



From the Director

Dear Friends,

I am thrilled to share the exciting developments within our Hellenic Studies community. This issue highlights the high-impact transformative experiences of our students who have connected classroom learning to real-world exploration.

From traveling to Greece and Italy to visiting Troy and Rome, our students have walked in the footsteps of ancient civilizations. Funded by the Pappas Family Foundation, U.S. veteran students visited Troy, fostering dialogue on the timeless struggles of war. We also hosted Erasmus scholars from Aristotle University of Thessaloniki, and Stockton represented well at the Modern Greek Studies Symposium at Princeton. These experiences enhance students' academic knowledge and deepen their connection to Hellenic cultural heritage. You'll also find an interview by our Co-Chair Mariaea Kazantzis with Dr. Joe Bertolino, Stockton's new president, discussing his vision and support for Hellenic Studies.

As we look forward, we face a temporary change. The Constantelos Hellenic Collection and Reading Room, celebrating its 10th anniversary, will be closed for two years as the Björk Library undergoes major renovations. While we await the reopening of this vital resource, we remain committed to supporting student research and travel.

As always, we are deeply grateful to you, the members and supporters of the Friends of Hellenic Studies, whose generosity and commitment are invaluable in supporting and growing our programs.

Warm regards,

Tom Papademetriou, Ph.D.

Director, Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies

Meet Stockton's New President, Dr. Joe Bertolino

By Mariaea Kazantzis



I first met President Joe Bertolino at Professor Tom Papademetriou's home at the Vasilopita cutting event in January, 2024. I asked and he agreed to an interview which took place on ZOOM three months later. President Joe, as he prefers to be called, decided to skip the typed questions I had sent him and have a conversation instead. He made me feel like I was talking to a friend. *(continued on the next page)*

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I explained my role as a co-chair of the Friends of Hellenic Studies (FHS) at Stockton and how my group, consisting of faculty, staff, students, and community members, were there to promote and support Hellenic Studies at Stockton through cultural and educational activities. Most importantly, FHS provides scholarships to Stockton students taking courses in the Hellenic Studies Program who wish to take advantage of study abroad opportunities in Greece, Cyprus, and Italy.

President Joe is an experienced educator and a successful leader in higher education, having started his career as a high school teacher and having continued onto higher education with a Masters of Social Work from Rutgers University and a Doctorate of Education in Higher Education Administration & Leadership Development from Columbia University.

Prior to coming to Stockton, the institution where his mother, Eileen, had earned her degree, Dr. Bertolino served as President of Southern Connecticut State University in New Haven.

President Joe's vision at Stockton is to **build a community of opportunity**:

For the students: He is passionate about seeing students succeeding and having access to higher education. He wants to create for them an environment of meaningful and impactful relationships with the community and believes this approach will help the students develop, stay engaged, build networks, advance and turn into effective citizens. In the long run this will, also, positively impact New Jersey.

As he indicated in his inaugural speech, "By building a community of opportunity, we provide the space and resources that enable our students, faculty, and staff to grow, thrive and be a part of something bigger. No opportunity is too small, and no opportunity is too large. When we do certain things, or build certain relationships, we may be providing others with opportunities that we don't even realize."

For local and regional leaders in business: He would like them to look to Stockton first for partnerships.

Dr. Bertolino realizes that higher education is going through difficulties and challenges are plentiful. Nonetheless, one important component of his vision is for Stockton to serve as a model for the future of higher education and to be the college of choice in South Jersey for first-year and transfer students as well as the destination of choice for renowned faculty.

"*Cura Personalis*" is something he learned while earning his B.A. at the University of Scranton, a Jesuit institution. It means that you care for the whole person: To foster moral and emotional growth is a principle he has practiced throughout his career. That resonated with me as the values he represents speak about building an environment where there is support for one another with kindness, respect, dignity, compassion, civility, and understanding of the importance of listening to one another.

At the closure of the interview/discussion, I mentioned to Dr. Bertolino how Greeks have a great love, respect, and admiration for our heritage, history, antiquities, culture, and language and that we hope to pass this on to our children and future generations. The Friends of the Hellenic Studies at Stockton are fortunate to have members who are very supportive and generous. We discussed the possibility of re-starting the tenure line for Greek Art and Architecture which was, originally, established in perpetuity by the University in 2016 with the gift from Mr. George C. Georges in honor of his parents Constantine George Georges and Sophia C. Georges. He indicated that it is an issue that he will be examining.

I am confident Dr. Bertolino, with his warm, humble but experienced approach, will succeed in further elevating Stockton as a model for the future of higher education. And seeing a well-functioning and successful institution will certainly inspire donors and friends to support his work.

From the Co-Chairs of the Friends of Hellenic Studies

Dear Friends of Hellenic Studies,

Hopefully, everyone had a chance to relax during the summer months and enjoy some cool breezes near the water. New Jerseyans should not complain with 130 miles of sea coast from Sandy Hook to Cape May. However, relaxation ends quickly, evident by the fall foliage that now surrounds us.

Yes, admittedly we took a long break. And to connect back, our last *Hellenic Voice* issue was back in February. We reported then on our first event of the year, the cutting of the vasilopita at Dr. Papademetriou's home (the yearly Greek tradition that Rev. Dr. Constantelos's introduced to the Friends, years ago). The lucky coin was hiding in Tula's piece. This year's event had a special guest, the new president of Stockton, Dr. Joe Bertolino.

In March, we went to Manhattan to visit Ground Zero and the new St. Nicholas church followed by a visit to the Metropolitan Museum of Arts (MET) (read the article dedicated to this event).

In April, we attended the inauguration of Dr. Bertolino, the new President of Stockton. A week later he sat for an interview (see associated article).

On May 9, Dr. Papademetriou and the Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies organized a special event to honor the memory of Rev. Dr. Demetrios Constantelos. The Philadelphia Philosophical society hosted the very-well organized event with a warm reception (food and drinks) and then by a lecture on "LIBERTY'S ODYSSEY: American models of liberty in Greek Enlightenment and Revolution" with Paschalis Kitromilides, Ph.D. Professor Emeritus of Political Science at the National and Kapodistrian University of Athens and Member, Academy of Athens.

This last summer, the Summer Olympics were held in France and Cathy Karathanasis has written an article about it (see associated article).



"Those Who Possess the Light Shall Pass it on to Others"

The Republic, Plato

The whole FHS team is planning new events for the rest of the year and looking forward to enjoying them together. Stay tuned for details.

Respectfully,
Mariea Kazantzis
Co-Chair Friends of Hellenic Studies

Αγαπητοί Φίλοι των Ελληνικών Γραμμάτων,

Ελπίζω να περάσατε ένα ευχάριστο καλοκαίρι και τώρα νάναζητάτε να επανασυνδεθείτε με το πανεπιστήμιο του Στόκτον και με τις δραστηριότητες που σχεδιάζουμε να σας προσφέρουμε. Παρακαλώ να διαβάζετε την Ελληνική Φωνή (Hellenic Voice). Εκεί θα δείτε όλα τα δρώμενα περασμένα και νύν. Επίσης θα βρείτε και συνταγές που ίσως τις γνωρίζετε η απλώς δεν τις έχετε δοκιμάσει. Θα διαβάσετε μαρτυρίες μαθητών, άρθρα των καθηγητών μας, άρθρα απο την ομογένεια, και άλλα ενδιαφέροντα.

Σας ενθαρρύνω να μας παρακολουθείτε. Θέλουμε μαζί να γιορτάσουμε τις γιορτές μας, να ταξιδέψουμε μαζί, να διασκεδάσουμε μαζί, να μαθητέψουμε μαζί υπο την καθοδήγηση των καθηγητών μας. Έτσι ενωμένοι θα κρατήσουμε την Ελληνική γλώσσα, τον πολιτισμό μας, και το Ελληνικό πνεύμα αθάνατο!

Με Σεβασμό,
Μαρία Καζαντζή
Co-Chair Friends of Hellenic Studies

The Modern Greek Studies Association

Shaping the 28th MGSA Symposium: Tom Papademetriou's Role as Co-Chair of the Program Committee

Professor Tom Papademetriou, Director of the Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies, played a central role as Co-Chair of the 28th Modern Greek Studies Association (MGSA) Symposium, hosted at the Friend Center for Engineering Education at Princeton University. Previously, he had served as President of the MGSA from 2019-2023.

This year's symposium, held at the Stanley J. Seeger Class of '52 Center for Hellenic Studies, was one of the largest in the association's history, with over 160 presentations spread across 49 sessions. The symposium provided a platform for in-depth conversations on Modern Greek culture, politics, and history. There was a dynamic series of sessions that explored critical topics within Modern Greek studies, such as cultural identity, historical narratives, and the legacies of political upheavals in Greece and Cyprus. The event also provided graduate student mentoring opportunities and celebrated the achievements of scholars in the field.

Papademetriou collaborated with Program Committee Co-Chair, Professor Nia Georges of Rice University, and the entire Program Committee and worked closely with MGSA Executive Director Vangelis Calotychos and President Katerina Lagos. Princeton's Seeger Center's Local Arrangements Committee provided excellent hospitality. They provided an excellent space for emerging scholars to engage with senior experts on modern Greek topics and included a thought-provoking keynote by Dr. Elizabeth A. Davis on conflict in Cyprus. The MGSA symposium opened with an address by Congressman John Sarbanes (D-Maryland), who spoke about the importance of cultural preservation and the role of the Greek-American community in shaping broader American identity.



Prof. Papademetriou with Congressman John Sarbanes

Professor Papademetriou introducing the Keynote Speaker Professor Lisa Davis of Princeton University



In addition to his role as Co-Chair of the Program Committee overseeing the symposium's general organization, as a scholar of the Ottoman empire, he also moderated a panel titled *Fortresses and Frontiers: Shaping Identities in the Mediterranean Borderlands*. This session featured presentations on the strategic importance of fortress-towns in the Ottoman Peloponnese, the role of 15th-century chronicles from Ioannina in shaping local identity, and the emergence of Vlach identity in the early 20th century Ottoman Manastir.

Through Papademetriou's leadership, the 28th MGSA Symposium became a successful and memorable gathering that advanced the study of Modern Greek history and culture.

The Modern Greek Studies Association

"Interrogating the Archive": Insights from Stockton University at the MGSA Conference

Stockton students and faculty were well represented in the 2024 Modern Greek Studies Association (MGSA) Symposium in a compelling panel titled "The Archive Cannot Hold: Interrogating Archival Access, Practices, Policies, and Publicity," organized by King's College London professor Gonda Van Steen. Moderated by Stockton University's own Professor David Roessel, the Yiannos Professor of Greek Language, the panel explored the complexities surrounding archival research and its role in shaping historical narratives.

Among the panelists was Stockton University alumna Shilo Virginia Previti, who analyzed discrepancies in the records of YMCA workers in Greece during the interwar period. Her research revealed how societal and financial pressures influenced portrayals of relief work, with private diaries offering a more intimate perspective on the region's historical landscape.

Current Stockton student Angelo Reyes presented a paper on Major Gerald Wines's WWII memoir, *A Lesson in Greek*, advocating for its publication to highlight American experiences during Greece's wartime resistance. Reyes's presentation provided a critical look at how cultural misunderstandings affected foreign military perspectives on Greek resistance.

Through these discussions, the Stockton participants illustrated the significant role of archives in forming collective memories, highlighting whose stories are preserved and whose are marginalized. The panel underscored Stockton University's commitment to exploring the intersections of Greek history and global narratives, emphasizing the role of interdisciplinary research in understanding cultural identities.



Professor David Roessel, Shilo Previti, and Angelo Reyes after their panel "Interrogating the Archives"



*LEFT:
Shilo Previti delivering her paper on the YMCA in Greece*

*RIGHT:
Angelo Reyes delivering his paper on Major Gerald Wines in Greece*



Recent Events

Erasmus Scholar Dr. Rosy Triantafyllia Angelaki Examines Nostalgia in Children's Literature

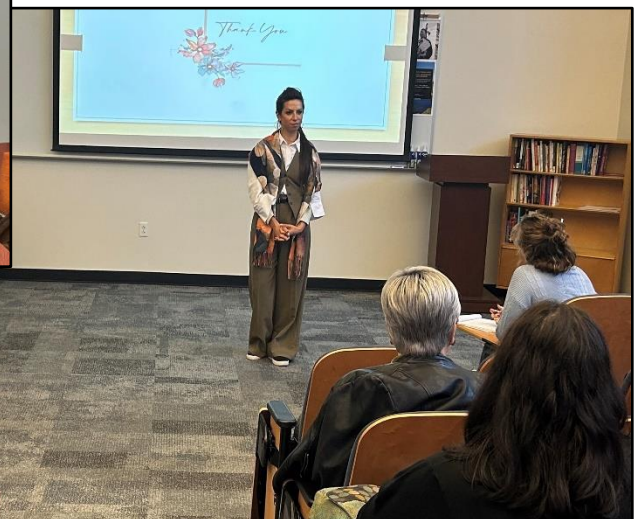
Dr. Rosy Triantafyllia Angelaki, an Erasmus Visiting Scholar from Aristotle University of Thessaloniki, delivered an engaging lecture on October 22, 2024, at Stockton University's Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies. Her lecture, *"Nostalgia" and the "Myth of Eternal Return" in Children's Multimodal Texts: The Case of The Asia Minor Catastrophe*, delved into the themes of nostalgia within children's literature, with a focus on narratives about the Asia Minor Catastrophe.

Stockton University welcomed Dr. Angelaki as part of the Erasmus Visiting Scholar Program, which promotes academic exchange and encourages diverse perspectives in scholarly communities. Earlier in the week, she addressed Dr. Papademetriou's *Historical Methods* class, engaging students in discussions on historical memory and narrative methodology.

In her lecture, Dr. Angelaki, an Assistant Professor in the School of Early Childhood Education, analyzed how multimodal works like Christos Boulotis's *The Statue that Felt Cold* and Anna Conomos's *The Promise* use visual and narrative storytelling to connect young readers with themes of memory, identity, and collective trauma. Her talk illustrated the role of children's literature in bridging personal memory with historical events, fostering empathy and awareness of historical trauma. The event was co-sponsored by the Education and Human Development Program, the History Program, the Literature Program, and the Sara and Sam Schoffer Holocaust Resource Center, reflecting its cross-disciplinary relevance.



LEFT:
Erasmus Scholar Rosy-Triantafyllia
Angelaki with Dean Ian Marshall, and
Tom Papademetriou



RIGHT:
Professor Rosy-Triantafyllia Angelaki
answering questions after her lecture

Recent Events

Strengthening Academic Ties: Dr. Lydia Efthymia Roupakia’s Erasmus Visit to Stockton University

Dr. Lydia Efthymia Roupakia, an Associate Professor at Aristotle University of Thessaloniki, visited Stockton University as an Erasmus Visiting Scholar, bringing her expertise in multiculturalism, identity, and transcultural literature. Her public lecture, "*Teaching American Studies in Greece*," held on October 28, 2024, examined the relevance of American Studies within Greek academia and provided an insightful look at cross-cultural perspectives.

During her visit, Dr. Roupakia spoke to several Stockton classes. She joined Prof. John O’Hara’s Proseminar in American Studies to discuss themes of identity in the Americas and presented a close reading of Kate Chopin's "*The Story of an Hour*" in Prof. Kate Ogden’s Early Modern Art class, bringing fresh insights into narrative analysis. In Prof. Adalaine Holton’s *Slavery and the Cultural Imagination* course, Dr. Roupakia explored the representation of cultural memory in literature.

Dr. Roupakia’s visit also held discussions with students considering study abroad programs in Greece, fortifying Stockton’s relationship with Aristotle University. Her meetings with Stockton faculty members and a luncheon with the deans encouraged further academic collaboration. Dr. Roupakia’s involvement bolstered the university’s commitment to international exchange and highlighted the importance of interdisciplinary scholarship in these global connections.



Professor Lydia Roupakia lecturing to Stockton students



Erasmus Scholar Professor Lydia Roupakia with Professor Kate Ogden of Stockton

Student Voices

My Veteran’s Trip to Greece

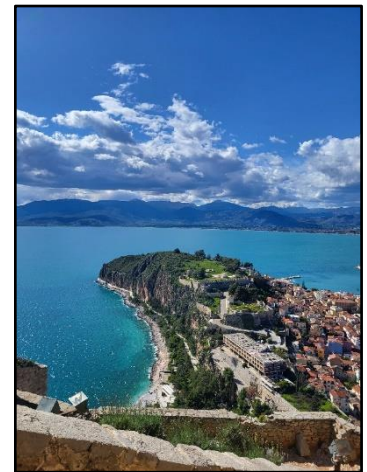
By Michael Smalling, Undergraduate Student in Health Science

In March of this year, I had the opportunity to go to Greece and Turkey and visit the real-life historical sites described in *The Iliad* and *The Odyssey* with a group of Stockton Veterans and Service Members. We read the stories before we arrived, and the trip gave us a unique perspective on the books. However, we also read books like *Achilles in Vietnam* and *Thank You for Your Service*, which highlight the distinct and specific struggles of dealing with war, particularly the challenges of returning from it. As we saw in *The Iliad*, the characters face the same emotions and tribulations that service members today experience. Part of our trip was discussion-based; for example, after walking the fields around ancient Troy, our discussion that night centered around deployments and the emotions of combat. The fact that we were all veterans with an understanding of service allowed us to converse candidly about these topics.

As every veteran can attest, that's a truly unique experience in and of itself. We all have our issues with returning home, readjusting to “normal” life, and grappling with the struggles that come with the time we are gone. Being able to sit down and talk about these things was groundbreaking. When I spoke about how I felt, I had an audience of peers, but more importantly, I was speaking to friends who understood me and supported me. It’s hard to feel like a stranger in the presence of your own family, and it’s difficult to hear the eggshells people walk on around you, despite your best efforts to be the person you think they want you to be.

The only people I could talk to about these emotions were my fellow ospreys on this trip. Their unique perspectives helped me unpack some of my own issues, and I was able to have these conversations in a healthy and productive way. Even with the face value of traveling in Greece and Turkey, standing where these stories took place, and watching history come to life, my favorite part of the trip was these nightly discussions. I can not thank the donors

of this program enough. Ignoring the obvious cliché, I didn't come back from this trip the same person as when I left. I came back with a renewed sense of drive and a determination that had been lost in my life since I left the service. As veterans will understand best, I reoriented myself to the map and got to steppin’! This trip is life changing in the best possible way and I owe so much more than that to the people kind enough to send us there.



Student Voices

A Study Tour to Italy

By Paul Hiltke, Historical Studies and Anthropology/Archaeology Double Major

I've always had a fascination with Italian history, in particular Roman history. Roman myths are also a mainstay in my interests. Even as far back as middle school, I would go to the library and read about these topics as much as I could, and I would watch online videos on the subject until I could no longer stay awake. However, I could only get so far by reading and watching; to truly understand something, you must experience it firsthand. That's what my recent trip to Italy meant to me . . . experiencing the culture of Italy, past to present firsthand.

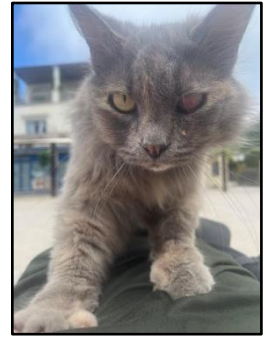
The two-week travel study was linked to a course on Italian history and culture co-taught by Professor Katherine Panagakos and Professor Joseph Poma. The travel portion focused on the cities of Rome, Naples, and Florence, but we also stopped briefly at Pompeii, Mount Vesuvius, and the island of Capri while in the Naples area. I also took a personal trip alone to the country of San Marino while my classmates explored Florence.

One of the most exciting and impactful visits was our day trip to the island of Capri. Our ferry ride from the port of Naples to Capri was somewhat choppy and many people became ill. Once we made it to Capri, we were given free time to explore the island, so naturally I split off from the group. Capri is home to two towns, the towns of Capri and Anacapri. I had heard that the town of Anacapri was more affordable than the more touristy Capri, so I decided to go to Anacapri. There were two ways to get there, either walk the historic Phoenician Steps or pay for a taxi. I opted for the stairs.

The Phoenician Steps are a set of 921 uneven stairs that go up the mountain to get to Anacapri. As the name implies, the steps were once thought to have been made by ancient Phoenician colonists, but they were likely created by Greek colonists instead. In the past this was the only way to get to Anacapri, it was only relatively recently that a road was built that connects the town. The road does meet with the steps at points, but it isn't a 1 to 1 match. Along the stairs and road there were various small sights to visit. One stop I made was at a small shrine to a Catholic Saint.



Once I reached the top (and was out of breath), I went into the town of Anacapri. There I stopped at a restaurant and ordered a sandwich and a Caprese salad, because what else would I order in Capri? There I planned the rest of my day; do I wander the town or check out Mount Solaro? Do I hike up the mountain like I walked up the stairs or do I take a lift? In the end it didn't matter what I chose, cause as I was walking around the town a cat decided that I was her favorite person that day and would not leave me alone. I sat in that town square for over an hour with her and other cats. Eventually, I found out she was owned by a local shop and lost most of my remaining free time.



After my time with the cat, I stopped by a local plant shop and brought some flower seeds. Capri is a beautiful island, so I thought to bring some of it home with me. Once I did that, I walked back down the stairs, ran into a madman who was jogging up and down them for strength training, and made it back to Capri proper. Near the port, I visited some of the local shops and had gelato. I would do it all over again if I could, and I was only able to afford this trip thanks to the Friends of Hellenic Studies Scholarship. I am truly grateful for this experience.

“Rome, Florence, Naples, Oh My!”

By Madison Grohman, Greek and Latin Major

We made it. Several thousand steps under the blazing sun and many water bottle refills later, but we finally reached the top of the Palatine Hill. I gazed out into the Forum in awe. I could not believe I was standing there, overlooking the ruins. Off in the distance, I could see the next stop on our itinerary: the Colosseum.

This past spring semester, I was fortunate to have the opportunity to travel to Italy for a study-abroad program. Led by Profs. Katherine Panagakos and Joe Poma, this class prepared its students for the sights that we would see during our two-week trip. From masterpieces found in the Uffizi Gallery to the confusing layout of the Forum, from the founding of Rome to Italian fashion and perfume brands, we were taken on a journey throughout Italy, then and now. While it was fascinating to learn about the history of Italy in the classroom, the experience elevated when we arrived at the Fiumicino Airport in Rome.

We had a lot of ground to cover in just two weeks. We spent the majority of our time in Rome, but we also made excursions to Florence and Naples. A few of my highlights were visiting the Uffizi Gallery and the island of Capri. The Uffizi's walls and ceilings were adorned with paintings, and statues of Greek gods/goddesses and Roman emperors lined the halls. One could get lost among the artwork; and funnily enough, that

happened to Prof. Panagakos and me as we were trying to find Caravaggio's *Medusa*, one of the pieces of art that we had analyzed in class. Despite spending close to four hours in the museum, we only saw about one-third of the artwork there. It was overwhelming at times, and the crowds of people did not help either. However, we were able to locate several well-known pieces of art there; my favorites were *The Birth of Venus* and *La Primavera* by Sandro Botticelli.

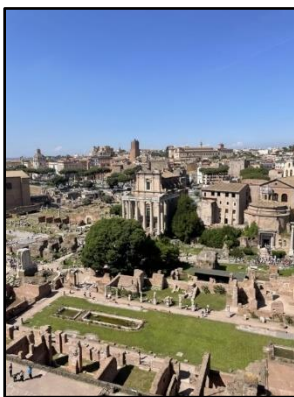


I had been to Rome and Florence with my family in the spring of 2019, but I had never traveled to Naples before. In Naples, we hiked Mount Vesuvius and explored the remains of Pompeii. While all of this was amazing, my favorite moment there was spending a day on beautiful Capri. The ferry ride to the island was rocky but worth it. We then took a boat tour around the island. I was among the few who took the Monte Solaro Chair Lift up to Anacapri. It was surreal standing at the top and peering over the edge. I was so high up that I could see the silhouettes of the clouds cast onto the aquamarine waters. Capri is also known for its cultivation of lemons, so it was only fitting that I saw some of the hugest lemons there.

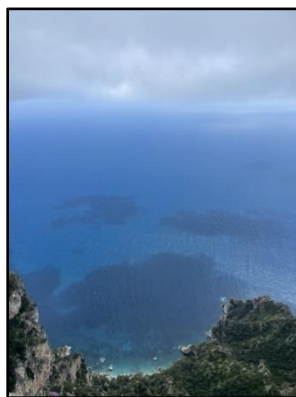


Seeing the artwork, monuments, and landmarks in person gave me a better understanding and appreciation of what I learned in class. I knew that this trip would reinforce the topics we had discussed in class, but I did not realize much it would impact my other studies. I took an online course on Greek mythology this summer; as I read my textbook, I would remember seeing depictions of certain gods/goddesses in the Uffizi. In addition to this, I taught myself Beginner's Latin so I could advance to Intermediate this fall. My experiences in Italy, such as roaming around the Forum and Pompeii, allowed me to better comprehend the historical segments of my Latin course. I also registered for Prof. Poma's Italian language class this fall. In the spring, we were taught some common phrases that we would need for our trip; *grazie* (thank you) was a go-to of mine. Now having been recently exposed to Italian, I am excited to delve deeper into the language this semester.

One of my concerns about signing up for this study-abroad class was the cost of the trip. I am so grateful to the Friends of Hellenic Studies for awarding me their scholarship. The money I received from FHS helped me pay for this trip and significantly eased my worries. I am thankful that I was able to participate in this program. Not only did my journey to Italy make me more independent, but it also allowed me to form stronger bonds with my classmates and professors. This trip gifted me with many memories that I will always cherish. Grazie, FHS!



View of Forum from Palatine Hill



View of Anacapri



Professor Panagakos at the Colosseum



Madison and Professor Panagakos at the Trevi fountain



Madison Grohman in Capri

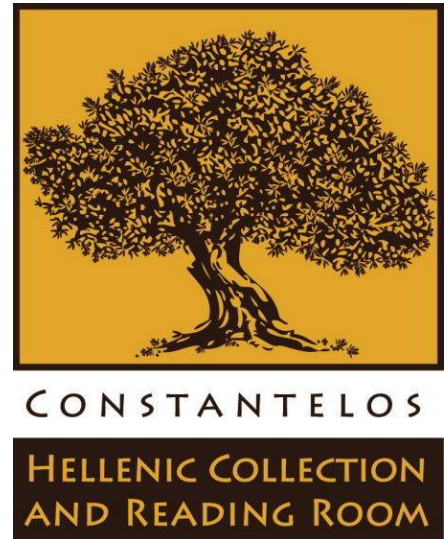
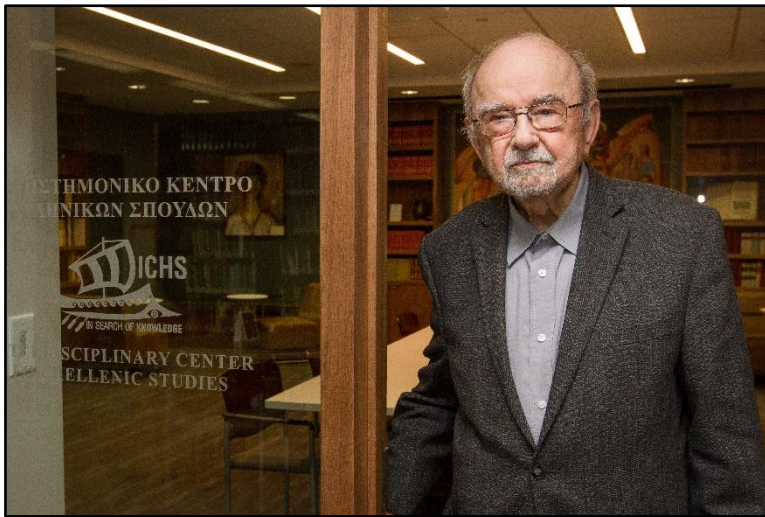


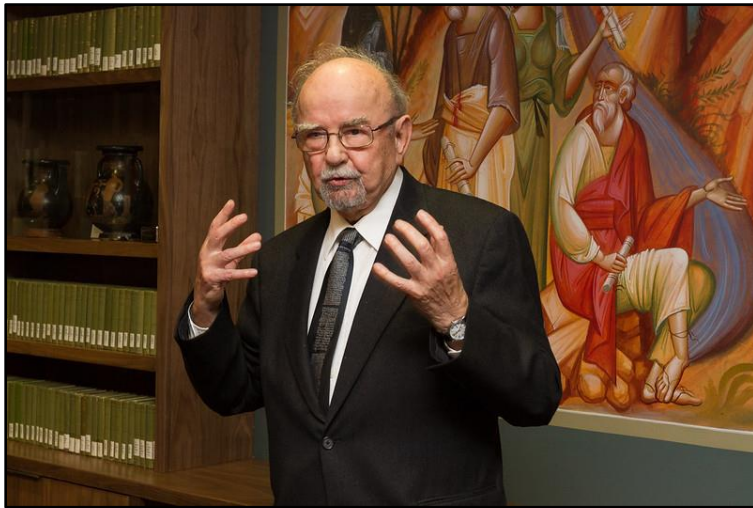
Madison Grohman with Professor Panagakos, view of Rome from Janiculum Hill

Celebrating the 10th Anniversary of the Constantelos Hellenic Collection and Reading Room! Grand Opening: September 26, 2014.

Faith and reason - two pillars in the life and work of Rev. Dr. Demetrios J. Constantelos - came together on Sept. 26 as Stockton, in partnership with the Interdisciplinary Center for Hellenic Studies, dedicated the Constantelos Hellenic Collection and Reading Room. Archbishop Demetrios of the Greek Orthodox Church of America, called the new facility “a landmark achievement” and praised the learning environment at Stockton.

- *Dr. Tom Papademetriou, Executive Director of the Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies.*





FHS Trip to New York City

By Mariea Kazantzis

On March 2, 2024 a bus full of students, teachers, and Friends of Hellenic Studies ventured out from Stockton to visit Ground Zero-the World Trade Center, the St. Nicholas Church, and the Metropolitan Museum of Art. Well, the weather didn't cooperate as it rained all day but that did not stop us from completing our agenda items and staying in good spirits. First stop was Ground Zero.

Ground Zero - World Trade Center: I don't think there is a person who visits the site and doesn't get overtaken by emotion, especially when approaching the memorial wall. Immediately comes to mind the tragic day of September 11, 2001 when the terrorists struck. Along with the collapse of the twin towers of the World Trade Center and surrounding buildings, 2,983 innocent people lost their lives. In the footprint of the Twin Towers, one now sees a memorial park with waterfalls and a memorial wall with the victims' names written on bronze panels.

St. Nicholas Greek Orthodox Church and National Shrine: The St. Nicholas church was founded in 1916 by Greek immigrants who bought a three-story building in a vibrant multi-ethnic neighborhood to house their church. Later, early 1970's, the neighborhood attracted the world's attention with the new neighbor on the block, the World Trade Center. But then disaster struck on 9/11/2001, when the world watched in terror the terrorists' attack on the World Trade Center. And not only did they bring down the twin towers but along with it - due to the created blast wave - our St. Nicholas was destroyed. The Greeks vowed to rebuild and despite numerous difficulties they succeeded, making St. Nicholas a glorious white marble church with materials imported from Penteli, Greece.

The iconography inside was made at Mt. Athos. The world-renowned Spanish architect, Santiago Calatrava designed it based on architectural concepts from the Cathedral Church of Hagia Sophia and the Church of Our Savior in Chora.

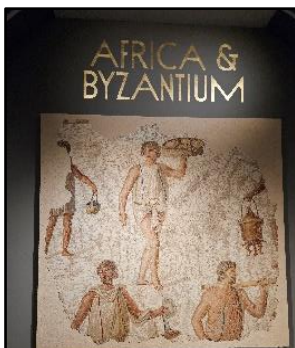


The church now serves as the Saint Nicholas Greek Orthodox Church but also as the National Shrine at the World Trade Center. It welcomes everyone who wants to visit. The iconography inside the Altar depicts the Virgin Mary embracing New York City. The church is impressive and one immediately feels, remembers, reflects and looking at the "Platytera Ton Ouranon" is reminded that She is there with open arms to protect us.

FHS Trip to New York City, *cont.*

The church now serves as the Saint Nicholas Greek Orthodox Church but also as the National Shrine at the World Trade Center. It welcomes everyone who wants to visit. The iconography inside the Altar depicts the Virgin Mary embracing New York City. The church is impressive and one immediately feels, remembers, reflects and looking at the “Platytera Ton Ouranon” is reminded that She is there with open arms to protect us.

Metropolitan Museum of Art (MET): The rain continued so our eagerness to see the exhibit. The following are pictures from some of the items exhibited. Click on the title image below for a link to the exhibition overview.

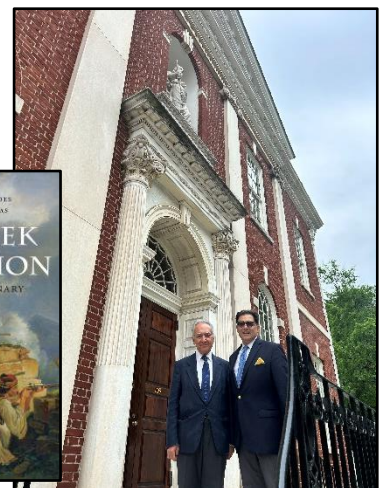
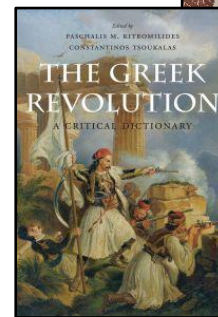


Professor Paschalis Kitromilides Delivers the Constantelos Lecture at the Historic American Philosophical Society in Philadelphia

The Third Rev. Dr. Demetrios J. Constantelos Memorial Lecture, held on May 9, 2024, at the American Philosophical Society (APS) in Philadelphia, was a landmark event for both the Greek and academic communities. APS, founded by Benjamin Franklin in 1743, is the oldest learned society in the United States, dedicated to intellectual thought, free exchange of ideas, and public service—values closely associated with the life and work of Dr. Demetrios J. Constantelos. Professor Constantelos, a renowned scholar and advocate for Greek cultural preservation, embodied the spirit of Franklin, particularly through his passion for intellectual exploration and the advancement of knowledge.

This year’s lecture featured Dr. Paschalis M. Kitromilides, a distinguished political scientist and historian, who explored the topic “Liberty’s Odyssey: American Models of Liberty in Greek Enlightenment and Revolution.” Dr. Kitromilides, a native of Cyprus, is known for his extensive academic contributions, including over fifty books and numerous articles on Greek political thought. His research highlights the significant influence of American ideals of liberty on the Greek Enlightenment and the Greek Revolution, with a particular focus on the writings of Adamantios Korais and the symbolic role of Benjamin Franklin.

The event was made possible thanks to the dedicated staff of APS, including Dr. Robert Hauser, Executive Officer, Jessica Frankenfeld, Programs and Communications Officer, and Dr. Michelle McDonald, Director of the APS Library and Museum. Dr. McDonald, a former History faculty colleague from Stockton, welcomed the gathering to the APS. This memorable occasion celebrated the legacy of Fr. Demetrios while deepening our understanding of the connections between Greek and American political history.



Community Voices

“FASTER, STRONGER, HIGHER”

By Cathy Karathanasis



Every four years the world’s best athletes join with millions of attendees and spectators to participate in a sporting event whose roots trace back to Ancient Greece. 2024 has been an Olympics year, and this time the Games were held in Paris, France.

Let’s travel back in time to the year 776 B.C. Here we are in ancient Greece to attend the very first Olympic Games. The athletes, all young men, are lining up on a field surrounded by temples and shrines. They are barefoot, their bodies glistening with olive oil. The tension is palpable; if one of them makes a false start, the judge will flog him with a willow switch. AND THEY’RE OFF, surging down the track, knees high and arms pumping. This event is called the *stadion*, basically the 200-yard dash. Within seconds the sprint is over. Victory in the *stadion* was so glorious that all of Greece would use the winner’s name as a label for the next four years.

For 13 Olympic Games—54 years—that will be the only event featured in the Games. New events were added gradually over decades and centuries. Wrestling was added in 708 B.C. Boxing arrived 20 years later. In 648 B.C. horseback riding debuted. Not all athletic events lasted however; mule-cart racing, added in 500 B.C., lasted for only about 50 years. By the 5th century B.C. the Games took place over a five day period and included running jumping and throwing events, boxing, wrestling, and chariot racing.

The Olympic Games were the sporting, social, and cultural highlight of the Ancient Greek calendar for almost 12 centuries (from 776 B.C to at least 393 A.D.) All free Greek males were allowed to compete, from farmhands to royal heirs, although the majority of athletes were soldiers.

The ancient Games were first and foremost a religious festival dedicated to Zeus, the king of the Greek gods and patron of Olympia, the sanctuary where the Olympics were held. The central part of the Games was a huge sacrifice to Zeus. On the third day, timed to coincide with the full moon, 100 cows were slaughtered in his honor. Once the god had been given a small offering the rest was for the people: a giant 24-hour barbecue.

At least 40,000 spectators packed the stadium each day at the height of the Games. This was a big deal for the Ancient Greeks, drawing spectators and attendees from all over the far-flung empire. By 600 B.C. Greeks were living in what is now Russia, Turkey, Libya, France, Spain and Italy. Given that there were no more than four million Greeks across Europe, that is a significant percentage. One of the things that made you Greek was playing sports and attending the Olympics That is why they took the Olympics so seriously—it was fundamental to their cultural identity.

For many, the trip involved a considerable journey across dangerous territory. Helpfully, there was an Olympic truce, which meant that in the run-up to and during the Olympics the Greek states all agreed to let anyone who wanted to go to the Games pass through their territory unharmed. Once they made it to their destination, they usually stayed for the full five days, enjoying the games with friends and family, eating, drinking, gossiping and doing business. Anyone who wanted a big audience and wished to raise their profile showed up including historians, painters, artists, orators and merchants.

The original games had no teams, no timers, no medals, no subjective judging and included no women or slaves. For most of Olympic history, competitors were naked. When they finished exercising, athletes would scrape the oil, dirt and sweat off their bodies and gymnasiums would collect it and sell it as medicine. At the modern Olympics the winning athletes receive gold, silver or bronze medals. In Ancient Olympia there was only one winner for each event whose prize was a wreath of wild olive leaves and a red woolen ribbon. Although winners didn't receive any financial reward, the champions became important figures, bringing glory to their hometown and receiving numerous benefits, including a statue made in his image and/or a poem praising his athleticism.

Today, much has changed about the Olympics. This year's Games in Paris were a celebration of diversity and inclusion. They marked a historic milestone in gender equality with an equal number of male and female athletes participating. Recently, the Games have added multiple new events including surfing, skateboarding, sport climbing and break dancing. Yet, the core of it is the same: modern athletes are every bit as focused as the runners in the first stadion. The spectacle of the human body, straining against gravity and exhaustion, speaks to us outside of time. The magic of the Games has always been humans chasing excellence and is reflected in the Olympic motto:



The Olympic Anthem was composed for the 1896 Olympic games by Greek composer Spyros Samaras with lyrics by the poet Kostis Palamas. Prior to this year's Paris Olympics it was performed at the site of Ancient Olympia, Greece. The first two stanzas are performed in Greek and the remainder in French and English. Click on the images below to view the video.



Greek Eats!

The Greek island of Ikaria is one of the world's five so-called Blue Zones, along with Sardinia, Italy; Okinawa, Japan; Nicoya, Costa Rica; and Loma Linda, California. About 1/3 of all Ikarians live into their 90's, generally free from chronic illness and dementia, and many hit 100. Their longevity is linked to several factors: an outdoor lifestyle in tune with nature; a lack of stress; tight-knit communities and a plant-based diet rich in wild herbs, vegetables, pulses, olive oil and natural wine.

Fall is an interesting time for food lovers everywhere. An abundance of seasonal ingredients can be found at local markets and grocery stores. Obvious fall favorites, which also make up the Ikarian longevity diet, include pumpkin, sweet potatoes, squash, mushrooms, beans, chestnuts and apples.

The Greek-American celebrity chef Diane Kochilas has roots in Ikaria where every summer she and her husband run the Glorious Greek Cooking School. Here are a couple of her healthy Greek recipes for the fall:

Whole Wheat Pasta With Mushrooms and Chestnuts

A recipe from Diane Kochilas. [Click on the image below to view the full recipe on her website.](#)

Ingredients:

- 3 cups cooked and shelled chestnuts *preferably in a vacuum pack (sous vide)*
- 2 tbsp extra virgin Greek olive oil, plus more for tossing with pasta
- 2 red onions coarsely chopped
- 3 cloves garlic (chopped) *or 2 tsp ready-chopped Greek garlic*
- 1 lb. ½ kilo fresh button mushrooms, *trimmed and sliced*
- ½ cup dry red wine
- Greek sea salt and pepper to taste
- 3 cups fresh cherry or teardrop tomatoes halved
- 1 tbsp dried Greek oregano or thyme
- 1 lb. ½ kilo whole wheat linguine, spaghetti, or bowties
- Grated cashew-milk cheddar (optional)



Directions:

1. Poach the vacuum pack bags for 3 to 5 minutes, or as per package instructions, remove, cool slightly, and open the packets to remove the chestnuts.
2. Heat a deep, medium-size skillet over medium flame. Add the olive oil and then add the chopped onion. Cook, stirring, for about 7 minutes, until the onions soften and start to brown a little. Stir in the garlic and add the chestnuts.
3. Add the mushrooms, and toss gently with the mixture. Cook, covered, for about 7 minutes, or until the mushrooms are soft and wilted. Add the red wine, raise heat for a minute and simmer. Season with salt and pepper. Reduce heat, cover and cook slowly, replenishing the liquid if needed with a little water, for about 10 minutes. Gently stir in the tomatoes and then the oregano or thyme and cook all together for 5 to 8 more minutes, or until everything is tender.
4. While the sauce mixture is simmering, bring a pot of water to a rolling boil and add 2 tablespoons of sea salt. Boil the pasta according to package directions. Drain and save a half cup of the cooking liquid. Add this to the simmering sauce mixture. Stir and remove from heat.
5. Toss the pasta with 2 tablespoons of olive oil and serve with the sauce mixture on top, garnished with some grated cashew-milk cheddar, if desired.

Ikaria Longevity Greek Salad with Sweet Potatoes and Arugula

A recipe from Diane Kochilas. Click on the image below to view the full recipe on her website.



Ingredients:

- 1 ½ lbs. / 750 g sweet potatoes
- Salt, *preferably Greek sea salt*
- 1 large red onion *or* 1 bunch scallions (trimmed)
- 2 bunches fresh arugula (trimmed)
- ½ cup extra virgin Greek olive oil
- 3-4 tbsp red wine vinegar
- 1 cup crumbled Greek feta or goat's milk cheese (optional)

Directions:

1. Wash and scrub the sweet potatoes. Place in a large pot with cold salted water and bring to a boil over medium heat. Reduce heat to low and simmer until fork tender but al dente, about 15 minutes. Remove, cool slightly, peel (if boiling), and cut into 1 ½ - inch / 4 cm chunks. Transfer to a serving bowl. (Alternatively, you can peel and cube the sweet potatoes and either roast or grill them under the broiler, on a sheet pan tossed with a little olive oil and salt).
2. Peel, halve and thinly slice the onion. Of using scallions, trim and cut into thin rounds.
3. Coarsely chop the arugula.
4. Place the arugula, and onions or scallions in the bowl with the sweet potatoes. Season to taste with salt and toss with the olive oil and vinegar. If desired. Add the crumbled feta or goat's milk cheese and serve.

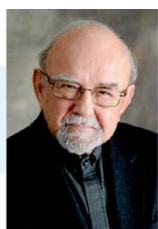


The Dean C. and Zoë S. Pappas Interdisciplinary Center for Hellenic Studies

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The late Rev. Dr. Demetrios J. Constantelos, Distinguished Research Scholar in Residence and the Charles Cooper Townsend Sr. Distinguished Professor of History and Religious Studies
Founder, Stockton University Hellenic Studies

Visit the Constantelos Hellenic Collection and Reading Room, Bjork Library, 2nd floor.

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 & Georgian Georgiou Professor of Greek History

David Roessel, Ph.D.
Peter and Stella Yiannos Endowed Professor of
Greek Language and Literature

Katherine Panagakos, Ph.D.
AFGLC Endowed Professor of Greek Culture

Edward Siecienski, Ph.D.
Clement and Helen Pappas Endowed Professor
of Byzantine Civilization and Religion

Lucio Privitello, Ph.D.
Petros and Despoina Tsantes Family Professor
of Greek Philosophy

About the Friends of Hellenic Studies

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 fhs@stockton.edu for more information.

The Co-Chairs of the Friends of Hellenic Studies are:

Mariea Kazantzis & Dr. Katherine Panagakos

The Hellenic Voice is edited by Sophia Demas, Cathy Karathanasis, Mariea Kazantzis, & Dr. Katherine Panagakos
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