

PUBLIC FILE NOVEMBER 2023 WLIS/WMRD AM/FM

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

November 30, 2023: Program host Ginny Wolf spoke with staff members of the Hartford Stage company concerning the upcoming show "Christmas Carol." A classic production that has continued to entertain for generations. Chris Cooke is a major player in this production. He is very popular and is involved in several productions as mentioned earlier.

November 28, 2023: Today's "Best of the Valley Shore" program dealt with stress management. Not only does stress impact the emotional being it can also impact on the physical being. Dr Jeff Rabuffo spoke about some concepts which may help. (yoga, walking, change of routine and professional consulting.

November 27, 2023: "The Best of the Valley Shore" program Don De Cesare spoke with the founder of "The Middlesex Hospital Vocal Chords" a group devoted to holiday music great harmony with over one hundred singers.

November 26, 2023: Baseball talk Co-hosts Eddie Litos and Richard Kamins spoke with Podcaster David Pechersky during this 60 minute program. David has been producing baseball themed program for 8 years and they feature interviews around ball players who have worked thier way from the minor leagues into the majors.

November 26, 2023 Polish Melodies hosts Eddy Litos and Richard Kamins spoke with guest Anita Gawronski a singer from the area her her upcoming album release. She has been touring thru-out New England for several years.

November 20, 2023: Best of the Valley program program with host Don De Cesare talking with Kristen Johnson, the director of \communication for the Better Business Bureau about Holiday fraud and porch pirates. Kristen stated many people are out there right now trying to scam people for fake charities. She suggested using a third party to receive packages being send to homes also having deliveries sent to your place of work or to be "held" at a local post office or distribution center.

November 14, 2023: N-Shoma with program host Richard Kamins played Jewish music and provided news and features pertaining to the Jewish community during the 60 minute show.

November 13, 2023: "The Best of the Valley Shore program featured a conversation with State Senator Bob Duff of the 25 district. Senator Duff is a real estate professional and knowledgeable about the local housing market. He spoke as a State Senator and Real estate agent about the problem of lower entry level (first tine buyers) in the market. If they can't afford to buy the entire process stalls as people moving up can not sell. Home ownership has a impact on the local retail market as people are not purchasing items in individualize there new property. Duff stated the interest rates h=must stabilize and prices will come down.

November 12, 2023: N-Shoma program host Richard Kamins played music and provided news and features of interest to the community. Rabbi Nellie of a local synagogue was Richard's guest. They spoke about the ongoing recent un-rest (war) in the Middle-east and its emotional and its physical damage.

November 12, 2023: Polish Melodies Jimmy Sturr was the guest of Eddie Litos and Richard Kamins again discussing his bands history and up-coming album. Sturr is a region favorite.

November 10, 2023: Best of the Valley Shore Program Middletown Military Museum President and curator Ken Mc Cellan about the exhibits and history of the museum. A retired military helicopter is displayed at the site.

November 9, 2023: Spotlight Cheese-Fries and Chilli Dips Chris Cooke. Chris spoke about his own history was the catalyst for the production. Chris stated he has a very tough childhood and the play shows how he dealt with the turmoil. Ginny also about her recent visit to see "To Kill a Mocking bird at the Waterbury Playhouse. Ginny also spoke about other productions happening in the region.

November 7, 2023 and November 14, 2023: Dr Jeff Says program featured a 2 part series talking about about Prostrate Cancer. Dr Jeff Rabuffo stated early detection is key to reduce the amount of damage caused by the aliment. New treatments are in use now to lessen long-term side effects, both emotional and physical.

November 13, 2023: Kim O'Rourke the Middletown recycling Co-ordinator spoke with Host Don De Cesare about changes within the city's recycling program. The biggest change is the recycling of food scraps into the system. The concept is to reduce the amount of trash entering the land fills. The food will be used as fuel for burning within the region's power plants.

November 5, 2023: N-Shoma host Richard Kamins played Jewish music and reported on news of interest to his listeners.

November 5, 2023: Walter Ostanek was the guest of hosts Eddie Litos and Richard Kamins talking about his band and it upcoming schedule of appearances. Ostanek's group has been performing for over 30 years thru out the region.

November 3, 2023: Host Don De Cesare spoke with Chester Hose Company Chief James Grabowsky about firefighters training, membership, numbers of call annually. The Chester Hose Company also manages the town's Ambulance service. The department just upgraded the company's fire boat to a new and larger Marine unit.

November 2, 2023: Program host Ginny Wolf spoke with the producer, at the Cabaret-on-Main, talking about the upcoming production of "Elf." The production was a challenge based on the are set display on a small stage. Ginny also talked about other shows going on at other venues in the region.