

PUBLIC FILE OCTOBER 2023 WLIS/WMRD AM/FM.

The programs are 30 minute in length and are broadcast at 12:30p, 6:30p, live streamed and on-demand at [WWW.WLISWMRD.NET](http://WWW.WLISWMRD.NET)

October 29, 2023: N'shoma host Richard Kamins provided Jewish music, news and events occurring in the area. Richard noted today was the 23rd day of the Hamas/Israel war.

October 29, 2023: Polish Melodies hosts Eddie Litos and Richard Kamins played Polish music, announced events and anniversaries.

October 26, 2023: "Spotlight on the Arts" host Ginny Wolf spoke with Lynsey Phife and Carlos Chanez about the Wadsworth Atheneum and an upcoming production of "Day of the dead" noting a Mexican celebration of remembering loved one who have passed. Ginny also spoke about other productions occurring thru-out area venues.

October 25, 2023: My Vermont table April 24, 2023: (A repeat of the March 3, 2023) program: Don DeCesare's guest was author, TV host, teacher, master baker and chef, Gesine (pronounced geh-zee-nuh) Bullock-Prado. It's a fun interview about her and her new book, "My Vermont Table - Recipes for all (six) Seasons!"

October 24, 2023: Dr Jeff Says (a repeat of the May 9, 2023 program: Host Don DeCesare spoke with Local Dr Jeff Babuffo about Alzheimers (Early Stages) during the "Dr Jeff Says" program. Dr Jeff mentioned "noting personality and behavioral changes in a person." While early detection is a plus, some medications may help on a limited basis.

October 22, 2023: Polish Melodies with Eddie Litos and Richard Kamins hosting guest Dave Jason, the Chairman with the National Polka Hall of Fame. Dave spoke about the recent annual event and how the hall of fame has grown over the years.

October 20, 2023: Don De Cesare's guest on today's "Best of the Valley Shore" program is Stamatia Destounis MD, FACR. She is the chair of the American College of Radiology Breast Imaging Commission an expert in breast cancer, who speaks authoritatively about the disease

October 19, 2023: Ginny Wolf, the host of "Spotlight on the Arts" spoke with Doreen Isesly and Diane Cohn of "The Theater Guild of Simsbury." About the company's production of "The Wizard of Oz" and updated presentation. Ginny also reported on several live events occurring in the area.

October 17, 2023: "Dr Jeff Says" Local, retired Physician Dr, Jeff Rabuffo spoke about potential Immigration Diseases being carried across borders by un-inoculated refugees. The Doctor clearly stated he is not against refugees entering the country but several tests and inoculations should be in place,

October 16, 2023: Medicare open enrollment and insurance programs Julie Mascari is currently the Regional President of Humana for the Northeast region in their senior products division and Dr. Robert Zorowitz, Humana Regional Vice President of Health Services for the Northeast.

October 15, 2023: Polish Melodies hosts Eddie Litos and Richard Kamins spoke with John Stanky of the group "John Stanky and the Coal-miners" about the group's latest album "On the Road." John and group have earned several awards for their music.

October 15, 2023: N'Shoma with host Richard Kamins. Richard plays Jewish music and has news and information for the community. Richard's guest was David

October 13 & 18, 2023: Kim O'Rourke Middletown's Recycling Co-ordinator spoke with host Don De Cesare about the city's new recycling regulations. The biggest change is the recycling of food scraps that will be processed into energy, Secondly, the food would not get placed into landfills.

October 12, 2023: "Spotlight on the Arts Host Ginny Wolf spoke with Producer Adrian Philbene, about a combination of Opera and Classical production entitled "Ct Viruosi Callas Chamber Orchestra" "The program is an exciting concept premiering in Connecticut prior being moved to Carnegie Hall."

October 11, 2023: Dave Gallitto, Ct Realtors August 30, 2023: David Gallitto of the Ct Realtors Association current housing market Dave spoke with program host Don DeCesare concerning the current housing market. The low inventory, increasing interest rates and high prices are having a negative impact. It is a "sellers market" and there are no signs of things improving anytime soon. Gallitto stated the ownership of a home remains at great investment in any market.

October 10, 2023; "Dr Jeff Says" Dr Jeff Rabuffo, a retired physician from the area, spoke with host Don De Cesare about the need to be vaccinated for flu, shingles, RSV and Covid variants. The more people vaccinated will reduce the spread of the viruses and resulting illness. Dr Jeff recommends obtaining the vaccines.

October 9, 2023: South District Fire District open house repeat September 26, 2023: Fall Fire Safety: Program host Don De Cesare spoke with Deputy Fire Marshall Ryan Parmelee and Nick Fisher training officer of the South Fire District. They spoke about fire prevention and the upcoming Open House at the South District Headquarters.

October 8, 2023: Polish Melodies with Eddie Litos and Richard Kamins interviewing Eddie Zavaski about his early career and how it has progressed from being in a band and now having his own group.

October 8, 2023: N'Shoma with Richard Kamins presents Jewish music and guests. Richard spoke about his thoughts about the war in Israel and recent events in the region.

October 6, 2023: Almanac January 9, 2022: A repeat of the September 9, 2022 program Farmer's Almanac editor Peter Geiger talking about the history and the science behind the information