The Fourth of July is always associated with the flag, family gatherings, and firework displays. However, it is sometimes forget that the actual signing of the Declaration of Independence was made on July 4, 1776. In essence, the Declaration was a formal announcement of the colonies’ separation from Great Britain.

For some, the taxes weren't too onerous, and the freedom wasn't something they had ever previously experienced. The American Revolution divided families and communities, and not everyone living in the British Empire was happy with the emerging nationhood. Some, like the colonists in the southern colonies, were opposed to the new Union because it threatened their economic benefit of the mercantile system, which the colonies were run for the benefit of England.

The signing of the Declaration of Independence, painting by John Trumbull, 1819.

The signing of the Declaration of Independence, painting by John Trumbull, 1819.
“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

HAPPY 4TH OF JULY!

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The Federation of Hellenic Medical Societies of North America

Spyros G. E. Mezitis, MD, PhD
President

The Founding Fathers were inspired by the philosophy and democratic ideals of ancient Greece to build a new nation.

Today, the longstanding, historic friendship between the United States and Greece continues, highlighted by the shared values and ideals of both democracies and the success and patriotism of the Hellenic-American community.

The members of the Federation of Hellenic Medical Societies of North America wish everyone all the best for a Happy and Healthy Fourth of July!

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Happy 4th of July

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May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.

Peter Marshall

Empire State Building Exclusive 4th of July Celebration

NEW YORK — FRIDAY, JULY 5 — The Empire State Building (ESB) announced that tickets are now on sale for its annual Macy’s 4th of July Fireworks Viewing event. The ESB provides breathtaking views of the Macy’s 4th of July Fireworks Spectacular, a premium open bar, and gourmet food exclusively for just 200 VIP ticket holders.

Pre-sale tickets are $500 each (tax included) and are available on a first-come, first-served basis. Tickets must be purchased or gifted online or www.empirestatebuilding.com/july or in advance at the ESB ticket office.

In addition to hosting the 4th of July celebration, the ESB will shine its world-famous tower blue flourishes on July 4.

ABOUT THE EMPIRE STATE BUILDING

Touring 1,544 feet above Madison Manhattan (from base to antenna tip), the Empire State Building, owned by Empire State Realty Trust, Inc. (NYSE: ESRT), a leading real estate investment trust (REIT), owns, manages, operates, acquires and repositions office and retail properties in Manhattan and the greater New York metropolitan area, including the Empire State Building.

SOURCE: Empire State Realty Trust, Inc.

4th of July, July 4th, and Babylon

Continued from page 2

preached on the psalm. C.L. Franklin announced the psalm’s spiritual context of whether to forgive those who wronged us. He asked the audience to reflect on the words of pastor John Wright, who was killed during a prayer when he lived in Chicago.

VALUING THE ACT OF FORGIVENESS

So, what is the central mes- sage of the psalm for today? The problem of what to re- member, what to forgive and how to achieve justice has never been more pressing. As the origi- nal rivers of Babylon, now war- riors of Gaza and the region, they need to consider the migration of millions of people from one region, mainly from Syria, is having worldwide conse- quences. These include help- ing the rise of anti-immigration populism across Europe and in the United States. Meanwhile, Bible scholars continue to interpret a cuneiform tablets that give a more nuanced picture of what life was really like in Babylon for the Jewish exiles. And rightly so. For in the middle of all the accusations that modernity devalues the art of forgiveness, headlines, remembering is an electoral achievement.

That was Frederick Douglass.

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SOURCE: Empire State Realty Trust, Inc.
God Bless America

O flag born of the spirit. And the blood our fathers shed,
We have no fear while thy bright stars And bars wave overhead.

Happy 4th of July!

John Pappajohn Family
RJ Vassiliou Family
**Greek Hamburger**

- 2 pounds ground beef
- 1 teaspoon Greek sea salt
- 1 teaspoon Greek oregano
- 2 pounds ground beef

In a mixing bowl, combine the ingredients, careful not to overwork the mixture. Form into patties and grill over medium heat until a nice crust is formed on both sides and to the desired doneness. An 8-ounce burger cooked medium rare takes about 10 minutes to cook on each side. Turned about 5 minutes through the cooking time. If preferred, use a meat thermometer to take the temperature of the burger. An internal temperature of 150 degrees F is considered safe by the USDA. A well done burger, lie, and a sharp from the Dodon on for Greek flavor.

**Greek Corn on the Cob**

Fresh corn on the cob is one of those great summer treats and often the last you do with the better of it. The following recipe starts off with a quick boil and then adding the toppings of your choice to scoop up the flavors.

- Fresh corn on the cob
- Greek sea salt
- Fresh extra virgin olive oil or balsamic, if preferred
- Feta, crumbled

Shuck the corn on the cob by cutting the stalk and then removing the husks and the silks. Rinse the corn and set aside. Add a teaspoon of salt and the corn on the cob, it might be easier to work in batches. Bring a large deep pot of water to a boil and then reduce heat to low. Add a teaspoon of salt and the corn. Cook for five minutes. Remove from the cooked corn on the cob from the pot and set aside to cool slightly before serving.

**Strawberry and Blueberry Cake**

- 2 cups unbleached, all-purpose flour
- 1 teaspoon pure vanilla extract
- 2/3 cup sugar
- 1/2 cup shortening
- 1/2 cup milk
- 1 teaspoon baking powder
- 1/2 cup Greek yogurt
- 1/4 cup Greek honey
- 1/2 teaspoon Greek sea salt
- 1/2 cup fresh strawberries
- 1/2 cup fresh blueberries
- 1/3 cup chopped walnuts, or a combination, if preferred

In the bowl of a stand mixer, cream together the sugar and shortening at low speed, and beat until just light and fluffy. Add the honey and walnuts and enjoy.

**Ice Cream**

- 2 cups Greek yogurt, 3% Total fat or, if preferred, full fat yogurt may also be used in the recipe, if preferred.
- 1/2 cup sugar
- 1/4 cup Greek honey
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon Greek sea salt

In the bowl of a stand mixer, beat together the yogurt and sugar at low speed, and beat until just light and fluffy. Add the honey, olive oil, and salt, then beat until just light and fluffy. Add the yogurt and beat until well combined. Freeze the mixture in an ice cream maker according to the manufacturer’s directions.

We express our gratitude to this country for the opportunity to live, work and prosper.

**Greek Yogurt Ice Cream**

- 2 cups Greek yogurt, 3% Total fat or, if preferred, full fat yogurt may also be used in the recipe, if preferred.
- 1/2 cup sugar
- 1/4 cup Greek honey
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon Greek sea salt

In the bowl of a stand mixer, beat together the yogurt and sugar at low speed, and beat until just light and fluffy. Add the honey, olive oil, and salt, then beat until just light and fluffy. Add the yogurt and beat until well combined. Freeze the mixture in an ice cream maker according to the manufacturer’s directions.

**Herbal Blueberry ganache**

- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon Greek sea salt
- 1 cup ground nuts, toasted
- 1/2 cup Greek honey
- 1/4 cup Greek yogurt
- 1/2 cup brown sugar
- 1/2 cup walnuts, or a combination, if preferred

In a mixing bowl, combine the ingredients, careful not to overwork the mixture. Form into patties and grill over medium heat until a nice crust is formed on both sides and to the desired doneness. An 8-ounce burger cooked medium rare takes about 10 minutes to cook on each side. Turned about 5 minutes through the cooking time. If preferred, use a meat thermometer to take the temperature of the burger. An internal temperature of 150 degrees F is considered safe by the USDA. A well done burger, lie, and a sharp from the Dodon on for Greek flavor.
The United States of America is the land of the free and the home of the brave.

Let's all pay tribute to our American heroes on this year's Independence Day.

Happy 4th of July!

God Bless America

George & Judy Marcus
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