ready to retire. Dr. David Roessel will be retiring at the end of this academic year, and Dr. Lucio Privitello will follow soon after. We don't yet know exactly how these changes will play out when it comes to replacing these faculty positions.

You may be wondering what you can do. Well, a first step would be to get involved. Come to one of our monthly Zoom meetings and help us brainstorm and plan events and activities. Support our students through our FHS scholarships, which are so special and one-of-a-kind at Stockton. And spread the word. Tell others about the wonderful programming and opportunities the FHS, The Pappas Center, and Hellenic Studies at Stockton offer. How about writing an article for *The Hellenic Voice*? These are just some suggestions. Please, let us know if you have ideas. More than ever, we need your support for our students. While we may be facing challenges in the Humanities, let's celebrate all the great events and opportunities the FHS helps support.

Our wish is that you all have a happy and healthy holiday season AND that you continue to support Hellenic Studies at Stockton, however you can.

Dr. Katherine Panagakos Co-chair, Friends of Hellenic Studies



"Those Who Possess the Light Shall Pass it on to Others" ${\it The Republic}, {\rm Plato}$



Special Issue: Stockton Hellenic Studies in Motion

Stockton Students Travel to Syros for International Conference on Orthodox–Catholic Relations

Last June, four Stockton University students embarked on an unforgettable journey to the island of Syros, Greece, representing the Pappas Interdisciplinary Center for Hellenic Studies at an international academic conference on Orthodox–Catholic relations. For all four students—three of whom had never been out of the country before, including one who had never flown on an airplane—the experience was nothing short of transformative. Together they stepped into their first major academic gathering abroad and embraced the full richness of Greek culture, history, and scholarly exchange.

The conference, known informally as *Syros II*, revived a gathering first held in 2019 that examined the historical and theological dimensions of Catholic–Orthodox dialogue. That original conference had featured scholarship of our own Dr. Ed Siecienski, whose books on the subject formed part of the conversation. Although neither Stockton nor Dr. Siecienski organized the 2019 meeting, he was invited to present, and a published volume of proceedings followed. Plans for "Syros II" were underway when the pandemic delayed all international academic travel.

In 2024, the original organizers approached Dr. Siecienski, and Dr. Tom Papademetriou, Director of the Pappas ICHS, with an invitation for the Center to co-sponsor the second gathering. Dr. Papademetriou immediately recognized an opportunity—not just for research, but for students. "If we do this," he said, "we must bring students. They should experience what a high-level international conference is really like."

The Center selected four students Gianna Di Mauro, Gregory Rothschild, Andrew Simoes, and Ariana Sorto who are majoring in **History** and **Philosophy & Religion**, and whose academic work aligned with the themes of the conference.

Once on Syros, the students quickly became active participants rather than passive observers. They attended every session, asked thoughtful questions, and joined scholars for meals where conversation flowed easily from theology and history to culture, travel, and the daily life of the Greek islands.

Their presence made a strong impression on the assembled scholars, who remarked on their maturity and enthusiasm throughout the conference. On the final day, the four students presented their collective impressions—reflecting on what they had learned, how the conference deepened their understanding of inter-Christian dialogue, and how their week in Greece broadened their intellectual and cultural horizons. Their reflections were met with genuine appreciation and warm applause.

Beyond the conference halls, the trip offered an invaluable introduction to international travel. The students navigated ferry rides, explored the neoclassical streets of Ermoupoli, sampled local cuisine, and experienced Greek hospitality firsthand. For several, it was a life-changing first encounter with another country—one that expanded their sense of the world and their place in it.

The success of *Syros II* reflects the mission of the Pappas Interdisciplinary Center for Hellenic Studies: to connect students meaningfully with Greece, Cyprus, and the wider Hellenic world through experiential learning. As Dr. Siecienski noted, "All four students didn't just attend—they contributed. Their presence elevated the conference and demonstrated what makes Stockton's Hellenic Studies program so special."

With enthusiasm already growing for future collaborations, the Syros experience stands as a powerful reminder of the impact that international engagement and Hellenic studies can have on young scholars—opening doors, shaping minds, and inspiring the next generation of leaders.

On the Future of the Una Sancta: Incarnate Reality and Eschatological Hope

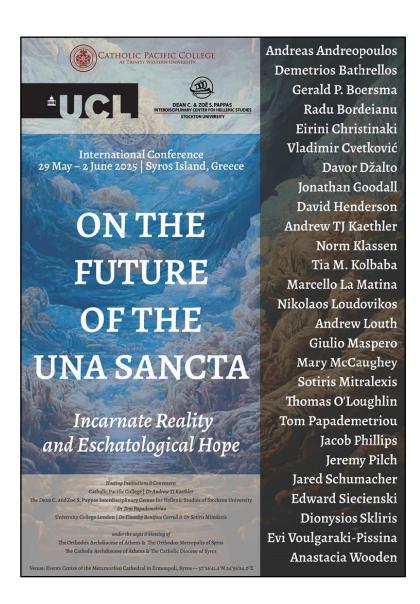
Syros, Greece, Thursday 29 May-Monday 2 June 2025

We tend to think of dialogue between the churches as a top-down, institutional affair centering on certain core doctrinal differences — e.g., the *filioque* and the ecclesiological prerogatives of the bishop of Rome in the case of the Catholic and Orthodox church.

In 2019, we chose a different approach at the 'Mapping the Una Sancta' conference in Syros, Greece — an island inhabited by a population of roughly 50% Roman Catholics and 50% Eastern Orthodox believers, and thus unique for the purposes of that inquiry. Prompted by Edward Siecienski's two important volumes, *The Papacy* and the Orthodox: Sources and History of a Debate (Oxford University Press, 2017) and The Filioque: History of a Doctrinal Controversy (Oxford University Press, 2010), a bottom-up gathering of scholars attempted to tackle a number of issues in Orthodox and Catholic theologies, practice, and relations in a way that cannot always be the case within the context of the official dialogue between the Churches: inter alia, by approaching inter-ecclesial dialogue as a unique vector for a tradition's self-discovery in the face of the other's alterity. This produced the volume Mapping the Una Sancta: Eastern and Western Ecclesiology in the Twenty-First Century (eds: S. Mitralexis & Andrew Kaethler, Winchester University Press, 2023). Meanwhile, since the last conference we have witnessed ever more febrile debates across churches and denominations on eschatology; on our hopes for the hereafter. And, moreover, a third volume published by Edward Siecienski has shed light on the history and development of the other issues that divided East and West: Beards, Azymes, and Purgatory (Oxford University Press, 2023), with an upcoming volume on the history of the clerical celibacy debate coming soon.

While our approach centers on the things we *do not* know and desire to examine deeper, rather than on those one may speak about with certainty, one thing is for certain; the time is ripe to return to Syros. In 2025 (Thursday 29 May-Monday 2 June), the conference *On the Future of the Una Sancta: Incarnate Reality and Eschatological Hope* offered a non-exclusive focus on the incarnate reality of diverging material practices (including, but not exhausted in, beards, azymes, celibacy or the lack thereof) and on what the Christian gospel and tradition(s) expect in the

hereafter: heaven, hell, the question of purgatory, and the eschatological horizon at large. The central question remains fixed on an encounter with the "One, Holy, Catholic and Apostolic Church" that we confess to during each liturgy and mass — and on its future: the future of the *Una Sancta*.





Student Voices

Reflections on Syros II

Andrew Simoes, Major in Historical Studies

When I was first informed of the opportunity to travel to Greece with Professors Siecienski and Papademetriou, I was hesitant to accept, as it had been several years since my last departure from the country. However, this hesitation was short-lived once I was told of the purpose of our ten-day journey to Greece. Professors Siecienski and Papademetriou were taking us to the island of Syros to participate in a conference titled "On the Future of the Una Sancta." The aim of this conference was to explore the challenges associated with reuniting the two largest branches of Christianity, namely Roman Catholicism and Eastern Orthodoxy.

Upon our initial arrival in Athens, Greece, I was immediately captivated by the country's beauty, an impression that only deepened as we entered the heart of the city. Dominated by the Parthenon, every turn revealed a new sight, incidentally, whether it was a Greek Orthodox church or an ancient ruin; the city appeared vibrant with every step we took. After a brief stay in Athens, we proceeded to Syros. Upon arrival on the island, I was equally impressed by its scenic charm. The island, with a population evenly divided between Roman Catholics and Eastern Orthodox Christians, provided an ideal setting for our conference. Throughout the conference, we listened to various presenters, both Catholic and Orthodox, from across the globe. Additionally, we had the opportunity to engage in informal discussions with the speakers during our evening dinners.

Overall, my experience in Greece is one I will cherish throughout my life. Not only did I have the opportunity to travel abroad for the first time in years, but I also visited a nation rich in history and participated in a conference focused on a topic that is profoundly meaningful to me. If you are contemplating studying abroad at Stockton, whether for a brief trip like mine or a semester-long program, and you feel apprehensive, I encourage you to proceed without hesitation. The experiences you gain and the connections you forge will undoubtedly make your journey enriching and fulfilling. I extend my sincere gratitude to Professors Siecienski and Papademetriou and the Hellenic Studies Program for affording me and my fellow Stockton students the privilege of experiencing Greece's profound history and its Greek and Roman Christian heritage.

Ariana Sorto, Major in Political Science

My time in Greece was nothing short of profound. The second I stepped out of the Athens airport, I felt as if I were in a completely different world. The huge mountains that surrounded the city were beautifully imposing. The waves of apartments that I could see from the windows of our taxi were mesmerizing. The only scenery that rivaled Athens was Syros. Never could I have imagined a place like Syros existed. The people moved slowly and seemed to soak up every second of their day with eating and laughing. Every little alleyway was lined with the most gorgeous marble and stone buildings. I remember standing on the edge of the Aegean and looking over the water into the city, and it filled me with an inspiration that everyone should get to experience at least once in their life.

It became apparent to me very quickly that the euphoric and warm feeling I experienced in Greece was not just from the historic wonders or the beautiful sceneries, but also from the people. They were filled with such passion and pride in their country and work. On my last day in Syros, I stopped at an iconography shop where the keeper there was beyond ecstatic to talk to me about his favorite pieces and artists. He had a beautiful devotion to his shop and seemed to care very much about his work and the impact it had on Greek culture. What was so notable about this man was not just his vibrancy but that he was the product of a society that valued community, culture, and the Greek spirit. I could see this emulated throughout every person I met in my travels. It sparked inside of me a newfound appreciation for life and its simplicities.

Gianna DiMauro, Double Major in Psychology and Philosophy & Religion

Visiting Greece was an amazingly eye-opening and memorable experience. To me, it wasn't just about seeing the sights, it was about immersing myself in Hellenic culture. This was an opportunity that left an undeniable mark on my life. I was fortunate to learn about and experience the country's rich heritage in a way that will forever resonate with me.

While I've traveled internationally before, this trip was unique because it was my first time attending, and even speaking at, a conference. I had anticipated enjoying the scenic beauty, the atmosphere, the profound history, and, of course, the incredible food. While Greece delivered on all of these, what truly surprised and captivated me was the unexpected intellectual connection I was able to make with people from an array of diverse backgrounds.

It was a truly unifying feeling to be able to discuss the academic topics I was studying with individuals from all over the world. These conversations were beyond superficial, allowing me to engage with unique perspectives that broadened my understanding and even challenged my own ideas. I had gone into the trip expecting to love the country itself, but I ended up falling in love with the shared experience of intellectual discovery and the genuine human connection that came along with it.

Truthfully, I was quite nervous about attending a conference, especially one outside the United States. However, it ended up being the most rewarding part of the entire journey. It taught me the value of stepping outside my comfort zone, leading me to greater connections and insights that I would have never gained otherwise. The experience taught me that the most enriching moments in life come from the most unexpected and challenging opportunities.

All in all, this opportunity to travel to Greece and attend this conference with my peers and professors gave me an incredibly unique perspective on the topics discussed in the classroom and brought them to life. It allowed me to witness and partake in fruitful intellectual discussion, Hellenic culture, and gave me memories that will last a lifetime.

Read more about Gianna's experience by clicking the image below!



Experiencing History: Journey to Pontos Seminar Immerses Students in Asia Minor's Greek Orthodox Past

This past summer, the Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies at Stockton University partnered with the New York Life Insurance Company Center for the Study of Hellenism in Pontos and Asia Minor at Hellenic College/Holy Cross Greek Orthodox School of Theology and the Centre for Asia Minor Studies in Athens to offer the 2025 summer seminar titled "Journey to Pontos: 2025 HCHC Asia Minor Summer Seminar — Greek Orthodox Heritage in the Black Sea Region of Asia Minor."

Under the leadership of Tom Papademetriou, Director of the Pappas ICHS and faculty member in the Historical Studies Department at Stockton University, the month-long program transported students from archival research and oral-history exploration, to the field-site visits to former villages and cities where vibrant Greek Orthodox communities lived in the late Ottoman Asia Minor.

Participants began in Athens where, working in the archives of the Centre for Asia Minor Studies, they engaged with refugee testimonies from 1923. The second phase brought them to the Black Sea coast of Turkey, visiting historic settlements such as Trabzon (Trapezounda), Gümüşhane (Argyroupolis), Ordu (Kotyora), Giresun (Kerasunda), Samsun (Amisos), Amasya, and concluded in Istanbul (Constantinople) — tracing the landscapes and remnants of once-flourishing Greek Orthodox life.

Two Stockton University students were among this year's cohort. Their experiences illustrate how the seminar goes beyond a standard study-abroad program. Papademetriou reflected on the experience:

"It was incredibly powerful for students and faculty alike to read testimonies from village residents, and then actually visit those same villages—sitting outside a former church in the village square and discussing their lives. It was a moment where our students connected the past with the present."

The seminar offered transformative intellectual and personal growth for the students:

- They honed skills in archive-based research and oral-history methodology, key for understanding Hellenic heritage in Asia Minor.
- They witnessed material culture and site archaeology, exploring village churches, homes, and landscape features tied to Greek Orthodox communities.
- They engaged with living legacies, visiting refugee settlements in Greece and villages in Turkey, tracing historical memory and modern identity.
- They were challenged to think about the interplay of faith, displacement, and cultural resilience in places where Greek Orthodox Christians lived until the population exchanges of 1923.

One student wrote in their personal statement that the trip "changed how I see my heritage, not just as a distant past but as something living — the stones, the ruins, the stories are still telling."

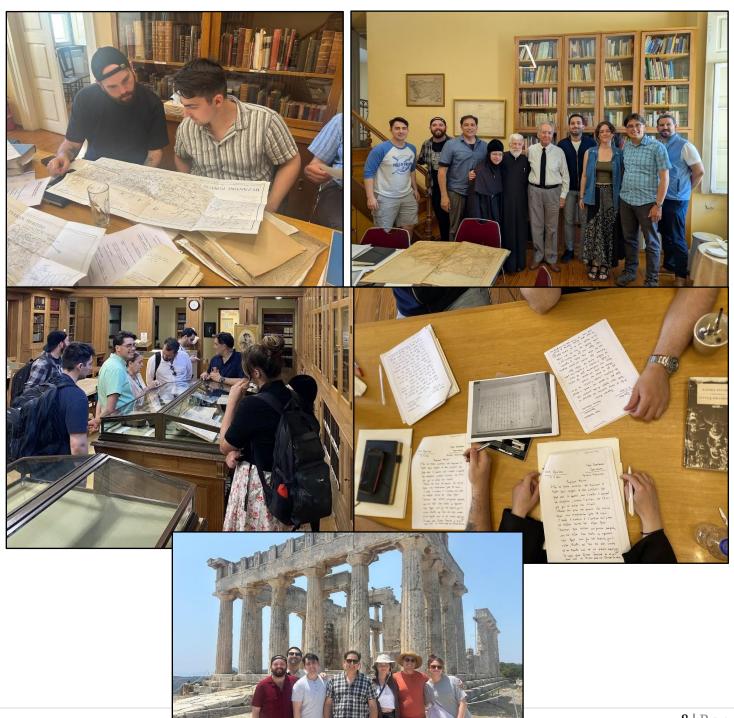
The Pappas ICHS's role in this international seminar highlighted the strength of the teacher-scholar model—faculty and students working side-by-side on high-level academic exploration.

That impact was made visible at the September 9, 2025 meeting of the Academic Affairs and Planning Committee of the Stockton University Board of Trustees, where Professor Papademetriou presented alongside Sage Rosenberg and Richard Belmonte, two seminar participants.

Their presentation showcased the research, experiences, and educational value of the Journey to Pontos seminar—demonstrating the transformative learning opportunities Stockton offers through the Pappas Center.

With the 2025 seminar now concluded, preparations are already underway for future offerings of the Asia Minor Travel Seminar. For Stockton students interested in Hellenic history, Orthodox studies, or immersive archival and travel-seminar experiences — the Pappas Center and the Seminar offer a pathway rich in intellectual reward and personal transformation.

Photographs from the journey, showing students working in the Athens archives, gazing across the Black Sea from Old Trapezounda, and gathering in the village square in Gümüşhane, highlight the unique blend of scholarship and travel that defined this summer's seminar. Click any of the images that follow to visit the official blog of the Seminar.













Provost and Vice President for Academic Affairs, Michael A. Palladino, Ph.D., sent the following message of appreciation:

Professor Papademetriou, Sage and Richard: Just a quick note to thank you for taking the time to prepare for and give your presentation at Tuesday's Academic Affairs and Planning Committee meeting of the Board of Trustees. I especially appreciate your preparation given relatively short notice and the start of the term.

You did a fantastic job, much appreciated!

You clearly affirmed all that we value about the importance of a teacher-scholar model of faculty working with students to provide transformational educational and life-impacting experiences for students. FYI, the attached slides include your preview page where we added your website link for the Board. Have a great fall term!

Best, Provost Palladino

Michael A. Palladino, Ph.D. Provost and Vice President for Academic Affairs

Student Voices

Reflections on Pontos

Richard Belmonte, Major in Historical Studies

An accurate reflection of my time in Athens and Asia Minor would consist of too many words to fit onto one page. With that in mind, the term Odyssey encapsulates my travels. An academic trip stretching from the eastern coasts of the Pontus, to the metropolis of Istanbul, to the Acropolis of Athens, all concluding with the reunification with my newly wedded wife; She is considered "home" in this metaphoric Odyssey. Throughout my journey "home," I grew as a student through my studies and as a human being through encounters with various villagers. My research on the locations we would end up visiting, helped me attain a greater appreciation for the reality of the Program intent; To examine the lives of Greeks in Asia Minor prior to their uprooting. Playing with several children in the mountains of Hisarkoy



near Dereli, made me reflect on the research material and myself. I thought of how the Greeks and Turks coexisted prior to war and nationalistic fervor. I thought of my own fatherly aspirations as I got to play with two energetic little girls. One of them jumped into my arms and gave me a big hug before I left.

In the villages of Dumanli I was also met with incredible hospitality. One of the young villagers seemed more than happy to accompany us as both Professor Kitromilides and Professor Papademetriou talked about the history of the Santa ruins and its former Greek inhabitants. While the focus of the day was centered on history, I must admit it was almost impossible to ignore the vast landscape. Words nor photographs properly convey what seemed to come straight out of a painting. It is this aspect that made me reflect on how fortunate I am to be placed in a position to experience such sites. As professor Papademetriou put it,

"you really get the sense that the people who built these buildings could see the connection between religion and nature." I think it was at this point that I started to miss my newly wedded wife to another degree. Ariana, my love, had always dreamed of traveling to places like this and due to her circumstances growing up, never received such an opportunity. Ariana and I are not new when it comes to being separated for extended periods of time, however my experience on the mountains made the weight of her absence feel heavier. I ended up sending her a message where I made a promise that I would "bring her here with me at least once before I die."

Sage Rosenberg, Major in Sociology & Anthropology - Archaeology



The Asia Minor Travel seminar was a journey I will never forget. The near month-long seminar was packed full of constant learning in the Centre for Asia Minor Studies archives and our travels across the Pontic region, exploring the many villages and cities. In the weeks leading up to the seminar, I was extremely nervous yet excited. The idea of travelling to not one, but two new countries not knowing the languages was a bit nervewracking. Arriving at the archives on the first day, all of my nerves eased. The entire seminar group and the staff at the Centre for Asia Minor Studies were extremely welcoming and supportive of our academic ventures. The building itself was so beautiful, located in the heart of Athens, with huge windows welcoming in the summer breeze, a beautiful courtyard garden, and shelves upon shelves of carefully collected materials from all over Greece, Turkey, and beyond. I felt extremely lucky to be able to spend so much time at the centre. Working side by side bachelor's, masters, PhD students, and professors, was such a unique experience to have at an undergraduate level.

One of the highlights of the trip was the day we visited monasteries outside of the city of Trabzon. We first visited Panagia Soumela, which

happened to be a very popular tourist destination. It was a beautiful monastery tucked into a cliff, high above the vast evergreens just outside of Trabzon. The monastery was kept in fairly sturdy condition and was extremely crowded with tourists. We broke for lunch then went on a journey to find the next monastery, St. John Vazelon. The drive to the monastery consisted of a winding mountain road (not for those easily motionsick). Once we got to the top we saw the start of a trailhead which looked quite overgrown, marked by a small wooden sign. We ventured up the trail through the misty rain and after a solid amount of trekking, we came upon a small stone chapel next to a large rockface. The chapel had no roof, but on the inside you could see remnants of intricate paintings of icons. Just past the small stand-alone building, was the massive compound that once was a flourishing monastery, built over one thousand years ago. The feeling of stepping into the doorway of the building was unlike any other. The monastery was mostly reclaimed by nature, with plants and all sorts of greenery flourishing where some of the floors and walls once stood. A large portion of the monastery was inaccessible due to it being located on the side of a mountain, however we got to see and photograph some very beautiful parts. I tried imagining how the individuals who built the beautiful, large structure brought the thousands of materials to the site. It must have taken ages to build. The contrast between the well kept monastery of Sumela and the ruins of Vazalon were striking. Rewinding back to our time in Greece, we visited a monastery on Aegina, during a feast day. It was full of people, noises, the scents of burning candles and incense. The experience of a feast day in action made me think of what one would have looked like at both of the monasteries, both no longer in use. Travelling from the East side of the Black Sea Coast to the expansive city of Istanbul, experiencing small villages, cities, monasteries, and nature all along the way, and seeing the lasting impact of Greek culture was an incredible experience that I will always cherish.



Student Voices

A Semester Between Ruins, Islands, and New Beginnings

By Ken Kornbluth, Double Major in Language and Culture Studies (Ancient Greek Language and Culture) and Sociology & Anthropology (Archaeology)

When I chose to spend a semester abroad through Erasmus+ at the Aristotle University of Thessaloniki, I thought I knew exactly what to expect. As someone who is ethnically Greek and had visited the country multiple times before, Greece was already familiar—woven into my childhood stories, my language study, and my academic interests. What I didn't expect was how profoundly different it would feel to live there as a student, to become part of the daily rhythm of the city, and to see Greece not just as heritage but as a lived, shared experience.

Living in the Heart of Thessaloniki

I lived in the city center, only steps from the Church of Agia Sophia, where Byzantine stone and the hum of modern life meet on narrow streets filled with cafés, bookstores, and students heading to class. Thessaloniki is a city that never quite stops moving, yet it has a warmth that makes you feel instantly part of it. From my apartment, I could walk to the university, wander down to the waterfront for sunsets, or get lost in Ano Poli's old alleys that whisper fragments of Ottoman, Jewish, and Greek history.

At Aristotle University, I continued my studies in Greek language and culture. Although I already had a strong background in Greek history, studying on Greek soil gave everything a new depth. Conversations with professors, exposure to local dialects, and the everyday challenge of operating entirely in Greek pushed me far beyond the classroom.

A Semester of Journeys

One of the greatest gifts of Erasmus+ is the freedom to explore, and Greece offers an endless list of places to discover. Together with friends I met from all over Europe—people who quickly became a kind of international family—we spent breaks traveling across the country.

Some highlights became defining moments of the semester:

- Meteora, where monasteries balance between earth and sky, and sunset turns the entire valley gold.
- Cape Sounion, where the Temple of Poseidon rises dramatically above the sea and the wind carries the ancient world straight into the present.
- Aegina, with its pistachio groves, seaside cafés, and the serene sanctuary of Aphaia looking out over the Saronic Gulf.
- The Edessa waterfalls, where rushing water creates its own kind of temple.
- **Mount Olympus,** where I climbed to the Skala peak—wind whipping, clouds below me, and the mythology I had studied and love suddenly feeling startlingly real.
- **Dion,** where the ancient sanctuary sits quietly at the foot of the mountain, offering a bridge between gods and mortals.
- **Island-hopping in the Cyclades**, discovering how each island has its own personality—its own rhythm, palette, and stories.
- Mycenae, my favorite place of all—where standing before the Lion Gate felt like stepping directly into my research. Having spent so long studying Mycenaean religion and mythology, walking through the citadel's ruins and tholos tombs was not just academically meaningful but emotionally overwhelming, as if the Bronze Age world I had studied had suddenly come to life around me.

Some of my favorite memories came later in May and June, when my boyfriend visited. Together we island-hopped again, this time with a slower, more romantic pace, and took unforgettable trips to Crete and Rhodes, exploring Minoan ruins, medieval towns, and beaches that looked unreal.

People Who Became Part of the Story

Although Greece itself is beautiful enough to fill volumes, what truly shaped my experience were the people. I met students from Italy, Germany, France, Hungary, Ireland, and beyond—each of us discovering Greece in our own way, but sharing meals, trips, and late-night conversations along the way. Erasmus+ creates a kind of cosmopolitan community where everyone is slightly out of place yet deeply connected. It didn't take long before Thessaloniki felt less like a temporary residence and more like a home built through friendships.

Returning to Greece—Differently

Because I'm Greek, many people assumed this experience must have felt simple or familiar. In some ways it did—but it also transformed my relationship with the country. Before, Greece was heritage; during my Erasmus, it became personal. I wasn't just visiting family or studying history from afar. I was fully immersed: debating politics with locals, picking up subtle dialect distinctions, building routines at neighborhood cafés, and seeing the country through the eyes of friends encountering it for the first time.

Studying abroad allowed me to appreciate Greece as both insider and outsider—a rare, meaningful perspective that deepened my identity and my understanding of the culture I come from.

A Semester I'll Carry With Me

My Erasmus+ semester in Thessaloniki wasn't just an academic opportunity. It was a journey through landscapes, friendships, heritage, and self-discovery. From the heights of Olympus to the alleys of Rhodes, from foreign-language jokes over dinner to the quiet comfort of Agia Sophia's bells, Greece offered me experiences that I know will stay with me for a lifetime.

And while it wasn't my first time in Greece, it was the first time I truly *lived* it—deeply, every day, as both a student and someone finding home in a second home. I am grateful for the Friends of Hellenic Studies for rewarding me with the scholarship that helped bring me there.





Community Voices

Astypalaia

By Cathy Karathanasis

Visiting Greece in the summer months has been part of our routine for decades. Spending time with our family on the island of Kos bridges the miles that separate us and brings us close to those we love. While most of our time is spent in Kos we always make a point of visiting other parts of Greece as well. This past summer we decided to check out Astypalaia, a somewhat solitary island in the Aegean Sea. Administratively, it belongs to the Dodecanese archipelago, as does Kos; geographically it is on the distant edge of both the Dodecanese to the east and the Cyclades island group to the west. This means that Astypalaia is an interesting hybrid of the two regions, culturally linked to both.

The island is often called the "Butterfly of the Aegean" because of its shape. Seen from above, Astypalaia has two distinct sections joined by a narrow stretch of land less than 100 meters wide. It's modest in size, but it has a spacious feel with a beautiful shoreline and a dramatic interior boasting many gorges and streams. Rich in natural beauty and unobtrusively flourishing, Astypalaia is viewed as an independent and untrammeled corner of the Aegean.





Historically, Astypalaia was settled in the Early Cycladic and Mycenaean periods and it began receiving Dorian colonists around 1100 BC. Excavations reveal that the island's importance increased through Archaic and Classical antiquity. One of the more fascinating archaeological discoveries on the island is also among the most moving. Beginning around 1990, the largest children's cemetery of antiquity was found in Kylindra, Astypalaia. Almost all the children buried there were newborns or at most a few months old. The babies' bodies were placed in vessels or amphorae. Burial in a vessel is known as "ekhytrismos" and in antiquity was a common burial method for infants. The burials, which began in the 8th century BC and continued until the 2nd century AD, continued for almost 1,000 years. Thus far, more than 3,000 vases containing infant skeletons have been excavated. The number of burials and the fact that the vessels come from various parts of the Mediterranean suggest that it is likely that many of the infants did not belong to the residents of Astypalaia. Such a large children's cemetery is not justified by the size of the island's population.



The most realistic theory for the existence of the children's cemetery is that perhaps there was a sanctuary in Astypalaia where women went to give birth. Indeed, inscriptions have been found on the island that mention Artemis Eileithyia, the patroness of childbirth. Such sanctuaries existed in other parts of the Greek world, but perhaps the one on Astypalaia was one of the most famous. Thus, the island attracted patients from all over the Greek world. It is possible that in the sanctuary there were doctors who specialized in obstetrics, which would have been of particular help to the women giving birth at a time when childbirth was extremely dangerous. Under these conditions, many newborns would have died in the sanctuary and were buried in the cemetery in Astypalaia.

Eileithyia, was the daughter of Hera and Zeus and may have been considered a goddess in her own right. Her name means "She Who Comes to Aid." It was believed that she could ease the pangs of birth, or prolong them according to her wishes. Homer tells us that there is a cave in Crete where Eileithyia was born that was named after her. Her priesthood was composed of older women who were often midwives. Meditating upon Eileithyia one senses a gentle disposition with a core of iron strength which is steady and sure, a worthy patron for midwives and nurses even today.



Chora, Astypalaia's capital, is one of the most picturesque towns in the Aegean. Located on a promontory overlooking the sea, Chora is visible from much of the island. Towering over the town one sees the Venetian Guerini Castle built in the 13th century. The fortress was once inhabited by up to 4,000 people. The small threestory houses built on the castle's outer grounds are of particular interest since the outer walls of the houses form the castle wall and the narrow windows were used as battlements. Within the castle there are two churches, painted in a pure white color, with elaborate stone belfries: Panagia Evangelistria and Agios Georgios.



The old town is built on the site of the ancient commercial and residential areas. Upon entering Chora, visitors are greeted by the island's iconic traditional windmills, built in the 18th century. Originally used to grind wheat and other grains, today they serve as a tourist information center, an exhibition space and a lending library. The houses of Chora are closer in style to those of the Cyclades than to those of the Dodecanese. Generally cuboid in form, with whitewashed walls, blue doors and windows, they have flat roofs, wooden balconies and steep external steps leading to the upper floors.



At the southeastern end of the old town enormous cypress trees mark the grand 18th century church of Panagia Portaitisa. It was founded as a convent for nuns, but now functions as the island's cathedral. We had the good fortune to be on the island on August 15th, one of the holiest days in the Greek Orthodox calendar. All of Greece commemorates the Dormition of the Virgin Mary with religious services, processions and festivities. In Astypalaia, we worshipped at the island's cathedral and celebrated the following day with food, music and dancing.



While maintaining traditions is an important aspect of the culture of Astypalaia, the island is also embracing the future by transforming itself into a model of sustainability through the building of renewable energy sources. 2023 the Greek government made a ground-breaking agreement with Volkswagen to transform Astypalaia into "a model island for climate-neutral mobility." As part of the plan, gas powered cars are being phased out and replaced by electric vehicles, and a series of innovative ride-sharing and on-demand public transportation systems has been implemented. Prior to our arrival on the island we downloaded the AstyMOVE application on our phones. This allows the user to order an Astybus or book an electric car, scooter or bike to drive around the island. Whenever we wanted to venture beyond Chora we used the App to order an Astybus from the island's fleet of electric VW mini buses to pick us up at a designated spot and take us to other parts of the island where we enjoyed beautiful white-washed villages, a deep blue sea and sundrenched beaches.



Astypalaia's beauty and the warm hospitality of its inhabitants make this an ideal vacation spot. Personally, traveling through time, reconciling myself to history, enjoying the green-blue waters, and respecting nature and the environment are what I look for in a get-away. For me, Astypalaia checked all those boxes. I look forward to next year when I can do it all over again in another part of resplendent, vibrant, soul-satisfying Greece.



Click Here to Watch a Video on the Ultimate Travel Guide to Astypalaia!

Community Voices

An Uncharted Greek Journey of Delights

By Tula Christopoulos

It had been eight years since my last trip to Greece. My spur-of-the-moment decision to go this past June turned into an amazing odyssey of pleasantly surprising adventures and stories, beginning at the Philadelphia Airport terminal while waiting to board my flight. And since the *Hellenic Voice* has not printed a "How do we end up where we do?" immigrant story for a while, here is one you may find charming:

After the "Kalimeras...Oh, you are Greek...Where is your family from in Greece?" exchanges, the Kiria sitting next to me at the terminal began recounting the story of how she met her future husband and wound up living in the U.S. Now 80 years old and recently widowed, she was returning to her birthplace – Greece – maybe for the last time.

As a young girl in a village, her task was to fetch and bring home water from the community well. One day, a mysterious admirer approached and spoke to her. He lived in the U.S. and was planning to return. Next time she went to the well, there he was. To get her to linger a bit longer, he would pour her bucket of water back into the well. She implored him to stop doing that as her mother might wonder why she was returning from the well later than usual.

Next time, he offered her a gift of a cross on a chain which she immediately refused to accept. "How will I explain this to my mother?" He was relentless and she finally accepted the gift. Thinking what to do with it now, she sewed it into a pocket of her dress so that it would not be discovered. Ultimately, he did go to her parents' home to ask for her hand in marriage. Upon their approval, they married, left for the U.S., and raised a family there.

Now, on to *my* first morning in Athens: I got a call from *Friends of Hellenic Studies* (FHS) member, Cathy Karathanasis, reminding me of Prof. Tom Papademetriou's invitation to attend a lecture on Pontian music at the Centre for Asia Minor Studies. She and FHS co-chair, Mariea Kazantzis were already in Athens, but due to unforeseen circumstances, only I ended up attending. Tom gave me a tour of the Centre and the lecture on the music of Pontos was quite interesting. Students from various universities including Stockton posed thoughtful questions. Afterwards, I walked to the corner restaurant where there was only outdoor seating. The temperature felt like 110°. The owner kindly let me eat inside. It turned out her name was Fotini which is my baptismal name and her roots were in Arcadia, same as mine. When I mentioned I'd just left the Centre for Asia Minor Studies, she showed me a video of the Pontian Dance Festival that takes place annually in her Athenian neighborhood of Sourmena whose residents are largely of Pontian origin.

When visiting Greece, I always plan to visit a place I have never been to before. So, with my Athenian friend Venetia as my guide, I left for Serifos for three days. A highlight was visiting the Chrysolaros Winery at the highest point of the island, driving through winding roads with no guardrails (of course!) and tasting wines made from indigenous grapes of the island.

After a day in Athens and to escape the heat, I booked a one-day sailing trip to Aegina, Agistri and Moni where I got to swim off the side of the boat into the clear waters and perfect temperature of the Saronic Gulf. On board were people from around the world. I was the only Greek-American. I had been to Aegina before and had visited the St. Nektarios shrine so I just had a pistachio gelato and brought pistachios home this time. On the way back to Piraeus, we boogied to the Zorba dance!

On my return to Athens, I visited with my cousin Nick, his wife Kiki and the last surviving family member of the older generation: 95-year-old Aunt Mary – still sharp as a tack, as the saying goes. Kiki casually asked about my friends living in Israel whom they had met during my 2009 Greek trip. I said I hoped they were OK, but I had not seen them in almost 10 years.

That evening, as I was having dinner in the hotel's rooftop restaurant overlooking the Acropolis, I got a text alert: "Hi Tula. Do you happen to be in Athens? We are stuck here because the Tel Aviv Airport is closed." (Political tensions between Iran and Israel). It was those very friends! What are the chances? The next day, we had a wonderful reunion at an outdoor café.

On my final day in Greece, I even got to visit with Cathy and Nick Karathanasis in Filothei. My 10-day solo trip of chance encounters and a flexible itinerary had turned into a unique, unanticipated, and unforgettable escapade.



Fotini and Fotini: Arcadian roots



Zorba dance on Saronic Gulf sailing trip



Aunt Mary and me, Athens



From the Centre for Asia Minor Studies in Athens



Chrysolaros Winery, Serifos

Community Voices

Trip to Kythnos

By Mariea Kazantzis

The thought was to travel to an island close to Athens but which one? Using the method of elimination, we skipped all the close islands that we had already visited and arrived to the conclusion that Kythnos was a good choice. Associated research proved that our decision was correct. So, off we went to the travel agency in our area and announced our decision. They went to work immediately to find us a hotel and ferry tickets for the trip.

It took us 1 hr. and 10 min. from the port of Lavrio to the Merichas port of Kythnos travelling with a fast ferry. The island looked very dry but its beautiful 62 mi sea coast rewarded us. We traveled with our car to the northeast end of the island called Loutra, known for its thermal springs, which are said to have curative properties. Our hotel was by the springs overlooking the ocean.

The hotel room was superbly clean with embroidered linens and towels. The hostess was extremely friendly giving us the impression we visited a favorite relative. And not only she made sure the upkeep of the room was proper but also that we ate well. A plate with delicious cookies was a constant in the room and one morning she even ran to the nearby bakery to bring us fresh Spanakopites, where another time, she left in our room a plate with stuffed peppers and tomatoes, a meal she had prepared for her home.

Besides 90+ beautiful beaches with Apokrousi being my favorite, Kythnos carries history. Discovered artifacts prove that Kythnos or Thermia from its hot springs is one of the oldest habitations of the Cycladic islands. And for the dark part of its history, during the Roman period, Kythnos was a place of exile for important persons. During the reign of King Othon, it became an exile again but for political prisoners this time. However, during the 1821 Revolution, it became a safe haven for Greek refugees from areas such as Chios, Psara and Aivali.

During the 19th century, the Kythnians were mainly shepherds and fishermen. Some were craftsmen in ceramics and pottery but left the island for Athens during the summer returning home for the winter. Having few natural resources and a port lacking deep-water mooring for boats they stayed somewhat poor and isolated.

The beginning of the 20th century started to look more promising to the Kythnians as the production and exports of high-quality barley and semolina increased. Iron ore was discovered on the island and Kythnians started to work in the mines. Soon though the World War II depleted the ore and the young folks looked for employment outside the island.

During the mid-20th century when Greece was realizing a tourist boom, Kythnos was left out due to its inaccessible harbor. In 1974 a new port was built and the island ended the isolation. Today the island is a well sought destination.

Its proximity to Athens makes it a desirable location for a vacation home and an attractive tourist destination. Besides its numerous beaches and picturesque villages, it is the site of one of the largest caves in Greece, Katafyki Cave in Dryopida. The cave has unique "Schatten" or rock curtains, as well as speleothems. It was the site of an iron mine until 1939 and has now been developed as a tourist attraction.

Today, the island is a modern, prosperous place with friendly people and a good number of tourists. Alternative energy is in the forefront of the island's economy. In 1982 they started Greece's fist wind park. Then they added a photovoltaic system and storage batteries and reduced by 11% the amount of diesel fuel required to supply electricity to the island. Driving around you can see a lot of homes in remote areas with photovoltaic systems and just about every house has solar water heaters.

The trip to Kythnos was a wonderful experience with favorite takeaways such as the visit to Panagia Kanala, the swimming in Apokrousi with the crystal-clear waters, and the delicious food at the local tavernas. Goat dishes and a variety of them were popular at every restaurant. Goats were visible on the hills as well as on the menus. The use of a car is strongly recommended.

Ταξίδι στην Κύθνο

Της Μαρίας Καζαντζή

Η σκέψη ήταν να ταξιδέψουμε με τον σύζυγό μου σε ένα νησί κοντά στην Αθήνα αλλά ποιο; Δια της ατόπου, αποκλείσαμε όλα τα κοντινά νησιά που είχαμε ήδη επισκεφτεί και καταλήξαμε στο συμπέρασμα ότι η Κύθνος ήταν μια καλή επιλογή. Η σχετική έρευνα απέδειξε ότι η απόφασή μας ήταν σωστή. Έτσι, πήγαμε στο ταξιδιωτικό γραφείο της περιοχής μας και ανακοινώσαμε την απόφασή μας. Εκείνοι ανασκουμπώθηκαν να μας βρουν ξενοδοχείο και ακτοπλοϊκά εισιτήρια για το ταξίδι.

Ταξιδέψαμε με ταχύπλοο 1 ώρα και 10 λεπτά από το λιμάνι του Λαυρίου στο λιμάνι του Μέριχα της Κύθνου. Το νησί φαινόταν πολύ ξηρό, αλλά η όμορφη ακτή των 62 μιλίων μας αντάμειψε. Επήγαμε με το αυτοκίνητό μας στο βορειοανατολικό άκρο του νησιού που ονομάζεται Λουτρά, γνωστό για τις ιαματικές πηγές του, οι οποίες λέγεται ότι έχουν θεραπευτικές ιδιότητες. Το ξενοδοχείο μας ήταν δίπλα στις πηγές με θέα την θάλασσα.

Το δωμάτιο του ξενοδοχείου ήταν εξαιρετικά καθαρό με κεντημένα κλινοσκεπάσματα και πετσέτες. Η οικοδέσποινα ήταν εξαιρετικά φιλική δίνοντάς μας την εντύπωση ότι επισκεφτήκαμε έναν αγαπημένο συγγενή. Και όχι μόνο φρόντισε να είναι σωστή η συντήρηση του δωματίου αλλά και να φάμε καλά. Ένα πιάτο με νόστιμα μπισκότα ήταν σταθερό στο δωμάτιο και ένα πρωί μάλιστα έτρεξε στον κοντινό φούρνο για να μας φέρει φρέσκες σπανακοπίτες. Μια άλλη φορά, άφησε στο δωμάτιό μας ένα πιάτο με γεμιστές πιπεριές και ντομάτες, ένα γεύμα που είχε ετοιμάσει για το σπίτι της.

Εκτός από 90+ πανέμορφες παραλίες με την Απόκρουση να είναι η αγαπημένη μου, η Κύθνος έχει ιστορία. Τα ευρήματα που ανακαλύφθηκαν αποδεικνύουν ότι η Κύθνος ή Θερμιά από τις θερμές πηγές της είναι μια από τις παλαιότερες νήσους των Κυκλάδων. Και για το σκοτεινό κομμάτι της ιστορίας της, κατά τη Ρωμαϊκή περίοδο, η Κύθνος ήταν τόπος εξορίας σημαντικών προσώπων. Κατά τη διάρκεια της

βασιλείας του Όθωνα, έγινε εξορία και πάλι αλλά για πολιτικούς κρατούμενους. Ωστόσο, κατά τη διάρκεια της Επανάστασης του 1821, έγινε ασφαλές καταφύγιο για Έλληνες πρόσφυγες από περιοχές όπως η Χίος, τα Ψαρά και το Αϊβαλί.

Κατά τον 19ο αιώνα, οι Κύθνιοι ήταν κυρίως βοσκοί και ψαράδες. Κάποιοι ήταν τεχνίτες κεραμικής και αγγειοπλαστικής αλλά έφευγαν από το νησί για την Αθήνα το καλοκαίρι επιστρέφοντας το χειμώνα. Έχοντας λίγους φυσικούς πόρους και ένα λιμάνι χωρίς αγκυροβόλιο βαθέων υδάτων για σκάφη, παρέμειναν κάπως φτωχοί και απομονωμένοι.

Οι αρχές του 20ου αιώνα φάνηκαν πιο ελπιδοφόρες για τους Κύθνιους καθώς η παραγωγή και οι εξαγωγές κριθαριού και σιμιγδαλιού υψηλής ποιότητας αυξήθηκαν. Στο νησί επίσης ανακαλύφθηκε σιδηρομετάλλευμα και οι Κύθνιοι άρχισαν να εργάζονται στα μεταλλεία. Σύντομα όμως ο Β' Παγκόσμιος Πόλεμος εξάντλησε το μετάλλευμα και οι νέοι αναζήτησαν εργασία μακριά από το νησί.

Στα μέσα του 20ου αιώνα, όταν η Ελλάδα γνώριζε τουριστική άνθηση, η Κύθνος έμεινε εκτός λόγω του δυσπρόσιτου λιμανιού της. Το 1974 όμως κατασκευάστηκε ένα νέο λιμάνι και έθεσε τέρμα στην απομόνωση του νησιού. Σήμερα η Κύθνος είναι ένας περιζήτητος προορισμός.

Η μικρή απόσταση απο την Αθήνα καθιστά την Κύθνο επιθυμητή τοποθεσία για εξοχική κατοικία και ελκυστικό τουριστικό προορισμό. Εκτός από τις πολυάριθμες παραλίες και τα γραφικά χωριά του, φιλοξενεί ένα από τα μεγαλύτερα σπήλαια στην Ελλάδα, το Σπήλαιο Καταφύκι στη Δρυοπίδα. Το σπήλαιο έχει μοναδικά "Schatten" ή βραχοκουρτίνες, καθώς και σπηλαιοθέματα. Ήταν η τοποθεσία ενός ορυχείου σιδήρου μέχρι το 1939 και τώρα έχει αναπτυχθεί ως τουριστικό αξιοθέατο.

Η Κύθνος σήμερα είναι ένα σύγχρονο και ακμάζον νησί με φιλικούς ανθρώπους και μεγάλο αριθμό τουριστών. Είναι επίσης προοδευτικό με την εναλλακτική ενέργεια στην πρώτη γραμμή της οικονομίας του. Το 1982 ξεκίνησαν το πρώτο αιολικό πάρκο της Ελλάδας. Στη

συνέχεια πρόσθεσαν ένα φωτοβολταϊκό σύστημα και μπαταρίες αποθήκευσης και μείωσαν κατά 11% την ποσότητα καυσίμου ντίζελ που απαιτείται για την παροχή ηλεκτρικής ενέργειας στο νησί. Οδηγώντας μπορείτε να δείτε πολλά σπίτια σε απομακρυσμένες περιοχές με φωτοβολταϊκά συστήματα και σχεδόν κάθε σπίτι έχει ηλιακούς θερμοσίφωνες.

Το ταξίδι στην Κύθνο ήταν μια υπέροχη εμπειρία με αγαπημένες αναμνήσεις όπως η επίσκεψη στην Παναγία Κανάλα, το μπάνιο στην Απόκρουση με τα κρυστάλλινα νερά και το νόστιμο φαγητό στις τοπικές ταβέρνες. Το μαγειρευμένο κατσίκι σε πάμπολες ποικιλίες είχε πρωτοκαθεδρία σε κάθε εστιατόριο. Τα κατσίκια ήταν ορατά στους λόφους καθώς επίσης και στα μενού. Συνιστώ ανεπιφύλακτα την χρήση ιδιωτικού αυτοκινήτου.

Απολαύστε τις φωτογραφίες από την Κύθνο: Enjoy the pictures from Kythnos:



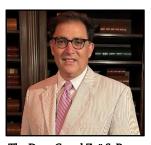
Image #1: Apokrousi Beach Εικόνα 1: Παραλία Απόκρουση

Image #2: St Kalliope in the Panagia Kanala location Εικόνα 1: Η Αγία Καλλιόπη στη θέση Παναγία Κανάλα



Images #3/4: Panagia Kanala Εικόνα 3/4: Παναγία Κανάλα





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About the Pappas Center for Hellenic Studies

The Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies, originally established by the American Foundation for Greek Language and Culture (AFGLC) as the Interdisciplinary Center for Hellenic Studies, is housed in the School of Arts and Humanities, under the direction of the Dean, Dr. Lisa Honaker. With six endowed professorships, the Center's focus includes the disciplines of Greek language and literature, history and culture, classical archaeology, art history, philosophy, politics, anthropology, and Byzantine civilization and religion. Scholarly and artistic activities emphasize the diachronic range of Hellenism and promote student enrichment through travel and university exchanges in Greece and Cyprus (http://www.stockton.edu/ichs). The faculty in Hellenic Studies are:

Tom Papademetriou, Ph.D., Director of the Dean C. And Zoë Pappas Interdisciplinary Center for Hellenic Studies Constantine & Georgiean Georgiou Professor of Greek History

David Roessel, Ph.D.

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Petros and Despoina Tsantes Family Professor of Greek Philosophy



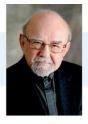
The Friends of Hellenic Studies (FHS) is a community organization established by the late Rev. Dr. Demetrios J. Constantelos and members of the community to promote and strengthen the Stockton Hellenic Studies program. The Friends of Hellenic Studies organization raises money for student scholarships for activities related to Hellenic Studies at Stockton University and for study abroad travel to Greece, Cyprus, and other relevant places to the Hellenic world. Working closely with the Stockton University Foundation to advance its fundraising goals, the Friends of Hellenic Studies organization hosts many cultural and social events as well. In addition to providing for student scholarships, the Friends of Hellenic Studies were major donors to the Rev. Dr. Demetrios J. Constantelos Hellenic Collection and Reading Room in the Björk Library. To become a member, please join the Friends of Hellenic Studies at any of their announced meetings, or email <a href="majorto-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast-sudies-fast

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