

## Quarterly Issues October 2022

10/03/2022 Shoretalk 12:40-1:00. Riverside Shore Hospice's Maegan Smith who discussed the return of Camp Fragile Hearts this Saturday at Sawmill Park. Camp Fragile Hearts is an event to help children who are dealing with the death of a parent or grand parent, divorce, military separation or incarceration.

10/04/2022 Shoretalk 12:40-1:00 pm Today we were joined on Shore Talk by Dr. Ed & Janet Bull with Bayside Chiropractic Rehab and Laser Therapy in Cape Charles who discussed hamstring injuries, their causes and potential chiropractic cures.

10/05/2022 Shoretalk 12:35-1:00. Onancock Baptist Church to offer free outdoor movie Saturday

10/06/2022 Shoretalk 12:35-12:45 Exmore Rotary Club discussed upcoming charity oyster roast.

10/06/22 12:45-1:00 pm Shore Talk - The Eastern Shore's 4H Clubs discussed upcoming programs and events.

10/10;2022 09:30-10:00 Coffee With Kelley - World Mental Health Day Kelly Bulin ESAAACAA

10/10/22 12:30-1:00 p.m.Shoretalk Upcoming Events at Your Eastern Shore Community College

10/11/2022 09:30-10:00 Roy Ballard discusses the upcoming Exmore Auto Show event

10/11/2022 12:35-1:00 Shoretalk. Jay Deim of the A&N Electric Co-op discusses the Co-ops Annual. Youth Tour to Washington DC.

10/12/2022. 12:35-1:00 Shoretalk Chamber Chat - Shore Creation's Successful Grand Opening

10/18/2022 09:30-10:00 Coffee with Kelley. Coffee With Kelley - ESCADV's New Campus ES Coalition Against Domestic Violence

10/18/2022 12:35-1:00. . Baysice Chiropractic Shore Talk - Fibromyalgia Dr.Ed Bull. Baysice Chiropractic

10/19/2022 12:35-10:00. Shore Talk - Stress, Trauma & Acupuncture Serina of Wellstone Wellness Center

10/20/2022 09:30-10:00. Coffee With Kelley - The Heat Is (Hopefully) on with Thornton Services

10/20/2022. 12:35-1:00 Shore Talk - the Onancock Baptist Church's Fall Festival

10/21/2022 12:35-1:00. Shore Talk - The Northampton County Education Foundation discusses the support that organization offers the Northampton County Public School System

10/24/2022 12:35-1:00. Shoretalk Congresswoman Elaine Luria discussed events in Washington affecting the Eastern Shore

10/25/2022 12:35-1:00. Shore Talk - the Governor of Virginia Glenn Youngkin discussed proposed legislation in Richmond.

10/25/2022 09:30-10:00 Coffee With Kelley - Operation Christmas Child

10/26/2022 12:35-1:00 Chamber Chat - Introducing a Chamber Champion Netwavz

10/27/22 09:30-10:00 Coffee With Kelley - Food Insecurity Ahead of the Holiday Season Charmin Horton and Leslie Parker of the Food Bank

10/27/2022 12:35-1:00. Shore Talk - Dental Care with Eastern Shore Rural Health

10/28/2022 12:35-1:00 Shore Talk - Our Town at the North Street Playhouse

November 2022:

11/01/2022 12:35-1:00 pm Shoretalk. Dr. Ed Bull of Bayside Chiropractic discussed the Class 4 lazer treatments

11/03/2022 12:35-1:00 Shore Talk - Orchestra of the Eastern Shore's upcoming performance in Onancock and Hungars Church.

11/04/2022 12:35-1:00 pm  
Shore Talk - Helping Victims of Contamination at Camp Lejeune attorney Lawrence Land

11/07/2022 Shore Talk - Turkey Shoot At The Community Church of God in Birdsnest

11/08/22 09:30-10:00 Coffee with Kelley  
Coffee With Kelley - The 2022 United Way Campaign is Underway. Johnny Morrison and Dawn Byrd

11/08/22 12:35-1:00pm Shore Talk - Shore History's Upcoming Events Hillary Wilson of Shore History

11/09/22 12:35-1:00- Chamber Chat - Upcoming Chamber Events and A New Member Discusses Financial Markets

11/10/2022 0-9:30-10:00. Coffee with Kelley. Members of the Eastern Shore Artisan's Guild talked about the upcoming Artisan's Tour on the Shore.

11/14/2022 12:35-1:00  
Shore Talk - Your Eastern Shore Community College Dr. Tompkins discusses upcoming class opportunities at ESCC

11/15/2022 09:30-10:00  
Coffee With Kelley - Strategies For the Holidays with Shelly Strain of the Center Against Domestic Violence

11/15/2022 12:35-1:00. Shore Talk - Inflammation In This Muscle Can Cause Sciatica Dr. Ed Bull of Bayside Chiropractic

11/16/2022 12:35-1:00. Shore Talk - The Annual Kiwanis Craft Show Connie Campbell and Rose Rulon.

11/17/2022 09:35-10:00 Mrs. Claus joins Coffee With Kelley!

11/23/2022 12:35-1:00 Chamber Chat - An Upcoming Ribbon Cutting and Christmas Events

11/28/2022 09:35-10:00 Coffee With Kelley - How To Talk Care Of Yourself During the Holidays Charmin Horton

11/29/2022 09:30-10:00 Coffee With Kelley - Christmas in Onancock

11/30/2022 12:35-1:00 Shore Talk - Considering Natural Remedies for Illnesses and Ailments Dr Ed Bull Bayside Chiropractic

December 2022

12/02/2022 12:35-1:00.

Shore Talk - Discussing the Camp Lejeune Lawsuit with Laurence Land Attorney

12/06/2022 12:35-1:00

Shore Talk - The Womens Club of Accomack County Christmas Sale

12/06/2022 09:30-10:00 Coffee with Kelley - The 2022 United Way Campaign this year's progress to date.

12/07/2022 12:35 -1:00.

Shore Talk - News From Your Eastern Shore Community College Dr. Jim Shaeffer

12/08/2020 09:30-10:00 c Coffee With Kelley - Christmas Events in Onancock with Kim Moore

12/08/2022 12:35-1:00 pm. Shore Talk - Elfie and Rudolph Discuss Onancock!

12/09/22 12:35-1:00. Shore Talk - What Is Cupping? Serina of Wellstream Wellness discusses the role of acupuncture

12/12/2022 09:30-10:00.

Coffee With Kelley - The Holiday Open House at Brownsville Nature Conservancy Headquarters

12/12/2022 09:30-10:00. Shore Talk - The Eastern Shore Public Library's Count Me In Basket Fundraiser Brenda Holden

12/13/2022 09:30-10:00 Coffee With Kelley - ESCADV Domestic Violence at Christmas

12/13/2022. 12:35-1:00 Shore Talk - Brain Health Dr. Ed Bull of Bayside Chiropractic

12/15/2022 12:35-01:00

Shore Talk - Chronic Care Management Program. Eastern Shore Rural Health

12/27/2022 12:35-1:00

Shore Talk - Concussions and Brain Health. Dr. Ed Bull of Bayside Chiropractic

