

**18TH ANNUAL
CLEAR LAKE
GREEK FESTIVAL
MAY 6-7-8, 2011**

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2011 St. John's Greek Festival

CHRIST IS RISEN!

This year, as every year, we invite you with great joy to our Greek Festival. Our Orthodox Church, St. John the Theologian, organized its 18th festival in honor of the Greek tradition offering to every participant an opportunity to sample some of our fine Greek recipes, Greek music, traditional dance, and a window to the Orthodox religion and Greek culture.

You are invited with all our love to this annual event and in turn we will offer you an enjoyable and memorable experience.

On behalf of the Greek Orthodox community of the Clear Lake area, please accept my sincere appreciations for your patronage

Thank you and God bless you,
Reverend Father Florin



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FOOD MENU

- **Spanakopita** – a blend of spinach, feta, and cottage cheeses, wrapped in phyllo dough and baked until golden brown
- **Tyropita** – another wonderful Greek appetizer in phyllo dough, more commonly known as cheese pies
- **Dolmathes** – seasoned ground beef and rice wrapped and cooked in grape leaves, served with avgolemono (egg-lemon) sauce
- **Roasted Chicken** – a blend of olive oil, lemon, oregano, and special Greek seasonings make this chicken truly unique
- **Pastichio** – a baked Greek lasagna made with macaroni imported from Greece and ground beef lightly seasoned with cinnamon, topped with béchamel sauce
- **Greek Salad** – Made with the freshest veggies, feta, and olives, and topped with our homemade dressing; dinner roll included
- **Gyro** – a flavorful mixture of beef and spices served on pita bread with tomatoes, onions, and tzatziki sauce
- **Keftedes** – meatballs with a uniquely Greek flavor of lemon and oregano
- **Souvlaki** – delicious grilled meat skewers of cubed pork and lightly brushed with olive oil and lemon

PASTRIES

- **Baklava** – a sweet, rich pastry of chopped walnuts, cinnamon, and layers of phyllo dough topped with a delicious honey syrup
- **Karithopita** – a spiced walnut cake you can't go wrong with
- **Koulourakia** – a crisp, semisweet cookie that goes great with coffee
- **Kourambiedes** – a rich, shortbread-like cookie dusted with confectioner's sugar
- **Melomakarouna** – also know as finikia; this is a semisoft, honey-dipped cookie sprinkled with chopped nuts

Don't forget to visit our Loukoumathes and Kafenio booths for some signature Greek treats!

We have partnered with "My Take Out Waiter" for the second year! If you can't make it out the Greek Festival, then let "My Take Out Waiter" bring our festival food to you! Go to www.mytakeoutwaiter.com to place your order.



Take Out Waiter



Our sincere wishes for continued success in our community's Plear Lake Greek Festival

The ladies of St. John's Philoptochos Society





**Best wishes to the
community of
St. John the Theologian
for a successful festival!**

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From: David, Alex, Elena
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Dr. Cassie Stinson, DC; Dr. John Johnston, MD; Lauren Goebel, PA-C

The ICON Wellness Program

There are three essential steps to optimal health. Each step is necessary because all three actions impact your body in different ways and each supports and reinforces the other. Our most successful patients follow the Wellness Program below.

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Step 2: *Improve your nutrition intake.* At ICON we truly believe "you are what you eat." Our goal is to transition you from unhealthy eating patterns to consuming unprocessed, wholesome, nutrient dense foods that fuel your body and provide the appropriate amounts of proteins, carbohydrates, fats, vitamins and minerals based on your individual requirements.

Step 3: *Move your body.* There are four components of exercise (aerobic, resistance, flexibility and balance) that benefit your body and improve your overall well-being. Being physically fit affects not only your physiology and emotions but also your mental acuity. We want all of our clients to embrace an "exercise for life" mentality and incorporate physical fitness into their daily routines. To that end we offer personal training, group fitness classes and fitness education.



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