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# Five days in

By MANNY GONZALEZ  
PLANTATION BAY RESORT & SPA

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Too bad that in practical terms, the Athenians never benefited much from democracy ("rule by the people"). A hundred years later, around 400 BC they lost a big war with Sparta, which was a dictatorship ("rule by the ruler"). Fifty years later, the Athenians and Spartans together lost a big war to Macedonia, which was also a dictatorship. Then all the Greeks together got conquered by the Romans, who behind a republican veneer were at heart a plutocracy ("rule by the powerful and greedy"). And so it went on through the centuries until about 1820 when after 400 years of occupation by Ottomans, the Greeks finally regained their independence. Having backed a losing horse (democracy) for 2,000 years, they finally opted for monarchy. And with no monarchs of their

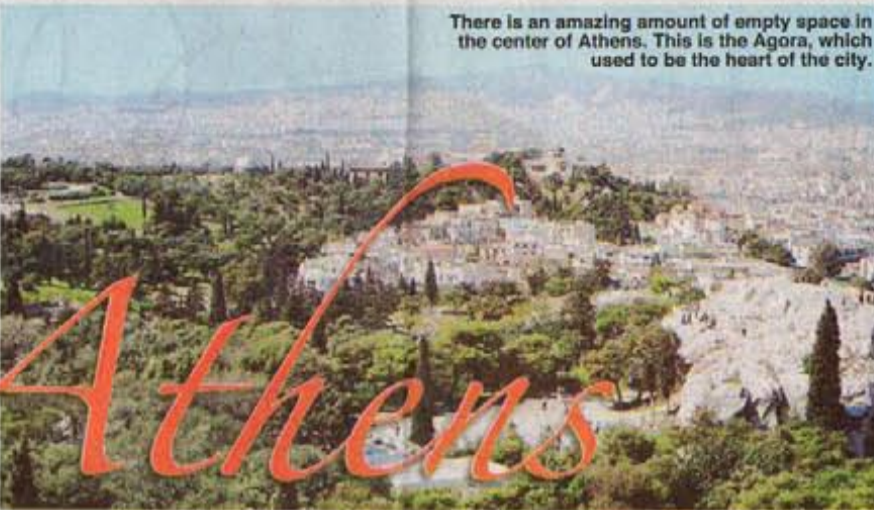
## TRAVEL / TOURISM

Friday, August 27, 2010

Editor: ANTONIO R. PAÑO

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Then have either *exohiko* or *kleftiko*. *Exohiko* is deboned meat in a whole piece, filled with spices and cheese, and slow-braised all day, not to be confused with a kind of empanada made with shredded *exohiko*. *Kleftiko* is meat coated with spices and olive oil, then baked several hours in a clay pot with the lid on tight to hold in the steam. Because of the time-consuming cooking processes, you will not find these in any Greek restaurant in a mall, and both dishes are so delicious, so Greek, yet

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## **Captions**

[Athens 21] The author is about to walk up the Acropolis in the blazing mid-day sun. This smile will soon disappear.

[Athens 12] The Parthenon looms over everything in Athens. And no matter which angle you shoot it from, it looks in need of repair. It took 10 years to build, and has been under repair for 2500 years now.

[Athens 28] There is an amazing amount of empty space in the center of Athens. This is the Agora, which used to be the heart of the city.

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