

# Newsletter 16

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## Welcome note

Dear readers

Welcome to the 16<sup>th</sup> issue of our Newsletter where we present our associates in Bosnia & Herzegovina as well the person responsible for many markets of Eastern Europe and also our range of products known as statins.

In conjunction we have an article on hypercholesterolaemia. In the Eco-friendly tips, we continue our report on renewable energy sources with an article on Tidal Power. The term "Good Manufacturing Practice" is also explained.

In our Corporate Social Responsibility we report on various donations, our efforts to promote recycling and a lecture on the perils of buying pharmaceutical products over the internet.

In our News section we have several activities with the highlight being our annual staff party. Finally, we take a glimpse at the provincial town of Lapithos.



Charalambos Pattihiis,  
Group Managing Director

## Remedica worldwide:

### PHOENIX Pharmaceutical wholesale LLC, Bosnia and Herzegovina

**Remedica's presence in Russia, Serbia, Montenegro, Bosnia and Herzegovina, Croatia, Slovenia, the Former Yugoslavian Republic of Macedonia (FYROM) and Kosovo is due to the efforts of our special associate Mr Jovan Isailović, who is featured in another section of this Newsletter. We shall be presenting our representatives in these countries in a series of articles in this section in subsequent issues of our Newsletter.**



Bosnia and Herzegovina (most commonly referred to as Bosnia), a country in the south-east of Europe, is located in the central region of the Balkan peninsular, with a total area of 51,209 km<sup>2</sup>. Bosnia shares its borders with Croatia, Serbia and Montenegro. Except from a small part of coast near town of Neum (some 25.5 km in length) Bosnia is a continental country with almost two thirds of its area taken up as mountains. However, the northern part of the country, along the bank of the river Sava, is predominantly flat. More than 50% of Bosnia's territory is covered with lush forests but in the north of the country fertile flatlands have been cultivated with great success.

Bosnia and Herzegovina is a democratic republic whose economy has made the transition to a market-driven model. According to official estimates published by the Statistics Agency of Bosnia and Herzegovina, the population was approximately 4,600,000 in July 2010. The currency is the Bosnian Convertible Mark (BAM) with its value pegged to the EURO (1 € = 1.95583 BAM).

Politically, Bosnia consists of three large administrative units called 'entities':

- the Federation of Bosnia and Herzegovina (FBiH),
- the Republic of Srpska (RS) and
- Brčko District (BD).

Its largest cities are Sarajevo, the county's capital, and Banja Luka.

The Bosnian pharmaceuticals market shares the same transitional aspirations of the general Bosnian economy with a small but constant growth from year to year. Bosnia's GDP for 2011 was estimated to be US\$ 30.6 billion with a real growth rate of 1.1%. The total value of the Bosnian pharmaceuticals market for 2011 was estimated to be around 200 million Euro. As with most European transition economies, the Bosnian pharmaceuticals market is mainly *prescription / reimbursement lists driven* - therefore the key factors for success of any generics company are competitive prices, constant market presence and good relations with key decision-makers.

REMEDICA's products have been available on the Bosnian market since 2002. The first breakthrough with REMEDICA's products in Bosnia was achieved by Pharmanova BEL, who established REMEDICA Ltd as a generic producer. Furthermore through their dedicated, efforts REMEDICA's portfolio in Bosnia expanded to include 43 marketing authorisations issued for 29 drugs distributed in a variety of dosage and package forms. In May 2009, Pharmanova BEL was incorporated into the largest pan-European distributor of pharmaceutical and medical products, the German-based PHOENIX Group, and LLC was born.

Presently, PHOENIX Pharmaceutical Wholesale LLC, usually known as PHOENIX Bosnia, is the largest single supplier in the Bosnian pharmaceuticals market holding nearly 25% of market share at the end of last year and employs more than 150 people in its three distribution centers: -

- Regional Centre BIJE LJINA that delivers goods to customers in northern and eastern parts of Bosnia;



- Regional Centre SARAJEVO that is the delivery point for customers in central, south and southeast parts of Bosnia; and
- Regional cross-dock Centre BANJA LUKA delivers products to the western part of Bosnian territory;

Alongside the implementation logistics systems that accompanied the incorporation into the PHOENIX Group, PHOENIX Bosnia and REMEDICA Ltd as one of its major partners, now benefit from modern warehouses, daily deliveries to any customer in the entire Bosnian territory and new technologies such as a web-based ordering system, MDE terminals in the warehouse management system, a GPS system for delivery-vehicle tracking and a young and dedicated team of experts (pharmacists and doctors) charged with all pre-wholesale activities.

In conclusion, PHOENIX Bosnia, with its sound reputation for business planning and good decision-making processes, and with REMEDICA Ltd as one of its most valued partners, can look to the future with confidence. ■

## Our Products: Statins

Hypercholesterolaemia is the presence of high levels of cholesterol in the blood. Elevated cholesterol in the blood may be related to diet, increased body fat, genetic factors (such as LDL receptor mutations in familial hypercholesterolaemia) and the presence of other diseases such as diabetes. If blood levels of cholesterol and other lipids such as triglycerides are too high there is an increased risk of coronary artery disease as well as many other conditions which are induced by the clogging of blood vessels.

Hypercholesterolaemia can be treated by reducing dietary cholesterol intake and by certain medications that reduce its production such as statins (or HMG-CoA reductase inhibitors).

Statins work by inhibiting the enzyme HMG-CoA reductase, which is a rate-limiting enzyme in the mevalonate pathway of cholesterol synthesis. Inhibition of this enzyme in the liver decreases cholesterol synthesis as well as increasing synthesis of LDL receptors resulting in an increased clearance of low-density lipoprotein (LDL) from the blood stream.

Remedica Ltd currently holds marketing licenses for three different statins, Atorvastatin (Atorvastatin – Remedica 10mg, 20mg, 40mg and 80mg film-coated tablets), Simvastatin (Zovar 10mg, 20mg, 40mg and 80mg film-coated tablets) and Lovastatin (Lovarem 20mg tablets).

Atorvastatin – Remedica is indicated: -

- as an adjunct to dietary control for the reduction of elevated total cholesterol, LDL-cholesterol, apolipoprotein B and triglycerides in adults and children aged 10 years and older with primary hypercholesterolaemia, heterozygous familial hypercholesterolaemia or combined (mixed) hyperlipidaemia when response to diet and other non pharmacological measures is inadequate.
- as an adjunct to diet and other non-dietary measures in reducing elevated total cholesterol, LDL-cholesterol and apolipoprotein B in patients with homozygous familial hypercholesterolaemia when response to these measures is inadequate.
- to reduce the risk of cardiovascular events in diabetic patients with at least 1 additional risk factor, without clinically evident coronary heart disease irrespective of whether cholesterol is raised.

Zovar is indicated for the: -

- treatment of primary hypercholesterolaemia or mixed dyslipidaemia, as an adjunct to diet, when response to diet and other non-pharmacological interventions (e.g. exercise, weight reduction) is inadequate.
- treatment of homozygous familial hypercholesterolaemia as an adjunct to diet and other lipid-lowering measures or if these are not appropriate.
- reduction of cardiovascular mortality and morbidity in patients with atherosclerotic cardiovascular disease or diabetes mellitus,

with either normal or increased cholesterol levels, as an adjunct to correction of other risk factors and other cardioprotective therapy.

Lovarem is indicated: -

- as an adjunct to dietary control to decrease elevated serum total and LDL-cholesterol concentrations in the treatment of primary types IIa and IIb hyperlipoproteinaemia (primary hypercholesterolaemia).
- to slow the progression of coronary atherosclerosis in patients with coronary heart disease (CHD) as part of the treatment strategy to lower total and LDL-cholesterol concentrations to target levels.

Statins are rapidly absorbed and reach maximum plasma concentrations within 1-2 hours following oral administration. Although the incidence of side effects with statins are infrequent, gastrointestinal disturbances, myopathy, myalgia and muscle cramps may occur. ■



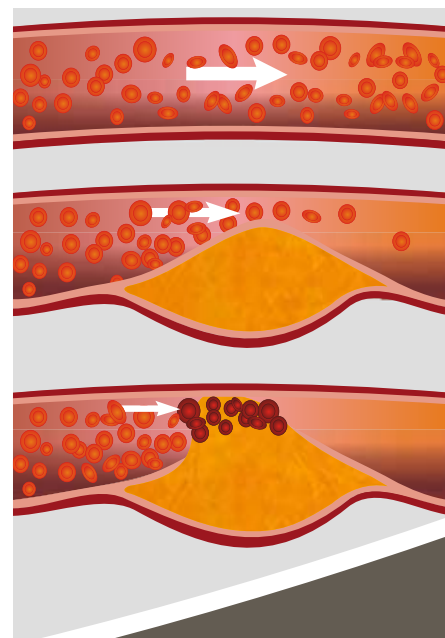
# Health Matters: hypercholesterolaemia

Hypercholesterolaemia refers to levels of cholesterol in the blood that are higher than normal.

Cholesterol is a fat (also called a lipid) that is essential to the correct functioning of the human and animal bodies since, for example, it is the molecule from which hormones and steroids are made. It is manufactured in all animal cells where it is utilised to construct membranes and to maintain nerve cells. Obviously cholesterol will be found in food derived from animals but fortunately it is not found in plants.

Hypercholesterolaemia is diagnosed by means of a blood test. A blood specimen is obtained after the patient has not eaten or drunk anything except water for 12 hours.

The two main different types of cholesterol are referred to as high density lipoprotein (HDL) cholesterol - often called "good" cholesterol which should be in the range 40 - 60 mg/dL and low density lipoprotein (LDL) cholesterol - often called "bad" cholesterol for which a value of around 130 mg/dL is thought to be an acceptable level.



Nutrition Facts / Valeurs nutritives	
Per 1/2 package (85 g) / pour 1/2 emballage	
1/2 package prepared / 1/2 emballage préparé	
Amount Teneur	% Daily Value
<b>Calories / Calories</b>	
<b>Fat / Lipides 4.5 g*</b>	
Saturates / saturés 2.5 g	
+ Trans / trans 0.2 g	
<b>Cholesterol / Cholestérol 15 mg</b>	
<b>Sodium / Sodium 870 mg</b>	
<b>Carbohydrate / Glucides 55 g</b>	
Fibre / Fibre	

## Causes

Hypercholesterolaemia is typically due to a combination of life style and genetic factors: the former includes obesity and dietary choices.

Genetic contributions are usually due to the additive effects of multiple genes however occasionally it may be due to a single gene defect such as in the case of familial hypercholesterolaemia. A number of secondary causes exist including: diabetes mellitus type 2, obesity, alcohol, monoclonal gammopathy, dialysis, nephrotic syndrome, obstructive jaundice, hypothyroidism, Cushing's syndrome, anorexia nervosa, medications (thiazide diuretics, ciclosporin, glucocorticoids, beta blockers, retinoic acid).

## Symptoms

There are no specific symptoms or signs associated with high cholesterol levels which would assist its diagnosis, but a high level combined with other risk factors can lead to atherosclerosis and symptoms of cardiovascular disease. Cholesterol levels that are too high can increase your chance of developing heart disease, stroke, peripheral arterial disease and other problems.

Atherosclerosis is the build up of cholesterol and fat (fatty deposits or plaques) in the artery walls. The arteries become narrow and hardened, their elasticity disappears so that the flow of blood is impeded. These fatty plaques can rupture, and form a site for the blood to clot which results in the death of the tissues in that region of the body.

One symptom of hypercholesterolaemia is

Xanthelasma palpebrarum, yellowish patches consisting of cholesterol deposits above the eyelids. These are more common in individuals with familial hypercholesterolaemia.

## Treatment

Change lifestyle by:

Giving up smoking, avoiding alcohol, increasing exercise and reducing body weight. Changes in dietary habits to reduce the amount of fat and cholesterol consumed can be achieved by: -

- Eating low-fat or fat-free dairy products such as milk, cheese, sour cream, and yogurt
- Eating lean red meats, chicken without the skin, and fish
- Reducing consumption of foods high in saturated fat such as French fries
- Avoiding foods that are rich sources of cholesterol such as eggs, liver, cheese, and bacon
- Eating smaller portions
- Keeping a food journal in which everything eaten each day is recorded
- Preparing food by microwaving, boiling, broiling, or baking food instead of frying.
- Trimming the fat from meat before cooking.

Prescription drugs are available to help lower cholesterol levels in the blood. These may be used as first-line therapy in high-risk patients or after about three months of dietary and lifestyle therapy. Cholestyramine, cholestipol, lovastatin, simvastatin, pravastatin, fluvastatin, rosuvastatin, and gemfibrozil are some of the drugs approved for use. Nowadays the most frequently prescribed group of drugs are the statins. ■





## Eco-friendly tips: Tidal power

Tidal power is a form of renewable energy which converts the energy of the tidal streams into electricity. Tidal power is based on the principle of using the energy from the motion of the tides in order to run water turbines that in turn drive electric generators. The harnessing of tidal power has the potential to supply the grid with significant amounts of electricity. It should be noted that the global tidal energy is estimated to amount to three terawatts of which one is available from shallow waters. Moreover, according to the Sustainable Development Commission of the United Kingdom, tidal energy if fully exploited could satisfy 10% of the UK's electricity demands.

As with any renewable technology electricity production deriving from tidal power shows great advantages in comparison with the electricity production from fossil fuels. The operation of a tidal power station does not depend upon fuel and the energy source is essentially free and constantly available. Also no greenhouse gases or air pollutants are emitted during the electricity production so it contributes to the control of both climate change and air pollution.

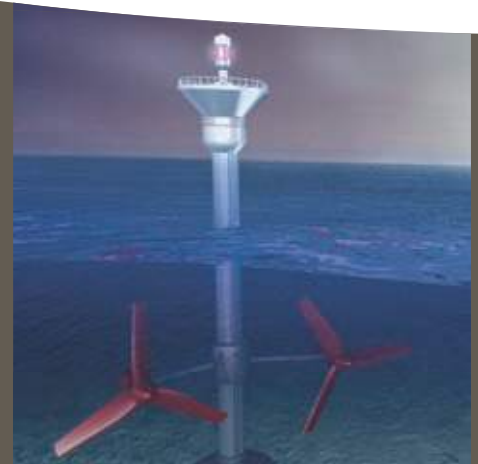
In addition, the main advantage of tidal power over other renewable energy technologies is that tidal patterns are predictable and thus are able to secure a large continuous electricity supply without the compromise of an unpredictable reduction of energy supply which may compromise the grid supply.

Currently there are two ways of producing electricity from tidal energy, the tidal barrage and the tidal stream generator. Tidal barrages are dam-like structures which are built across the width of a tidal estuary and make use of the energy created by the difference between the high and low tides. In particular the barrage allows water to flow into the bay during the high tide and then lets it flow back during the low tide. The amount of water flow which is used to drive the turbines is controlled by

adjustable sluice gates. However the main disadvantage of the tidal barrage approach is that it could totally alter the ecosystem of the tidal channel, which may be protected under International or European Directives.

The tidal stream generators extract some of the kinetic energy from the tidal currents and convert it to electricity with the use of water turbines. Although the technology shows high potential as yet still it has not been widely implemented and must therefore be considered to be at an experimental stage. Indeed the Sustainable Development Commission UK refers to 24 existing tidal stream generator technologies that are currently being tested.

Since the operation of the first tidal power station in Rance Ridal, France in 1966 very few new developments have been made. This is due to the high capital cost of the development of the technology and, of course, the fact that it can only be made available to regions of the world that have easy access to ocean shores. ■



# Corporate Social Responsibility

## Remedica Cares

### 1. For the 4<sup>th</sup> year running, Remedica donated to charitable organisations the money it saved from not printing and posting Christmas cards. (photo 1, 3)

Instead it was decided to send Seasons Greetings via e-mail to its associates in over 100 countries where the company is active. The money saved was given to support the work of the PanCyprian Association of Cancer Patients and Friends (PASYKAF). The Association offers services like home care and relief, psychological support, physiotherapy, lymphedema clinics, day care centres and free transportation to cancer patients and their families. These services create conditions that are aimed to promote the dignity and quality of life of cancer patients and their families.



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### 2. Recycling bins for Lanition Lyceum B. (photo 2)

In a recent ceremony at the Lanition Lyceum B, Remedica's Human Resources Manager, Mr. Martinos Demosthenous, and Marketing Manager, Mr. Andreas Hadjipanayis, presented the school's headmaster Mr. Ioannis Loizou with 50 bins for the recycling of plastic, metal and paper packaging from liquid food and drink products (PMD). Remedica's social contribution will help reduce PMD waste at the school and will enhance the staff's efforts to cultivate an environmental culture through education. The assurances given by the President of the Student Board on their use by the students in order "to contribute ourselves towards saving the planet and ensure the viable growth we deserve" gives hope that our young people care for the future that after all belongs to them. It is worth mentioning that the recycling of metal containers saves 74% of the energy needed for their production, whilst the production of a plastic container from recycled materials results in a saving of 88%.



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### 3. For yet another year, Remedica supported financially the work of the Patticheon Centre for Senior Citizens, the only one of its kind in Cyprus and which has completed eleven years of valuable contribution to the senior citizens of Limassol.

The main aim of the Centre is the entertainment, occupation and provision of various services to its members, so that they can continue to be active within the general society. It is worth noting that 2012 is the "European Year of Active Ageing and Solidarity between Generations".



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### 4. Lecture: (photo 4, 5, 6)

As part of its "Wednesday Lectures" programme, Remedica sponsored a successful lecture organised by the Parents Association and teachers of the 1<sup>st</sup> primary school of Aradippou at which there were more than 400 participants. The lecture's topic was "Partnership and Sexuality" and the main speaker was the well known Greek Dr. Thanos Askitis. In addition, Mr. Andreas Hadjipanayis (Remedica's Marketing Manager) presented a lecture entitled "Pharmaceuticals & The Internet: to buy or not to buy?".

### Obituaries

Our colleague Peter Kjellberg died on the 27<sup>th</sup> of February at the age of 56 after a short illness. Peter had worked as an IT Technician for 3 years at Remedica. ■



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# The ABC of Pharmacy:

## Good Manufacturing Practice (GMP) for Medicinal Products



Good Manufacturing Practice is that part of Quality Assurance which ensures that products are consistently produced and controlled to the quality standards appropriate to their intended use and as required by the Marketing Authorisation or product specification.

Good Manufacturing Practice is concerned with both production and quality control.

The basic requirements of GMP are that:

i. all manufacturing processes are clearly defined, systematically reviewed in the light of experience and shown to be capable of consistently manufacturing medicinal products of the required quality and complying with their specifications;

ii. critical steps of manufacturing processes and significant changes to the process are validated;

iii. all necessary facilities for GMP are provided including:

a. appropriately qualified and trained personnel;

b. adequate premises and space;

c. suitable equipment and services;

d. correct materials, containers and labels;

e. approved procedures and instructions;

f. suitable storage and transport;



iv. instructions and procedures are written in an instructional form in clear and unambiguous language, specifically applicable to the facilities provided;

v. operators are trained to carry out procedures correctly;

vi. records are made, manually and/or by recording instruments, during manufacture which demonstrate that all the steps required by the defined procedures and instructions were in fact taken and that the quantity and quality of the product was as expected. Any significant deviations are fully recorded and investigated;

vii. records of manufacture including distribution which enable the complete history of a batch to be traced, are retained in a comprehensible and accessible form;

viii. the distribution (wholesaling) of the products minimises any risk to their quality;

ix. a system is available to recall any batch of product, from sale or supply;

x. complaints about marketed products are examined, the causes of quality defects investigated and appropriate measures taken in respect of the defective products and to prevent reoccurrence. ■





# Remedica News

## 1. Remedica annual staff party. (photo 1, 2)

Remedica recently held its annual staff party at a local restaurant. The highlight of the event was the tribute to Mrs. Andri Aristotelous, Head of Accounting Department, who decided to retire early, after 39 years of service with the company. She was presented with a commemorative gift and a floral bouquet. In a short speech Mr. Ch. Pattihis, Group Managing Director paid tribute to her dedication, hard and honest work and her tremendous contribution to the company, from the first day she was hired until the present. He finally wished her all the best for her retirement. There followed a very emotional speech on behalf of Mrs. Aristotelous, who was clearly too overwhelmed by events to read it herself, where she thanked the management of the company for the trust placed in her as well as for the impeccable treatment she received over all these years and the fun she had during her career at Remedica and wished all colleagues to enjoy their work and put all their efforts into it so as to contribute to the advancement of the company. But the most emotional moments were those when many colleagues came to greet her and wish her a happy retirement, many expressing their amazement at the realisation of her length of service. The event continued with the traditional cutting of the vassilopitta (the local equivalent of the Christmas cake, in which a gold coin is baked). After a rich buffet lunch, the dancing begun and, quite appropriately, this lasted for many hours.

## 2. Remedica launches Exedral in Cyprus.

Remedica has won the government tender in Cyprus for Exemestane (a breast cancer drug) with its product Exedral. This is the second new product that Remedica has introduced for this indication and the company has already supplied it to many other European countries. The Cyprus government provides free care to all cancer patients so the market for anticancer products is virtually all public sector.

## 3. Remedica's Human Resources Manager, Mr. Martinos Demosthenous, participated in the inaugural meeting of the International Association for the Exchange of Students for Technical Experience (IAESTE) held at the Cyprus Technological University (TEPAK).



During the inaugural meeting Mr. Charalambos Chrysostomou, Head of Research Services, International and Public Relations at TEPAK was elected as National Secretary. The Chairman is the Vice-Dean of Financial Programming and Development at TEPAK, Mr. Andreas Anayiotos, whilst Remedica has a seat on the Board of Directors. IAESTE is an international organisation for student exchange

having as its main aim their practical training in companies from over 80 countries. Remedica participates by offering practical training to students from overseas in exchange for the opportunity of Cyprus students to have practical training in equivalent organisations abroad.

## 4. Mrs Maria Kallidou, Remedica's Head of Analytical Development, gave presents to children in the haematology clinic of Limassol General Hospital. (photo 3)

Mrs Kallidou visited the children as member of the Cyprus Antileukemia Association "ZOE". ■



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# Remedica people

## special associate Mr. Jovan Isailović

Having completed his studies for a BSc. in Chemistry in Serbia, Jovan was employed by a leading manufacturer of cosmetic products in that country. He worked in the QC department and as a product manager in aerosol production. In 1980, he moved to one of the largest pharmaceutical companies in Serbia at that time, first as a logistics manager followed by a position of a Director of an Export Import company. In 1994 his career brought him to Moscow, where he became Director of the Moscow Office of the same company.

It was his position as a director of this Export Import company that brought about his first contact with Remedica in 1992, which eventually resulted in a long-term and fruitful cooperation between the two companies.

In 2001 he was employed by Remedica and as he likes to say he became a 'full-time member of the Remedica family'. He has been responsible for the registration of Remedica's products in many countries in Eastern Europe.

One of his ambitions in life is to make friends both inside and outside work and he often comments proudly that on many occasions, having experienced a warm reception and a pleasant atmosphere in Cyprus and at Remedica, the company's partners and associates from various countries go back home as true friends of the company.

He also likes to emphasise that the success he has achieved in his markets can be attributed to the great team work between all the departments of Remedica and his excellent cooperation with them. His relationship with Remedica goes even deeper as one of his sons spent 2 months of training here before starting his studies in Chemical Engineering in Birmingham, UK.

As a youngster, he played basketball professionally in Serbia and regardless of his age now (61) he still takes part in an occasional game with his friends from Remedica. In addition to his great love for basketball, he has



been a passionate football fan and a supporter of Red Star Belgrade and Manchester United. These clubs entered his heart when in 1958, as an 8-year boy he watched a game between the two teams in Belgrade with his father. Unfortunately, the game will be remembered not for its draw (3-3) but for the subsequent tragic aeroplane crash, when most of the Manchester United team died. His love for football and sport in general was inherited from his father and has been passed down to his two sons. ■

# A glimpse of Cyprus: Lapithos

In the north of Cyprus, to the west of Kyrenia, lies the township of Lapithos. Nestled in a landscape of breathtaking beauty, as if it were heaven on earth, it is a true marvel of nature. The serene and gorgeous landscape captivates both the mind and the soul.

Archaeological finds testify to the fact that Lapithos had once been a major political and religious centre as well as a trade hub, boasting a rich tradition and culture.

In the wake of the Trojan War the island was colonised by the Achaean Greeks. Lapithos is said to have been founded by Praxandros of the Spartans, who became its first king: it is recorded as a colony of the Laconians or Spartans. The historian and geographer Strabo informs us that, in addition to having been established by the Laconians, Lapithos possessed a harbour and a shipyard.

There are several theories as to the origins of the name 'Lapithos', the most prevalent one being the area's similarity with Lapithon, a mountain in the region of Laconia, Greece. It is plausible that the Greek founders of Lapithos - which happens to sit at the foot of a mountain range, the Pendadaktilos - were reminded of the beauty of their native land.

The Greek historian Diodorus Siculus refers to Lapithos as one of nine major kingdoms in Cyprus, being prosperous and financially independent (4<sup>th</sup> century B.C.). In the Roman period, Lapithos was one of four districts bearing the name 'Lapithia'. The ancient Greek poet Alexander of Ephesus called Lapithos 'Imeroessa': attractive, passion-arousing. In the early Christian period, the apostles Paul and Mark travelled to Cyprus and visited Lapithos.

From the late Roman period, through the early Christian and early Byzantine periods and up until the 7<sup>th</sup> century A.D when the Arabs first raided the island, Lapithos grew in prestige and became a major trade centre with a flourishing economy and culture. It was during this period that it acquired the moniker

'Lambousa', Greek for 'The Glowing One'; the name may derive from the glowing beacon on the harbour, or may be a play on words to describe the city's vast wealth. The abundance of archaeological finds (gold and silver trays, necklaces etc.) which today are on exhibit in museums in London, New York and elsewhere, bear witness to the grandeur, wealth and historic importance of the site.

It was around the 6<sup>th</sup> century B.C. that the Byzantine temple of Panagia Acheiropoietos (Church of the Virgin Made Without Hands) was built in the Lapithos area. The church, along with the rest of the region, was to suffer decline and irreparable damage in the wake of the Arab raids and looting.

Lapithos regained some of its former glory under Frankish rule, witnessing an explosion in the arts and letters, commerce, artisanship and innovative agriculture. Its population at the time far exceeded that of Paphos, Limassol or Famagusta. It was during this period that the Byzantine church of Ayios Evlalios was built in honour of the eponymous saint, who was also the first Bishop of Lambousa.

Unfortunately, Lapithos again fell into decline as a result of the Turkish occupation of Cyprus in 1571. Growth and progress were stunted, and a brutal land grab ensued that saw most of the real estate wrested from Christian hands, leading to the establishment of an Ottoman presence in Lapithos. Up until 1964, the Muslim community of Lapithos accounted for about 10 percent of the total population; at the time the Turkish Cypriot inhabitants owned around 8.6 per cent of the land and property.

Going back to 1821 and the outbreak of the Greek Revolution, Lapithos was paid a secret visit by Admiral Kanaris. The Greek revolutionary leader made contact with the local dignitaries in the Lapithos-Karavas area, and was able to secure supplies and to enlist men to fight in the uprising on the Greek mainland.

Under British rule, which began in 1878, the people slowly but surely began to overcome the hardships of Ottoman dominion, and Lapithos once again experienced a flourish in the arts and letters and of craftsmanship, offering a glimpse of the glory of days past. Workshops sprung up across the area, and Lapithos became famous for its pottery, iron smelting, carpentry, embroidery and textiles.

As far back as 1878 Lapithos possessed a town hall, six parishes with their respective churches (Ayia Anastasia, Ayia Paraskevi, Ayios Theodoros, Apostolos Loukas, Ayios Minas and Timios Prodomos), and a Turkish Cypriot hamlet with two mosques at the centre of the township. There were also a dozen or so chapels as well as a number of shrines.

Lapithos boasted impressive facilities, including a Greek gymnasium or high school, two elementary schools, a nursery school, a police station, a telephone exchange, a post office, a hospital serving the surrounding region, a municipal market place, a public library, a municipal garden, a reformatory, five cooperative groceries, a cooperative credit company, a bus service company, and last but not least the Lemon Growers Association. Lemon production and commerce became the mainstay of the area, whence the phrase "green gold."

The historical progress and prosperity of Lapithos was cut short by the barbaric Turkish invasion of 1974 and by the fateful events of August 6, leaving in its wake widespread destruction, refugees, casualties, prisoners and the enclaved population. Having been violently cast out of their native land, the people of Lapithos carried on their lives elsewhere, taking with them their history, culture and dignity, with a sacred pledge to pass these qualities onto future generations.

The beautiful Lapithos lies in wait for us... ■

