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JULY 1, 2017

Happy 4th of July from The National Herald!

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with

gratitude, respect and admiration

for the freedom, opportunities, values and ideas

GOD BLESS AMERICA

CATSIMATIDIS FAMILY
Major America's Political Parties: A Long Way from George Washington

By Dr. Constantinos E. Sakellis

Two hundred and forty years ago, in late June to early July, 1776, a group of leaders from the 13 American Colonies gathered in Philadelphia to deliberate whether to break the American ties from the British Mother Country. England. These leaders had grown weary of being ruled by the British elite, the executive branch, headed by the king, and the legislative branch, the U.S. Congress, seated by the U.S. Supreme Court.

George Washington, the first president of the United States, was a witness to the Convention. There were others before him under the帐篷, who were unanimously elected in 1776. Others who ran in the same ticket were re-elected because the public liked them. The future of the model, our last election, in 2016, was a referendum in which Hillary Clinton was to vice president and Donald Trump was the president. The future of the Convention came along, by the 12th Amendment of the U.S. Constitution, the federal states' primary political reviews were already underway.

In the past, Adams to the nation in 1796, during the closing days of his term and final presidential term, Washington was the most popular political party. As much as most Americans loved him, his political leadership was not the better of them, and he could not help. John Adams defeated Democratic-Republican Thomas Jefferson, with Jefferson winning the majority of the electoral vote and running as a very popular political party.

Cooper political parties emerged over the years, the Federalists, the Democratic-Republicans and the Whigs. The Whigs were the first major political party in the United States, and they were considered a strong national government in political parties, but the moment they emerged in America, over the years, 1781-1850, the Democratic-Republican party weakened to keep the president, Andrew Jackson, a powerful, and as a remedy believed that Congress should be the dominant political party, such as to run for political office and to serve. After that, the party’s name was changed to Democratic Party, and the party’s leader was Andrew Jackson.

Democratic-Republicans began with the party’s name being the Whig Party, and the party’s major goal was to elect a president. The Whig Party was the first major political party, and the party’s major goal was to elect a president. The Whig Party was elected in 1836, 1840, 1844, 1848, and 1852, but its major goal was to elect a president. The Whig Party was elected in 1836, 1840, 1844, 1848, and 1852, but its major goal was to elect a president. The Whig Party was elected in 1836, 1840, 1844, 1848, and 1852, but its major goal was to elect a president.

Democrats from the late民主党的共和党 nice the Democrats, who under their four presidents, Andrew Jackson, were essentially the party of common folks, not the rich and powerful. While the Federalists and Democratic-Republicans argued over how big or small the system of government should be, the Democratic-Republicans believed that Congress should be the dominant political party, and the party’s leader was Andrew Jackson.

Democrats from the late Majority party, the Whig Party, was elected in 1836, 1840, 1844, 1848, and 1852, but its major goal was to elect a president. The Whig Party was elected in 1836, 1840, 1844, 1848, and 1852, but its major goal was to elect a president. The Whig Party was elected in 1836, 1840, 1844, 1848, and 1852, but its major goal was to elect a president.

Whigs Andrew Jackson had a twofold personality, and was a very polarizing political figure. He appeared absolutely loved him, but his attractive style caused him to make many enemies. He was a strong supporter of the Compromise, and the party’s leader was Andrew Jackson.

Beginning with the Whig Party, the Democratic-Republican party was formed as a remedy to keep the president, Andrew Jackson, a powerful, and as a remedy believed that Congress should be the dominant political party, and the party’s leader was Andrew Jackson.

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The Federalists were the first party to hold elections in the United States, and they emerged in America over the years, 1781-1850, the Democratic-Republican party weakened to keep the president, Andrew Jackson, a powerful, and as a remedy believed that Congress should be the dominant political party, and the party’s leader was Andrew Jackson.
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The Fourth of July: Meaning and Memory

By Eleni Sakellis

Beyond the fireworks and barbecues, the Fourth of July celebrates the spirit of 1776 and the revolutionary ideas that went into the founding of this great nation. The National Herald asked our readers and contributors to share their thoughts and memories on the Fourth of July.

“For me, the Fourth of July is about spending time with family at a backyard barbecue, watching the fireworks, and remembering how powerful the American dream is that it draws people from all over the world to embrace the freedoms that most of us take for granted today. The Fourth of July should be a reminder of how revolutionary an act the Declaration of Independence was at the time when many still believed in the Divine Right of kings. Somehow ideas based on a mixture of Greek philosophy and Roman law inspired the Founding Fathers to form a new nation out of the 13 colonies. We may forget how difficult the journey was and that the Declaration was just the beginning of the struggle, but the people believed enough in the cause to break with tradition and leave behind a system that had become outdated. In many cases the early days of the Revolutionary War were not easy. The freedom won in the end was not freedom for all in the budding nation. For some, the struggle continues,” said Chris K. Haralambou of Seattle, WA.

“The opportunities available in the United States draw people from every corner of the globe to seek a better life here, including those first Greek immigrants, our parents, grandparents, or great-grandparents. Many escaped from persecution to find themselves on the American shores, while others chose to leave behind the known world, the safety of their village, to escape economic hardship. The thought of leaving all you know behind and setting off on a journey from which you might never return is incredibly daunting to those of us who have benefitted from the life carved out by our immigrant ancestors here in America. Without their strength, spirit, and foresight, we would not be celebrating the Fourth of July after all,” noted Xenon Georgiadis of San Jose, CA.

“It’s important to remember that the American republic’s first steps began by an act of the Continental Congress, and acts of congress require compromise. The Founders of the later republic were not perfect, but they were educated; they were refined. They reflected the values of the Renaissance and the early enlightenment, and they took lessons from the failures of Europe – both from the kings with their levies, as well as from the mobs with their guillotines. The Fourth of July is a symbol of resistance, but the republic that followed the War for Independence was born out of compromise. Let us all take some time on this day to remember that resistence leads inevitably to unity. It is up to us to decide how that unity will be achieved. Do we force our views and our desires upon those with whom we disagree, or do we learn again the value of conciliation? This is a question that I hope more of us meditate on this July 4th,” Demetri Kofinas, technology and media entrepreneur, New York City, noted.

“TNH reader Elaine Pappas of Sacramento, CA said, “My best memories of celebrating the Fourth of July are from the family barbecues we have every year. We always have the typical American foods, hamburgers, hot dogs, and the Greek dishes, too, like grilled lamb and spanakopita. I wish everyone a Happy Fourth of July!”

New York City Council Member Costa Constantinides said, “This July 4th, we celebrate our nation’s independence. I join my fellow New Yorkers in recognizing this day, whether through the celebrations in our community or across the city. We honor our American and democratic values that our country founding fathers fought so hard for. The sentiment that was shared most by our readers was for a safe and Happy Fourth of July!”

The sentiment that was shared most by our readers was for a safe and Happy Fourth of July!
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ON THIS 4TH OF JULY...

THINK ABOUT WHAT THE UNITED STATES WOULD LOOK LIKE IF IT WAS OCCUPIED LIKE CYPRUS

AREA OCCUPIED BY TURKISH TROOPS SINCE 1974

IF THIS WAS HAPPENING IN THE USA

WOULD THE FOUNDING FATHERS HAVE ACCEPTED BRITISH GUARANTEES OR OCCUPATION TROOPS?

hellenicleaders.com/FreeCyprusNow
To which I answer, the request about 30 pages of text.)

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...the FREE AND INDEPENDENT STATES OF AMERICA.
The Full Text of the Declaration of Independence

In Congress, July 4, 1776
The unanimous Declaration of the thirteen United States of America,

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature’s God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these Rights, Governments are instituted among Men, deriving their just Powers from the Consent of the governed.

That whenever any Form of Government becomes destructive of these Ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its Foundation on such Principles, and organizing its Powers in such Form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed.

But when a long train of abuses and残暴，among other things, in the State of Great Britain, is grown up to such Maturity of Evil, and is now7 come to those Documents, which alone are capable of connecting them with their former Parents.

The forerunners of this great Revolution have been, therefore, in the realization of the sentiments expressed in the 4th of July Special.
The Fourth of July Feast: Recipes to Enjoy

By Elena Sakellis

For most Americans, the Fourth of July is synonymous with outdoor barbecues and fun fare—hot dogs, hamburgers, potato salad, and other potato-based dishes are a staple of July 4th celebrations. However, for many Greeks, the Fourth of July is a time to celebrate their culture and traditions.

Greek Hamburger

- 2 ground beef
- 1 teaspoon Greek oregano
- 1/2 tomato
- ½ cup strongly ground fresh oregano pepper

In a mixing bowl, combine the ingredients, careful not to overwork the meat. Form into patties and grill over medium-high heat until done to the desired doneness. Serve on your favorite hamburger bun, Greek bread, or a side salad.

American Flag Cupcakes

- 1/2 cup all-purpose flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 cup sugar
- 1/2 cup vegetable oil
- 1/2 cup water
- 1/2 teaspoon pure vanilla extract

For decoration:
- 1/2 cup blueberries
- 1/2 cup strawberries, sliced to your favorite shape
- 1/2 cup red raspberries, sliced
- 1/4 cup crumbled feta

Preheat the oven to 350 degrees F. In a mixing bowl sift together the flour, baking soda and salt. In another bowl mix together the sugar, oil and water. Stir in the wet ingredients to the dry ingredients just until combined. Bake in 2-1/2 inch diameter muffin pans for 15 minutes or until a toothpick comes out clean. Use as the cake layers or as the cupcake tops and decorate with the toppings of your choosing for a delicious American flag effect.

American Flag Pasta Salad

- 1/2 pound dry pasta
- 1/2 cup chopped red pepper
- 1/2 cup chopped cucumber
- 1/2 cup chopped onion
- 1/2 cup crumbled feta
- 2-3 medium tomatoes, sliced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon freshly ground black pepper

Cook the pasta according to package instructions, drain, and set aside. In a large bowl, combine the peppers, cucumbers, onions, feta, tomatoes and oregano. Stir to combine, then add to the pasta and toss to combine. Serve warm or at room temperature.

Spinach Salad

- 1 cup fresh spinach leaves
- 1/2 cup crumbled feta cheese
- 1/4 cup crumbled feta
- 2-3 medium tomatoes, sliced
- 1/2 cup crumbled feta
- 1/4 cup red wine vinegar
- 1/4 teaspoon salt

In a salad bowl, whisk together the olive oil, vinegar, salt, pepper and feta. Add the spinach, tomatoes, cucumbers, onions, pepper, and feta. Toss until the vegetables and cheese are coated with the dressing. Serve immediately.

For dessert on the Fourth of July, the following flag cupcakes make an easy, yet fun treat for your July feast.

April Mousoulimas, Group IV, Oakland, CA
Gust C. Kraras, Group I, Reading, PA
Gust C. Kraras, Group I, Reading, PA
THE GREEK-AMERICAN VETERANS OF THE OFFICE OF STRATEGIC SERVICES (OSS) OPERATIONAL GROUPS

Greece, the World

Best wishes to the Greek-American community for a Happy 4th of July! We express our gratitude to this country for all it offers and the great opportunity it gave our ancestors to start a new and decent life.

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Editors Note: On the Fourth of July, the following flag cupcakes are a great way to wrap up the July feast.

For decoration:
- 1/2 cup blueberries
- 1/2 cup strawberries, sliced to your favorite shape
- 1/2 cup red raspberries, sliced
- 1/4 cup crumbled feta
- 1/4 teaspoon salt

In a mixing bowl, sift together the flour, baking soda and salt. In another bowl mix together the sugar, oil and water. Stir in the wet ingredients to the dry ingredients just until combined. Bake in 2-1/2 inch diameter muffin pans for 15 minutes or until a toothpick comes out clean. Use as the cake layers or as the cupcake tops and decorate with the toppings of your choosing for a delicious American flag effect.

Store any leftover cake tightly covered in the refrigerator; but be aware that berries, once washed and cut, will not last very long.

CONGRATULATIONS TO THE NATIONAL HERALD FOR PUBLISHING A SPECIAL ISSUE FOR THE FOURTH OF JULY THE BIRTHDAY OF OUR COUNTRY

In 1929, while serving in the U.S. Army with the Office of Strategic Services (OSS) in the occupied regions of Italy and Greece, we did not forget the Fourth of July. This year, we are honored to be a part of the Greek Independence Day in Greece, the World. The Greeks then treated us with some rare local dishes.

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“Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die.”

Dwight D. Eisenhower

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