



2015 AWARDS  
CEREMONY  
& GALA

UNLOCK A STUDENT'S POTENTIAL

PANHELLENIC  
SCHOLARSHIP  
FOUNDATION





2015 AWARDS  
CEREMONY  
& GALA

UNLOCK A STUDENT'S POTENTIAL

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**Our Mission** is to promote education by providing scholarships and educational programs to Greek-American students who, guided by the values of their Hellenic upbringing, have the potential to become life-long significant achievers and contribute meaningfully to society.

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# Program

## Hilton Chicago

### Grand Ballroom

#### WELCOME

Krystal White, Mistress of Ceremonies  
PanHellenic Scholarship Foundation – *Unlock a Student's Potential*

#### AWARDS PRESENTATION

Chris P. Tomaras, Founder & Chairman  
Dr. George Alexopoulos, Chairman, Academic Committee  
Yanni A. Valsamas, Executive Director  
Athanasia Giannetos, Remarks on behalf of Award Recipients

#### PARADIGM AWARD PRESENTATION

Dean Karnazes

#### CHAIRMAN'S REMARKS

Chris P. Tomaras

### Normandie Lounge

#### COCKTAIL RECEPTION

### Grand Ballroom

#### DINNER

#### RAFFLE

#### ENTERTAINMENT

The Chris Sarlas Orchestra

# Our Board

## Board of Directors

Chris P. Tomaras • Chairman & Treasurer

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Yanni A. Valsamas

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Demetrios L. Kozonis

Bill J. Vranas

## ABOUT THE FOUNDATION

### ***Building a Better America Through Education and Hellenism***

is at the core of the Foundation's mission, and in that spirit, we aim to strengthen our civic fabric and deliver enlightened and engaged citizens.

One of the deepest and most profound roots in Hellenic tradition is education's role in the development of civilization. More than 2,300 years ago, Aristotle proclaimed education is the best provision for life's journey. Respecting this tradition, the PanHellenic Scholarship Foundation strives to promote the development of Greek-American college students into outstanding individuals through the support and advancement of their education.

The PanHellenic Awards recognize students who have demonstrated exceptional academic performance while providing meaningful support to those with significant financial need. We encourage students to continue their pursuit of their goals over the course of their lives. Our symbol, "Nike of Paionios," represents our efforts to see Greek-American youth triumph in life through hard work, dedication and determination.

## WHO WE ARE

The PanHellenic Scholarship Foundation is a non-profit 501(c)(3) national Greek-American organization that honors and supports exceptional undergraduate students of Hellenic descent. Established in 1998 by Chris P. Tomaras, he believes that advanced education together with the practice of Hellenic values and principles will strengthen our civic fabric and deliver enlightened and engaged citizens.

Since its inception, the Foundation has offered substantial monetary awards that in recent years have reached \$250,000 annually. The PanHellenic Awards are based on academic merit and financial need. Selection of Award Recipients is made independently by an Academic Committee.

**As of today, the Foundation has honored 324 Greek American college students with scholarships totaling \$2.3 million.**

## OUR OFFICE

Chris P. Tomaras, *Chairman*

Yanni A. Valsamas, *Executive Director*

Elaine Sotos, *Executive Administrator*

Vivian Haritos, *Student Relations*

Stamatia Ress, *Media & Marketing*

Joanna Karamouzis, *Accounting*

# Chairman's Message

## GOING THE DISTANCE TO UNLOCK POTENTIAL

### Welcome to the 15<sup>th</sup> Annual Awards Ceremony and Gala!

With much enthusiasm and great pride, we celebrate the academic achievements of 40 exceptional Greek American college students and recognize the outstanding accomplishments of our 2015 Paradigm Award Recipient, Mr. Dean Karnazes. Together they are the examples of how going the distance and persevering to be the best they can be has unlocked their potential to succeed. We admire their tenacity and commitment to strive for excellence, to exceed their personal goals and expectations.

Unlocking potential is another way to describe the Foundation's mission of promoting education and providing the opportunity for outstanding college students to be life-long achievers who contribute meaningful to society. Our **Scholarship Program** not only provides \$250,000 in scholarship awards for students to continue their education, the awards fuel their dreams and aspirations, helping them to realize the unlimited potential that lay in each one of them.

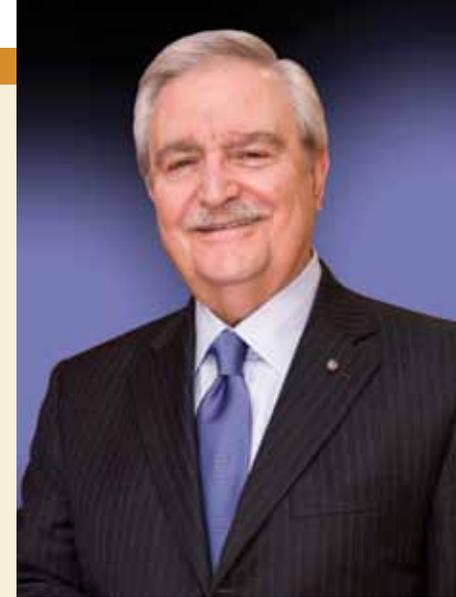
The PanHellenic Scholarship Foundation would not be able to provide these meaningful opportunities and experiences if not for your continued generosity and commitment to our mission. We are fortunate to receive your support. You make it possible to unlock a student's potential by being the key to their success. You have my unending gratitude for making it possible for our students to aspire to greater heights. Every contribution has a meaningful impact on their lives.

In the coming year we will work to lay the foundation that will ensure our longevity as one of the most important scholarship institutions in the country. Join us and renew your commitment to our mission. **Help us go the distance to unlock our potential.**

Once again, thank you for joining us for the 2015 Annual Awards Ceremony and Gala. We wish you a most enjoyable evening.



Chris P. Tomaras  
Founder and Chairman



# Mistress of Ceremonies

## Krystal White

A Greek African-American raised in the US and Greece, Krystal has been lucky to experience life growing up in two of the most wonderful countries in the world. She loves Greece for its clear blue waters, picturesque islands, and incomparable sense of hospitality – and California, where she currently resides, for its breathtaking wine country and the opportunities it offers growing artists like herself.

Krystal was an early onset dreamer. Her love of film, and the beauty of getting lost in someone else's story, became the inspiration behind and basis of her dreams.

Her early childhood years were spent in San Francisco, followed by middle school and high school at The American Community School of Athens in Greece. Upon graduating from high school, Krystal proceeded to attend university in the United Kingdom where she earned a Bachelor of Arts Combined Honors Degree in English Literature and the History of Art.

Her dream to pursue a career in the film industry materialized in 2006 on the London set of *Harry Potter & The Order of the Phoenix*, where Krystal experienced life on a film set for the first time, as an intern in their wardrobe department. She continued to gain experience on the sets of other films, including the musical *Mamma Mia!*, and eventually settled in Los Angeles. Soon thereafter, she found herself assisting established writers in script development. It wasn't long until Krystal joined her first acting class and became even more invested in the concept of bringing stories to life.

Krystal's first film, *Persephone*, was inspired by Greek mythology. In this short film about an undying love, she starred with Greek-Australian Louis Mandylor and Lainie Kazan (both alumni of *My Big Fat Greek Wedding*). The film aired nationally on The Short Movie Channel.

Very recently, Krystal started writing screenplays as a vehicle for her creativity. This past Fall, Krystal wrote her first short film, *The Interrogation*, in which she stars with Michael B. Silver (Leo Cohen in *NYPD Blue*) who also directed. *The Interrogation* is currently being submitted to festivals.

Krystal has found her creative passion in filmmaking, and the art of storytelling. However, if she is not on a set or glued to her computer, she spends her time playing the cello, dancing the tango, horseback-riding, or swimming in the crystal seas surrounding the Greek islands.





*PanHellenic  
Honors Society*

**Congratulations**  
to the 2015 Award Recipients  
for being distinguished as this  
year's most exceptional scholars,  
and for being inducted into the  
PanHellenic Honors Society.

## 2015 PanHellenic Award Recipients

### Nicholas Carey Alexander

Nicholas is a freshman at Millsaps College studying Business Administration and International Affairs. In high school, he served as GOYA historian, Metropolitan Alexis Acolyte Leader, Cathedral orchestra member, basketball coach, summer camp counselor and Greek Festival dancer. He played on the Dekalb county all-star football team, and was named offensive player of the year. Nicholas has been on the Dean's List throughout high school and college.

### George Thomas Anagnostopoulos

George is a freshman at the University of Redlands double majoring in Global Business and Political Science. He graduated high school with high honors having been Mock Trial Captain, Varsity Track athlete, Yearbook Managing Editor, GOYA President and competitive Greek Folk Dancer. He has been awarded the Faith Scholarship for Academic Excellence and the Malta Scholarship for his dedication to service, academia and Hellenism.

### Savannah Marie Barkley

Savannah is a junior at Rhode Island School of Design pursuing a Bachelor's degree in New Media Art. She is a member of Phi Theta Kappa and is an honors and deans list student. She is passionate about art and it's relationship with technology and science. She is currently interning at health care company, and hopes to work as an Art Director after graduation.

### Amanda Marie Burdick

Amanda is a junior in the honors program at Illinois State University. She is majoring in Communication Science and Disorders with a minor in Psychology, with hopes of becoming a speech-language pathologist. Amanda is part of the ISU Dance Team, the National Student Speech Language Hearing Association, and the ISULeads program. She is also a recipient of the Redbird Academic Scholarship and has made the Dean's List every semester.

## 2015 PanHellenic Award Recipients

### Stephenia Marie Deloglos

Stephenia is a senior at Virginia Commonwealth University pursuing a Bachelors of Science in Nursing. She was received into the distinguished Honors College at VCU and is a member of Phi Theta Kappa Honor Society. Her career goals are to become a labor and delivery nurse, and currently volunteers at her community health clinics and as a doula supporting mothers during pregnancy and childbirth.

### Antigone Karvounarakis Delton

Antigone is a freshman at Vassar College with plans to major in Art History and French, and minor in Creative Writing. She graduated high school as valedictorian, International Baccalaureate Diploma recipient, National Merit finalist, orchestra president, French student of the year, and executive board member of National Honor Society. Antigone is an avid violist, sings in her church choir, and is a member of the Greek Dancers of Minnesota.

### Alexandra Catherine Drechsler

Alexandra is studying Elementary Education and Religious Studies at Hellenic College Holy Cross. She graduated high school *cum laude* scholar, AP Scholar of Distinction, and Indian Prairie Scholar. She was a four-year varsity letter-winner in cross country and a chamber orchestra member. Alexandra loves Orthros, chant classes, and the beautiful Orthodox community at HCHC. In the future she hopes to serve the Church as a missionary or teacher.

### Hali Ann Drizis

Hali is a sophomore at the University of South Florida pursuing a double major in Psychology and Behavioral Healthcare. She is a member of the National Society of Collegiate Scholars and is an active intern at Homeless Emergency Project and Pinellas Safe Harbor. Hali plans to attend graduate school to complete her Masters degree and work with victims suffering from post-traumatic stress disorder.



## 2015 PanHellenic Award Recipients

### Isabella Claire Duffy

Isabella is a sophomore at Boston College. She is in the Carroll School of Management studying business with a concentration in Marketing, while also studying Art History as a second major. On campus, Isabella is a member of the Hellenic Society, WZBC, the campus radio station, and Stylus, the literary and art magazine. She also works in recruitment and marketing for Boston College's Men's Soccer Team.

### Athanasia Giannetos

Athanasia is a sophomore at The University of Illinois at Urbana-Champaign pursuing a BFA in Theatre with concentrations in dramaturgy, directing, and criticism. She is additionally working toward minors in both Modern Greek Studies and English. She has received the Catherine Murphy Arts in Science Grant, an FMC Award of Excellence, and a Mary Ramier Grant. Additionally, Athanasia has earned Dean's List recognition every semester.

### Kiriaki Grammenidis

Katie is currently a Political Science and History major at The Ohio State University. She hopes to go on to law school and become a Constitutional Law attorney, specifically for women's rights. Katie is a member of several scholastic groups including The Ohio State Honors Program, National Society for Collegiate Scholars, and the Political Science and History honoraries.

### Gillian V. Gray

Gillian is a first generation college student attending Whitman College, where she is majoring in Philosophy. She plans to pursue a career as an Ethics professor and animal rights activist. In addition to her strong academic background, Gillian is first chair clarinet in her college's wind ensemble, is involved in the production of several literary publications, and devotes a significant amount of her time to service in her community.

## 2015 PanHellenic Award Recipients

### George Marcus Hadjicharalambous

George is a freshman at the University of Michigan majoring in Chemical Engineering with a business minor. He is involved in the Hellenic Student Association, Orthodox Christian Fellowship, and BLUElab sustainability engineering club. He graduated Summa Cum Laude from high school, was GOYA president, all-state soccer player, and varsity soccer captain. George hopes to eventually become an entrepreneur in the renewable energy industry.

### Evangeline Georgette Hatzopoulos

Evi is a sophomore at Loyola University Chicago double majoring in Finance and Information Systems. She has been on the Dean's list every semester and is a member of three clubs focusing on Hellenic culture and faith. She is an accomplished pianist with 16 years of training and volunteers as a Fanari camp counselor, Sunday School Teacher, and tutor. Evi interns at the Office of Catholic Schools as a financial analyst assistant with plans of interning at the CBOE.

### Emily Marie Hoegh

Emily is a sophomore at the Barrett Honors College at Arizona State University. She is studying Biology and Psychology while completing an independent neuroscience research project. She has been awarded the President's scholarship, a Barrett merit grant, and a position in the Mayo Premedical Scholars Program. She is a member of the Flying Samaritans Phoenix and traveled to Peru for clinical internship with the organization Healthyouth.

### Zoe Nicole Kafkes

Zoe is a junior at the University of Miami studying Public Relations and Political Science. She hopes to make a genuine impact on the world by raising awareness about women's rights, poverty and breast cancer. Zoe prides herself on her photography and her great people skills. Her hobbies include cooking, going to summer camp and spontaneously breaking into song.



## 2015 PanHellenic Award Recipients

### Eleni Kaldis

Eleni is a sophomore at Valparaiso University double majoring in Social Work and Global Service. Her passion lies in helping at-risk youth who are detained in juvenile detention centers and fighting for social justice within the criminal justice system. She has been accepted into Valparaiso's Honor's College and the Alpha Phi Omega service fraternity. She also works as a Residential Assistant in the residence hall and volunteers during her free time.

### Christos Steve Kapsalis

Christos currently attends the University of Illinois at Urbana-Champaign and is studying history. At the university he is a Chancellor and James Scholar. He is involved with the Orthodox Christian Fellowship, the Honors Student Council, and is a member of Delta Upsilon Fraternity. Christos enjoys traveling including going to Greece every summer and also plans to study abroad during his time at U of I. His career goal is to work for the Federal Government.

### Efrosini A. Karabelas

Efrosini is a freshman at Elmhurst College majoring in elementary education. She plans to eventually enter education administration as a school principle. She was a member of the National Honors Society and on the high honor roll all throughout high school. Efrosini was an active member of GOYA and is currently in the Orthodox Christian Fellowship. She enjoys working as a teacher's assistant and spending time with children almost everyday.

### Konstantinos Christos Karabetsos

Konstantinos is a freshman at the University of Michigan, majoring in Movement Science with aspirations to attend Medical school. In high school, he was captain of the OAA Champion Athens High School Varsity hockey team and a member of the National Honors Society. He was an AP Scholar and received Scholar Athlete and Musician distinctions. At Michigan, he is currently a member of their ACHA Division 2 Club hockey team and Pre-Medical club.

## 2015 PanHellenic Award Recipients

### Kristen Sharon Kitsch

Kristen is a junior pursuing a Clinical/Counseling Psychology major and Biology minor at Saint Xavier University. She is on the Dean's List, a member of Psi Chi National Honor Society, President of the Psychology Club, and a research assistant for the Psychology Department. Kristen is also a research assistant at the University of Chicago Medicine, an intern at a private counseling practice, and an elementary school aide.

### Konstantine Kosmidis

Konstantine is a sophomore double majoring in Economics and International Affairs with a concentration in International Economics at The George Washington University. He is a member of the travelling Model United Nations team, is Student Government Treasurer, Vice President of the Hellenic Student Association, and a tutor in economics. After college, Konstantine aspires to pursue a career in the economic field and work on Wall Street.

### Anastasia P. Kourtis

Anastasia is a Dean's list student at Boston University double majoring in Classics and Cultural Anthropology, with a minor in Modern Greek. She is President of the Philhellenes Association, a student organization open to all students who associate themselves with Hellenic culture and ideals. In the summer of 2014 she served as a legislative intern in the Massachusetts State House, and hopes to attend law school following graduation.

### Alexandra Anjelika Lilly

Alexandra is a junior at the University of Georgia pursuing majors in Political Science and International Affairs, with a minor in Communication Studies. She serves as a Teaching Assistant for the Honors Program, is on the executive board of her sorority, and is a committee lead for UGA Miracle, an organization dedicated to raising money for Children's Healthcare of Atlanta. She hopes to pursue law school following graduation.



## 2015 PanHellenic Award Recipients

### Thomas Louvaris

Thomas is a sophomore at the University of Wisconsin – Fox Valley and the Vice President of the Phi Theta Kappa Honor Society. He has been on the Dean's List and also enjoys assisting the community through projects with the Honor Society. He is majoring in Political Science with an emphasis in International Relations and Comparative Politics, and will be attending the University of Minnesota Twin Cities in the Fall.

### Maria Ann McClatchey

Maria is a junior studying Linguistics and Anthropology at the University of Pittsburgh. An Antiochian Village Camp counselor, Pittsburgh Public School tutor, and former Orthodox Christian Fellowship president, she plans to pursue graduate degrees in Social Work and Education. Maria is a YMCA volunteer and a researcher at Pitt's Language and Literacy Lab. She studies Greek and Arabic, and spent last summer studying abroad.

### Socrates Dimitris Kyprianos Papageorgiou

Socrates is a Regent scholar at the University of Michigan pursuing dual degrees in computer and sound engineering. He hopes to originate programming and compositions in the field of psychoacoustics to help depression patients with recovery. He sings with the Men's Glee Club and is a resident staff peer mentor. He is an AP Scholar with Distinction, recipient of the National Choral Award, Jazz band pianist and Academic All American serving as captain in swimming and water polo.

### Steven Thomas Papastefan

Steven is a senior at Vanderbilt University majoring in Neuroscience and Medicine, Health, and Society. At Vanderbilt, he served as Vice President of the Honor Council and Co-Chair of the Global Health Alliance. He also contributed to research in Alzheimer's disease at Northwestern University, being published in the *Journal of Neuroscience*. He is an active volunteer, and has served in medical clinics in rural Nicaragua and Ghana.

## 2015 PanHellenic Award Recipients

### Markella Mauvra Patitsas

Markella is a Covenant Scholar at the University of North Carolina-Chapel Hill where she is a Classical Studies and Comparative Literature double major. She is the President of her Orthodox Christian Fellowship Chapter and is a chanter at Saint Barbra Greek Orthodox Church. She has received the Gravely Scholarship, the Greek Orthodox Archdiocese of America FAITH Scholarship, the Desby Memorial Voice Scholarship, and attended Hellenic College's CrossRoad Program and Project Mexico.

### Theofanis Joseph Rauch

Theofanis is majoring in Religious Studies at Hellenic College Holy Cross, and hopes to complete the seminary and be ordained an Orthodox priest. Theofanis is also a talented electric bass player, and has performed with several musical groups. He has volunteered as a peer mentor for severely autistic children, and has maintained an almost perfect GPA throughout high school and college career.

### Elaine Christy Reichert

Elaine is a freshman at Harvard University, where she plans to major in chemistry, biology, or physics. Her career goals include research and teaching in a university or medical school setting. Elaine gained valuable research experience at the highly-selective Research Science Institute, funded by the Center for Excellence in Education and held at MIT. A National Merit Scholar and a US Presidential Scholar Finalist, Elaine is also an accomplished athlete and musician.

### Athanasios Emmanuel Sevdalis

Athanasios is a junior at Virginia Commonwealth University. He is majoring in Biochemistry and plans to become an orthopedic surgeon. He has made Dean's list every semester and is a member of his university's Honors College. He conducts research related to targeted cancer therapies at the medical campus of Virginia Commonwealth University. Every summer he visits his parents in Karpathos, where he spends many hours volunteering in the island's medical center.

## 2015 PanHellenic Award Recipients

### Demetri P. Sofides

Demetri is studying English and Classical Civilizations at the Rose Hill Honors College of Fordham University. His interests include film, anthropology, and science fiction. He hopes to land a lead design or writing position in the videogame industry, with the ultimate goal of using his education and artistic powers to revivify the classics through new and relevant digital media. He is currently a member of MENSA, and was an AP Scholar and an NHS member.

### Evthokia Elizabeth Spears

Evthokia is a freshman at the University of South Carolina, majoring in pre-med biology. She was salutatorian of her high school, where she also served as captain of the soccer team, secretary of the National Honors Society and leader of the Hellenic dance troop. As a Capstone Honor student, she will be representing USC on a medical mission trip to Nicaragua. In addition to her passion for service, she loves children and aspires to become a pediatrician.

### Alexandra Antonia Tangelos

Alexandra is a freshman at the University of Southern California majoring in International Relations with a minor in Spanish. She is an AP Scholar with Distinction, and has served as Secretary of the National Honor Society, Historian of the Maids of Athena, and as an officer of GOYA. Currently, she is a member of the Hellenic Student Association and is an award-winning attorney on the Mock Trial team. Alexandra hopes to go on to law school.

### Christopher Michael Thompson

Christopher is a senior at Brown University studying Medieval Cultures with a focus on archaeology. He has conducted archaeological research in France and Greece, and is currently working on an honors thesis considering early medieval cemeteries. To pursue this research, Christopher was awarded the American Archaeology Abroad Fellowship. Christopher is active in Brown Theater, a tour guide, and a peer advisor to first-year students.

## 2015 PanHellenic Award Recipients

### Kristina P. Tougas

Kristina is a sophomore at Columbia University majoring in Architecture with a concentration in Sustainable Development. She has been named to the Dean's List each semester, and is currently Vice President of the University's Orthodox Christian Fellowship and Communications/Media Director for a team of students developing eco-friendly projects on campus. She is a member of "EcoReps", the Relay for Life Committee, and the Triathlon Team.

### Theophania Courtney Van Sickle

Theophania is a sophomore at Hellenic College Holy Cross, pursuing a major in Religious Studies and a minor in Modern Greek. Theophania was a high school ambassador, member of the National Music Honors Society, Sunday school teacher and four time Project Mexico participant. In her free time she enjoys studying Byzantine Chant.

### Despina Joanna Wilson

Despina is a Junior Voice Performance major and General Business minor at Samford University. She is a member of the Professional Music Fraternity Delta Omicron and has held the offices of Publicity Director and treasurer. Despina has been Assistant Stage Manager for Samford Opera's production of *Amahl and the Night Visitors*, sings in the Birmingham Greek Orthodox Cathedral Matins and Liturgical Choirs, and hopes to continue Byzantine Chant in the future.

### Helena Katerina Xeros

Helena is a sophomore at Washington University studying Philosophy of Science and Biology. She aspires to become a physician and Bio-Medical Ethicist. In High school, Helena served as Greek Club President, Church youth volunteer, Board of Education student representative and Varsity Lacrosse starter. She is currently a volunteer tutor for youth, ambassador for the non-profit Mission: St. Louis, Chi Omega Class Representative, and Research Assistant at Washington University Medical School.

# Hellenic Birthright™



**Hellenic Birthright** is a cultural enrichment and educational program for Greek-American college students **who have never been to Greece**.

Participants travel to Greece to explore the land of their ancestors through uniquely tailored cultural and educational activities blending academics, art, architecture, and history—all while gaining transferable college credits.

**Hellenic Birthright** is a once-in-a-lifetime opportunity for our Greek-American youth. Congratulations to the 2015 Hellenic Birthright Participants!



**WILLIAM C. ANAGNOS**  
Indiana University, Bloomington



**NIKEPHOROS S. ARGEROPLOS**  
University of Wisconsin, Madison



**DEMETRA A. ARIANAS**  
University of Illinois at Chicago



**MAGDALENE ECONOMOU**  
Nazareth College of Rochester



**JACOB G. GAETANOS**  
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**ZOE A. GARDNER**  
University of California, Berkeley



**MARIA A. ARIANAS**  
University of Illinois at Chicago

**Hellenic  
Birthright**  
2015 Participants



**ALEXANDER G. BAGERIS**  
Oakland University



**KATERINA JORDAN**  
Ohio Northern University

**Hellenic  
Birthright**  
2015 Participants



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Western Michigan University



**PAULINE M. BARRY**  
The American International College



**IRENE CHRISTOFOROU**  
SUNY Binghamton University



**KAITLYN COLLINS-THEODORE**  
Eastern Michigan University



**BLAKE A. MITCHELL**  
University of Miami



**STEPHANIE A. PLAKAS**  
University of Tennessee, Knoxville



**EVAN M. PLATIS**  
California State Univ., San Marcos



**MARINA A. DELIGIANNIS**  
Augustana College



**NICOLE D. DIAMANTAS**  
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**JAMES W. DRENNEN**  
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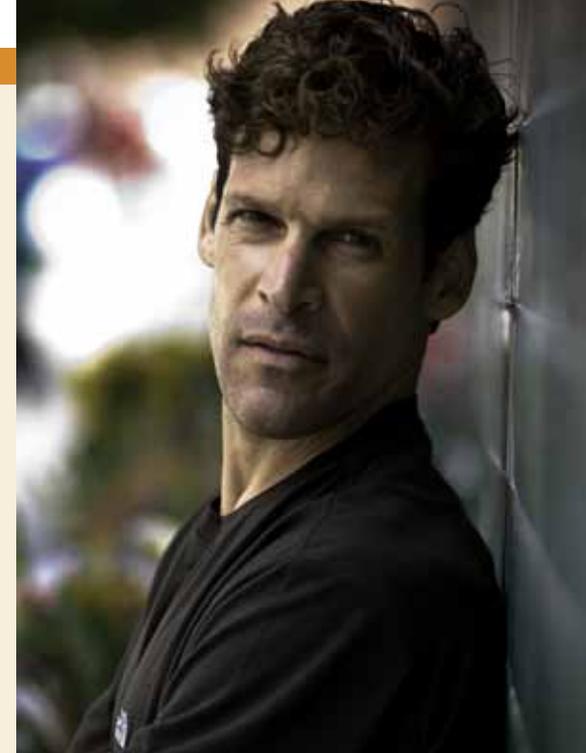
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## DEAN KARNAZES

*TIME* magazine named him one of the "Top 100 Most Influential People in the World." *Men's Fitness* hailed him as one of the fittest men on the planet. Stan Lee called him, "Super Human." An acclaimed endurance athlete and NY Times bestselling author, Dean Karnazes has pushed his body and mind to inconceivable limits. Among his many accomplishments, he has run 350 continuous miles, foregoing sleep for three nights. He's run across the Sahara Desert in 120-degree temperatures, and he's run a marathon to the South Pole in negative 40 degrees. On ten different occasions he's run a 200-mile relay race solo, racing alongside teams of twelve. Dean has swum the San Francisco Bay, scaled mountains, bike raced for 24-hours straight, and surfed the gigantic waves off the coast of Hawaii. His long list of competitive achievements include winning the world's toughest footrace, the Badwater Ultramarathon, running 135 miles nonstop across Death Valley during the middle of summer. He has raced and competed on all seven continents of the planet, twice over.

In 2006, he accomplished the seemingly impossible by running 50 marathons, in all 50 US states, in 50 consecutive days, finishing with the NYC Marathon, which he ran in three hours flat! In 2011, Dean ran 3,000-miles from the coast of California to New York City, averaging 40 to 50-miles per day (one day

## Paradigm Award Recipient

covering more than 70!). Along the way, he stopped at schools to speak to students about the importance of exercise and healthy eating. When passing through Washington DC, he was invited to run through the White House to meet with First Lady Michelle Obama and be honored for his tireless commitment to help get this country back into shape.

Dean and his incredible adventures have been featured on *The Today Show*, *60 Minutes*, *The Late Show with David Letterman*, *CBS News*, *CNN*, *ESPN*, *The Howard Stern Show*, *NPR's Morning Edition*, *Late Night with Conan O'Brien*, *the BBC*, and many others. He has appeared on the cover of *Runner's World*, *Outside*, and *Wired magazine's*, and has been featured in *TIME*, *Newsweek*, *People*, *GQ*, *The New York Times*, *USA TODAY*, *The Washington Post*, *Men's Journal*, *Forbes*, *The Chicago Tribune*, *The Los Angeles Times*, and *the London Telegraph*, to mention a few. Dean is the winner of an *ESPN ESPY* and a 3-time recipient of *Competitor* magazine's Endurance Athlete of the Year award.

Yet, it is his unique ability to enthuse athletes of all abilities and backgrounds that truly set Dean apart. Despite his many accomplishments, awards and distinctions, he remains most proud of his ongoing contributions of time and funding to programs aimed at getting children and youth outdoors and active. He has raised millions of dollars for charity and was awarded the prestigious Community Leadership Award by the President's Council on Physical Fitness & Sports.

Beyond being a celebrated endurance athlete, philanthropist, and bestselling author, Dean is an accomplished businessman with a notable professional career working for several Fortune 500 companies and startups alike. A graduate of the USF McLaren School of Business & Management, he is uniquely able to demonstrate how the lessons learned from athletics can be applied to business, and he is able to convey, with authenticity, the many insights he has gleaned along the way as a record-setting athlete and professional businessman.

Dean is a sought after speaker who has captivated and inspired audiences across the globe with his stories of persistence and perseverance. His

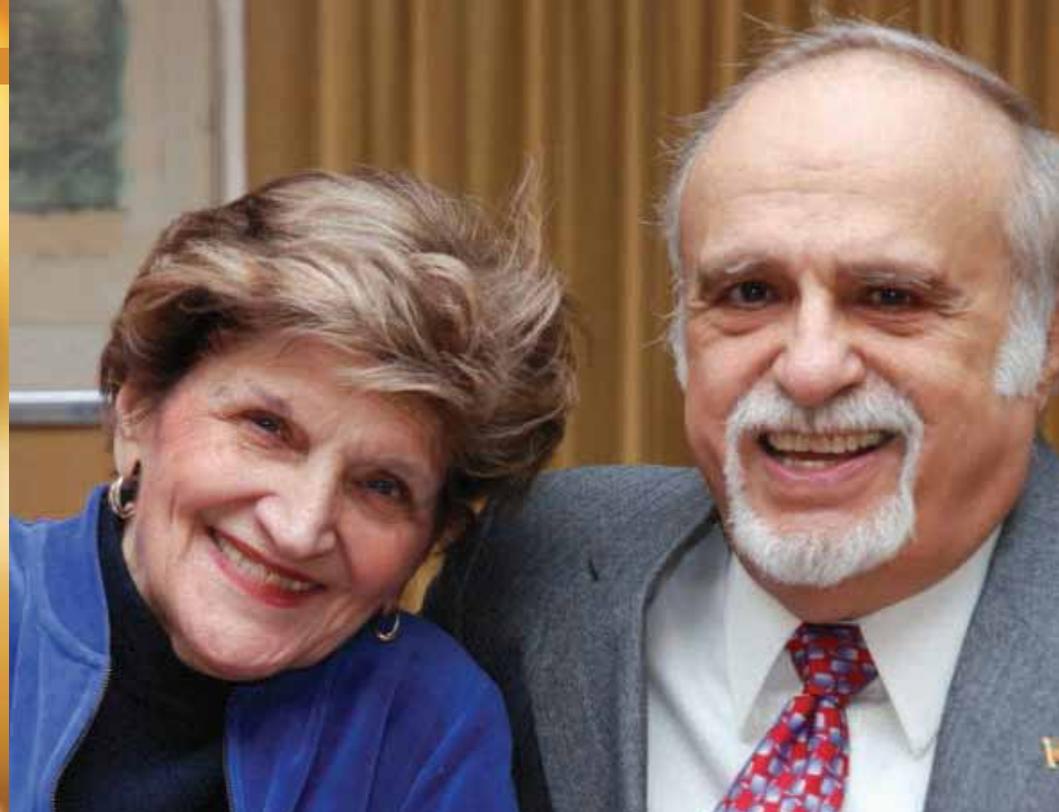


dynamic, engaging and rousing presentations focus on going beyond perceived limitations to be the best that you can be. He talks about unlocking an inner strength to achieve extraordinary results. His real-life examples explore the topics of: dealing with adversity, overcoming obstacles, setting and reaching lofty goals, the importance of teamwork, even in solo endeavors, and excelling in a competitive, and often confusing, world. In his presentations, he examines and discusses the essential ingredients necessary for high-achievement and developing the ability to prevail and persevere against staggering odds.

Dean is believable because his achievements and accomplishments are real. He delivers his message with the insight and candor that only an individual who has lived through such experiences can. Dean's stories of endurance and perseverance are often comical, sometimes tear-jerking, and always thought-provoking and entertaining. His roster of clients include: Nike, Google, Sony, PepsiCo, Wells Fargo, Apple Computer, Merck, Toyota, Starbucks, Accenture, Stanford University, Yale, JP Morgan Chase, Amazon, Facebook, and a host of others.

Dean was born in Southern California to Fran and Nick Karnazes, who hail from the island of Ikaria and the Peloponnese. He currently lives in the San Francisco Bay Area with his wife, Julie and his two children, Nicholas and Alexandria.

## Endowment Benefactor



### GEORGE A. PATERAKIS FAMILY

The PanHellenic Scholarship Foundation received a gift from George A. Paterakis in the amount of \$500,000 in January 2015. This is the largest gift ever received by the Foundation and, for this, we are deeply grateful. This will become the keystone of the Foundation's Endowment Fund, which recently has become one of its top priorities. Mr. Paterakis passed away in September 2014, but his gift and its impact will keep his memory alive for many years to come.

Mr. Paterakis knew of the PanHellenic Scholarship Foundation and appreciated its mission and its effects on the educational opportunities of our Greek-American youth. However, his meaningful gift to the Foundation was prompted by Mrs. Georgia Sfondouris Mitchell, an accomplished music professor and well-known member of the Greek community in Chicago. A close and long-time friend to Mr. and Mrs. Paterakis, Mrs. Mitchell emphasized the benefits of the Foundation and its impact on the community, which solidified Mr. Paterakis' decision to be a benefactor. In an expression of thanks, together with his appreciation for Mrs. Mitchell's assistance, Mr. Paterakis named his bequest "The Georgia Sfondouris Mitchell Music & Arts Scholarship Fund." With this fund, there will be two scholarships awarded, in perpetuity, to students who major in music and or/the arts selected by Mrs. Mitchell.

## ENDOWMENT BENEFACTOR

To describe Mr. George A. Paterakis only in a few words, truly would not be enough to cover who he was as a person and as a philanthropist. He was more than just a successful businessman, but he was also a philosopher, historian, professional level stamp and coin collector, and very proud of his Cretan heritage. Mr. Paterakis grew up on the West side of Chicago where his parents owned a popular restaurant. They emigrated from Amari, Rethymnon, Crete. In 1950, after graduating from Austin High School in Chicago, he attended Northwestern University where he received a Bachelor's Degree in Chemical Engineering. He was then drafted into the army, but after his discharge, he returned to Chicago where he pursued a Master's Degree in Finance and Marketing from the University of Chicago in 1954. He then met his wife Angela, and ultimately married her in 1958.

Early on in his career, Mr. Paterakis worked at a firm that specialized in mergers and acquisitions. With over 100 cases under his belt, he decided to start his own firm, George A. Parry (Paterakis) and Associates. He proudly ran his business for more than 40 years.

Mr. Paterakis was not only a successful entrepreneur, but he also contributed to his community. Mr. Paterakis owned a modest home in River Forest, where he was involved as a historian and advised village officials as well as those seeking to run for office. In addition, Mr. Paterakis assisted in managing the village's Police Pension Fund where the funds grew from \$1 million to \$18 million within several years.

Not only did he share his time and efforts to assist in the organizations he believed in, according to a village trustee and co-trustee of the Paterakis estate, he donated approximately \$10 million to various charities during his lifetime and upon his death. As a benefactor Mr. Paterakis gave in total, over \$2 million to the Pancretan Association of America Foundation.

In addition to his donations to various charities, Mr. Paterakis set up a chair at the School of the Art Institute of Chicago where his late wife, Angela, was a professor. Even though he was a man of significant wealth, Mr. Paterakis was a very modest man who drove a 15-year old car and enjoyed collecting Greek and Cretan stamps, as well as original pieces of artwork. Mr. Paterakis also amassed a large library, as he adored Greek history and literature.

Up until his passing, Mr. Paterakis was a passionate individual who still wanted to learn, continued to read, and followed the stock market closely. He passed away on September 1, 2014 at the age of 86. Although Mr. Paterakis had no children, he is survived by two nieces, Elaine Paterakis and Christine Wishart, and nephew Paul Paterakis. He will be remembered fondly, always.

## GEORGIA SFONDOURIS MITCHELL

Georgia Sfondouris Mitchell was born on the north side of Chicago of Greek immigrant parents. She developed a love for music as a young girl and began formal studies at the age of five. She continued her studies at the American Conservatory, Northwestern University and University of Illinois under Soulima Stravinsky.



Taking a hiatus for marriage to Dr. Nicholas G. Mitchell and raising three children, she re-entered the academic life and earned a BA in Secondary Music and an MFA in Piano Pedagogy from Northeastern Illinois University.

She became Music Director of the Saints Peter and Paul Greek Orthodox Church where she remained for 14 years developing and teaching the music of The Orthodox Faith.

In 1981, His Eminence, then Bishop, Iakovos appointed her to start an all-city choir in conjunction with the United Hellenic American Congress "Search for Alexander" exhibition. This established the Hellenic Choral Society which was met with great success and became a staple for showcasing Greek culture for 18 years among Greeks as well as non-Greeks. They appeared on television which was shown as far away as England and Argentina. Christmas Concerts at Preston Bradley Hall became a tradition for our Chicago Community. They performed under her direction with the Chicago Sinfonietta in 1988. The Hellenic Choral Society gave concerts in Greece honoring the 50th anniversary of the massacre that took place in Distomo, the birthplace of her father.

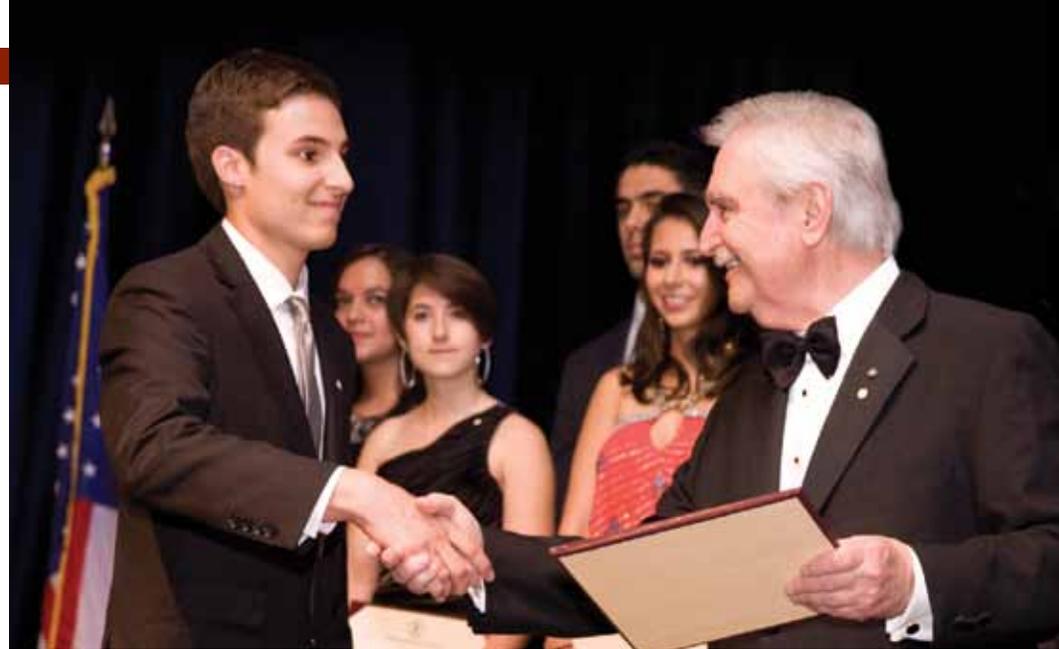
Georgia, a retired high school teacher, served as President of the Metropolis of Chicago Choir Federation for 4 terms and has presented many papers and lectures on the subject of the music of The Faith. She continues to lecture focusing on the symbolism of the Holy Holidays.

In 1982, she was privileged to conduct the Federation Choir in the singing of the Divine Liturgy in the Holy Sepulcher of Christ in Jerusalem. In 1983, she was one of several women honored by, then Illinois Governor James Thompson. She has been honored by the Greek Woman's University Club, Greek American Community Services, and the Ypapanti Society among others. In 1984, she was awarded the Cross of St. Paul by his Eminence Archbishop Iakovos for her service to the Holy Greek Orthodox Church, the highest honor bestowed on a lay person. She continues to serve on the Board of the National Hellenic Museum where she served as interim Director, following 9 years as Vice President. She has joined the Board of the PanHellenic Scholarship Foundation as an extension of her love for the perpetuation of Hellenism through excellence in education.

# THE CHAIRMAN'S CHALLENGE

**“Morphosis is the most important  
element of the human existence.”**

**- CHRIS P. TOMARAS**



## EDUCATION IS THE KEY TO SUCCESS

**Success**—the accomplishment of a goal, or the attainment of prosperity. However we define it, a college education can play a vital role in achieving success. At the PanHellenic Scholarship Foundation, we believe education is the key to success.

For more than fifteen years, this Foundation has provided academically outstanding, financially-deserving college students with significant scholarship awards, granting them the means to continue their education and pursue their journey toward a successful life.

In 2014, we introduced the **Chairman's Challenge**, a successful matching gift program that doubles the value of your donation and multiplies the benefits to the Foundation's mission. Our goal is to raise \$250,000. As Chairman of the Foundation, Mr. Tomaras pledged to personally match all monetary gifts of \$1,000 or more, up to \$250,000, to help us reach a total of \$500,000.

**Together, we will assist our young people to complete their education and make a meaningful contribution to society.**

## Our Donors

## With Heartfelt Gratitude

The PanHellenic Scholarship Foundation expresses its gratitude to you, our faithful contributors for your continued generosity.

Your support confirms your commitment to the Foundation's mission of excellence in education. We thank each and every donor for their generous contribution.

On behalf of our Award Recipients, the Board of Directors and everyone affiliated with the PanHellenic Scholarship Foundation, we thank you for supporting our noble cause.



# Premier

# Benefactor

## \$10,000 Award

### The AHEPA Scholarship



[www.ahepa.org](http://www.ahepa.org)

The Order of AHEPA Congratulates all the 2015 Scholarship Recipients. Since 1922 the Order of AHEPA has promoted the ancient Hellenic ideals of education, philanthropy, civic responsibility, integrity, and family and individual excellence through community service and volunteerism.



# *Premier Benefactor*

**\$10,000 Award**

**The Helen Tomaras-Astin  
Scholarship**

**To All Recipients:**

A well-deserved honor for  
your accomplishments.  
Congratulations on all your  
achievements.



# *Premier Benefactor*

**\$10,000 Award**

**The Nicholas J.  
and Anna K. Bouras  
Foundation Scholarship**

Congratulations  
to this year's  
Scholarship Award  
Recipients!



*Premier*

*Benefactor*

**\$10,000 Award**

**The Dimitri & Eleni Bousis  
Family Scholarship**

We commend our dear friend  
Chris P. Tomaras and his  
Board for their perseverance  
in preserving our Hellenic  
values and foundations.  
May you continue to thrive  
in all your endeavors.

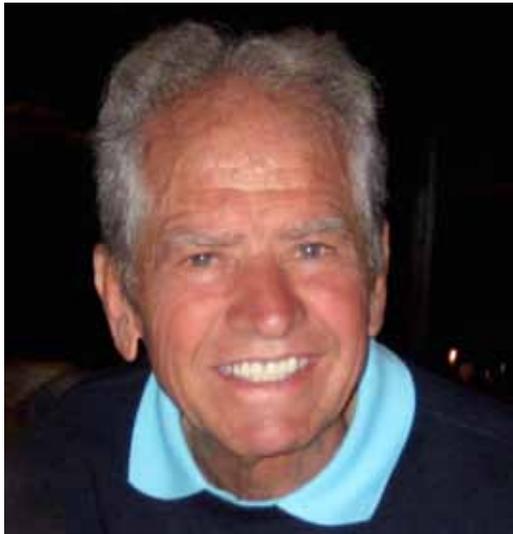


# Premier

# Benefactor

## **\$10,000 Award**

### **The Gus S. Kapsalis Memorial Scholarship**



**Given by  
Robert & Violetta Buhler Family**

Gus S. Kapsalis emigrated from Lidorikion, Greece to America in 1951, to pursue the American dream. He believed that education empowers people to fulfill their dreams. Thus, he worked hard to ensure that his children and grandchildren could earn both undergraduate and graduate degrees.

**Please use this award  
to fulfill your dream.**



# *Premier Benefactor*

**\$10,000 Award**

**The Tassos F. Chronopoulos  
Family Scholarship**

Congratulations  
To All Scholarship Recipients!



**TASSOS**

A NAME WITH CENTURIES OLD TRADITION

*Discover What Authenticity Tastes Like.*



# Premier

# Benefactor

## **\$10,000 Award**

### **The Devanco Foods Scholarship**



Devanco Foods is proud to sponsor and support the PanHellenic Scholarship Foundation. We believe education is the strongest stone in the foundation of life. My dear mentor and friend Chris Tomaras continues to elevate and encourage Hellenism through his tireless efforts that will be felt for generations to come.

Congratulations to all of the award recipients! Today you are being honored for your scholastic achievements and my hope is that someday when you attain your dreams, you will honor the youth that follows in your footsteps.

**-Peter Bartzis**



# Premier Benefactor

**\$10,000 Award**

**The Fresh Farms  
International Market  
Scholarship**



“Sow the seeds of hard work, determination and endurance and reap the rewards of achievement, success and self fulfillment.”

**- Rashida Rowe**

Heartfelt wishes for continued success to the 2015 PanHellenic Scholarship Recipients.



# *Premier Benefactor*

**\$10,000 Award**

**The Mary and Michael  
Jaharis Scholarship**

Congratulations  
and best wishes to all of  
the recipients.



# *Premier Benefactor*

**\$10,000 Award**

**The Dr. John C. Kulis  
PanHellenic Scholarship**

Congratulations  
and best of luck to all of  
the recipients.





*Premier*

*Benefactor*

**\$10,000 Award**

**The John and Mary  
Pappajohn Foundation  
Scholarship**

“Congratulations

2015 Scholarship Award recipients!

You exemplify academic excellence  
and should be extremely proud  
of your accomplishments.

We also congratulate Paradigm  
Award recipient, Dean Karnazes  
along with the PanHellenic  
Scholarship Foundation.”



# Premier Benefactor

**\$10,000 Award**

**The Drs. A. Tom &  
Katherine Petropulos  
Scholarship**

Congratulations to all  
Scholarship Recipients.

We're proud of your hard work  
and perseverance.

We wish you *kali hygeia*  
and continued  
academic and personal success.



# *Premier Benefactor*

**\$10,000 Award**

**The Andreas Proimos  
Family Scholarship**

Congratulations  
to Dean Karnazes  
for being honored with  
the Paradigm Award.

Best wishes  
to all 2015 scholarship  
award recipients.



# *Premier Benefactor*

**\$10,000 Award**

**The Evangelos P. Proimos  
Family Scholarship**

Congratulations to  
all of the  
2015 Scholarship  
Award Recipients!

Best Wishes  
on a Bright Future!



# *Premier Benefactor*

**\$10,000 Award**

**The William J. Maheras  
Memorial Scholarship**

Given by  
George N., Jamie, and  
Nicholas G. Reveliotis



*Αιέν Ἀριστεύειν*



*Premier*

*Benefactor*

**\$10,000 Award**

**The Yiannis Skarpathiotis  
Memorial Scholarship**

Given by  
Dr. George Skarpathiotis Family

Congratulations  
to the 2015 Scholarship  
Award Recipients!

You are all bright examples  
of academic excellence.

***Αἰέν Ἀριστεύειν***



*Premier*

*Benefactor*

**\$10,000 Award**

**The  
Panagiotis Spyropoulos Family  
and  
George Zervas Family  
Scholarship**

We congratulate  
this year's Award Recipients,  
the future leaders of America.  
We wish you only the best in  
everything you do!

Congratulations to  
PanHellenic Scholarship  
Foundation for another year  
of accomplishing your mission.



# Premier Benefactor

**\$10,000 Award**

**The Theodore  
G. Spyropoulos  
Memorial Scholarship**

Given by  
**Chris P. Tomaras**



A legendary community leader and philanthropist, whose memory will remain deeply engraved in our hearts.

## *Grand Benefactor*

### **In Memory of Michael and Steven Balourdos**

Congratulations to the  
Scholarship Award Recipients  
and best wishes for continued  
success in your pursuits.

## *Grand Benefactor*

### **Mr. & Mrs. George Dovellos**

Best wishes to the  
“best and brightest”  
2015 scholarship recipients.

Congratulations to  
“superhuman” Dean Karnazes  
for all his outstanding  
accomplishments.

# *Grand Benefactor*

## **In Memory of Christos Panos**



Given by the



**“Education is an ornament  
in prosperity and a refuge  
in adversity.”**

**- Aristotle**

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**“Education is our passport  
to the future, for tomorrow  
belongs to the people who  
prepare for it today.”**

**- Malcolm X**

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We thank our volunteers for graciously  
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2015 Awards Ceremony & Gala a success.

***Thank you!***

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“Education is not  
preparation for life;  
education is life itself.”

- **John Dewey**

The background is a dark, golden-brown gradient with a bokeh effect of out-of-focus light spots. Several bright, glowing octagons are scattered across the scene, with two overlapping in the center-left and one isolated in the upper-right. The overall aesthetic is warm and elegant.

**17 North Wabash Avenue, Suite 600  
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[www.panhellenicscholarships.org](http://www.panhellenicscholarships.org)  
312.357.6432**