



## Athena Mihos Henderson

January 30, 1929 - December 22, 2022

Age 93, of New Brighton, MN. Born Detroit, MI, passed away December 22, 2022. Survived by husband James, brother Yiannis Mihos, son Dino Psychogios, daughters Maria Psychogios and Sotiria Peterson, granddaughters Alexia (Anthony) Farah and Anastasia Bridgeman, and great-grandsons Nicholas and Arthur Farah. Preceded in death by parents Basilios and Sotiria Mihos and brother Christos. Athena was a revolutionary committed to fighting fascism and helping people live lives free of oppression. Her commitment to fighting fascism stemmed from her role in the Greek resistance fighting the Nazis during the Second World War and continued to her opposition to the military dictatorship of the Greek Junta (1967-1974). In 1971 she was arrested attempting to free from prison the most famous political prisoner of the resistance to the Greek Junta, Alekos Panagoulis, with Lady Amalia Fleming, the wife of Sir Alexander Fleming, Nobel Prize laureate for his discovery of penicillin. Athena endured one month of torture in solitary confinement at the hands of the Greek Military Police and then twelve months of imprisonment near Athens. Athena was a courageous woman who lived life by the principles of democracy, justice, freedom, and equality and never gave up trying to achieve them, even through her long struggle with lung cancer. She writes about her life in her recently published memoir, *Athena: A Greek-American Woman's Resistance to the Nazis and the Greek Junta*. She was a beloved wife, sister, aunt, mother, grandmother (yiayia), and great-grandmother (proyiayia). She will be missed by everyone who knew her and by those yet to

know her through her memoir. A memorial to celebrate Athena's life will be held Saturday, January 28, 2023 at 1 pm at Washburn-McReavy Hillside Chapel, 2610 19th Avenue NE, Minneapolis, MN 55418.

# Previous Events

## Memorial Service

JAN 28. 1:00 PM - 2:00 PM (CT)

Hillside Chapel  
2610 19th Avenue N.E.  
Minneapolis, MN 55418

# Tribute Wall

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“Athena was a very interesting person to know. Her stories of her earlier years were amazing. Her pictures of Yani the musical artist around the house, she took care of him when he was younger. I always admired how she could put a bunch of stuff up on a wall and it turn out beautifully. Athena could cricket beautifully she made me 2 beautiful dollies. I am very grateful for her having my daughter (Erin) spend over nights with her when I had a few important early meetings. Erin said her scrambled eggs were the best. I wish the family love and by blessings. I just learned of her passing due to I live in Texas now.  
Jane Cummings Poeschel

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**Jane Poeschel** - May 13, 2023 at 11:29 AM