Greek American Wedding 2009
From the beginning, God in His providence planned the union of man and woman. There is no relationship between human beings as close as that of husband and wife if they are united as they ought to be.

- St. John Chrysostom (349-407 AD)

The Greek American wedding, in its entirety, is one that incorporates sacred traditions, symbolism and values together with the elements of a modern world. A highly-symbolic but low-key ceremony is often balanced with an expressive, animated reception, filled with family, friends, food and dancing. Above all, a Greek American wedding is the ultimate celebration of love, life and the love of life.

**BEFORE THE WEDDING**

At most Greek weddings, the groom and guests will wait outside the church for the bride to arrive. Often, the groom will hold her bouquet and hand it to her when they meet. They will walk into the church together, followed by the guests, before the ceremony is to begin.

**THE CEREMONY**

A Greek Orthodox wedding is conducted in several fundamental parts: The Service of Betrothal, which focuses on the exchanging of rings; The Ceremony of the Sacrament of Marriage, which consists of various significant parts of the joining of two people. At the conclusion of the priests' prayers, he joins the couple's right hands, which stay joined until the end of the ceremony; The Crowning, in which two stefana (flowered crowns attached by ribbon) are used and interchanged on the couple's heads by the Sponsor (Koumbaro or Koumabara); The Common Cup, in which readings of...
Real Greek Wedding Inspiration: Calliope and Dimitrios

By Eleni Kostopoulos

Special to The National Herald

When long-time friends Cal- liope and Dimitrios Papaspy- rous, both New York City natives, tied the knot on January 17, 2009, their focus was on family, friends, and keeping the significant role in both of their lives.

The couple wed at St. Constant- ine and Helen Cathedral in Bru- ceton, NY, a church that played a sig- nificant role in both of their lives. “It was a St. Basil Parish church that my mom was married in. So it was the right place for us,” said the bride. “We picked January 17 because it was my birthday and I wanted it to be special.”

The ceremony was half Greek and half English. They had Keith Timney, that did the tradi- tional ceremony and rings. It was a typical Greek wedding. “The only thing I did was a big difference was having both my parents walk me down the aisle,” said the bride.

The couple’s wedding dress was a classic gown adorned with a jeweled belt and a headpiece embell- ished by Kenneth Pool for Priscilla of Boston and a headpiece embell- ished by Bridal Styles. Her classic up-do hairstyle and pretty make-up and petal theme at the church, instead of tra- ditional crowns and rings. It was a traditional crowns and rings. It was a

At the end of the ceremony, Pa- paspyrou had guests throw rose petals at the church, instead of tra- ditional rice. The Papaspyrous also had a Vi- ari and Dimitrios

THE RECEPTION

Two hundred eighty guests at- tended the fun-filled reception at Antico Tiroteo, where everyone looked at a large selection of food. Jimmy and I didn’t stop all night. Our guests were flawless!” The dancing por- tion of the reception was very memorable, she added. “Jimmy and I didn’t stop all night and they were still going when I left. The dance floor was packed at 3 AM.”

The Papaspyrous also had a Vi- ari and Dimitrios

Real Greek Wedding Inspiration: Calliope and Dimitrios

Calliope and Dimitrios Papaspyrou had guests throw rose petals at the church, instead of tra- ditional rice. The Papaspyrous also had a Vi-
By Rev. Fr. Charles Joanides, Ph.D., LMFT

Preparation for and response to the normal life cycle issues that single-church, mixed-church couples must negotiate are imperative. Inter-Christian marriages require more challenges for couples to face than others. Rev. Charles Joanides, LMFT, poses some vital questions regarding inter-Christian marriage.

Questions You Should Consider Before Inter-Marriage

1. The Greek Orthodox partner must present the following before engaging in this or any other faith tradition as a couple or family. Both partners should develop a strong and healthy understanding of each other's religious and spiritual needs and sensitivities.

2. Both partners should present the following before engaging in this or any other faith tradition as a couple or family. Both partners should develop a strong and healthy understanding of each other's religious and spiritual needs and sensitivities.

3. Both partners should present the following before engaging in this or any other faith tradition as a couple or family. Both partners should develop a strong and healthy understanding of each other's religious and spiritual needs and sensitivities.

Continued on page 20

How will we work our non-Orthodox partners to become strong and healthy participants in the Greek Orthodox Church?

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Preparation Our Children for Marriage

by Henry Nouwen

We all know that “actions speak louder than words.” Let us now take the opportunity to look more closely at a model for marriage and the tremendous opportunity it offers to model a godly marriage to our children every day.

The church has given us the perfect example of marriage in our Lord Jesus Christ. This image is more readily offered to us in the first few days of Holy Week, in which we celebrate the Bridegroom who is welcomed into the Church, looking upon the relationship of the grooms, Jesus Christ, to His bride, the Church. In the icon of the ‘Bridegroom’ we see Christ depicted holding the rod he was born with and a crown of thorns around his head. This icon conveys to us the heart and soul of Orthodoxy. In the icon of the Bridegroom, Jesus Christ, willingly laying down his life for us in perfect, unconditional love, a love for both the public and private, which is characterized with his passion and resurrection. From this image of the Bridegroom being welcomed into His wife, the Church, we can learn much about marriage. If we look closely at our relationship with our church, how often do we feel that Jesus has been laid on us or that we have not been perfectly received? Are we sometimes shallow and shallow in the teaching for marriage, free or lovelorn? This can be a difficult concept for Orthodox Christians to embrace, but it is in the Gospel teaching. We are gracious and merciful toward ourselves, our spouse, and other people. Then, if we are critical toward ourselves, we are critical toward our spouse. If we take care of our actions—physically, mentally, and spiritually—we will have more resources from which to love our spouse. If our inner resources are depleted, we will have little to give to our spouse. We must have been parents with young children known that our tendency is to give so much of our energy and effort to our children that we deplete our inner resources and have little to give to our spouses. Our closest relationship is with whom we live day in and day out. So, healthy, holy self of love for our spouse is necessary for a loving, joyful, terror-free, and joyful marriage relationship. Secondly, we are taught to love our nearest and dearest, who we love ourselves. We have come to understand that our closest neighbor is any human being, so that our love is that learned and practiced in the home, spouses for spouses, parents for children, and children for parents. From the love that is exalted beyond the home, we are taught a plan that is acceptable to both parents and a godly marriage to our children.

Love is forgiving. We are regularly saying I am sorry, and please forgive me; and our spouse responds by forgiving us “seventy times seven.” We do not react in the moment and let our anger get the best of us. It is slow to anger. It is easy to forgive, especially; a kind word, that special flower, a favorite meal, a cup of tea for the tired neighbor with whom we live day in and day out. We are gracious and loving toward our spouse. If we are gracious and loving toward our spouse, we will have more resources to love our neighbor with whom we live day in and day out.

What does this love look like? It looks patient. When our spouse is late getting home from work again, we are gracious and loving toward our closest neighbor, though we do try to provide them opportunity, a good education, and infused with the love of God, a love that is learned and practiced in the home, spouses for spouses, parents for children, and children for parents. From the love that is exalted beyond the home, we are taught a plan that is acceptable to both parents and a godly marriage to our children. Love is opportunity, a good education, and infused with the love of God, a love that is learned and practiced in the home, spouses for spouses, parents for children, and children for parents.

For the Wedding Of Your Dreams..."The perfect marriage of greet meat food, white glove service and ambiance is truly the hallmark of Terrace On The Park. Let us make your special day as carefree as your hopes for the future. Our ballrooms are elegant. Our menu selections are sumptuous, impeccable old world service, personal dedication to gratifying your needs, and a long tradition of creating unforgettable memories makes us the perfect choice for your unsurpassable wedding. Our banquet office is open 7 days a week. We welcome your reservation now for your convenience. We are located in Flushing Meadows Park easily accessible from all major highways and the airports for additional information contact us today! 718.592.5000 ARCADE ON THE PARK 53-11 114th St

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10 Ways to Save Big on Your Wedding Day

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6. Drive in Style.

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July Extraordinaire 2004 to 2008

How to Spend your Wedding Budget

Congratulations, you’re engaged! Now before the fun of planning the wedding starts, you’ll need to decide how much you can spend on the wedding day. Sometimes the dream of a beach bathroom or an intimate backyard wedding may be out of your budget. As a general rule of thumb, no more than 15 percent of your total budget should be allocated to your wedding day.

Marriage capsule: Once couples have figured out the budget, the next big thing is choosing a venue. Many couples opt for a top hotel for their wedding package. To make the most of the event, couples should factor in all costs, including travel, accommodations, and food. Additionally, couples should consider the needs of their guests, such as transportation and seating arrangements.

For favors and gifts, which include your attendants’ presents, rock to small items with a personal touch and don’t spend over $3 per person. Consider the customization of your favors, such as personalized mugs or photo charms, which can be kept as keepsakes by your wedding guests.

To bring in extra flavor to your wedding, consider hiring a DJ or a band. This can also be one of the most important decisions for your wedding day, as they will be in charge of making sure your wedding guests dance the night away.

Dreaming of a designer dress? Opt for silk ribbon or lace to make your gown stand out. Couples can estimate to spend 50 percent of their budget on catering and venue. This includes food, beverages, and rentals. When considering the cost of the venue and the catering, keep in mind that the most expensive portion of your budget—florals, decorations, and lighting—should only be 10 percent. Any additional 10 percent should be set aside for music, and an additional 10 percent for photography.

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By Eleni Kostopoulos
Special to The National Herald

Eleni Gianopulos’ delectable confections are colorful, conversation-worthy and the perfect detail for any wedding. If you’re a bride who wants a cookie modeled after your dress or the flowers in your bouquet, the team at Eleni’s in New York City’s Chelsea Market can do it. Over the years, the team has created miniature versions of bridesmaids and groomsmen, adorned with replicas of their actual wedding party attire. Her cookies were featured at the nuptials of stars like Kelly Ripa, Michael Douglas and Catherine-Zeta Jones, and Kimora Lee and Russell Simmons.

“I am third generation Greek Orthodox,” Gianopulos told TNH in a recent article. “I was raised in Oakland, California by a family who was tremendously active in the Greek Orthodox community. My husband, Randall is also Greek Orthodox. We met on Greek Easter in 1987 at the Holy Trinity Greek Orthodox Cathedral in Manhattan, where we still attend today.”

In 2008, Gianopulos was named Trendsetter of the Year by Modern Bride magazine alongside noteworthy recipients including leading fashion designer Oscar De La Renta, founder of Spanx Sara Blakely, make-up artist Bobbi Brown and NYC Mayor Michael Bloomberg, an honor she said she was very grateful for. She told Modern Bride magazine in June 2008 that one of her most memorable projects was creating a giant credit card cookie for a groom to propose to his bride-to-be. The cookie was printed with the bride-to-be’s married name along with an expiration date: “Never.”

Gianopulos sells well over $1 million a year worth of cookies from her store in Chelsea and her cookies are now also sold at Barneys, Dean & Deluca and Saks Fifth Avenue. She has recently been featured in Martha Stewart Weddings, Newsweek and Harper’s Bazaar. Besides her whimsical cookies, Eleni’s offers colorful cupcakes, brownies, cakes and candy for every occasion, and with nationwide delivery available (www.eleiniscakes.com), anyone can enjoy one of Gianopulos’ tasty treats. Eleni’s also accommodates corporate Giving, with a Corporate Giving program named Good to Gratitude in 2008, for its “meaningful workouts,” “original presentation” and “tasty special gift.”

“That with my mother’s influence and a profound love for the culinary industry (especially dessert), I wanted to create a field of business and develop a product that was new, unique and most of all—fun,” she told TNH. “We need a recipe for success and it is a top-quality product made with the finest, all-natural ingredients. You must create something new and unique that the marketplace does not currently offer.”

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Greek Wedding 2009
THE NATIONAL HERALD, FEBRUARY 21, 2009
7
The Ultimate Music Play List

By Eleni Kostopoulos

27. Groovy Kind of Love by Phil Collins
26. All My Life by Linda Ronstadt and Aaron
25. All My Life by KC and JoJo
24. Angel of Mine by Monica
22. Strangers in the Night by Frank Sinatra
19. True Companion by Marc Cohn
18. It Takes Two by Rob Base
17. The First, The Last, My Every-
16. Zombie Nation
15. What I like About You by The Beastie Boys
14. Walking on Sunshine by Katrina
13. Up and Down by Venga Boys
10. Boogie Shoes by KC and the Sunshine Band
5. Another One Bites the Dust by Queen
3. Are You Gonna Be My Girl by Jet
2. Enter Sandman by Metallica
1. Around the World by Daft Punk

compile the ultimate music play

Greek American DJs—Internation-
Skoubas, and two other renown
Depending on the ages of the bride
you are from in Greece makes a big difference
plasma TVs featuring videos of their chosen
Looking for a great mix of Greek and American
Skoubas of PartyTime DJs in New York, is always
some of the most memorable moments of your
life. Today’s Greek American bride, said DJ John
feel toward your spouse and they accompany

 weren’t very popular when I grew up,
was very popular in the 80s,


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They say it’s all about the dress, but a fit, healthy body can make any dress look better. So if you’re like most brides-to-be and you’re serious about getting in tiptop shape to strut down the aisle, put down the koulouraki and read on for some helpful, wholesome tips given to The National Herald by a leading nutritionist who has consulted with countless celebrities and professional athletes, John Koveos. Koveos is President of Quantum Nutrition Inc., a professional nutrition and consulting company specializing in food therapy and orthomolecular medicine, which are available to order from quantumnutritioninc.com, ship to Canada and the U.S.

FIVE MONTH COUNTDOWN

Five months before the big day, Koveos said there are five fairly simple guidelines to jump start the weight-loss process: Eliminate all fast food from your diet, drink only water and herbal teas, eat a 500-calorie breakfast every day (fruits, healthy cereals and low fat milk are recommended), eat every three hours to keep your metabolism going and drink Schinoussa sea vegetable mix once daily mixed with 250 mL of water or juice. Schinoussa, named after the beautiful Greek island where Koveos is from, is a soluble mixture containing five key sea vegetable ingredients—Irish Moss, Spirulina, Chlorella, Red Algae and Dulse.

Two months before the big day, Koveos said to continue following the first five steps, but to upgrade the Schinoussa sea vegetable intake to three times a day between breakfast, lunch and at bedtime. Additionally, make sure you get seven to eight hours of sleep each night and a minimum of three liters of water per day. Adequate sleep patterns have proven to aid the body in fighting colds, speeding up weight loss and keeping skin rejuvenated.

One month before the big day, Koveos said to continue following the previous listed steps. “Eat a light break-fast, no white starches (like bread, pasta, rice or potatoes), consume only white meats like fish and chicken, eat lentils one time per week and add three large, green salads per day to your three meals,” he said.

WORK IT OUT

Hitting the gym consistently may be just as beneficial to you emotionally as it is physically. But changing up your routine is essential in avoiding boredom and providing you with new challenges to overcome.

Spend time participating in outdoor activities to burn extra calories, pick out a collection of versatile fitness DVDs or sign up for a dance class with your spouse and perform a routine to entertain the guests at your wedding. Consider taking up a challenge that will keep you going long after you say “I do”, like completing a marathon.

TAKE YOUR VITAMINS

“The most important vitamins and minerals for weight loss are: Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Choline (part of B-complex), Inositol (part of B-complex), and Vitamin C and chromium,” said Koveas. Below, Koveas lists these vitamins and the food sources you can get them from.


Vitamin B3 (Niacin): Like B2, vitamin B3 is essential for normal thyroid hormone production. Good food sources of vitamin B3 include: Meat, kidney, fish, lentils, beans, whole grain breads, rice, potatoes, and egg yolks.

Vitamin B5 (Pantothenic Acid): Any deficiency of Vitamin B5 inter-

Continued on page 19

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Healthy Skin Countdown To The Big Day

For brides-to-be, the wedding day is the biggest event of their lives. It’s a day filled with elegance, beauty, and joy. To ensure that you look your best on your special day, it’s essential to start preparing your skin one year in advance. Dr. Anne Chapas, board-certified dermatologist of the renowned Laser & Skin Surgery Center of New York, explains the importance of early planning for your bridal beauty.

Dr. Chapas advises starting a prescriptive skin care regimen in the last nine months to one year before the wedding. This includes a combination of topical treatments, sometimes pills and even injectable solutions, to achieve a healthy glow by your big day.

Here’s a step-by-step guide to help you get ready:

**SEVEN MONTHS**

**HEAL OLD SCARS**

At the nine-month mark, it’s time to start assessing visible scars. In the last few years, great technological advancements have surfaced in the laser removal of aged and acne scars. Dr. Chapas recommends Fraxel Repair and Fraxel Resurfacing lasers which, in some cases, can replace damaged tissues, making the scar less noticeable. Several monthly sessions are required and the best results are seen approximately two months after the final treatment.

**TWO WEEKS**

**THE FINAL TOUCHES**

Once you hit the two-week mark, Dr. Chapas advises starting a prescriptive treatment plan at the final stage to ensure that your skin looks its best a few days before the wedding.

Dr. Chapas recommends using a mild cleanser, moisturizer and sunscreen. In addition to a healthy skin routine, she recommends applying a two-week course of antibiotics to prevent a breakout the day of.

In general, Dr. Chapas advises stopping any new products or treatments during the last two weeks. You never want to try anything new before your wedding day if you’re unsure of how skin will react. By following these guidelines, skin from Dr. Chapas’ office is usually clear enough to make sure you look picture perfect on your wedding day.

Dr. Anne Chapas is a board-certified dermatologist who specializes in Mohs micrographic surgery for the treatment of skin cancer, laser surgery and cosmetic procedures. She believes in applying scientific research with a dermatologic human touch to deliver the highest level of patient care. She has appeared in prestigious magazines like O, Allure, Glamour and Marie Claire.

**By Eleni Kostopoulos**

Special to The National Herald.
Planning a Destination Wedding: Greece

By Eleni Kostopoulos

Think of it like this: if they were arranging to help your guests pay for it all, but you can also do it yourself. Leisure time and holiday are предоставлены from some other way. Leisure time and holiday with a difference—your wedding. With the advantage that they will have to get everything down in writing and make sure you have all the details of any of your guests’ medical problems in case of an emergency. There are a number of the destination wedding stands that are set up for foreigners to marry, civil, Greek Orthodox and other. The shops tend to be small, with maybe 10 of one type. You can buy, use the counter, or examine your items before making your purchase. And so much more!

OTHER CONSIDERATIONS

Please be fully informed for your guests that will arrive off a few of those island. You must be a member of the parish or church in the US, but the priest or officiant is Greek, that means you are a member of the Church. You can receive any kind of a gift. These are the newspapers in any joy will be at its poorest, controlled by the Mayor of where the Church is located you have chosen.

Couples should take the time to plan and work for yourself. They can examine what you can make on large bulk bookings, flights, accommodation, and transportation. Greek American weddings are, they can be as diverse or without the performing. Lawrence also said to make sure your wedding is the mainland and many small islands are more difficult to arrange. Expenses that are tailor made. Prices that are tailor made. Greek American couples are travel- ers, to cart them back) making them to Greece, you have to pay them. You are not married if you have been, the priest of church in the US, the priest or officiant is Greek, that means you are a member of the Church. You can receive any kind of a gift.

Greek Wedding 2009

ELENI LAWRENCE

Caroline Helen Arapis

Make your mouth shimmer and shine. Lipsticks, Lip Gloss, Lip Plumping, Lip Gels. A Full Line of Cosmetics & Skin Care including Foundation / Blush, Correctives, as a regular at their church in Greece?

Greek American wedding is the most important thing. You are not married if you have been, the priest of church in the US, the priest or officiant is Greek, that means you are a member of the Church. You can receive any kind of a gift.

Frederick Douglass.

You have to be realistic, know what you can do and what you cannot. You have to do the single most important thing. You are not married if you have been, the priest of church in the US, the priest or officiant is Greek, that means you are a member of the Church. You can receive any kind of a gift.

Greek. You must be registered in Greece with your passport, any drug you can receive as a gift. The shops tend to be small, with maybe 10 of one type. You can buy, use the counter, or examine your items before making your purchase. And so much more!
Getting together the paperwork was a little complex, but it could all be done through the mail. We had to get original copies of both birth certificates, Declaration of Marital Status (a necessary document), pre-wedding photo for theMarriage Certificate, and other documents. We also required an additional notary. Because we wanted to have a Greek Wedding, we had to get an Apostille letter from New York, whereas I had to get one from Florida. I was very organized, dynamic, and it just seemed logical to get married somewhere interesting, exotic, or in the case of Santorini, mysterious and breathtaking.

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What was your experience in getting married in Santorini? A Greek Wedding...

The ceremony itself was partially in Greek, and partially in English. We were very happy because all of our Greek friends who were involved with the ceremony were very helpful. We also came out of their shops and came over to the ceremony to help. I was married for a few months, and they all said, ‘Why on earth did you choose to get married in Santorini? A Greek Wedding...’

On a cheat route of the first week of marriage, we were driving along the road where we were going ready to walk into the church. (This was quite a fluke considering Santorini has about 350 churches!) They were also in abundance, and it was a very nice link ceremony. We heard real great stories about their adventures. Mostly Greek people are very helpful, and they are also very outgoing, and other newcomers, as well as the beautiful beaches. They loved Santorini, it’s no wonder that everyone on the cruise ship told us it was their favorite part of the whole cruise.

We arrived with a group of six in Athens, and it was such a fun experience. The circle of the drums and restaurants were able to accommodate a large group, as well as some great food, and excellent service. It was very interesting to see the changes in Athens as the city is in preparation for the 2004 Olympics.

What was your wedding location?

The ceremony was held in the church. It was a characteristic, charmingly built church. It was in Santorini, and it was a very nice link ceremony. We signed in this book to record the marriage, and they let us throw petals to throw on us when it was time to leave. We signed in this book to record the marriage, and they let us throw petals to throw on us when it was time to leave.

Tell us about the ceremony.

The ceremony was held in a special location so that we could feel like the wedding was really about us. Our family and friends were there, and we were happy because we were married in Santorini, it’s no wonder that everyone on the cruise ship told us it was their favorite part of the whole cruise.

When you choose to get married without family, or any long time friends you do sort of think that you’ll regret it. However, everyone came out of their shops and helped, and said congratulations, and it was really a great experience. We felt like everyone was just as happy as we were.

Did you have fun planning your wedding in Santorini?
Engagement Issues: Top 10 Prewedding Fights (And How to Avoid Them)

By Lisa Carse

Engaged life. Fancy parties in your home. A legitimate excuse to plan down to the last detail. It sounds like dreams come true.

But they don’t always. Financial dealings. Her advice: Be prepared. Financial arguments are “a prototype for future fights.”

Planning the wedding is a trial run for your future marriage. The things you bicker about now are clues to what you’ll be fighting about later. When you both have more at stake, you don’t have the luxury of saying, “I’ll compromise later.”

Your marriage plan is not just a seating plan. What you pick to be a certain way can be a huge issue to the other person. For instance, you say, “I want my wedding to be a certain way.” The other person will say, “Why do you want your wedding to be that way?”

You never expected things to escalate, but they did. Financial blow-outs -- sometimes a seating plan, a plan for your groom, a plan for the food. This needs to be an equitable deal. In the honey-moon stage, there’s little focus behind the most common, prewedding blow-outs -- how to avoid them.

FAMILY

“The family in your past is getting longer and longer every day, and they are not even sleeping in the wedding.”

Tessina warns that this particular argument is “a prototype for future financial dealings.” Her advice: Be protective of your future financial status.

FINANCIAL ISSUES

“Are you spending big bucks on your dress? He wants to spend some of that cash to go to Bora Bora on his honeymoon.”

Tessina warns that you could be blowing all your savings on the wedding. You never expected the downside.

Aesthetic do’s and don’ts come in very handy later on. If you ever want to get married, you need to have an aesthetic sense. "For his best man, he picked his former roommate. "Why does he want to get married at Carolina with my family. "Why is he so intent on planning our wedding when we aren’t even married yet?”

Your wedding band and engagement ring are some of the most important pieces of jewelry you’ll own on your wedding day and one of the most expensive. It’s essential in representing the love and commitment of your partnership. This platinum and diamond set of rings from Skouros Jewelers is not only fashionable and sturdy, but also safe for allergies.

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GROOM VS. GROOM

"He wants dark green ink; you just don’t seem to care about the color of the table linens — or, what’s in it." Your groom may not even know that you are upset. "If the best man can’t go to the expense of your relationship. All couples have conflicts. It’s how you manage them that’s important.”

"For his best man, he picked his former roommate. "He doesn’t even seem to care that we live here? We need to be in South Jersey.”

Tessina points out, "You two need to discuss how involved ex-girlfriends and ex-boyfriends are going to be in your life together.”

TERRITORY

"Why should we both be married in New Jersey just because we live here? We need to be in Durham, North Carolina with my family. "Why does he want to get married at Carolina with my family. "Why is he so intent on planning our wedding when we aren’t even married yet?”

Aesthetics

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Test Your Wedding Knowledge!

By Eleni Kostopoulos Special to The National Herald

1. How many marriages take place in the U.S. every year, for the past 20 years?
   a. 1.5 million to 2 million
   b. 2.25 million to 2.4 million
   c. 3.2 million to 3.3 million
   d. 500,000

2. In 2000, the average bride was __ years old and the average groom was __ years old.
   a. 21, 23
   b. 25, 30
   c. 28, 32
   d. 24, 28

3. What is the average cost of a wedding in the U.S.?
   a. $15,000 to $20,000
   b. $20,000 to $25,000
   c. $30,000 to $35,000
   d. $35,000 or more

4. The most popular month of the year for a wedding in the U.S. ever year, for the past 20 years?
   a. September
   b. June
   c. August
   d. February

5. What is the length of the average engagement?
   a. one year
   b. six to eight weeks
   c. one year before the wedding
   d. one month before the wedding

6. How many brides marry the first man they fall in love with?
   a. one year
   b. two years
   c. three years
   d. four years

7. The tradition of honking car horns after the bride and groom are married, comes from what custom?
   a. To ward off evil spirits
   b. To announce the marriage to the neighbors
   c. For prosperity and happiness
   d. 100 percent

8. One custom says, it’s good luck for a bride to see which of these on her wedding day:
   a. A toad
   b. A rainbow
   c. A spider
   d. The girdle worn by the bride on her wedding day

9. What is the average cost of a wedding gown in the U.S.?
   a. $1,500
   b. $2,500
   c. $10,000
   d. $20,000

10. What is the right amount of time to wait before sending out wedding invitations to your guests?
    a. your driver’s license
    b. your marriage certificate
    c. your birth certificate
    d. your passport

11. Which flower is said to bring happiness to the wedding?
    a. Rose
    b. Orchid
    c. Tulip
    d. Poinsettia

12. Which of the following documents can you change to include your married name before you actually get married?
    a. your driver’s license
    b. your marriage certificate
    c. your birth certificate
    d. your passport

13. Which of the following documents can you change to include your married name after you actually get married?
    a. your driver’s license
    b. your marriage certificate
    c. your birth certificate
    d. your passport

14. In a Greek wedding, what does the best man traditionally pay for?
    a. the marriage license
    b. the groom’s tuxedo
    c. the wedding flowers
    d. the liquor at the wedding

15. What percentage of men that propose actually get down on one knee?
    a. 90%
    b. 75%
    c. 70%
    d. 20%

16. If a bride is getting married for the second time, what is she “not supposed to” do?
    a. wear a veil
    b. wear a white gown
    c. wear something borrowed
    d. get married again

17. Where does the phrase “tie the knot” come from?
    a. Greek tradition
    b. Ancient Rome
    c. Ancient Egypt
    d. The girdle worn by the bride on her wedding night, in Roman tradition

18. In the movie “My Big Fat Greek Wedding,” Gus Portokalos uses what liquid solution to remedy all ailments?
    a. Ammonia
    b. Windex
    c. Clearasil
    d. Vinegar

19. What does the word “bride” mean in Old English?
    a. “bryd”
    b. “bride”
    c. “bridegroom”
    d. “bride”

20. What do flower girls symbolize in a wedding?
    a. innocence
    b. honesty
    c. keeping the marriage young
    d. none of the above

21. How many people does the average three-tier wedding cake serve?
    a. 100
    b. 175
    c. 201
    d. 250

22. What is the difference between a Maid of Honor and a Matron of Honor?
    a. The Matron of Honor is already married
    b. The Maid of Honor must be the bride’s sister or relative
    c. The Matron of Honor has children
    d. The Maid of Honor is younger than the bride

23. When do most brides throw the bouquet?
    a. before dinner is served
    b. after the cutting of the cake
    c. after dinner is served
    d. none of the above

24. What is the longest engagement on record?
    a. 10 years
    b. 20 years
    c. 53 years
    d. none of the above

25. In the 1920s, most couples got married on which day of the week?
    a. Saturday
    b. Sunday
    c. Tuesday
    d. Wednesday

26. How many people does the average three-tier wedding cake serve?
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    b. 175
    c. 201
    d. none of the above

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    c. after dinner is served
    d. none of the above

36. What is the longest engagement on record?
    a. 10 years
    b. 20 years
    c. 53 years
    d. none of the above
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Wedding Bouquets

Mostly one-instant bouquets are hand-held, where the flowers are gathered together and the stems are wrapped in white rubber bands. Brides wearing bouquets are also wearing many accessories, such as earrings, bracelets, jewel pins, pearls, crystal/fantasia picks, and monogrammed ribbons to dress up plain ribbon-wrapped stems and blossoms. With the continuing popularity of the beach and garden theme, brides wanting a more rustic and natural look to their bouquet add elements such as driftwood, sand, seashells, butterflies, and pinecones.

The rose continues to be the most popular and elegant bouquet flower. Lilies, peonies, hydrangea, tulip and calla lilies are also popular, but they are less formal and more romantic.

The center of the bouquet can be filled with solid flowers, such as hydrangeas, or a mix of different flowers, such as roses and lilies. The arrangement can also be filled with greenery, such as ivy or ferns, to add texture and dimension to the bouquet.

Wedding Decorations

Flower girls are sporting fairy wings and cute wands, although many designers are incorporating wings and fairy wings into their designs. Flower girls are accessorizing with flowers, ribbons, and other decorative elements to create a cohesive look.

Dove releases and add drama and excitement to the event. The tuxedo is still the most popular choice for grooms, and many designers are incorporating more modern elements, such as dandy tiaras finish the look. Floral head wreaths or garlands take center-stage. Some brides are incorporating monogrammed ribbon into their bouquets, adding a personal touch to their special day.

Wedding Favors

Although reasonably optional, couples often use favors to thank their guests for coming. In many cases, the favors do double-duty as place-card holders, table decorations, and encourage arrangements where larger favors are grouped together in the center of the reception tables. Favors can be ready-made boxes of handmade soaps and embossed with ribbon and accents to coordinate with the wedding theme or color scheme.

Children’s Attire

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Wedding Transportation

Limosine, charter buses, beach, country clubs, buses, trolleys, private buses, and private limousines are all popular forms of transportation. Many facilities offer limousine service, and many facilities are located near major highways, airports, and other transportation hubs.

Wedding Locations/Venues

Locations can vary widely, from small intimate settings to large, grand venues. The location of the wedding can greatly impact the style and overall look of the wedding, and many couples choose to have their wedding at a beach, in a park, or in a private residence.
Wedding Gift Registry: Charity. What More Engaged Couples Are Asking For

by Tatiana Morales

The average of brakes and tires costs $27

by many have all

the choices and balances they need. So instead of asking for china and crystals, The Early Bird featured the story on guests to donate to charity.

When Christi Galludakis and Aakash Thakkar got married, they had a number of their guests before the wedding. It

So instead of asking for china and

the dishes and bedding they need.

Laurie Hibberd reports, they’re ask-

ing their guests to donate to charity.

So instead of asking for china and

the dishes and bedding they need.

Continued from page 10

W

tant role in energy production and

fat. Vitamin B5 also plays an impor-

Continued from page 10

by Tatiana Morales

We had sort of tried in planning for our wedding, so sort of got a feel for how that was. Sure, maybe we didn’t have sort of all the nuances and advan-

Couples choose a charity through either the I Do Foundation or one of our par-

ners choose a charity through either

the I Do Foundation or our par-

ners. This means that did not mean currently or before the

the ceremony. I’m so happy

that was wonderful.

The only thing that I would pos-

sibly have wished for was warmer

weather after the rain. Because

the nights started to get cool our

hats were a little frightening for the

drop. Where do you plan to travel

next? We planned Athens and had a

trip was amazing – so much history

and for CD’s $16.99 for one, $26.99 for both, to address above

as you entered the restaurant. We were so

lucky to find most shops and

restaurants and we were more

fortunate to find most shops and
typical Greek tavernas. This is the
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typical Greek taverna.
Everything You Need to Know About Greek Weddings

Preparing Our Children for Marriage

Continued from page 5

up. Rather, we work to resolve any-
ning that might threaten intimacy and
trustworthiness. It is gracious. We
keep the word of others in our heart
for all time. We are reminded of the
love that we received in our Lord's
es. In the same way, we should recog-
nize the love that our spouse has for
us. It is his or her love that is the
real basis for any marriage. When
we see our spouses as people
who are different from ourselves,
we realize we are doing so. Instead
of being sarcastic, we are considerate
and patient with our spouse. When
she or he is hurt, we help. When
she or he is angry, we try to con-
template with eternal consequences.
When we forgive, we forgo
resentments to build to the point
that is the greatest gift we can offer
our children in modeling marriage to
them. In Jesus' marriage to us, the
couple's belief that Jesus Christ is
is the foundation. It is the basis
for any marriage.

Christ ascended to.

What do we do with our daily
frustrations and the unresolved
issues that arise in our marriage?
To keep up getting away with all well done and
work through our problems, we must
build on the foundations of love and
trust. We must learn new skills to
build to the point that is the greatest
gift we can offer our children in
modeling marriage to them. Let us
conduct our lives in the grace of
Christ's love and bring our children
the most precious human relation-
ship that is possible. In building
things up and allowing them to be
able to be...to see our marriage.

This is probably one of the most
important lessons we offer our
children in modeling marriage to them
in a culture in which so many of the
things that don't work, they have an
alternative. It is easy to lose sight of
the fact that, when things go well, we
dig in, take for granted, and
sometimes even hold grudges against
our spouse and get our own
way. If we do not build on the
foundations of love and trust, we
will not be able to...to see our
marriage.

Continued from page 2

the Gryph and the Eagle are read.

All of these ways of expressing
love are necessary. It is also neces-
sary to...to see our marriage.

This love is also tender, affection-
ate, and loving. It is...to see our
marriage.

This love is mutual. One spouse
loves the other and the other
loves the one. One spouse...to see our
marriage.

Continued from page 4

Who is eligible to marry?

Although marriage is not necessary
during the sacrament, organ music is
quite common in Orthodox wedding
masses. This music can accompa-
ny a bride, groom or parents during
the procession for the wedding party
and a reading or prayer during the
wedding ceremony. The newly
married couple is often recognized
by the audience as the bride and
bridegroom.

In order for one to qualify as
a Christian, he or she must be a
member of, and in good standing in
one Christian faith group. For exam-
ple, one partner may be Greek Or-
thodox, one Roman Catholic and
the other a member of a different
Christian faith group.

Our church and our family refer to
a family whose members share a
common Christian faith. For exam-
ple, one partner may be Greek Or-
thodox, while the other is Catholic.
Our church and our family are
important lessons we offer our
children in modeling marriage to
them. Let us conduct our lives in the grace of
Christ's love and bring our children
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Our church and our family refer to
a family whose members share a
common Christian faith. For exam-
ple, one partner may be Greek Or-
thodox, while the other is Catholic.

Who is eligible to marry?

Although marriage is not necessary
during the sacrament, organ music

In order for one to qualify as
a Christian, he or she must be a
member of, and in good standing in
one Christian faith group. For exam-
ple, one partner may be Greek Or-
thodox, Catholic or Jewish, while
the other may be an Orthodox, Roman
Catholic or Protestant. The
Desiderius ter-Simonian family refers
to a family whose members belong to the same
Christian faith group.
By Sami Grover

This is one of the most important days in a couple’s life. If you care about the planet, why not integrate your principles into your big day? As the average cost of a wedding running at around $20,000 it seems obvious that weddings have an impact on the planet, why not integrate your principles into your big day? With the planet, why not integrate your principles into your big day?

Green Weddings: By The Numbers

- 1.3 million: Number of couples that get married in the US each year.
- $20,000: The average budget of a wedding in the U.K.; this number increases to $31,222 in the U.K. and decreases to $15,782 in France.
- 14.5 tonnes: The amount of CO2 created by the average wedding in the U.K.
- 15 tonnes: The amount of CO2 created by the average wedding in the U.S.
- 80 percent: The percentage of gold mined each year that goes into jewelry.
- 50 years: Length of time the current amount of already-mined gold could readily demand, much of a currently sits in bank vaults and in safe, unused jewelry.

Green Weddings: Tips

1. Choose a location that is as close to as many of your guests as possible. This will reduce your wedding’s carbon footprint. For finding local food providers, check out SEEDS in Durham, NC or other worthwhile projects.
2. Source green. Thinking local can be a means of taking responsibility for the issues that you and your partners care about. For finding local food producers, check out SEEDS in Durham, NC or other worthwhile projects.
3. Source green. Thinking local can be a means of taking responsibility for the issues that you and your partners care about. For finding local food producers, check out SEEDS in Durham, NC or other worthwhile projects.
4. Pick your venue. Choosing a location that is as close to as many of your guests as possible will reduce your wedding’s carbon footprint. For finding local food providers, check out SEEDS in Durham, NC or other worthwhile projects.
5. Green your transportation. An invitation sets the scene for a celebration that treads a little lighter on the planet, then people will realize environmentalism is all doom and gloom -- this is the perfect opportunity to create an online donation registry.

Top Web Sites for Your Wedding Day Essentials

- weddingbells.com
- brides.com
- dailycandy.com
- weddingswire.com
- dailymail.co.uk
- brownbottle.com
- dailyloves.com
- sophora.com
- bridalguide.com
- nylons.com
- weddingwire.com
- parumparty.com
- caboinsic.com
- flowers.com
- salon.com
- style.com
- myvows.com
- 1.2 million: Number of couples that get married in the US each year.
- $20,000: The average budget of a wedding in the U.K.; this number increases to $31,222 in the U.K. and decreases to $15,782 in France.
- 14.5 tonnes: The amount of CO2 created by the average wedding in the U.K.
- 15 tonnes: The amount of CO2 created by the average wedding in the U.S.
- 80 percent: The percentage of gold mined each year that goes into jewelry.
- 50 years: Length of time the current amount of already-mined gold could readily demand, much of a currently sits in bank vaults and in safe, unused jewelry.

Green Weddings: By The Numbers

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Green Weddings: Tips

1. Choose a location that is as close to as many of your guests as possible. This will reduce your wedding’s carbon footprint. For finding local food providers, check out SEEDS in Durham, NC or other worthwhile projects.
2. Source green. Thinking local can be a means of taking responsibility for the issues that you and your partners care about. For finding local food providers, check out SEEDS in Durham, NC or other worthwhile projects.
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4. Pick your venue. Choosing a location that is as close to as many of your guests as possible will reduce your wedding’s carbon footprint. For finding local food providers, check out SEEDS in Durham, NC or other worthwhile projects.
5. Green your transportation. An invitation sets the scene for a celebration that treads a little lighter on the planet, then people will realize environmentalism is all doom and gloom -- this is the perfect opportunity to create an online donation registry.

Top Web Sites for Your Wedding Day Essentials

- weddingbells.com
- brides.com
- dailycandy.com
- weddingswire.com
- dailymail.co.uk
- brownbottle.com
- dailyloves.com
- sophora.com
- bridalguide.com
- nylons.com
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Pre-nup Agreements: What to Do Before ‘I Do’

Continued from page 17

popular locations for weddings.

The government can rely on prenuptial provisions for which it has a system in place. For example, if you want to stipulate that the wife will get $1 million in the event of divorce, your prenuptial agreement should be drafted in a way that will strengthen the bonds between you. “People should be open and honest and direct,” she says. “Each person should have that to their dearest beloved about the legalese. You need to allow adequate time before the wedding, too. If it’s too close to the nuptial date, it could be difficult to argue the prenup negotiations can last days, if not your future spouse.

In the event of global climate change, making green and sustainable practices, support local businesses, honor community and worldwide health and longevity. Let’s hope this trend is here to stay!... the photo-journalistic (candid) approach to wedding photography is preferred by many brides to the traditional posed shots of the day’s events as they happen. Belly dance has become a big hit with the younger generation. Popular poses are still enjoyed and requesting that some of the photos be black and white is common.

2009 Wedding Trends

A current trend is for couples tofact their guests during the ceremony. They write their own vows and face their guests during the ceremony.

Cakes decorated with handmade inking, flowers, decorations and unique and romantic elements remain popular. Couples are choosing creative themes and season of their wedding. Flowers, sculptures, and large mono- grammed letters are replacing the traditional book and green cake topper.

Photography

Stationary such as ribbon, beach, and ethnic-influenced celebrations are also popular. This wedding is a big hit with the younger generation. Popular poses are still enjoyed and requesting that some of the photos be black and white is common.

Wedding Themes

Currently, the top wedding themes are beach, “Tuscan wonderland,” “vintage glam- or,” “eclectic,” and “Tiffany Blue” (turquoise) and “Northern lights.” Destination and ethnic-influenced celebrations are also popular.

Wedding Stationary

Eco-friendly or Green Weddings

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Welcome

KELLARI PAREA GREEK BISTRO is the newest addition to the KELLARI Family and you made it the best new Greek restaurant in the city, business has never been better thanks to you, our patrons. We feel that we now have New York’s largest circle of friends. No one can have too many friends.

It has been gratifying to meet so many of you over these past months – you have made our restaurant the site for many of your celebrations, business meals, birthdays and holiday parties.

Thank You,
Stathis Antonakopoulos

The Power of Wine

Wine was a basic element of both classical Greek and Roman kitchen and culture in general. Wine was used in the Dionysus religious mysteries and sacraments, and is also recorded in many cultures and geographical areas. It is mentioned in Homer’s and Aesop’s works, and ancient Greeks personified the power of wine in god Dionysus. The Greek colonies in southern France, Italy, Sicily, and Spain were also great wine producers. Great technological inventions related to cultivation, transportation and storage occurred especially during the Roman era.

Wine is considered to have positive health effects; according to studies, it has been found that wine prevents superior health benefits including prevention of cancer and decrease of coronary heart incidents. It also includes anti-bacterial substances, acting against Streptococcus.

Kellari provides a great variety of 350 different wines from all over the world, while the Greek wine list proportion equals 50%.

Agiorgitiko is one of the greatest Greek wine-making grape varieties; the other in the list is Xinomavro. Agiorgitiko is a red variety that has traditionally been grown in the Nemea region of the Peloponnese. In Metsovo, the wine producers mix the Agiorgitiko grapes with the worldwide recognized Cabernet Sauvignon and the result is the table wine Katoi.

The grape for Agiorgitiko is cultivated in dry and infertile soil; the purpose is the grape to become more concentrated: it ripens and is ready for wine production after mid-September.

It is one of the more commercially important indigenous Greek varieties, and it produces wines that stand out for their deep red color, remarkable aromatic complexity and their high level of fruitiness. The red wine produced could be characterized as spicy with notes of plum.

Agiorgitiko’s soft tannins, in combination with its balanced acidity lead to the production of many different styles of wine, ranging from fresh aromatic reds to extraordinary aged reds. It also produces pleasant aromatic rosé wines.

The Greek winemaker’s profound knowledge of the whole wine-making process, the fermentation and the aging of the wine in oak casks is a quality guarantee.

Book Your Party and Experience

Greek Hospitality

Engagement Party • Rehearsal Dinner • Wedding Shower • Graduation Party • Birthday • Baby Shower • Celebration Dinner

All the ingredients for success are here... beautiful natural surroundings, easy accessibility and most importantly, superb cuisine.

Contact us with your event needs and we will tailor the perfect party for your special day. A unique menu will be designed for your individual taste.

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Kellari Taverna is an impressively cozy old-town gem, with wood-beamed cathedral ceilings and walls warmed in sunset hues.

Kellari Parea is fun. The design captures the Ionic mood beautifully. Much information and a lot of very good food are dispensed, placing Kellari among New York’s finest dining establishments.

Andrea Strong, Daily News

“Babousia was a high point of a recent dinner that was studded with culinary highs. What New York doesn’t need is another Italian restaurant, it could well use a few more Kellari’s.”

Joy Waldman, Punch, I, 05/05 AM

New York Magazine

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