

1. Interview: Meletios Interviews Dr. Patricia Oman Regarding Belle K. Maniates

Date/Time: July 17, 2023

Guest: Dr. Patricia Oman

Description: During this episode, Grecian Echoes host Meleti interviews Dr. Oman. Dr. Oman is an associate professor of English at Hastings College and the director of the Hastings College Press. The conversation revolves around Dr. Oman's work on forgotten writers like Belle K. Maniatis, who was a popular writer in the 1920s and even had one of her books, *Amarilly of Clothes-Line Alley*, as a bestseller that had film adaptations as well. Dr. Oman talks about how she discovered Belle Maniatis and the research that went into discovering more about her. The conversation also delves into Belle Maniatis' family history, including her Greek father, Nicholas, who was born on the island of Isara, which was destroyed during the Greek War of Independence. Nicholas was brought to the US by a naval chaplain and later trained as a doctor. Dr. Oman also talks about how Nicholas was the nephew of Konstantin Canaris, a huge hero during the war for independence, and eventually became the prime minister of Greece.

2. Finance: Wall Street Update with Manny Frangiadakis

Date/Time: July 25, 2023

Guest: Manny Frangiadakis

Description: The conversation consists of our hosts discussing various topics, such as the stock market, companies like General Motors, Netflix, and BioGen, and the impact of interest rates on profitability. They also discuss upcoming central bank meetings and earnings reports from major tech companies like Microsoft, Google, Amazon, and Intel. The conversation touches on the impact of sentiment on the market and the increasing adoption of electric vehicles.

3. Finance: Wall Street Update with Manny Frangiadakis

Date/Time: August 1, 2023

Guest: Manny Frangiadakis

Description: In this episode, our hosts discuss the current state of the stock market and potential risks and opportunities. They note that while the market is near all-time highs, the gains have been narrow and concentrated in a few companies, which could indicate an unhealthy market. Inflation is also a concern, and the bullish narrative spreading to retail investors could lead to downside risk. However, the momentum in the market could continue through August and potentially approach all-time highs. September historically is the worst month in the stock market, with a Federal Reserve meeting and Jackson Hole Symposium coming. The experts also discuss the Kaaba IPO and AI-focused companies. The experts express cautious optimism about the market, noting potential opportunities and risks. They caution that the narrow gains in the market and the potential downside risk from retail investors could be signs of an unhealthy market. The experts also discuss upcoming events like the Federal Reserve meeting and the Jackson Hole Symposium and the potential impact of factors like inflation and data out of China. They express a mixed opinion on the Kaaba IPO and AI-focused companies, noting that while they could be attractive opportunities, they

also come with risks and uncertainties. Overall, the experts emphasize the importance of paying attention to the market and staying informed to make investment decisions.

4. History: The Historians: Episode 141

Date/Time: August 2, 2023

Guest: Professor Jay Samlins and Professor Brendan McConville

Description: In this episode, Professors Jay Samlins and Brendan McConville discuss the state of the Charles River, the weather, and their breakfast choices. They then move on to an update on world history, specifically focusing on the European Union (EU), South Asia, and East Asia. The conversation centers around Turkey's resistance to allowing Sweden into NATO due to Sweden's alleged support for Kurdish radicals and their ongoing financial problems. The friends also discuss the Kurdish people's statelessness and presence in Syria, Iraq, Iran, and Turkey.

5. Interview: Meleti interviews Nicholas Lambros

Date/Time: August 2, 2023

Guest: Nicholas Lambros

Description: During this interview with the host, Meleti Foliopoulos, and his guest, Nicholas Lambros. Nicholas discusses his summer journey by attending the Heritage Greece program at the American College of the Saloniki and Anatolia College in Athens. The program aims to connect participants with their roots, language, traditions, and Greek identity, explore their culture, and learn about ancient Greece. Nicholas spoke about his experience in Saloniki, where he stayed in a hotel downtown and interacted with the locals, saying as much Greek as possible. He also talked about the places he visited, including Virginia and his brother's vacation in Greece. Meleti and Nicholas also discussed the program's eligibility and how they arranged their flights to Greece.

6. Finance: Wall Street Update **Date/Time:** August 8, 2023

Guest: Manny Frangiadakis

Description: This episode features the weekly market update with hosts Stamati Astra and Manny Frangiadakis from 12 Points Wealth Management. The market experienced a pullback due to the downgrade of the US economy from AAA to double A rating and poor numbers from China. Moody's, one of the three rating agencies, downgraded 10 US and mid-cap banks. While there was a mild correction last week, there is still an exceptional amount of greed in the market. Apple experienced a valuation turn and a decline in iPhone sales, leading to a 16% drop in the last five days. On the other hand, Oracle Buffett's company had an all-time high and a huge earnings report.

7. Finance: Wall Street Update **Date/Time:** August 22, 2023

Guest: Manny Frangiadakis

Description: This episode discusses upcoming events, such as the Jackson Hole Symposium. The conversation shifts to corporate news, including Dick's Sporting Company's struggle with shoplifting and Macy's experiencing credit deterioration. The participants also

talked about the impact of higher credit card rates and inflation on consumers. They note that inflation remains persistent and that the bond market is pricing in higher rates for longer. The US economy has proven to be more rate resilient than expected, but China's economy is weaker than anticipated. The conversation highlights the challenges of predicting economic outcomes and their impact on the stock and mortgage markets.

8. Finance: Wall Street Update **Date/Time:** August 29, 2023

Guest: Manny Frangiadakis

Description: This episode features the current state of the U.S. economy and its impact on the stock market. They note that recent job market data has caused some uncertainty, as bad news may be interpreted as good news due to potential changes in Federal Reserve policies. However, there is some skepticism that the Fed will change its stance on rate hikes anytime soon. The group also discusses the lag time between rate hikes and economic slowdowns, noting some pain points in certain industries. Overall, they expect the economy to weaken through the end of 2024, eventually leading to Fed rate cuts.

9. History: The Historians: Episode 143

Date/Time: August 30, 2023

Guest: Professor Jay Samlins and Professor Brendan McConville

Description: This episode discusses their plans for the upcoming academic year. Jay is on leave and will be writing a book, while Brendan will be teaching with the help of several teaching assistants. They discuss the crisis of leadership in British society and the appointment of a new defense minister with little foreign policy and battlefield experience. They agree that there seems to be a lack of direction and leadership in the country.

10. 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.

11. 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.

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.