

## PUBLIC FILE JULY 2023 WLIS & WMRD

Programs are 30 minutes in length and are broadcast at 12:30, 6:30, live streamed on the dates noted. Also available on-demand at [WWW.WLISWMRD.NET](http://WWW.WLISWMRD.NET)

July 31, 2023: Bikes for Kids "The Best of the Valley Shore program host Don DeCesare spoke with John Yarmolovich with the organization "Bikes for Kids" It is a program where bicycles, in need of repair, are donated to the organization, refurbished by volunteers and given to kids in need, Helmets are also provided to the children. Many children have received their first bicycle via the )July 28, 2023: CBIA

July 24, 2023:: A repeat of the March 31, 2023 program: Host Don De Cesare talked with Samantha Miller a spokesperson for the American Red Cross. There is always a need for blood and the Red Cross collects and distributes blood for those of need. National only 3% of the population donate blood. The Red Cross also provides training in first aid and CPR.

July 21, 2023: A re-broadcast of the February 5, 2022 program: Best of the Valley/Shore host Don DeCesare spoke with authors Michaelle Pearson and Jim Lampos about their book "Revolution in the Lymes: From the New Lights to the Sons of Liberty" pointing out Connecticut's role in the Nation's Revolution and ties to Oliver Cromwell (for whom the town of Cromwell is Named.)

July 20, 2023: Host Ginny Wolf spoke with the program Director of the Hartford Arts Council about the upcoming season of the Council and Street Scapes events occurring during the Summer months.

July 14, 2023: Old Lyme Fire Department 100th Anniversary a repeat of the June 30, 2023 program: Program host Don DeCesare and Rob McCarthy, President, of the Old Lyme Fire Department spoke about the upcoming 100th Anniversary of the Old Lyme Fire Department. A parade and a 911 traveling memorial exhibit will be part of the celebration. The two also spoke about the ways firefighting and medical first responders have changed over the years as well as attracting volunteers to the organization.

July 11, 2023: and July 18, 2023: "Dr Jeff Says" a two part series concerning testosterone and its impact on men's physical, medical & emotional well being.

July 10, 2023: Program host Don DeCesare spoke with Attorney Edward Lowe, an elder care professional, about the process of estate planning so your assets may be distributed as you want and not left to probate court or heirs to disperse them. While an individual's death will occur at some point it is best to have your affairs in order.

July 7, 2023: (A repeat of the June 16, 2023 program) Devin Carney State Representative Devin Carney spoke with Host Don DeCesare about the events occurring during the soon to end legislative session. Additionally, plans for the upcoming session.

JULY 3, 2023: An encore presentation of the June 12, 2023 program: Connecticut State Senator Norm Needleman was Don DeCesare's guest on today's "Best of the Valley/Shore" program. The Senator spoke about the upcoming end of the State's legislative session and its successes and shortfalls. The budget, tax breaks and the future were some of the topics on the program.