

PUBLIC FILE SEPTEMBER 2023 WLIS WMRD AM/FM

Programs are 30 minutes in length (unless noted) and broadcast on the dates shown below. The programs are live streamed and are available on-demand at www.wliswmrd.net

September 29, Program host Don De Cesare spoke with Lawyer/Author J.D. Mortmane about unique stories occurring during divorce proceedings. The book is entitled "The case of the Fuzzy Pink Bathrobe".

September 28, 2023: "Howl of a night" @ the Little Theater of Manchester on Spotlight with Host Ginny Wolf. The productions are themed around the Halloween season.

September 26, 2023: Fall Fire Safety: Program host Don De Cesare spoke with Deputy Fire Marshall Ryan Parmelee and Nick Fisher training officer of the South Fire District. They spoke about fire prevention and the upcoming Open House at the South District Headquarters.

September 25, 2023: Dr Jeff Says stress management and how stress impacts the mind, body, interpersonal relationships and individual personality changes.

September 24, 2023: Baseball Talk Negro Leagues Eddy Litos and Richard Kamins spoke with Martha Ackerman (a Middletown, Ct. native) the Author of "Curve Ball" The book speaks about the first women to play "pro" ball.

September 24, 2023: N'Shoma Richard Kamins hosts the 60 minute program with Jewish Music and announcements.

September 24, 2023: Polish Melodies: Hosts Eddy Litos and Richard Kamins interviewed Stephan Kiminski during this 60minute program. Kiminski is regionally known. The program featured music and announcements for the Polish community.

September 22, 2023 Middlesex Historical Society and car show. Host Don De Cesare spoke with Deb Shapiro about the, mostly locally donated displays and exhibits at the Society's headquarters. They also spoke about the upcoming car show and tag sale at Palmer field to benefit the Society.

September 19, 2023 N'Shoma Richard Kamins hosts the 60 minute program with Jewish Music and announcements.

September 19, 2023: Polish Melodies: A monthly special concerning the Mike Schneider Band and concept schedule. This is a monthly production features the Mike Schneider band. Host Ed Litos and Richard Kamins mentioned upcoming events occurring in the region noting other bands and organizations.

September 17, 2023: The "Best of Valley Shore" host Don De Cesare spoke with the Author Frank De Mio concerning his recent publication about Losing a spouse "A promise made and Promise kept" that is, working thru the results of stress on the body and mind. Having an outlet is key to start the process and seeking help from friends. De Mio lost his spouse and sought assistance and found several resources.

September 14, 2023: Night Fall and the-Out-film festival produced by members of the LBGT-Q community discussing the two productions in October and November. Host Ginny Wolf also promoted up-coming events occurring the region.

September 14, 2023: "Testosterone in Woman" Dr Rick Leva, a Naturopath Doctor spoke with program host Dr Jeff Rabuffo about the little known fact of testosterone levels in women.

September 12, 2023: Better Business Bureau spokesperson Kristen Johnson the Director of Communications discussing the pitfalls of Time Share products. They often present time share programs in a less than legal high pressure sales technique methods.

September 10, 2023: N'Shoma Richard Kamins hosts the 60 minute program with Jewish Music and announcements.

September, 10,2023: (60 minutes in length) Polish Melodies guest was Peter Danielczuk guest of Eddy Litos and Richard Kamins. Peter was one of the original members of The Polka Jammer Network and recent inductee of the IPA.

September 8, 2023: "The Best of the Valley Shore" program host Don De Cesare spoke with Ct River Stewart Rhea Des Junco about the upcoming Ct River Clean up. They spoke about the River Steward's duties and the need for protecting the resource for generations to come. "The river is much cleaner over the past 3 decades."

September 7, 2023: Spotlight Joan Joyce's musical Debut at 7 Angels theater. Ginny Wolf spoke with Kiley Kndusen about the production based on the life and career about local baseball star Joan Joyce. Ginny also told of upcoming productions in the region.

September 5, 2023: Dr Jeff Says Host Dr Jeff Rabuffo spoke about the symptoms on history of RSV and the impact on the young and elderly. Many people ignore the symptoms and RSV develops causing both long and short term damage.

September 3, 2023: N'Shoma (60 minutes in length) program host Richard Kamins spoke with Rabbi Nelly about the upcoming holidays of yom kipper and rosh hashanah and the related history and events surrounding the remembrances.

September 3, 2023: Polish Melodies Guest Ann-Meyers-Drysdale spoke with host Eddy Litos about the bands upcoming tour and the original music.

September 1, 2023: Best of the Valley/Shore program host Don De Cesare spoke with Sue Hutkowski of the Chester Dog Fair and Heart Walk. The event promotes dog obedience training, matching types of dogs with owners (size, personality and temperament) Not an adoption event but a display of dog related items, tools and training.