

Air date Oct 5, 2014

**THIS SUNDAY ON IN TOUCH WITH DELMARVA
GARY PORTER FROM THE AMERICAN LEGION POST 7
OF HARRINGTON , WITH NEWS ON THE NOV. 1ST
COMFORT WARRIORS 5K WALK /RUN**

AND

**WE CHAT WITH A HEALTH COACH
OFFERING SOME TIPS AND TOOLS,
TO GET YOU ON THE ROAD TO GOOD HEALTH**

**THE PODCAST IS AVAILABLE NOW ON COOL1013.COM
JUST CLICK ON THE “IN TOUCH WITH DELMARVA BANNER”**

**SO JOIN HOST NORM SHORT THIS SUNDAY AT 7AM
ONIN TOUCH WITH DELMARVA**

Steve 476 shows and counting. Thanks for the chance. Norm

Air date Oct 12th 2014

This Sunday on “In Touch with Delmarva”

Guest Alicia Hollis has news on a quarter auction to benefit

Kent Sussex Industries in Milford..... Oct 17th

And

October is Breast Cancer Awareness Month and the

Delaware Breast Coalition has an event Saturday Oct 18th,

“Monster Miles for a Cause” at Dover Downs International Speedway

With guests Beth Krallis and Cheryl Docette

Listen to the podcast available now on cool1013.com

Or check in Sunday morning at 7 am with host

Norm Short ..on..... In Touch with Delmarva

**Steve 479Chefs fight next Tuesday. Are we joining in?
Dancing like super heros?**

Air date Nov 9 ,2014

THIS SUNDAY ON IN TOUCH WITH DELMARVA

THE 83RD ANNUAL LEWES CHRISTMAS PARADE

**WITH BETSY REAMER FROM THE LEWES CHAMBER OF
COMMERCE**

AND A FAMILY FUN EVENT

**THE NUTCRACKER AT THE SCHWARTZ CENTER IN
DOVER WITH ARTISTIC DIRECTOR TERESA EMMONS
AND ,AS CLAIR, DOVER HIGH SCHOOL SENIOR,
“JASMIN”**

PODCASTS ARE AVAILABLE NOW ON COOL1013.COM

JUST CLICK THE DELAWARE STATE FLAG.....

**OR LISTEN LIVE THIS SUNDAY AT 7 AM ON IN TOUCH WITH
DELMARVA WITH HOST NORM SHORT**

**SPONSERED BY.....
JOHN DEERE TAYLOR AND MESSICK OF HARRINGTON**

Air date Oct 19 2014

THIS SUNDAY ON... IN TOUCH WITH DELMARVA

CHEFS FIGHT FOR THE "AMERICAN HEART ASSOCIATION"

AT HARRINGTON RACEWAY AND CASINO NOV 8TH

WITH CHEF LUDVIC BEZY (BUSY).....

GARY PORTER FROM THE AMERICAN LEGION

**POST 7 OF HARRINGTON AND NEWS ON A COMFORT WARRIORS
WALK.....**

**ALONG WITH A PEEK BEHIND THE CURTAINS IN THE RADIO
BUSINESS, WITH INTERN LOGAN FRENCH AND HIS "SUMMER OF
FUN".**

ITS AVAILABLE NOW ON PODCAST AT COOL1013.COM

JOIN NORM SHORT THIS SUNDAY AT 7 AM ON

IN TOUCH WITH DELMARVA

Air date Dec 28 2014

**THIS SUNDAY ON IN TOUCH WITH DELMARVA
IT'S FREE JOINER TIME AT THE DOVER Y
AND GUEST LORI SPEED HAS ALL THE NEWS....**

AND

**DR GABRIEL LEWULLIS (LOU ELLIS)
ORTHOPEDIC SURGEON FROM BAYHEALTH ,
WITH SOME TIPS ON JOINT HEALTH.**

CHECK OUT THE PODCAST ON COOL1013.COM

**OR TUNE IN SUNDAY AT 7 AM WITH HOST NORM SHORT
ON "IN TOUCH WITH DELMARVA"**

Air date Oct 26, 2014

THIS SUNDAY ON IN TOUCH WITH DELMARVA

BLACKJACK PLAYERS UNITE, AT AN EVENT FOR

CENTRAL DELAWARE HABITAT FOR HUMANITY...

CALLED BLACKJACK TO BUILD WITH GUEST CHRIS COOPER

And

GUEST KIM RIGBY WITH NEWS ON A PLACE THAT IS ALL ABOUT

HELPING PEOPLEPEOPLES PLACE

AVAILABLE NOW ON PODCAST ON COOL 101.3

OR LISTEN LIVE SUNDAY MORNING AT 7AM WITH HOST

NORM SHORT ON.....IN TOUCH WITH DELMARVA

Air date Nov 16 2014

This Sunday on In Touch with Delmarva,

TIME FOR A MS WALK WITH CR HIGH SCHOOL SENIOR
KAYLEY CONLEY NOV 22

ALSO THE GANG FROM HOME INSTEAD SENIOR CARE
WITH THEIR "BE A SANTA TO A SENIOR " PROGRAM

AND THIS WEEK A BONUS

IT'S FESTIVAL OF TREES TIME FOR DELAWARE HOSPICE

JOIN US THIS SUNDAY AT 7AM WITH HOST NORM SHORT
ON IN TOUCH WITH DELMARVA

Steve 494 and counting thanks Norm

Air date Dec 7, 2014

This Sunday on In Touch with Delmarva

Ken Wood with details and some insights into

Going to Africaas part of the,

Wells For Ghana Project,

bringing fresh drinking water to those without,

And

State News award winning photographer Dave Chambers

With The story of.....The Hartly Monkey

All that..... and a moment of zen

Join host Norm Short this Sunday at 7 am

On In Touch with Delmarva

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