

PUBLIC FILE, MARCH 2024

WLIS-AM/FM, WMRD-AM/FM

Programs are 30 minutes in length (unless otherwise noted) and broadcast at 12:30p, 6:30p, live streamed and available on demand at www.wliswmrd.net

The Doctor Jeff Says, Best of the Valley Shore and Spotlight programs are repeated on the following Sunday between 6am and 9am.

March 29, 2024: Today's "The Best of the Valley Shore" Program featured author Gesine Bullock-Prado talking about her recent publication "My Vermont Table, recipes for all 6 seasons." While she lives in Vermont she hosts several pod casts pertaining to natural foods and healthy diet and living. She enjoys traveling through-out the world looking for new and exciting flavors and combinations.

March 28, 2024: Spotlight on the Arts host Ginny Wolf spoke with Jacqueline Hubbard the Executive Director of the Ivoryton Playhouse about the venue's upcoming season. Ginny also spoke about other productions scheduled in varying venues thru out the Region.

March 27, 2024: "Dr Jeff Says" program host Dr. Jeff Rabuffo spoke about Medicare and Med-i-cade coverage and reimbursement with Dr Bob Russo, Chief Executive of the Connecticut Medical Society about current coverage and improvements needed within the medical insurance field. Dr Russo feels low payments to facilities are not able to provide proper medical support to patients and families.

March 26, 2-24: During the "Dr Jeff Says" program to day Dr Jeff Rabuffo spoke about Colonoscopies for colon cancer detection and treatment. Dr Jeff stated most people forgo a regular exam and only seek testing/treatment when a problem develops. (often resulting in major invasive surgery and aggressive treatment)

March 25, 2024: "The Best of the Valley Shore program host Don De Cesare spoke with Lisa Lappe, the Marketing Director of The New Britain Museum of American Art about the facility's exhibits and events.

March 24, 2024: This one hour program hosted by Richard Kamins known as N'Shoma. Richard broadcast music, news and features of interest to Jewish community.

March 24, 2024: Polish melodies and Co-hosts Eddy Litos and Richard Kamins. Today the spoke with Frankie Liszka during this one hour program about his group's history and upcoming events.

March 21, 2024: Spotlight on the Arts Host spoke with artists and staff of the production Titanic at the FVStage. Betsy Mc Quire and Dorothy Kone produced "Tiantic" in part to commemorate the sinking of the ship on April 15th 1912 in the North Atlantic Ocean. Ginny also mentioned other productions occurring thru out area venues.

March 17, 2024: Today's hour long program known as N'Shoma, with host Richard Kamins, broadcast news, features and music for the Jewish community.

March 17, 2024: Co-hosts Eddy Litos and Richard Kamins presented music, news and features of interest to the Polish community during this one hour program.

March 15, 2024: Host Don De Cesare spoke with guests Phil Goldfeder and Tenisha James about the benefits of the Earned Wage Access program. The program is a financial service that allows

workers with low or no credit history, to access a portion of their earned wages prior to a scheduled pay day. (a line of credit, on demand, without a credit check)

March 14, 2024: Spotlight on the Arts host Ginny Wolf spoke of the varying productions occurring in area ventures. In addition, Ginny spoke with Connecticut TV and play producer Deborah Gilbert. Gilbert started starring in high school and community theater productions. While Deborah's career started slowly she has done voice-over work as well as closing in on 100 cable TV programs.

March 12, 2024: Dr Jeff Rabuffo spoke again about alzheimer's in part two of this two edition series with Colon Mattix. As mentioned in the previous program with Dr Jeff Rabuffo and Colon Mattix continued their discussion as to how their family and friends handled the situation (some came closer and others backed away) as Colons wife progressed with her illness. Colon sought emotional therapy for himself as well as assistants for his wife. The help was well received by the family but fell short of any solid solutions. Colon stated more research and understanding is needed to truly help the victims.

March 11, 2024: Program host Don De Cesare spoke with author Anastasia Mills Healy the author of "100 things to see in Connecticut before you die" She discussed several unique features about the state including the Elizabeth Park Rose Garden, the Old Newgate Prison and actor William Gillette's "Castle" overlooking the Connecticut River.

March 11, 2024: Program host Don De Cesare spoke with "Quotable New England author Eric Lehman. Lehman talked about several subjects unique to New England. Entertainment character Tom Thumb, the talking caves of Moodus and the Long Tidal River.

March 10, 2024: N'Shoma program host of this one hour program. broadcast music, information and features of interest to the Jewish community.

March 10, 2024: Polish Melodies with Co-hosts Eddy Litos and Richard Kamins played music and spoke about news, features and announcements of interest to the Polish community during this hour long program.

March 7, 2024: "Spotlight on the Arts" host Ginny Wolf spoke with author and former newspaper columnist Larre Blum about life in New Haven CT and how different it is in arts, culture and day to day living compared to NYC. For example Larre sold the family car as New Haven is a "walking community."

March 5, 2024: Part 1 of a two part series dealing with alzheimer's disease . Dr Jeff Rabuffo spoke with Colin Mattix a former journalist whose wife developed alzheimer's at age 50. Alzheimer's is a Neuro-degenerative disease. Mattix noted symptoms include having questions to her repeated and the responses were simply "off" that is to say disjointed and wandering in thought. The process of diagnosis started with a neurologist who put Martha (the wife) thru a series of simple questions which she consistently failed with her answers. There was also an early concern her symptoms could be caused by a thyroid problem. (not her case). Nartha ended up being placed in a nursing home as her ailment progressed.

March 4, 2024: "The Best of the Valley Shore" program host Don De Cesare spoke with State Representative Devon Carney, of the 23rd Legislative district, at the start of the new legislative session. They discussed achievements during the previous session and the hopes for the upcoming "short" session including budgeting, highway safety and taxation.

March 3, 2024: N-Shoma, a one-hour long program hosted by Richard Kamins who broadcast Jewish music, news and features of interest to the Jewish community.

March 3, 2024: "Polish Melodies" program Co-hosts Eddy Litos and Richard Kamins spoke with

guest Lenny Gomulka and his music and upcoming appearance schedule. Eddy and Richard also presented music, news and items of interest to the Polish community during this one hour program.

March 1, 2024: Today's "Best of the Valley Shore" program dealt with the retirement of long-term morning personality Bob Muscatell. Bob has hosted the radio programs for 48 years on WLIS and WMRD. Bob and station G.M. Don De Cesare spoke about several events which occurred over the years. Most notable was the September 11th attack on the World Trade Center and the station's reaction and coverage in the aftermath.