“Demetrios Brides” Features Designs for Every Woman  

Tips from Professionals for your Big Day: Make-up, Hair, Skin and more  

Ilias Lalounis: Jewels Imbued with History  

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“Demetrios Brides” Features Designs for Every Woman

By Lisa Sidoti

NEW YORK — Weddings occupy a large segment of the fashion industry, and it should be no surprise that wedding gown designers often display a wide range of styles. Today, there is a gown for every taste, from the bustle style that one sees in period drama to the sleek, minimalist wedding dress.

Demetrios

Brides (www.demetriosbride.com) has become a staple in the wedding gown industry for over 25 years. This designer firm was founded by Demetrios James Elias, a Greek who came to the United States as a young boy from his birthplace of Piraeus.

Known professionally as Demetrios, he grew up in the wedding industry. His parents owned a bridal retail shop in Warren, Ohio, so it was early on that the aspiring designer developed the attention to detail evident in his creations.

Twenty-six years ago, Demetrios’ dream to own a fashion company became true when he purchased the New York-based Isaac Mizrahi. Virtually overnight, the young Greek turned this small, unknown company into an exciting, innovative designer firm. Today, the Demetrios brand is one of the most recognized labels in bridal retailing, and continues to thrive both nationally and internationally.

Demetrios maintains a close-knit, family-oriented approach to business and to the making of gowns. He and his brother, Nelson, are on the shop floor every day, ensuring quality control and customer satisfaction.

The Demetrios gown process begins with the custom design of the gown, which is tailored to the bride’s individual needs. After the design is finalized, the gown is made to order, and the bride takes part in the process from start to finish, ensuring that the gown is exactly what she wants.

Demetrios offers a variety of designs and styles to suit every bride, from romantic and retro to sleek and modern. At Demetrios Brides, one can find anything from a shoulder strap dress to a traditional gown with elaborate train and sleeves.

According to Mrs. Wurtzburger, Demetrios’ gowns are made by experienced artisans, and are known for their attention to detail. The gowns are also made from French silk-like fabrics, and are offered in a range of sizes, from 12 to 14 weeks to prepare for delivery.

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But there is one design that features most brides, she said. “For most women, it’s just a matter of choosing the right dress for the right occasion.”

Demetrios Brides add color to their gowns through beadwork but most “keep it simple with unadorned white and ivory fabrics.” Ms. Wurtzburger stated that the gowns they offer are made from French silk-like fabrics, and are offered in a range of sizes, from 12 to 14 weeks to prepare for delivery.

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For more information about Demetrios Brides, please visit their website at www.demetriosbride.com.
White Gowns: Were they Always this Popular?

By Liana Sideri
Special to The National Herald

NEW YORK - The color of the wedding gown is much more than a mere fashion statement. White and its various tones symbolize purity and virtue, and set the number one choice for women around the world.

But was it always this way?

White for the Rich

In fact, white was not a popular wedding gown color until the mid-20th Century. The reason had nothing to do with its symbolism but rather with the high cost of white fabrics.

For centuries, it was only European nobility that could really afford to indulge in elaborate white gowns and keep them to pass down to their daughters. As white fabrics were difficult to preserve and to keep clean, common women had to dye their white gowns so as to be able to wear them again after their wedding day.

According to Elizabeth Durrant, a British fashion historian and award-winning British author, the tradition of the white wedding gown began in England, in the Victorian era and initially manifested a bride’s social status.

It was the 1840 wedding of Queen Victoria to Albert of Saxe-Coburg-Gotha during which she wore a Rembrandt white gown that started the white gown craze. Ruth Charlton writes in the "Wedding Guestes." Prior to Queen Victoria, women wore their every day dresses for their wedding ceremonies adding only a white veil decorated with rosemary, myrtle or orange blossoms.

Colored gowns were prevalent during medieval times all the way to the mid-20th Century.

Fashion and Politics

During medieval times, royal weddings were full of color as only the wealthy could afford Fashion and Politics.

During those times Davies posed to the commonly used national colors and its various tones symbolize purity and virtue and are the number one choice for women around the world.

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Where is the Most Famous Greek American Bride?

Nia Vardalos Makes a Comeback

By Zoe Tsine
Special to The National Herald

Where has Nia Vardalos been lately? You’ll be happy to hear that the most famous Greek American onscreen bride is making a comeback with a series of film projects; and that among her future plans is a sequel to her 2002 smash hit “My Big Fat Greek Wedding.”

The Daily Variety reported recently that Vardalos has been eyeing a sequel to the film, which became the most successful independent film ever. The way Vardalos was convinced it was time to bring her character Toula Portokalos back to life, was similar to the way “My Big Fat Greek Wedding” captured the hearts of millions of viewers in the first place: through word of mouth.

“I’ve understood the desire for a sequel, because I hear it all the time from my family and everyone I run into at a Starbucks,” Vardalos told the Daily Variety recently.

Apart from a sequel to the film that brought her out of obscurity, Vardalos is involved in several other projects.

Perhaps the most important one is a film project she is currently working on with Tom Hanks, the man partly responsible for her success.

You may recall that it was Hanks’ wife, actress Rita Wilson that fell in love with Vardalos’ one-woman show based on her personal experiences from growing up Greek in America. Wilson, who is also a Greek American, saw the show in Los Angeles and decided to produce a film based on Vardalos’ laugh-out-loud experiences. Now Hanks has hired Vardalos to write the movie “Talk of the Town” for Universal Pictures and Hanks’ label Playtone.

The film casts Hanks as a man forced into an unexpected career change. "Tom will play a man who is forced into a career change when he least expects it," Vardalos told the Daily Variety about the project.

Vardalos will not appear in this film but she will star as well as script the Revolution Studios production “I Hate Valentine’s Day.”

“The title and I wanted to explore the concept of this contrived holiday and what happens when romance is forced on us,” she said.

And there’s more. Vardalos will appear in “Living in Neon Dreams” alongside rock star Marilyn Manson, while she will also script the film “A Wilderness of Monkeys.”

Vardalos had disappeared from the radar soon after “Greek Wedding” became a surprise hit, earning her Golden Globe and Oscar nominations as well as a stunning $241 million at the North American box office. Her second film “Connie and Carla” however, was a huge flop. But Vardalos played a woman who disguised herself as a man, who every night dressed up as a drag queen.

Hopefully, in her sequel to “My Big Fat Greek Wedding” Vardalos will do what she does best: make fun of her own experiences.
Early Greek Love Songs on Commercial Records

By Steve Frangos

Weddings are a celebration of life and love. People come together to dance and honor the bride and groom, and to wish them a long and happy life together. Dancing is a key celebratory aspect of Greek weddings. But you can’t have dancing without music and song. That being the obvious case, it’s worth while to explore the history of early Greek love songs on commercial records.

The complexity of love songs found on the very first Greek commercial records produced in North America is a marvelously unexplored musical legacy. Instruments, topical themes, musical genres and languages no longer associated with popular Greek music are all documented on these commercial records. While romance and experimentation are both features of love, no academic work has yet drawn these commercial records. These are far from recent stylistic innovations. From 1896 onwards, with the very first documented Greek songs recorded in North America, we hear a consistent mix of languages, genres and musical traditions which will even acknowledge itself. Marimba bands, Hawaiian guitars, 100-piece orchestras, xylophones, even incorporation of their dances and languages no longer associated with popular Greek music are all documented on these commercial records, in this form, with Greek American immigrant performers making their careers out of, and based on, this kind of music.

The kind of music these Greek immigrants and studio musicians forged has not disappeared. To cite just one example would be the 15-piece “New Levithan Oriental Fox Trot Orchestra,” a record label that performs authentic 1920’s and 1930’s Tin Pan Alley music. [To be continued on page 20]
The history of pearls goes hand in hand with the history of weddings. Ancient Greeks believed that pearls ensured marital bliss.

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The Pearl: the Ultimate Wedding Gem

When 14th and 15th Century French and British Royal Houses held their weddings, blue and gemstone pearls were glowing tokens of their extreme wealth. According to one historian such gifting was described as a “sea of pearls.”

As for Queen Elizabeth I, the so-called Virgin Queen, she collected pearls obsessively, perhaps as a substitute to the famous Spanish Armada. Elizabethan America has picked up on the pearl relationship to wedding history. Pearls were more popular than diamonds as early 20th Century engagement gems, and even though this diamond’s sparkle possesses a plethora of modern wedding proposals, American brides still give pearls to their wives as 1st, 3rd, 12th and 30th wedding anniversary gifts.

Here are some things you should know when buying pearls:

1) If you intend to buy an expensive pearl or pearl string it wouldn’t hurt to consult a professional on its value and origin. You can request a listing of certified gemologists and appraisers in your community from the American Society of Appraisers (www.appraisers.org), the American Gem Society (www.americangem.org), the Gemological Institute of America (www.gia.org), the American Gemological Society (www.ags.org) or the Accredited Gemologists Association (www.agataustralia.com). Doing your own homework on the subject wouldn’t hurt either. A must read is “The Pearl Book: The Do’s and Don’ts, Buying Grade, How to Select, Buy, Care and Enjoy Pearls,” by Antoinette Matlins, P.G. published by Gemstone Press (www.gemstonepress.com).

2) The vast majority of pearls found in jewelry shops today are cultured not natural. Cultured pearls however are not fake! All real pearls are organic gems. They are formed inside mollusks such as oysters and mussels, when a tiny stone or other object gets trapped inside, thus causing the oyster to release a luminescent substance, called nacre. The nacre is secreted around the irritant to protect the soft body of the mollusk. Hence to eight years later, a pearl is born!

3) Pearls are not as hard as diamond. In fact, they are quite soft and should be protected from extreme wear. Because they are organic, they should also be stored away so as to be protected from extreme heat, acids, dyes, and humidity. Curian substances such as vinegar ruin pearls, so take them off when you’re eating your salad!

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Did you know that:
In China, the groom's family offers the bride's family a whole roast pig as an engagement gift?
The traditional Chinese wedding gown is bright red?
In Crete, the bride prepares a traditional spicy wedding bread for the guests? This bread is decorated with dough in the shapes of the moon and stars and with candied and dried fruits.
In the Philippines the groom has to throw a spear into the front steps of his intended-bride's home? This way other young men will know that she is spoken for.
During the Indian wedding ceremony, the bride's parents wash the couple's feet with milk and water? Water and milk symbolize purity in the Hindu religion.
In Finland, the bride has to walk from house to house to collect her wedding presents? Accompanying her is an older, married man, who holds an umbrella over her head in a symbolic gesture of protection.
When a couple is married in Norway their friends and neighbors plant two small pine trees on either side of their front door so that they are blessed with many children? In Czechoslovakia, the bride's friends also plant a tree in her yard as a symbol of fertility.
During traditional Polish weddings, the couple's parents present them with rye bread sprinkled with salt and a glass of wine so that they never go hungry and have a long healthy life.
Wedding rings originated in the Middle East in ancient times?
The bride's veil originated in ancient Greece? Veils were thought to offer protection to the bride. It protected her from evil demons by hiding her beauty but it also symbolized her subordination to her husband. However, romantic it may seem today, the lifting of the veil by the groom at the end of the ceremony actually symbolized male dominance. Ancient Greek brides wore veils of yellow or red, which represented fire.
In the 16th Century, the minimum age for marriage in Baltic countries was 14 for boys and 13 for girls.
In the Caribbean a traditional “Black Cake” is served at the wedding table made with a recipe handed down from the mother of the bride to her daughter? This cake is served with dried fruits, which have been soaked in rum in a crock pot sometimes for a whole year!
The first American woman to wear a veil at her wedding was Nelly Curtis, the wife of George Washington's aid, Major Lawrence Lewis?
Wedding rings are worn in the third Finger of the left-hand because in ancient times, it was believed that one of the veins of that finger ran directly to the heart? Despite the fact that modern medicine did not confirm this long-held belief, this tradition has held strong for centuries.
During medieval times, the ring was worn on the third finger of the right hand, as the number three was seen as a symbol of the triptych, God, Christ and the Holy Spirit. Greek Orthodox wedding tradition has however blended the ancient and Christian traditions. The bride wears the ring on her left hand before the wedding and then moves it to the right!
The word honeymoon derives from the honey brew that couples used to drink when they eloped in ancient times? Ancient couples, who eloped would hide away from the bride's relatives for about 30 days, until the next full moon, while drinking sweet honey brew.
The throwing of rice is a symbol of prosperity and fertility? Ancient Greeks often threw wheat and other grains at the couple.

Experts Offer Advice for your Big Day

Having a fresh and glowing complexion when you walk down the aisle is just as important as wearing the right gown, shoes and hairstyle. “You don’t want to use layers of makeup to cover your skin on this important day,” said David Avakian, MD, a skin care/anti-aging specialist at Vita Laser Spa, a state of the art, laser medical skin care center located in Whitestone, NY.

Vita Laser Spa specializes in Botox, Restylane, Laser Hair Removal, Acne Treatment, Facials, Microderabrasion, Massage, Intense Pulsed Light (IPL) Photorejuvenation, Cellulite/Pat Treatment and “Micro-Lift” Facelift, while it also markets its own skin care products.

Along with his colleague Dr. Karina Bibicheff, Dr. Avakian offered some tips for women interested in having cosmetic procedures prior to their weddings.

1) CONSULT a physician and be HONEST.

Always consult a physician prior to any intervention and always let your physician know about any health problems you may be experiencing. “Skin is the biggest organ of the body and like any other organ it is connected to other organs and systems. In many cases skin changes may represent some serious internal problems which should be addressed immediately,” said Dr. Avakian.

“To practice safe procedures we need to know of any medical problems, medications and allergies the patient may have in order to avoid complications, such as bleeding or sun hypersensitivity,” added Dr. Avakian.

2) ASK your doctor what is more appropriate for your skin type and age range.

“Skin type and age are very important factors and may require different approaches. For instance, laser energy used for Types I or II which are fair skin types could be harmful for Types IV or V, which are darker skin types,” said Dr. Bibicheff.

3) Maintain a HEALTHY lifestyle.

No single procedure can do the job by itself. You need to take care of yourself before and after a cosmetic procedure. “For instance, treatments like Mesotherapy and Laser Dermology for cellulite require for the woman to exercise regularly,” added Dr. Avakian.

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Greek Ownership

The Larkfield Manor offers elegant banquet rooms and lovely manicured gardens, a perfect setting for any occasion.

Cosmetic Skin Care

Two Licensed Professionals Answer Important Questions

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Cosmetic Skin Care
Two Licensed Professionals Answer Important Questions

8) Don’t be afraid to ASK QUESTIONS.
- Ask your skin care specialist for a detailed consultation appointment, longer than the usual 5 to 10 minutes. Ask questions, even ones you feel may not seem appropriate,” said Dr. Avakian.

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4) Beware of the SUN.
Sun damage is not limited to sunburn so it can happen any time of the year, even in the winter and is prone to accumulate over the years. “It is extremely important to use a good quality sunscreen with high SPF on a daily basis,” said Dr. Bibicheff.

As for freckles and sunspots, “these can be effectively removed with the combination of Intense Pulsed Light (IPL) and Microdermabrasion,” she added.

If you chose to perform IPL, a procedure similar to Laser, which is done on the superficial layer of the skin and stimulates collagen production, thus making your skin look younger, “it is important to continue using sunscreen after the procedure to maintain good results,” added Dr. Avakian.

5) PLAN ahead of time if going for radical skin treatment.
If you decide to use Botox for example, in order to remove frown lines and wrinkles on the face and neck, the results of the injection are not going to be obvious until one or two weeks later, so don’t wait for the last minute.

However, in other treatments like Radiesse, which eliminates folds and wrinkles and shapes or enlarges lips, the results are immediate. “You can walk away wrinkle-free in 15 minutes,” said Dr. Avakian.

6) CELLULITE can go away …
… with Mesotherapy and Laser Dermology. “Cellulite is not excess weight and affects more than 85% of women over the age of 20. It is caused by poor circulation, the herniation of connecting tissue, venous and lymphatic congestion and hormonal imbalance,” said Dr. Bibicheff.

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In the Heart of Boston, A Wedding Beyond All Expectations.

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In addition, our Carver ballroom has been newly renovated. Perfect for bridal showers, wedding rehearsals and christenings.

Tips for Dream Wedding Photos

Finding a good wedding photographer is extremely important. Even if you don’t know anything about photography, there are some things you can do to ensure that you will be getting back great photographs to help you remember your big day.

Here are some tips from professional photographer Mr. Demetris Ladas.

1) Find a photographer you TRUST and feel COMFORTABLE with.
   “If you’re not at ease with the photographer you will never be loose during the photo shoot,” said Mr. Ladas. “Don’t resist your photographer. If he or she is an experienced professional, they know what they’re doing!”

2) Don’t PROCRASTINATE in booking the photographer.
   “One year before the wedding is a good time to start looking. Eight months before the big day is the absolute latest to book a good, busy photographer.”

3) Shoot on FILM.
   “Digital cannot yet achieve the clarity that you get on film. This is a once-in-a-lifetime event, so you want the best possible results.”

4) Get OUTDOORS pictures.
   “You need a variety of pictures and shooting outdoors is an option you want to consider. But if you are holding your wedding reception at a hall with a nice garden or a beautiful view don’t go into the trouble of scheduling a shoot at a public park or a botanical garden. Shooting outside your reception hall will do just as good.”

5) Get different TYPES of photos.
   “I always tell couples to get both color and black as well as sepia-tone photos. Shooting in black and white and sepia will give you a more retro look.”

6) Ask QUESTIONS…
   “… and make notes. That’s what your consultation with the photographer is all about. There are no inappropriate questions. Your photographer has to be able to explain to you in layman’s terms what he or she can offer.”

7) Get a CONTRACT!
   “This is very important. You need to sign a contract outlining all the services and possible extra charges you will be getting. Make sure you include in the contract, the date you expect the photographer to have the photographs ready by!”

You can contact Mr. Ladas at (718) 523-4759.
**Wedding Day should be Good Hair Day!**

Tips for a perfect Hair look on your Big Day

Your wedding day should be a good hair day. Here are some tips from hairstylist Teresa Napolino of Euphoria Beauty Lounge, Teens, a hairstylist with extensive experience in New York City salons, recently reopened the neighborhood salon where she first began her career at age 15, along with friend and face and skin specialist Vicky Bouziotis.

1) **Get back to your natural hair COLOR**, or as close to it as possible. “Your wedding pictures are for keeps so you want your color to look as close to ‘you’ as possible,” said Ms. Napolino.

2) **Be realistic when choosing a HEADPIECE**. “Decide by figuring out what the most comfortable way of wearing your hair is first. Accessorize later!”

3) **A HAIR TRIAL with an experienced hairstylist is necessary but …**

4) **TRUST your hairstylist**. “A good hairstylist knows what looks good on you!” Also, “make sure you schedule your consultation appointment two months before the wedding and go in prepared. One thing you can do is collect photos from magazines with hairstyles you like!”

5) **Schedule a CONDITIONING treatment at least once before the wedding. The sooner the better!**

6) **Get a HAIRCUT**! “A fresh cut is important in order to have a perfect hairstyle when you walk down the aisle. You can’t hide a bad haircut!”

7) **If you have SHORT hair** choose a light headpiece and a long veil to give the impression of long hair. If you have LONG hair and choose to leave it down, pick a shorter veil, to avoid looking heavy.

8) **Don’t forget to WASH your hair the night before, not on the day of the wedding!**

You can contact Teresa Napolino at Euphoria Beauty Lounge at (718) 353-0100.

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Diet Tips to Look and Feel Great on Your Wedding Day

By Aphrodite Dikeakos
Special to The National Herald

Y our wedding day is approaching fast and you don’t feel quite ready to fit into your gown. It is no shameful taking care of all the details for the wedding that you don’t have time to yourself or can’t even think about what steps to take to maintain, let alone im-
prove, your figure.

Don’t despair! Here are some tips on how to lose those extra pounds in time for the big day, without compromising your health and losing your strength.

1) Drink WATER, WATER, WATER! Believe it or not, bloating comes as a result of dehydration. The lack of adequate fluid in our diet also causes constipation, which translates in the form of a belly! Drinking water with your meal, as long as it is not in unlimited amounts, will fill your stomach and keep the moisture in your com-
partment, which will give you that bright, healthy look on your wedding day. Drinking cold water also increases the body’s metabolism, thus in-
creasing its fat-burning capability. If you seem to be having a hard time drinking enough water, you can add some taste to your glass with a
splash of lemon.

2) Take it easy on the SALT. Too much salt causes water retention. A regular diet will usually provide you with a daily dose of 2,400-3,000 milligrams, so there’s no need to add extra salt to your plate. However, don’t cut the salt com-
pletely either — your body needs it to function properly.

3) Reduce your CAFFEINE intake. It may be a good diuretic and give you a burst of energy, but it also
adds that many calories to your diet. Believe it or not, bloating comes as a result of dehydration. The lack of adequate fluid in our diet also causes constipation, which translates in the form of a belly! Drinking water with your meal, as long as it is not in unlimited amounts, will fill your stomach and keep the moisture in your com-
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splash of lemon.

4) Avoid ALCO-
hol. Alcohol dehydrates you and reduces your energy levels, es-
ppecially on the day before you have that big day! If you have to have a drink, have a glass of white wine or even better, a glass of Perrier with lemon.

5) Don’t SKIP Meals. Running errands for your wedding often makes you forget to eat, which reduces your energy level and may prevent you from keeping up with your hectic schedule. Keep a reg-
ular eating schedule. If you don’t eat properly, dehy-
dration and hypoglycemia (low blood sugar) may be waiting around the corner. Aren’t you
diary enough from all the obligations?

6) Avoid Eating too much FAT. Pat means more calories. Reducing your caloric intake by just 500 calories a day means you are losing one pound per week!

7) Cut the SUGAR honey! Cakes, tarts, cookies and the like are full of empty calories. What you’re getting with every bite of these delicacy is a lot of pure sugar and absolutely no pro-
tein, vitamins or minerals.

8) Absolutely NO DIURETI-
CS! Don’t drink more than two 12-oz glasses of water for each cup of coffee you con-
sume.

9) Get off the bus or train one or two stops ahead.

10) Finish your SOUP! A bowl of soup before your meal will fill you up and allow you to eat less. Hunt a bowl of low-calorie vegetable soup won’t
add that many calories to your diet.

11) Keep MOVING! It’s true, you don’t have time to exercise but there are simple ways to burn calories without burdening your schedule with an extra two hours at the gym.

- Take the stairs instead of the elevator.
- Get off the bus or train one or two stops ahead.
- Park your car two blocks away, unless you have heavy packages.
- Pump up the volume with your favorite dance hits and burn some extra calories without even leaving the house.

12) Just RELAX!! Easier said than done, but you have to give it a try. Stress and anxiety cause troubles such as sleeplessness and disturbances to other bodily functions. Try
relaxing with some soft music and aromatherapy.

13) On THE DAY BEFORE THE BIG DAY.
- Don’t drink any coffee. Your two to three cups of coffee a day means you are losing one pound per week!
- Don’t eat anything except a whole meal try
drinking juices and protein shakes.
- Avoid simple carbohydrates like sugar, too many dairy foods, and over consumption of salt.
- Drink at least 10 glasses of water a day.
- Go to bed early. Your own to it would be as well-restited as possible while walking down the aisle!

By Aphrodite Dikeakos, a Registered Dietitian, RD and a Master of Science, MS. She was born and raised in Brooklyn, NY but currently resides in Athens, Greece. She completed all her formal education and training in the United States. In Greece she has worked as a Clinical Dietitian at Ygeia Hospital and as Nutrition Manager at Metropolitan Hospital. She currently has a private practice in Athens, but she also
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Make-up: Add a Perfect Last Touch on your Wedding Look

Make-up is the last thing you put on before you gown.
Makeup artist Eleni Arapi has some advice on how to add a final touch of beauty and perfection to your wedding look.

1) Makeup means COLOR!
“Your skin is your canvas,” said Mrs. Arapi. “Don’t be afraid to use color in your makeup, as long as you keep it sheer. Greens, gold and plum can be very flattering.”

2) Don’t use too much MASCARA.
“And make sure your mascara is waterproof. This is a day sure to be full of emotion!” added Mrs. Arapi.

3) ACCENTUATE only one feature.
“Either play up your eyes or your lips. Too much makeup on two features looks over done.”

4) Don’t be afraid of FALSE EYELASHES.
“They make such an impact. You have a variety of options available, including individual and half eyelashes.”

5) Don’t OVER TAN!
“It makes a makeup artist’s job so much easier and guess what: over tanning does not improve your look at all!”

6) Keep it SIMPLE.
“Don’t make an effort to be trendy. Keep your makeup as natural and true to your own personal style as possible. When your children look back at your wedding photos, you want them to be able to recognize you!”

7) DEWY is the way to go!
“Don’t be overly sparkly. You should have a healthy, natural glow.”

8) Drink WATER!
“In order to achieve the optimum best with makeup make sure you drink plenty of water to keep your skin hydrated and plump.”

9) Have a MAKE-UP TRIAL a few weeks before the big day.
“This will alleviate some of your stress and make you confident,” said Mrs. Arapi.

10) Where is the GROOM?
Grooms should consider a make over too. “Having their eyebrows done, as well as having a facial and a haircut is not such a bad idea!”

Eleni Arapi is a makeup artist, beauty columnist and owner of her own cosmetics company, Eleni New York Cosmetics.

Her products can be found throughout the city as well as through her website www.eleniny.com. You can also contact Eleni at Euphoria Beauty Lounge at (718) 316-0667.
Don’t Hesitate; Get a Prenup

NEW YORK—Should you or should you not sign a prenuptial agreement?

According to Barbara H. Katsos, Esq., a New York attorney in private practice in Manhattan, a prenuptial agreement is one of the most obvious and necessary eyes on deal-making situations during the marriage.

“A prenuptial agreement is a written contract between two people about to be married, which spells out how their respective assets would be distributed, and how other matters are dealt with, such as divorce or death,” Ms. Katsos told the National Herald. “Such agreements have long existed in one form or another,” she added.

Here are some important tips by Ms. Katsos, which you need to be aware of if you are planning on getting married.

1) A prenuptial agreement can become important when either party may have to deal with one or more of the following:

a) children from a previous marriage;

b) assets, such as separate real estate, stocks, bonds, or retirement funds;

c) ownership of all or part of a business;

2) banking interests in an estate or trust;

3) one of the spouses is in a union or trust.

4) The prenuptial agreement requires that the parties attach a detailed statement of their respective assets, liabilities and net worth at the time of the agreement. There could be serious consequences, later, if a party misrepresents a material fact, in the absence of an agreement.

5) An individual counsel must separately represent each party. Find an attorney who is knowledgeable in matrimonial and contract law and who you feel comfortable with in asking questions. “Many prenuptial agreements have been thrown out because an aggrieved spouse did not have valid and separate legal representation,” asked Ms. Katsos. “You should be able to get frank and knowledgeable answers to any of your questions and concerns regarding the agreement to be drawn, and your rights.”

6) The prenuptial agreement must be signed and acknowledged before a Notary Public. “If not signed and acknowledged before a Notary Public, one of the parties may have to deal with one or more of the situations that could arise from the circumstances of the prenuptial agreement,” said Ms. Katsos.

“Marriage is a life-changing event that should be fair and reasonable.”

Don’t Hesitate; Get a Prenup

For further information you can contact the Law Offices of Barbara H. Katsos, PC, located at 777 Third Avenue, Suite 5200, New York, NY 10017. Tel: (212) 421-0307. E mail: bhkesq@aol.com. Web page: www.katsoslaw.com.
White Gowns: Were they Always this Popular?

Continued from page 3

White Precisely
But it was only in the 20th Century that white prevailed as the typical wedding gown color. The white wedding dress started becoming more and more popular in the late 19th Century, during Edwardian times. In the 1920s, the legendary French designer Coco Chanel unveiled her revolutionary knee-length white wedding dress, complete with an extravagant train. But despite such fashion trends, and due to the advances of the Depression and two World Wars, women continued to make do with whatever type of wedding dress they could afford.

Most European as well as most American women married in simple white dresses, which they then dyed and then used as an everyday dress. It was only after World War II that wearing a white wedding dress became a widespread trend. The popularity of the white wedding gown increased further in the 1950s, as young women watched Hollywood stars, royalty and members of high society wear white gowns on a brand new invention called television.

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“Pomegranite” necklace

By Maria-Tina Karamanlakis (www.maria-tinavision.com). “I was given a client’s old 18 karat gold jewelry, melted it and alloyed it with pure 24 karat gold to create 20 karat gold,” said Karamanlakis. “I melt the gold myself, mill it to make wire, hand hammer the wire, make the shapes, solder them and then hammer again. The links are solid gold and the pods are hollow inside. The links are hammered gold wire circles with some hearts, a spiral, and pomegranate pods. This was a special order, custom piece.”

Karamanlakis was born in Miami, Florida and now lives in the San Francisco Bay Area. Her passion for art and design has led her to working in various media throughout her life. Her creations range from jewelry to network broadcast animations. She is a 13-time gold, silver and bronze award winner of the International Broadcast Design Association and a 6-time Emmy award winner in Art Direction and Animation. She creates jewelry and art for network newscasters, gallery owners and personal friends.

“Golden Spirals with Rubellite ring”

By Greek American designer Maria-Tina Karamanlakis. The ring is made of a 22 karat gold body, 18 karat gold spirals and a high quality large rubellite gem. 22 karat gold bracelets can also be seen in the background.

Mrs. Karamanlakis also designs custom-made wedding pieces including wedding crowns/steftana and favours/boumbounieres, wedding rings, bridal necklaces, crowns and tassas, bridesmaids’ jewelry (such as necklaces, earrings, bracelets, rings, brooches), groomsmen and usher’s cufflinks, cuff bracelets and buttons for smokads, crosses, gifts for the bride and groom’s family and friends and custums for the bride’s bouquet, such asnecklink silver or gold flowers and roses, spirals, hearts, with crystals and pearls. “I work with colored gemstones, pearls, navette-shaped crystals, collected amulets, among other materials,” said the designer.

Mrs. Karamanlakis also reworks wedding pieces passed down from generation to generation. “A woman once brought me her grandmother’s string of pearls and crystals from her wedding dress, which she couldn’t wear in the condition they were in. I took them and created a necklace of pearls, crystals, fine silver and my signature clasp, the spiral and open heart, made on sterling silver. The woman now wears the piece constantly and joyfully remembers her grandmother and her wedding day!” said the designer.


“Delphi” Necklace

by Greek American designer Maria-Tina Karamanlakis, a 24 Karat gold vermeil over hammered brass. Karamanlakis designs handcrafted gold and sterling silver jewelry using various materials including precious gems and diamonds. In order to create this brilliant 63-inch necklace called “Delphi” Karamanlakis hand-hammered some of her signature shapes in brass wire and dipped them in 24 Karat gold. Delphi can be worn as shown as a triple strand or as a single or double strand as a belt or body wrap. “This design can be created in various lengths and various metals such as sterling silver, and solid 22 karat gold.”

“My signature clasps are the spiral, an ancient Minoan symbol of life, transformation, and regeneration and the open heart,” said Karamanlakis. “Such archetypal iconic motifs are blended by the designer into eclectic pieces that flatter every woman regardless of style and age. Visit her website at www.maria-tinavision.com.”

Mrs. Karamanlakis also designs custom-made wedding pieces including wedding crowns/stefana and favors/boubounieres, wedding rings, bridal necklaces, crowns and tassas, bridesmaids’ jewelry (such as necklaces, earrings, bracelets, rings, brooches), groomsmen and usher’s cufflinks, cuff bracelets and buttons for smokads, crosses, gifts for the bride and groom’s family and friends and customs for the bride’s bouquet, such as necklink silver or gold flowers and roses, spirals, hearts, with crystals and pearls. “I work with colored gemstones, pearls, navette-shaped crystals, collected amulets, among other materials,” said the designer.

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The Sacrament of the Holy Matrimony

If the Ceremony follows the By-
añernal rite, immediately, then after the “Blessing of the Holy Oils” You are the bride and sancti- fies the Priest, you come to the altar, and you go and converse the Anaphora. The Processional Praises is then sung.

Priest: Amen - Praise you to the Lord, (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. (name), Priest, Reader, and all the people; let us pray to the Lord. 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Your Dream Wedding Cake

Above, a three-tier wedding cake with vanilla sponge, two layers of raspberry jam and raspberry mousses with champagne, herbed pastry buttercream and decorated with lilies and roses; by Artopolis, 25-18 31st Street in Astoria, NY. The Artopolis bakery patisserie has been in operation for two years and has developed a steady clientele, for its elegant custom-made cakes. "Some clients downloa...
Marinara Bands, Hawaii Guitars and You

Early Greek Love Songs on Commercial Records

Continued from page 5

1954 film, ‘Balloons over Broadway’ (1952) (edelcolumbia.com)."

The Greek Interpreter

A number of Greek American musician’s names could be added to the list of Orientalist composers and performers. Here are three of Demetriades’ early love songs:

Pan nomos orcali
Me kina ton koom
Pose parreia, poro la, me lektro
Moi, orca sto sto yo, arxom en, erxom en

Who do you think that is
In the short skirts,
The one I stole a kiss from?

Don’t think I’m going to tell you.
But understand, it’s a secret.

Yes sir, she calls me
Yes sir, she embraces me
Yes sir, she looks at me
Yes sir, she kisses me
Yes sir, she embraces me
Yes sir, with kisses

Than it I can’t bear it any more.
Yes sir, I’ll take her
Yes sir, I’ll take her

Yes sir, to be wed.

Your dark star
You should know,
A light of our life.
All of us

Tell the world.
That’s why I adore you,
And seek your love,
That’s why I adore you,
Have broken (into pieces),
Your light of my life
You should know,
Your dark eyes

Your beauty in creation, everything, has loved.
Everything in creation, everything, has loved.
Everything around me, my sweet love, exchanges

He who has never loved is better off not living.

In your final hour.
Here, I’m telling you now.
And you are trembling in my
And you are trembling in my

And you are trembling in my
And you are trembling in my

And seek your love,
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And seek your love,
Lalounis Jewels are Imbued with History

By Zoe Tsine

NEW YORK - The jewels of Ilia Lalounis are unique for their artistry and deep sense of history. The legendary Greek jeweler Ilia Lalounis is renowned worldwide for creating hand-crafted jewelry inspired by Classical and Byzantine Greece and other ancient civilizations. The Ilia Lalounis Jewelry Museum in Athens houses more than 3,100 pieces of jewelry and artifacts designed and created by Ilia Lalounis. The store is the sole Lalounis store in the United States and has a rich history of creating hand-made gold pieces inspired by Classical and Byzantine Greece and other ancient civilizations.

A window display at the Lalounis store in Manhattan. Greek jeweler Ilia Lalounis is famous around the world for creating hand-made gold pieces inspired by Classical and Byzantine Greece and other ancient civilizations. Mrs. Nana Hagouel, left, and Mrs. Jeanne Hefner, right, experienced saleswomen at the Lalounis store in Manhattan, display some of the silver pieces that are part of the Lalounis collection's wedding and corporate gifts.

The Lalounis jewelry store, at 733 Madison Avenue, between 64th and 65th Streets. The store is the sole Lalounis store in the United States.

Lalounis Jewels are Imbued with History

The Service of the Crowning

Continued from page 19

Choir: Consecrated are these gifts.

Priest: Be magnified, O Bridegroom, as Isaac, and increased as was Jacob, and blessed as was Sarah, and re-

Choir: To You, O Lord.

Priest: For the Father, the Son, and the Holy Spirit, the All-Holy, Consubstantial and Life-creating Trinity, One Godhead and King-

Choir: To Your spirit.

Priest: Let us now our heads be-

Choir: To You, O Lord.

Priest: Father, Son, and Holy Spirit, be glorified.

Choir: As in many characteristic pieces, this necklace is designed so that its stones set the gold and not the other way around. This is also the case with Lalounis’ use of precious stones, such as his 18 Karat diamond and gold Byzantine-inspired set, included in the store’s collection. Other trademark Lalounis designs are the hand-woven neck-

Choir: Amen.

Priest: Be magnified, O Bridegroom, as Isaac, and increased as was Jacob, and blessed as was Sarah, and re-

Choir: Glory to You, O Christ

Priest: He, Who by His presence in Cana of Galilee declared marriage to be honorable, Christ our true Bridegroom, as Abraham, and blessed (+) you; grant to you long life, well-favored children, a crown of all the holy Saints, have mercy on our souls.

Priest: Father, Son, and Holy Spirit, be glorified.

Choir: Amen.

Priest: Be magnified, O Bridegroom, as Isaac, and increased as was Jacob, and blessed as was Sarah, and re-

Choir: Amen.

Today the Priest removes the Crowns, saying: clausa, taking fire of the Crowns and saying:

Priest: Let us pray to the Lord.

Choir: Lord have mercy.

The Lalaounis store is located at 733 Madison Avenue, between 64th and 65th Streets in New York City. Tel: (212) 439-9400. E-

mail: ilias.lalaounis@verizon.net.

Lalounis Jewels are Imbued with History

The Service of the Crowning

Continued from page 19

Choir: Consecrated are these gifts.

Priest: Be magnified, O Bridegroom, as Isaac, and increased as was Jacob, and blessed as was Sarah, and re-

Choir: \[Here the priest lifts the Crowns\].

Priest: Father, Son, and Holy Spirit, be glorified.

Choir: Amen.

Priest: For the Father, the Son, and the Holy Spirit, the All-Holy, Consubstantial and Life-creating Trinity, One Godhead and King-

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Priest: Father, Son, and Holy Spirit, be glorified.

Choir: Amen.

Priest: Be magnified, O Bridegroom, as Isaac, and increased as was Jacob, and blessed as was Sarah, and re-

Choir: Amen.

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**In Greek Mythology Love Overcomes Death**

By Zoe Tzine

Stories of heartbreak are abundant in Greek mythology. Greek myths feature jealous gods and passionate humans who have inspired Western art, philosophy, psychology and popular culture for thousands of years.

The street of Hellespont in the Bosporus is the setting of one of the most sung stories of one of the most famous Greek myths. The strait of Hellespont in the Bosporus was the setting of one of the most famous Greek myths. It is during this time of year, when Alcyone and Ceyx came back from the shores of Greece every year, seven days before and after the beginning of the winter, that Aphrodite, the world’s greatest musician and poet, was inspired by the love of Alcyone and Ceyx.

The story of Alcyone and Ceyx, featured in Ovid’s “Metamorphosis” among more than 200 Greek myths, has impressed Western artists through the centuries.

*Hero and Leander*, a 1422 painting by Domenico Feti from the Kunsthistorisches Museum in Vienna. The street of Hellespont in the Bosporus was the setting of one of the most famous Greek myths.

**Hero and Leander**

The story of Hero and Leander is another about Greek myths. The story of Alcyone and Ceyx, featured in Ovid’s “Metamorphosis” among more than 200 Greek myths, has impressed Western artists through the centuries.

Euros, a beautiful nymph and the daughter of Aeolus, god of the winds, loved her husband Ceyx so much she committed herself to him. The ultimate crime in referring to her marriage, Alcyone was furious and determined her spirit was no more than a mortal spirit.

When Alcyone found out about Ceyx’s love for a dancer, she went to the shore to look for him. As she rushed into the waters to catch him, her body was transformed into sea birds so they could be together again. Alcyone and Ceyx came back from the shores of Greece every year, seven days before and after the beginning of the winter, and Alcyone and Ceyx were caught in a dream that she would have to leave.

It was not long before Psyche asked her love to return to their home on the island where Ceyx had been taken. But when Psyche’s world started inquiring over Eros, Ceyx could not deny him. He feared that his soul would be trapped forever with a monster, and that some day, Psyche would fall in love with another. Ceyx held a lamp near Eros while she was able to catch a glimpse of the hero, but she was surrounded by a drop of hot oil that fell from the lamp. The betrayed Eros ordered Psyche to leave the palace.

Orpheus Leading Eurydice from the Underworld. The myth inspired in Euripides’ tragedy “Hippolytus” but it has since seen many variations, just in time that is for his father to discover the truth. The myth inspired in Euripides’ tragedy “Hippolytus” but it has since seen many variations.

**Ceyx and Alcyone**

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**Euros and Psyche**

Perhaps, the most captivating Greek love story is that of Eros and Psyche. Eros was a mortal princess so beautiful that Aphrodite grew jealous of her. She ordered her son, Eros to shoot Psyche with a arrow of love that would make her fall in love with a handsome man. But when Psyche’s world started inquiring over Eros, Ceyx could not deny him. He feared that his soul would be trapped forever with a monster, and that some day, Psyche would fall in love with another. Ceyx held a lamp near Eros while she was able to catch a glimpse of the hero, but she was surrounded by a drop of hot oil that fell from the lamp. The betrayed Eros ordered Psyche to leave the palace.

Psyche’s son was an end to the two lovers’ disaster. He decided that their love was true and granted the immortal life.

This tragic tale has been imitated among others by Mary Zimmerman, based on Ovid’s telling of this and other Greek myths.

**Orpheus and Eurydice**

Without the tragic story of Orpheus and Eurydice, we may never have heard of Sophocles, Aeschylus, Euripides, the son of the ancient Muse, and perhaps even a son of the god of love, Eros.

Orpheus was one of the most beloved and famous musicians and poets. His wife was Eurydice, a mortal princess. The beginning of the end for the mythical couple came when Orpheus and Psyche were22

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**Phaedra and Hippolytus**

The myth “Phaedra” in ancient Greek means “beautiful and bright” but the beautiful young princess Phaedra was looking at anything but bright when she saw her stepson Hippolytus. According to Greek myth, Phaedra fell desperately in love with her husband’s young son, the son of the ancient Muse, and perhaps even a son of the god of love, Eros.

Phaedra consequently called on his father Poseidon to punish Hippolytus. But Poseidon was so angry at his son, that he was unable to discover the truth.

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