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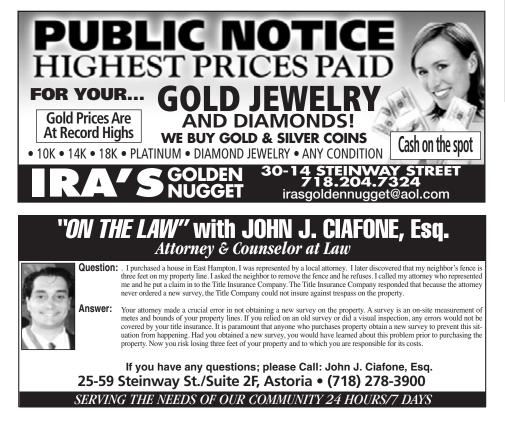
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For more information on Dr. Samadi visit www.davidsamadibio.com or www.davidsamadiwiki.com



Olympia Dukakis: Gone, But Not Forgotten

BY ANTHOULA KATSIMATIDES

As many of you already know, the incomparable Olvmpia Dukakis passed away on Saturday, May 1st. It has taken me some time to come to terms with this, even though I can hear Olympia telling me, "All you can do is go forward." Olympia was more than an acting mentor to me. I cherished her life advice and encouragement and



love. She embodied so Olympia Dukakis with Anthoula Katsimatides. "Olympia loved the much of who I want to wind. Now I think of her every time I feel wind - that's how I know be in life and taught me she's around," said Katsimatides.

how to be comfortable in my own skin, no matter what anyone else thought about it. She taught me how to accept all parts of myself, especially the unflattering parts, and not to try and overcome them but to embrace them. This was where I was to find information and clarity to give me insight into life, through my own humanity.

I think it's profound and poetic that she chose to leave this world on a day that symbolized resurrection in the Greek Orthodox faith. Also, Greek custom dictates that on this day we hang floral wreaths on front doors inviting spring and rebirth into our homes. Olympia believed in transformation as the basis of life, and that death offers opportunities for renewal. I'm sure she is reigning as a goddess somewhere else now.

It brings me so much comfort, as so many of you have already mentioned, that Harry Mavromichalis, I and our team have ensured that this incredible soul be justifiably honored and remembered for ages to come. I am so proud of her documentary, "Olympia." We see it as part of her legacy and hope that generations from now people will see it, learn about her and be inspired and forever changed, as I've been for knowing her.

When someone dies, Greeks say "Zoi se mas" (Life to us). To Greeks, it may sound cliché because we hear it often, but how meaningful! Olympia would find that quite fitting. She taught me to not be afraid of life and to live. To live. To live. Rest in peace my dear friend Olympia. I miss you. Memory eternal. Zoi se mas and hugs to all. Anthoula

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