

PUBLIC FILE FEBRUARY 2024 WLIS AM/FM and 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.

February 28, 2024: Today's edition of "Dr Jeff Says" along with Co-host Don DEe Cesare spoke about an out break of Bubonic plague reported in Oregon. Dr Jeff mentioned several formerly defeated illnesses like polio and measles are on the rise due to the fact many people are not being inoculated.

February 24, 2024: Middletown Mayor Ben Florsheim Mild Winter, River front renovation, route 9 renovation and removal of highway traffic lights,

February 25, 2024: JOIN HOSTS EDDIE LITOS AND RICHARD KAMINS FOR BASEBALL TALK AT (12:00-1:00PM) WHERE RICHARD AND ED WILL HIGHLIGHT THE GREATER HARTFORD TWILIGHT BASEBALL LEAGUE. GUESTS WILL INCLUDE SECRETARY AND HISTORIAN, WES ULBRICH; TOM ABBRUZZESE, WHO HAS BEEN A FIELD MANAGER IN THE LEAGUE SINCE 1976, AND RYAN RUGGIERO, A SENIOR AT XAVIER HIGH SCHOOL IN MIDDLETOWN, WHO IS THE FIELD MANAGER FOR THE MIDDLETOWN METS.

February 22, 2024: Spotlight on the Arts program host Ginny Wolf interviewed playwright, comedian and actor Jock LeMarre about a one man production called "Florida Base of Confusion." LeMarre has a knack for finding humor within bad situations such as being on vacation and being out of ones element.

February 21, 2024: Today's theme on the Dr Jeff Says program was "How to talk to your Doctor." Physician's appointment today consist of seeing an APRN for 10 minutes to obtain your information and them (possibility) actually seeing the Doctor for usually no more than 5 minutes and then the physician is out the door to another patient. Patients need to be prepared to discuss their concerns and avoid the "bum's rush. With today's insurance coverage and group practices doctors need to see as many patients as possible in order to stay viable. It is a fine line of balance.

February 20, 2024: During today's "Dr Jeff Says" program Dr Jeff Rabuffo spoke about a case of Bubonic plaque being reported in Oregon. Point being, some illnesses (TB, Polio and the Plaque) can re-appear due to people not getting inoculated. One concern is multitudes of people entering the country with no medical history being noted. Dr Jeff urged people to stay up to date on inoculations.

February 19, 2024: "The Best of the Valley shore" program host spoke with the co-author of "The Road to Splits-ville" Jeffrey Stephens. Stephens spoke about divorce and broken relationships within marriages. One contributing fact is the laws pertaining to divirce and well as finding out why couples fell in love and what happened afterward. Often times the cause is either

money or trust.

February 16, 2024: Samuel A. Schmitt, the Author of the publication known as "Silvermine, Images of America" spoke with "the Best of the Valley shore" host Don De Cesare about "Silvermine" the artist's colony located near Norwalk, Wilton and New Canaan within vacated mills. The area continues to attract artists and other creative people to the area to display their talent and sell their wares.

February 14, 2024: A repeat of the December 12, 2023 program dealing with VA hospital vision care. On today's "Dr Jeff Says" program Dr Jeff Rabuffo spoke about the vision care services available at VA hospitals. Veterans may take advantage of vision exams, ailment treatments and on-going care at the VA facilities located thru out the state. The care is excellent and readily available.

February 13, 2024: Visiting a Doctor's office was the theme of today's Dr Jeff Says" program which was a repeat of the December 19, 2022 program. Dr Jeff Rabuffo and Co-host Don De Cesare spoke about the process of having an appointment with your primary care provider. Be on time, have insurance cards handy, bring notes as to your chief complaint and make sure H I P P A information is up to date.

February 11, 2024: "Polish melodies" hosts Eddy Litos and Richard Kamins featured guest Eddie Zavaski, Jr. about the PNA lodge in Wallingford and expanding the building's kitchen area thru a fund raiser. Eddie and Richard also featured news, music and features of interest to Polish community during this hour long program.

February 11, 2024: N'Shoma program host Richard Kamins broadcast music and features of interest to the Jewish community during this one hour program.

February 9, 2024: Today's Best of the Valley Shore program featured the Connecticut real estate market with Dave Gallitto the President of the Connecticut Real Estate Association. Gallitto mentioned the Real Estate market is tight because of low inventory and resulting higher prices. Gallitto stated "Real estate remains one of the best long term investments available.

February 8, 2024: Spotlight on the Arts concerning the American Mural Project honoring work through art and education. The mural is the largest indoor collaborative artwork in the world. a mural 120 feet long and five stories high. Program host Ginny Wolf spoke with Ellen Griesedieck the founder of the 3D project and how it grows and motifs depicting the ever changing mode of America.

February 7, 2024: Today's "Doctor Jeff Says" A repeat of a June 2023 "Doctor Jeff Says" program. Doctor Jeff Rabuffo and Host Don De Cesare discussed National Men's Health month (June). A recent survey stated most men are not health conscience until something begins to move or hurt. The two agreed "managed health care" really means "manage your own health care" Dr Jeff urged everyone to get inoculations, exercise and generally be aware of what your body is telling you.

February 5, 2024: Connecticut Story tellers a repeat of the 2/5, 2022 program. Program host

Don De Cesare spoke with Executive Director Ann Shapiro The group sets up programs whereby members repeat stories from the past to interested parties much like the process passing along “Tribal Knowledge.” thru story and ballads.

February 4, 2024: N’Shoma program host Richard Kamins broadcast music and features of interest to the Jewish community during this one hour program.

February 4, 2024: The Polish Melodies hosts Eddy Litos and Ricahrd Kamins played Polish music and spoke of news and features pertaining to the interests of community during this one hour program.

February 2, 2024: “The Hidden History of Middlesex County” a book authored by Kathleen and Bob Hubbard. While Middlesex County is one of the most historic communities in the country some of its past is little known. For example, Hugh Lofting, the author of Dr Doolittle lived in Killingworth, young Dr. Suess spent Summers in Clinton, the first female African American Judge Constance Baker Motley resided in Chester and Portland has a lake where the water levels fluctuate for no apparent reason. Additionally dinosaur tracks are found thru out the area.

February 1, 2024: Theater-maker Lab part 2 continuance of a previous program January 25, 2024: “Spotlight on the Arts” host Ginny Wolf spoke with Theater-maker. Ginny spoke about several productions occurring a various (Little Theater of Manchester, The Bushnell and Hartford Stage Company) as well as other venues throughout the region. Ginny’s guest was Theresa Langston a local theater producer who is hoping to organize the region venues and help each other with talent and resource sharing in order to straighten the venues standing.