1/3/2023 Shore Talk 12:40-1:00: Today we were joined on Shore Talk by Russell Vreeland with the Painter Coast Guard Auxiliary Floatilla 12-02 to discuss their club and their upcoming Boating Safety Course. Successful graduates will be fully licensed to operate a boat in the Commonwealth of Virginia.

1/9/23 Coffee with Kelley 09:30-10:00 On Coffee with Kelley today, it is the return of Mental Health Mondays, as she is joined by Kelly Bulin from Eastern Shore Community Services Board discussing the topic of self compassion

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1/9/23 ShoreTalk 12:40-1:00 Today we were joined on Shore Talk by Wayne Parsley with the Cokesbury Church & Cultural Center to discuss their upcoming Winter Concert Series.

1/10/23. Coffee with Kelley 09:30-10:00: United Way of Virginia's Eastern Shore with Executive Director, Dawn Byrd and Campaign Chair, Johnny Mo.

1/10/23 Shoretalk 12:35-1:00 Today we were joined on Shore Talk by Dr. Ed & Janet Bull with Bayside Chiropractic Rehab and Laser Therapy in Cape Charles who talked about New Years resolutions, diet and exercise.

1/11/23 Shoretalk 12:35-1:00 Today we were joined on Chamber Chat by the Executive Director of the ESVA Chamber and the Eastern Shore Tourism Commission Robert Sabbatini who discussed the year ahead for the Chamber and the Tourism Commission.

1/12/23 Coffee with Kelley 09:30-10:00 Today we were joined by Jane Caberrus with the Northampton County NAACP who discussed the upcoming Community Unity Radio Program on 103.3 FM WESR on Martin Luther King, Jr. Day, Monday, January 16, at 9:00 AM.

1/12/13 Shoretalk 12:35-1;00 pm. Today we were joined by Sally Dickinson and Megan Ames with the Barrier Islands Center, who joined us to talk about what's going on down on the farm!

1/17/2023. Coffee with Kelley: 09:30-10:00 Today we were joined by our friends Bobbie Jo Wert and Bert Adamos with the Nandua High School Athletic Booster Club to discuss their Annual Quarter Auction coming up this Saturday, January 21.

1/17/23 Shoretalk 12:35-1:00 pm: Representative from Eastern Shore Community College Bill LeCato discussed the upcoming Oyster Roast function to benefit the Eastern Shore Community College Foundation.,

1/19/2023 Coffee with Kelley 09:30-10:00 Today we were joined on Coffee with Kelley by Charmin Horton with the Eastern Shore Community Services Board, who discussed the upcoming Point in Time Homeless Count.

01/23/23 Shoretalk 12:35-1:00 pm. oday we were joined on Shore Talk by our friends Sally Schreiber with and Jennifer Tyler with the Riverside Hospital Auxiliary to discuss their upcoming Fire & Ice Event at Mallards at the Wharf.

1/24/23 Coffee with Kelley 09:30-10:00 am. Today on Coffee with Kelley we were joined by Shelley Strain, Executive Director of the Eastern Shore Coalition Against Domestic Violence, who gave an overview of the shelter and office building and thanked everyone who supports the Coalition through funding and donations.

01/24/23 Shoretalk: Today Dr. Ed Bull with Bayside Chiropractic Rehab and Laser Therapy discusses herbal supplements and whether they work or are a scam.

1/26/23 Coffee with Kelley 09:30-10:00 Today on Coffee with Kelley, Tony Penino, Conservation Officer with the Department of Wildlife Resources, shares information with the last push of duck season that goes out Sunday and the upcoming snow goose conservation season.

1/27/23 Shoretalk. 12:35-1:00 pm. Today we were joined on Shore Talk by our friends from your Eastern Shore Community College, for the first time the new Vice President Dr. Ray Burton and President Dr. Jim Shaeffer.