

PUBLIC FILE JANUARY 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 mornings between 6am and 9am.

January 29, 2024: The New England Carousel Museum was the topic of today's "Best of the Valley Shore" program with host Don De Cesare. Don spoke with Morgan Ergo, the Executive Director of the venture. Morgan mentioned the museum regularly has artists at the venue carving figures for various carousels (Bushnell Park for example) The museum is located in Bristol and has several carved pieces on display. A smaller exhibit within the facility is a fire museum featuring antique equipment.

January 28, 2024: Richard Kamins hosted today's N'Shomas program featuring music, news and features of interest to the Jewish community.

January 28, 2024: Polish Melodies hosts Richard Kamins and Eddy Litos played Polish music and broadcast news and features pertaining to the community. Their guest was Mike Matousek a music composer, performer and former band leader of the group "The Boys." Mike spoke about his career's highs and lows and the growth involved during this hour long program.

JANUARY 28, 2024: ITS BASEBALL TALK, WITH ED LITOS AND RICAHRD KAMINS, SUNDAY, JANUARY 28TH FROM 12:00-1:00PM DURING THIS ONE HOUR SHOW. THEY WILL PLAY THREE OF THEIR FAVORITE INTERVIEWS FROM 2023, WHICH WILL INCLUDE DAVID ARCIDIACONO TALKING ABOUT THE HARTFORD DARK BLUES; JESSICA MENDOZA TALKING ABOUT HER SOFTBALL CAREER, AND SAM TRUSNER, WHO WAS THE MANAGER FOR THE MACON HIGH BASEBALL TEAM IN 1971. THAT TEAM WAS FEATURED IN A BOOK BY SPORTS ILLUSTRATED WRITER CHRIS BALLARD CALLED, "ONE SHOT AT FOREVER."

January 26, 2024: (A repeat of the July 17, 2023 program)Best of the Valley Shore program host Don De Cesare spoke with the author Frank Demaio about his recent publication "Losing a Spouse, a promise made a promise kept." The book deals with losing a spouse due to divorce or death and how to deal with it. Demaio mentioned getting and remaining active after the initial period of grief. Join a club or support group to assist of working through the loss.

January 25, 2024: "Spotlight on the Arts" host Ginny Wolf spoke with Theatermaker . Ginny spoke about several productions occurring a various (Little Theater of Manchester, TheBushnell 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.

January 23, 2024: Dr Jeff Rabuffo the host of "Dr Jeff Says" spoke about the dangers of "The

Tripledemic.” That is the period of Covid, Flu and RSV. Several viruses are out there and people need to protect themselves through vaccines and other precautions such as wearing masks and avoiding other people. Dr Jeff also mentioned several new viruses are in the waiting some of which may be fatal.

January 22, 2024: Best of the Valley Shore host Don De Cesare spoke with Jeremy Race, President and CEO the of New England’s South West region of the Junior Achievement program. Jeremy spoke about introducing young adults about financial awareness, work readiness and career inspiration and entrepreneurship. Several volunteers assist the young adults guide their way through the journey to professional life by way of training and direction.

January 21, 2024: Host Richard Kamins of the N’Shoma program played Jewish music and provided news and features pertaining the the community during this one hour program.

January 21, 2024: Eddy Litos and Richard Kamins, the hosts of the “The Polish Melodies” program broadcast Polish music and provided news and features of interest the the Polish community during this one hour program. The two spoke with guest Dee-Dee Ogrodny, a regional artist about her music, history and tour upcoming dates during this one hour program..

January 19, 2024: The Best of the Valley Shore" program host Don De Cesare spoke with about an upcoming Conservation Seminar with Lori Brown the Executive Director of the Connecticut League of Conservation Voters. The league’s mission the to give a voice to ecology for conserving the local environment through the State’s law makers actions.

January 18, 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.

January 16, 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.

January 14, 2024: “The Polish Melodies” program, hosted by Richard Kamins and Eddy Litos, featured an interview with Polish music band leader Richie Yurkovich concerning the group’s music and history. Additionally, Richard and Eddy played other polkas and spoke about news and features of interest to the Polish Community during this one hour program.

January 14, 2024: N’Shoma program host Richard Kamins played Jewish music and provided news and features pertaining the the community during this one hour program.

January 8, 2024: (a repeat of the January 16, 2023 program)The Best of the Valley Shore program’s host Don De Cesare spoke with Elizabeth Kayser, the Executive Director of the

Connecticut River Museum located in Essex. While Kayser is new to the facility, the Connecticut native, has held several similar positions throughout the country. She stated there is a vast amount of history in the state as well as the Connecticut River itself. One of the displays intriguing Kayser is a replica of "The Turtle" an early submarine used to destroy British ships.

January 5, 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.

January 4, 2024: A repeat of the February 2022 program "Spotlight on the Arts" with Ginny Wolf spoke with Author Larre Bloom the author of "I'll take New Haven" Larre is a Connecticut resident and has a long history within the State's print media. Larre spoke about the culture of New Haven with its resources of Yale University, medical facilities and museums. He loves the fact that New Haven is a walking town. He has actually sold his car and if needed will take an Uber. Another New Haven benefit, he says.

January 3, 2024: 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.