

1. History: The Historians Episode 134 World History Update
Date/Time: January 7, 2023
Guest: Professor Jay Samlins and Professor Brendan McConville
Description: Professors Jay Samlins and Brendan McConville update on various topics, including the resignation of Pope Benedict XVI, the deaths of soccer player Pele, journalist Barbara Walters, and fly fisherman Dave Whitlock, as well as a discussion of declining enrollment in schools and universities and the loss of Christianity as the majority religion in England and Wales. The program also touches on the importance of free speech and the spiritual crisis facing Western societies.
2. Finance: Grecian Echoes Wall Street this Week
Date/Time: January 17, 2023
Guest: Manny Frangiadakis
Description: In this radio broadcast, financial experts Manny Franjidakis and Stamati Sastra discuss recent earnings reports from Goldman Sachs and JP Morgan, as well as the upcoming Fed meeting and potential changes in interest rates. They also touch on the cryptocurrency market and the importance of working with a professional financial advisor. Finally, the experts predict a potentially volatile year for the markets but do not expect an apocalypse as some forecast.
3. Finance: Grecian Echoes Wall Street this Week
Date/Time: February 28, 2023
Guest: Manny Frangiadakis
Description: The market report discusses the current state of the markets, including the potential impact of rising interest rates and the volatility of commodities. The report also touches on the challenges facing the retail industry and the potential opportunities for investors in distressed assets. Finally, the report suggests that the market will continue to assess the situation, most importantly inflation, which will dictate monetary and fiscal policy direction. As a result, financial conditions will continue to get tighter, and rates will remain higher for longer, potentially opening the door to 2024 rate cuts depending on the state of the economy between now and then.
4. Greek Community: President David Horner from the American College of Greece
Date/Time: February 28, 2023
Guest: President David Horner from the American College of Greece
Description: In this program, Teddy Demetriades and Nicoletta Papadogianni interview David Horner, the president of the American College of Greece. David Horner is the new president of the American College of Greece. Horner says he has a passion for higher education and Greek history. However, the only full-time job he has ever had was as president. This is the first time he has worked outside the United States. They discuss the institution's history, location, and academic programs, including undergraduate and graduate degrees and study-abroad options. Horner also talks about the school's affordable tuition, strong alum network, and the benefits of international education. They

also touch on the school's elementary program and its connection to the Greek-American community.

5. Book Interview: Attorney Peter Georgiou discusses his book 'Twelve Principles for Living Free.'

Date/Time: February 28, 2023

Guest: Attorney Peter Georgiou

Description: This program consists of a radio interview discussing a book called "12 Principles for Living Free". The principles are meant to create a frame of reference for personal and professional growth rather than to follow strict rules. The interview touches on the principles and their implications, including the importance of compassion and fairness and the need to tailor solutions to individual problems. The book is available on Amazon and Barnes & Noble.

6. Accounting Interview: CPA with Nick Papkyrikos

Date/Time: February 28, 2023

Guest: Nick Papkyrikos CPA

Description: This program consists of a radio interview with Nick Papkyrikos, a certified public accountant, discussing a tax credit program for businesses impacted by COVID-19. He offers up to \$26,000 per employee and has specific criteria for eligibility. Papkyrikos emphasizes the complexity of the process and the importance of understanding all the rules and regulations before applying. He also mentions that his office is taking on new clients and is happy to help with the application process.

7. Politics: Elizabeth Prodromou and Aleko Kyrou discuss the first anniversary of the Russian-Ukraine War.

Date/Time: March 3, 2023

Guest: Elizabeth Prodromou and Aleko Kyrou

Description: The program discusses the war in Ukraine and its impact on global Orthodoxy. The discussion covers topics such as the history of the conflict, the role of religion in international relations, and the religious landscape of Russia and Ukraine. The speakers also touch on the impact of the conflict on innocent civilians and the need for a more nuanced understanding of the situation.

8. Finance: Wall Street Update with Manny Frangiadakis

Date/Time: March 28, 2023

Guest: Manny Frangiadakis and Stamati Astra

Description: This conversation discusses the recent banking crisis and its potential economic impact. The speakers discuss the causes of the situation, the actions taken by the Federal Reserve and other banks to address it, and the potential for further M&A activity in the banking industry. They also touch on topics such as inflation, real estate, and the NCAA basketball tournament. The conversation delves into the details of the banking crisis, including how it differs from the 2008 financial crisis and the poor risk

management that led to the problem. The speakers also discuss the potential impact of the crisis on inflation, interest rates, the real estate market, and the current state of the labor market. Before concluding the conversation, they discuss the NCAA basketball tournament and Greek Independence Day.

9.

Greek Community: Ted Demetriades & Nikoletta interview Jimmy Koutalakis

Date/Time: April 3, 2023

Guest: Jimmy Koutalakis

Description: During the interview, Jimmy talks about his family, his prior career, and how he engaged in fishing. He dropped out of school when he was young to work and came to the US in 1970. Jimmy is self-educated, and when he bought his first boat, he worked three jobs to pay for it. He deeply loves the ocean and notes that seals require one-third of their body weight to eat.

10. History: The Historians Episode 138: World History Update

Date/Time: April 8, 2023

Guest: Professor Jay Samlins and Professor Brendan McConville

Description: Hosts discuss various topics of current events happening in Europe and East Asia. In France, hundreds of thousands of people have taken to the streets to protest against President Macron's legislation to raise the retirement age. The protests have been largely ignored by the media initially but have gained momentum. Macron argues that France's aging population cannot sustain the current retirement benefits and that adjustments must be made. However, critics argue that using edicts to pass legislation without legislative approval undermines the principle of representative government. The protests have sparked discussions about France's need for a new republic. In addition to pension reform, other issues are causing unrest, including environmental protests against government policies. The protests in France have been more frequent and have a long history in the country, rooted in the tradition of expressing discontent through public demonstrations. While some protests have turned violent, they have generally been more peaceful than those witnessed in the United States in 2020. The unrest in France also intersects with other issues, such as the environment and the closure of bakeries due to rising costs. France's relationship with its former colonies in

North Africa is becoming closer, while its relationship with former colonies in Sub-Saharan Africa faces challenges as those countries seek more independence.

11. Greek Community: Meleti interviews Alex Geornutas, City Clerk of Boston

Date/Time: April 26, 2023

Guest: Alex Geornutas

Description: Meleti interviews Alex Geourntas, the City Clerk of Boston, having been elected by the Boston City Council in 2022. He has a long history of involvement in local government, serving as the interim city clerk and assistant city clerk for many years. Alex is actively engaged in his community of Roslindale and the Greek-American community. As the city clerk, his responsibilities include maintaining the city's archives, registering businesses, handling claims and trusts, recording minutes and agendas of city council meetings, and ensuring compliance with open meeting law requirements. He is also involved in digitizing archival items and improving online services for residents and business owners. Alex is proud of his Greek heritage and has been active in promoting Greek culture and community events. He emphasizes the importance of public service and working together to make a positive impact. Alex is also a member of the American Hellenic Educational Progressive Association (AHEPA), which supports education, scholarships, and charitable causes.

12. Finance: Wall Street Update with Manny Frangiadakis

Date/Time: April 25, 2023

Guest: Manny Frangiadakis

Description: In this conversation, the speakers discuss various topics related to the market and current events. They mention that the market has been less active recently, with only a few stocks leading the movement. They highlight upcoming events such as company earnings releases, economic indicators like CPI and GDP, and tech earnings from companies like Microsoft, Alphabet, Amazon, and Meta. There is a sense of anticipation and uncertainty about the market's direction. They also touch on political matters, including Joe Biden's presidential candidacy and economic concerns. The conversation then shifts to banking, mentioning Santander closing some branches due to the popularity of online banking. They discuss the benefits of owning physical real estate for banks and how it can be attractive for lending purposes. The conversation concludes with a discussion on the performance of tech companies like Apple and the speaker's advice to consider reducing exposure to big-cap tech stocks due to potential downside risks in the market.

13. Interview: Meleti interviews Stella Nahatis

Date/Time: May 23, 2023

Guest: Stella Nahatis

Description: Stella Nahatis, an author, has written a book titled "Taxi to America: A Greek Orphan's Adoption Journey." The book recounts her life starting in Thessaloniki and her journey to America, highlighting her challenges in adjusting to a new country and being separated from her family. Stella shares that people had been urging her to write the book for years, but she initially hesitated, feeling that others had faced more significant adversities. However, after a conversation with a friend and participating in a

writing challenge during the COVID-19 quarantine, she decided to write her memoir. Stella's husband, Charles, supported her throughout the writing process, and she completed a rough draft in three months. The book has received positive reviews, with readers finding it inspiring and engaging. Stella also discusses her experiences as an immigrant, not knowing English when she arrived in the United States, and the challenges she faced in school. She discusses the cultural expectations surrounding adoption and the age difference between her adoptive parents. Stella emphasizes the importance of resilience and overcoming challenges, hoping younger readers will find inspiration in her story. She also mentions her volunteer work involvement and close connection with her extended family. The interview concludes with an appreciation for Stella's book and her contributions to Greek heritage through her writing.

14. Interview: with former Greek Prime Minister Antonis Samaras

Date/Time: May 29, 2023

Guest: Antonis Samaras

Description: Andonis Samaras, former Greek Prime Minister from 2012 to 2015, is currently a member of the Hellenic Parliament. He was recently honored with the Distinguished Graduate Award from Harvard Business School, recognizing his leadership and adherence to the school's values. Teddy Demetriades, the host, expresses delight in having Mr. Samaras on the phone and highlights his ties to Boston and Massachusetts, having attended Amherst College and Harvard Business School. The award ceremony took place on May 25th, where Mr. Samaras was honored along with other recipients.

15. Finance: Wall Street Update with Manny Frangiadakis

Date/Time: May 30, 2023

Guest: Manny Frangiadakis

Description: The episode discusses various topics, including the recent debt deal and its market impact. The speaker expresses surprise at the market rally despite government spending cuts and increasing deficits. They also discuss the significance of AI in the tech industry and highlight the few significant players utilizing it, such as Google, Microsoft, Facebook, and Amazon. The speaker warns about the dangers of inflated valuations and draws parallels to past instances like Sun Microsystems. They emphasize the need for caution in the market due to narrow leadership and ongoing issues in the banking system. The conversation then shifts to the Celtics' performance in basketball and the disappointment surrounding their recent loss. The lack of mental toughness among players is criticized, and potential changes to the team are discussed. The discussion concludes by mentioning the Greek Heritage Night at Fenway Park.

16. Interview: John Catsimatidis, WBAC Radio Host, Author, and more

Date/Time: June 7, 2023

Guest: John Catsimatidis

Description: Teddy Demetriadesi, the host of a radio show, introduces his guest, John Katsamatidis, who is joining from St. Petersburg, Florida. John is an immigrant from Greece who grew up in New York City and has built a successful business empire. He talks about his upbringing, the hard work of Greek immigrants, and his dedication to providing a better life for his children. John emphasizes the importance of relationships, honesty, and integrity in business and shares his secrets to success. He discusses his involvement in various ventures, including real estate, media, and radio, where he advocates for the preservation of AM radio. Teddy and John talk about their love for Greek culture and the importance of family. John also expresses his hopes for Greece's success and encourages young people to contribute to the country's development. The conversation ends positively, highlighting John's commitment to his family, religion, and charitable work.

17. History: The Historians: Episode 140

Date/Time: June 16, 2023

Guest: Professor Jay Samlins and Professor Brendan McConville

Description: In this episode, the speakers discuss various topics, including the weather, their summer plans, and their breakfast choices. They then transition to a discussion about the Japanese invasion of Manchuria in 1931, which some consider the start of World War II. They mention Japan's motivations for invading Manchuria, such as the desire for natural resources and a sense of grievance due to previous denials of dominance in the region. The speakers also discuss the ethnic differences in Manchuria and Japan's attempts to manipulate different groups. They highlight the turbulent political climate in Japan during the 1920s and 1930s, characterized by violence and strong nationalist and militaristic sentiments.

18. Finance: Wall Street Update with Manny Frangiadakis

Date/Time: June 20, 2023

Guest: Manny Frangiadakis

Description: Manny Frangiadakis and Stamati Astra discuss various financial and market-related topics in this episode. They mention that the market is jittery and overextended, with a lot of fear of missing out (FOMO) driving investor behavior. They express a bearish sentiment due to the market being overbought and the presence of conflicting bullish and bearish narratives. The conversation touches on geopolitical issues, including China's economic challenges and efforts to prevent companies from moving their supply lines out of the country. They also discuss potential financial risks, such as defaults and the need for the property market to shake itself up. The speakers advise taking profits, being cautious in the market, considering alternative investment options, and paying attention to inflation. The conversation concludes with a mention of upcoming events and shows on the radio.