

Air date May 18th

THIS SUNDAY ON "IN TOUCH WITH DELMARVA"

NEWS ON AN UPCOMING GOLF OUTING TO BENEFIT

DEBBIE'S FUND FOR ANIMALS,

WITH GUESTS JIM WOODLAND AND MIKE NEWNAM

AND

COACH BILL FALASCO FROM HARRINGTON PARKS

and REC WITH A HARRINGTON HERITAGE DAY UPDATE

AND AS ALWAYS A MOMENT OF ZEN.....

IT'S ALL ABOUT THE DETAILS

SUNDAY MORNING AT 7 AM

WITH HOST NORM SHORT

ON "IN TOUCH WITH DELMARVA"

Steve So far so good! Let me know if you have any ideas or changes you want to the program.

air date May 11, 2014

THIS SUNDAY ON "IN TOUCH WITH DELMARVA"

**LEARN ABOUT THE GREENSBORO LIONS CLUB , AND ALL THIER
COMMUNITY INVOLVEMENTS, INCLUDING ... AN UPCOMING CAR SHOW;**

AND ;

**THE BIGGS MUSEUM WITH A HOST OF THINGS GOING ON ,
INCLUDING KID FRIENDLY SUMMER CAMPS;**

**IT'S ALL ABOUT THE DETAILS THIS SUNDAY AT 7 AM WITH HOST NORM SHORT
ON "IN TOUCH WITH DELMARVA"**

**AND CAN LISTEN TO THE PODCAST.....JUST GO TO COOL1013.COM AND
CLICK THE "IN TOUCH WITH DELMARVA"**

BANNER.....

Air date May 4

THIS SUNDAY ON "IN TOUCH WITH DELMARVA"

THE DOVER Y AND THE SUSSEX FAMILY Y

WITH INFORMATION ON PROGRAMS AND SAVINGS

WITH LORI SPEED AND LAURIE WEEKS.....

AND

GO "OVER THE EDGE" FOR SPECIAL OLYMPICS

WITH GUEST JON BUZBY

AND AN EXTRA SEGMENT

AS WE LEARN ABOUT "E RACING THE BLUES SOUTH"

MAY 10TH TO SUPPORT THE MENTAL HEALTH ASSOC.

IN DELAWARE

IT'S ALL ABOUT THE DETAILS THIS SUNDAY AT 7 AM WITH

HOST NORM SHORT ON "IN TOUCH WITH DELMARVA"

Turn the Tide :30

Chronic kidney disease is a fast-growing health problem. 427,000 Americans are on dialysis and more than 79,000 are waiting for a life-saving transplant. Early detection screenings for at-risk people can help turn the tide.

And YOU can help by joining with friends, family and co-workers in the **National Kidney Foundation of Maryland's 6th annual Southern Delaware Kidney Walk, Sunday, April 27th, at Cape Henlopen State Park in Lewes, DE.**

Register at 410-726-8732 or www.kidneywalk.org. That's [kidneywalk.org](http://www.kidneywalk.org).
Love Your Kidneys!

You Can Help :15 ~ 2/11/14 - 4/26/14

More than 26 million Americans have chronic kidney disease and many don't know it. **You** can help by participating in the **National Kidney Foundation of Maryland's 6th annual Southern Delaware Kidney Walk, Sunday, April 27th, at Cape Henlopen State Park in Lewes, DE.** Call 410-726-8732 or visit www.kidneywalk.org.

A Few Steps: 15

Join us at the **National Kidney Foundation of Maryland's 6th annual Southern Delaware Kidney Walk, Sunday, April 27th at Cape Henlopen State Park in Lewes, DE.** Sign up for yourself or form a team. Call 410-726-8732 or visit www.kidneywalk.org. A few steps will make a huge difference!

The Sussex County Health Promotion Coalition present

FAMILY FUN NIGHTS

at the

Western Sussex
Boys & Girls Club



New Spring
Dates

January 17

Theme: Winter Wonderland

February 14

Theme: Be My Valentine

March 14

Theme: Carnival Night

April 11

Theme: Spring Into Family Night

May 9

Theme: Cinco de Mayo

June 6

Theme: Summer Fun

Family Fun Night Activities Include

Open pool with fun floats

Themed arts and crafts

Fun physical activities in the gym

Low cost light refreshments

Special guests and more!!!!

Time: Designated Fridays from 7-9 pm

Location: Western Sussex Boys and Girls Club

Address: 310 Virginia Avenue, Seaford

These events are part of the "IM 40" Initiative! Working to provide our youth with the 40 Developmental Assets!

Find out more at www.IM40.org

CaT 2000
IDS 3600



CLIP AND SAVE THESE DATES



Thank you Lord For The Radio

Chorus Turn your radio on - To brighten up your day
Turn your radio on - Good things will come your way
For the news and music - for the personalities
Turn your radio on - Turn your radio on

Verse one * Cat Country - 97.5 - Dixie
For good ole country music - Here's what you should do
Tune on into Dixie - Cat Country's for you
By dialing Ninety Seven Five - you cannot go wrong
She will make you happy - playing a Country Song

Verse Two * Newstalk - 105.9 - Sumo
For the news and talking - One O Five Nine's where to go
For Dan and for Kelly - For Jared and Sumo
To talk about this and that - To hear what you want to know
Tune into one O Five Nine - for great talk radio

Verse Three * The Wave - 97.1 - E.J.
If Seventies and Eighties - are your favorite thing
Then the Wave is for you - To make your heart sing
E.J. the Foxy lady - is waiting there for you
Tune to the wave Ninety Seven one - That's the thing to do

* Repeat Chorus *

Verse Four * Cool - 101.3 - Amy
For cool classic oldies - One O one three is for you
Playing ten in a row - Is what they like to do
Playing the favorite music - Sweet Amy's there for you
Songs you like to hear - to make your dreams come true

Verse Five * Eagle - 97.7 - Glassman
To fly like an Eagle - To Ninety Seven Seven go
Glassman is the main man - He will make it so
Playing your favorite song - to give you a happy day
Tune into The Eagle - as you travel on your way

* Repeat Chorus *

Verse Six How wonderful it is - For all those radio shows
That bring us so much joy - Life's better I do know
For Dixie and for Amy - For Glassman and E.J.
For Sumo at Newstalk - Thank you all for happy days

* Repeat chorus *

By Kenny D.

Harrington Parks & Recreation
Annual Golf Tournament
Scramble Format

Friday, May 16, 2014 ~ 10:00am~Registration Begins at
9:00am

Jonathan's Landing Golf Course~Magnolia, DE

Cost: \$300.00 per foursome

\$80.00 per individual player

Deadline for entry is May 9, 2013

Limited to the first 25 teams

Cost includes: Golf, Cart, Open Range & Luncheon
Luncheon, awards and prizes to follow play.

Awards:

Gross, Net, Longest Drive, Closest to Pin, Hole in One

All proceeds to benefit Harrington Parks & Recreation
Programs.

Registration forms are available at all local golf courses,
Harrington Parks & Recreation, and Harrington City Hall.

Contact Bill Falasco (398-7975 x103) (Fax 398-7945) or
Dave Adams (670-0028) for more information.

Harrington Parks &
Recreation
114 East Liberty Street
Harrington, DE 19952
302-398-7975

www.hprnews.com





Saturday, June 28, 2014

Walkers & Runners:

Registration Opens at 8:00 a.m.

Race Starts 9:00 a.m. at the

**Mispillion River Brewing
255 Mullet Run (off Airport Rd),
Milford, DE**

**Benefits: The Chamber of Commerce for Greater
Milford Riverwalk "Freedom" Festival Fireworks,
Delaware Prostate Cancer Coalition and
Milford High School Cross Country Team**

~ Participating Partners ~

**DENTSPLY
CAULK**



**EXTREME
TOTAL FITNESS**
MILFORD, DE 422-8808

**You Can Be Certain With
i.g. Burton**
CHEVROLET CHRYSLER DODGE JEEP RAM MERCEDES BENZ
Seaford & Milford Delaware
100 Family-Friendly Years Serving Delaware



WSFS bank
We Stand For Service™



MILFORD CHRONICLE
Since 1878, covering the news and people in your hometown



**To Register and for Event details please go to:
www.races2run.com/events/smile-freedom-5k/**

Races 2 Run

**Entry Fee: \$20 pre-registration (until the Thursday, June, 26th at noon)
\$25 after and day of event**

**For information contact the Chamber of Commerce for Greater Milford at
302.422.3344 or milford@milfordchamber.com**

