

1. Finance: Wall Street Update

Date/Time: September 19, 2023

Guest: Manny Frangiadakis

Description: This episode discusses the upcoming decisions of several central banks, including the Fed, and how it could impact the currency and bond markets. They also touch upon the rising oil and gas prices and how it's affecting the global economy. The conversation then shifts to the labor market, where they discuss the potential strike of workers in Detroit and how it could lead to higher payroll costs and inflation. Finally, they talk about the weakness of the retail sector and how it could impact consumer spending and the overall economy.

2. Interview: Jason Vergados and Michael Condakes join host Ted to discuss 100 years of Boston AHEPA

Date/Time: September 24, 2023

Guest: Jason Vergados and Michael Condakes

Description: This interview disTeddy Demetriados, Niko, Michael Kondakis, and Jason Vergados about the 100th anniversary of the AHEPA Boston Athens chapter 24. Michael and Jason co-chair the event, which celebrates the organization's milestone. Michael talks about the history of AHEPA and its significance in the Greek-American community. Jason talks about his involvement with AHEPA and how it has become his family legacy. The conversation also touches on the reactivation of AHEPA chapters in different states. Overall, the conversation reflects on the importance of AHEPA and its impact on the Greek-American community.

3.. Interview: WNTN: Meleti Interviews Jimmy DeMetro, founding President of the Hellenic Film Society, USA

Date/Time: September 30, 2023

Guest: Jimmy DeMetro

Description: This interview was with host Meleti interviewing Jimmy DeMetro, a retired professor and the founding president of the Hellenic Film Society USA. DeMetro curates Greek film festivals in various U.S. cities, and he discusses the upcoming New York Greek Film Expo, which runs from October 5th to the 15th and will feature seven new Greek films, a retrospective of Greek filmmaker Renos Cradambiis, and panel discussions. Several directors and actors, including Cradambiis and actress Elenico Quillou, will be present. The Hellenic Film Society was founded in 2018 as a non-profit organization and actively promotes Greek cinema throughout the year, including monthly screenings at the Museum of the Moving Image in New York. The organization relies on sponsorships to fund its activities.

4. Finance: Wall Street Update **Date/Time:** October 3, 2023

Guest: Manny Frangiadakis

Description: During the Wall Street Update, Manny Frangiadakis of 12 Points Wealth Management and Stamatis Astra discussed the current state of the economy and the impact of the Federal Reserve's decisions. They noted that the market is pricing in 10% earning growth for 2024 compared to 2023, which they believe is a high hurdle to meet. They also mentioned that companies are laying off staff and margins are compressing, suggesting that a recession may be on the horizon. Additionally, the recent restart of student loan payments and the rising debt service costs are expected to impact consumers further. Despite these challenges, they predicted a slight recovery in 2024 after a flat year of stock prices due to the election.

5. Finance: Wall Street Update

Date/Time: October 17, 2023

Guest: Manny Frangiadakis

Description: During the Wall Street Update, Manny Frangiadakis and Stamati Astra discuss the state of the economy and potential ways to make money. They note that the economy is doing well, with high sales and production numbers, but also acknowledge the growing issue of delinquencies in car loans, credit cards, and 401k hardships. The participants speculate that overspending due to a lack of fear of losing jobs and increasing living costs may be contributing to this issue. They also anticipate a robust earnings season, particularly in the banking and tech industries. Overall, they remain optimistic about the state of the economy and the potential for making money.

6. Interview: With Dr. Vanessa Farsadaki

Date/Time: October 19, 2023

Guest: Dr. Vanessa Farsadaki

Description: This interview was with guest speaker Dr. Vanessa Farsadaki, a space medicine expert and futurist. Dr. Farsadaki is being honored with the Emerging Leader Award at the Alpha Omega Council's annual Honors Gala in Boston. They talk about her work, which involves helping private sector clients get contracts with the government and other private sector establishments in the space health sector. They also discuss the impact of space exploration on our everyday lives on Earth, how space health is getting more traction nowadays, and the potential of medicine in space. Additionally, they touch on the topic of private investment in space exploration and the concern over ownership of valuable resources in space.

7. Finance: Wall Street Update **Date/Time:** October 31, 2023

Guest: Manny Frangiadakis

Description: During the Wall Street Update, Manny Frangiadakis and our hosts Stamati Astra and Ted Demetriades talk about the fourth quarter rally bringing itself forward in the market this year after a turbulent September, October, and August. They also discuss the Fed's meeting and the bond market issuance, which will be taking place tomorrow. They

don't expect another interest rate hike, but they do expect the Fed to stay higher for longer. The conversation ends with a personal anecdote about two young professionals trying to purchase a house and getting pre-qualified for a high interest rate.

8. Discussion: Conversation with the Consulate General from Greece **Date/Time:**
November 6, 2023

Guest: Symeon Tegos, Professor Petros Vamvakas, Manny Frangiadakis

Description: During this conversation, our hosts discussed with our guest speaker, the General Consulate of Greece, Symeon Tegos, the high demand for consular services by people wanting to reconnect with their European roots and become European citizens. They talk about the increase in demand for consular services among European consuls in Boston and all over the United States. They also discuss Greece's Golden Visa aspect and how it allows for greater movement within the European space, making Greece an investment location and a gateway into Europe. They also touch upon the need for a concerted effort to reconnect the diaspora with Greece.

9. Historians: Episode 146

Date/Time: December 30, 2023

Guest: Professor Jay Samlins and Professor Brendan McConville

Description: In this episode, Professors Jay Samlins and Brendan McConville discuss the history of Japan's imperial aggression in East Asia, focusing on the events leading up to the attack on Pearl Harbor. They discuss Japan's occupation of Vietnam, pressure on Thailand, and turn toward Southeast Asia, including the Dutch and British colonies, which ultimately led them to attack Pearl Harbor. They also touch upon contemporary issues between China and Japan, as well as the rearmament of Japan and its role in the 21st century. Overall, the discussion highlights the relevance of understanding this history in the present day.

10. Finance: Wall Street Update **Date/Time:** January 2, 2024

Guest: Manny Frangiadakis

Description: Guest speaker Manny Frangiadakis discusses the performance of Apple and tech stocks at the start of the new year, anticipating continued volatility. They also predict a shift in market leadership from winners to losers, including tech. The speaker believes energy, particularly crude oil, will be a good sector to invest in for 2024, as prices are expected to rally, which will be inflationary. The speaker also mentions Tesla's stock performance and Moderna's efforts to change their core business beyond COVID. The speaker also discusses the possibility of interest rate cuts by the Federal Reserve and the potential market reactions.

11. Historians: Episode 147

Date/Time: January 5, 2024

Guest: Professor Jay Samlins and Professor Brendan McConville

Description: During this episode, Professors Jay Samlins and Brendan McConville discuss their friendship and reminisce about the past. They also talk about their

breakfast choices and upcoming travel plans. The conversation then shifts to world history, particularly parts of Africa often overlooked by the American media. They discuss the rising middle class in Africa, the rapid industrialization in some parts of the continent, and the appearance of a vibrant print culture. They also mention Walmart's plans to expand in Africa as a sign of the growing middle class.