

1. Historians: Episode 147 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.

2. Interview: Lloyd Sugarman, Johnny Rockets Co-owner January 16, 2024

Guest: Lloyd Sugarman

Description: This episode is about an interview with Mr. Lloyd Sugarman, the co-founder of Johnny Rockets, a well-known restaurant chain in the US. The interviewer discusses Mr. Sugarman's background and how he entered the food service industry. Mr. Sugarman shares his story of how he partnered with a friend to open the second Johnny Rockets store in San Francisco. He talks about the concept of Johnny Rockets and how it was designed to provide a more personalized experience for customers. The conversation also touches on Mr. Sugarman's new project, the Sugar Factory American Brasserie, a Las Vegas-born concept specializing in over-the-top menu items.

3. Interview: Current and Future Trends of AI with Meleti Poulipoulos February 11, 2024

Guest: Dimitris Ioannidis, Attorney

Description: Meleti Poulipoulos is hosting this episode on WNTN 1550 AM. His special guest is Dimitris Ioannidis, a well-known lawyer in Boston and globally. They discuss artificial intelligence (AI) and chatGPT, a generative AI platform that can process information and give answers to questions. Meleti explains that AI is not new and has been a topic of discussion for many years. He cites the 1968 movie, *Space Odyssey 2001*, which showed a small intelligence controlling the ship. However, the emergence of chatGPT has changed the AI landscape. Meleti believes that chatGPT is nothing more than a "super-duper calculator" that does excellent statistical analysis. While some people are afraid of AI and its potential to take over the world, Meleti is not convinced that this is a realistic possibility. He points out that chatGPT cannot ask questions, which is a human ability. Meleti and Dimitris also discuss the development of open-source code and how it has contributed to the creation and evolution of chatGPT. While the future of AI is uncertain, Meleti and Dimitris agree that it is important to understand the technology and its potential impact on society.

4. Finance: Wall Street Update February 20, 2024

Guest: Manny Frangiadakis

Description: Grecian Echoes hosts Ted Demetriades, and Manny Frangiadakis discuss recent mergers and acquisitions in the news, including Capital Bank's purchase of Discover and Walmart's acquisition of a TV manufacturer. They also discuss the potential impact of these mergers on consumers and the market. The hosts also touch on recent economic data, including high CPI numbers and dismal retail numbers. They speculate on the possibility of interest rate cuts and

the overall economic outlook for the year. The discussion is informative and provides valuable insights for listeners interested in the financial markets.

5. Cultural: Grecian Echoes & Alpha Omega Council presents the 12 pillars of Ancient & Modern Contributions to Humanity. March 1, 2024

Guest: Costas Sideridis

Description: The episode consists of a conversation between Ted Demetriades and guest Costas Sideridis discussing the celebration of Greek Heritage Month. They talk about the idea of creating a special program broadcasting twelve pillars of ancient and modern contributions to humanity provided by Greeks throughout the diaspora. The pillars include philosophy, mathematics, engineering/sciences/biology, zoology, botany, arts & literature, democracy, law/civics & government, athletics, astronomy, architecture, medicine, military, faith, religion, history, and food & cuisine. They acknowledge that it's a tough list to narrow down, but they believe these pillars are meaningful and symbolic. They discuss the importance of continuing what their parents have taught us and teaching our children about the contributions made by ancient and modern Greeks. They also talk about the word "filotimo" and how it intersects with all these pursuits. Overall, they are excited about celebrating Greek Heritage Month and discussing the contributions made by Greeks throughout history.

6. Cultural: 12 Pillars of Greek Heritage Month: Law/Government March 8, 2023

Guest: Andy Manatos

Description: In this episode, the hosts Ted Demetriades and Costa Sideridis are focusing on one of the pillars, Democracy, Law, Civics, and Government, and have a special guest, Andy Manatos, who is calling in from Washington, D.C. Andy Manatos is a respected figure in Washington politics, having set numerous records in policy-making processes of the U.S. Senate, House of Representatives, and the Executive Branch. He has worked with some of the world's leading individuals and organizations to oversee and handle their issues in Washington, D.C. The conversation touches on the State of the Union address and the importance of government and democracy. The conversation also includes a brief shout-out to International Women's Day and the role of Greek women in society.

7. Cultural: 12 Pillars of Greek Heritage Month: History March 15, 2024

Guest: Costas Sideridis, Brendan McConville, Jay Samlins

Description: Grecian Echoes is celebrating Greek Heritage Month in Boston. The hosts, Teddy Demetriatus and Costa Sideridis are joined by historians Professor Jay Samlins and Brendan McConville to discuss history and its importance in Greek civilization. The historians highlight the location of Greece as a significant factor in trade and cultural exchange but also emphasize the development of independent landowners as a unique and influential aspect of Greek civilization. The conversation is lively and engaging, with the hosts and guests sharing personal anecdotes and insights from their experiences. Overall, the radio show provides a fascinating glimpse into Greece's rich history, culture, and enduring legacy in the modern world.

8. Cultural: 12 Pillars of Greek Heritage Month: March 22, 2024

Guest: Sports Museum Curator, Richard Johnson

Description: Teddy Demetriades and Costa Sideridis presented the special program, discussing it with special guest Richard Johnson, the New England Sports Museum curator. The topic of discussion for this episode is the history of sports and the Olympics. The hosts begin by talking about Greek Heritage Month and the celebration of Greek heritage in the Boston area, including Greek Heritage Night at the Boston Celtics and the participation of the New England Revolution in a Greek Heritage Week event. They also discuss the emphasis on a strong mind and strong body in ancient Greece and the role of competition in driving strength and skill. The hosts introduce the 12 Pillars series, which covers history, democracy, law, civics and government, medicine, and more. Richard Johnson joined the conversation via telephone and shared his expertise on the history of sports, including the origins of the Olympics and the cultural significance of athletics in ancient Greece. The conversation is informative and engaging, highlighting the enduring influence of the ancient Greeks on modern society.

9. Political/Interview: Minister of Interior of Greece discussed the process of postal voting March 24, 2024

Guest: Niki Karameus, Minister of Interior of Greece

Description: The guest speaker is Niki Karameus, the Minister of Interior of Greece. She has recently arrived in Boston and is discussing some important changes that have taken place in the Greek legal system regarding voting. The host mentioned that the guest had some Boston roots and had spent a year studying at Harvard. The guest expressed delight at returning to Boston and thanked the host for the invitation