



## 100.1 WJRZ-FM 1<sup>ST</sup> QUARTERLY ISSUES REPORT

4/2/15

Prepared by Matt Knight, Program Director

The following is the Quarterly Issues Report for WJRZ-FM for the first quarter of 2015. The report includes a synopsis of programs as well as a sampling of Public Service announcements, which aired between 1/1/15 and 3/31/15.

WJRZ-FM has identified the following issues of importance to its community of listeners:

- Health/Healthcare
- Career/Self Improvement
- Education
- Community
- Family

### WJRZ-FM Public Affairs Program

Sunday – 6:00am – 6:30am

“Radio Health Journal is a syndicated show that talks with authors, professors and other professionals about medical and health issues of local and national concern.

Sunday – 6:30am-7:00am

“Around Ocean County” is a local, weekly interview show covering a variety of issues making news in the station’s hometown and county. Featuring pre-recorded interviews, the show is hosted and produced by Lisa Anderson.

## HOW PROGRAMMING ADDRESSED THE ISSUES

### HEALTH/HEALTHCARE

1/4/15...*Radio Health Journal*. **Heart failure** Host: Nancy Benson. Guests: Dr. Deborah Weinstein, Chief Medical Officer, Atlantic Clinical Research Collaborative; Dr. William Abraham, Prof. of Internal Medicine and Director, Division of Cardiovascular Medicine, Ohio State Univ. Heart failure is a major source of death and disability. Experts discuss causes, consequences and new treatments that may greatly lessen its toll. 7:51

1/11/15...*Radio Health Journal*. **Performer's injuries** Host: Reed Pence. Guests: Amy Roisum Foley, Prof. of Music and Director of Bands, Minnesota State Univ.; Lynne Kraye-Luke, professional flutist and licensed Andover Educator; Dr. George Shybut, Wellington Orthopedics and Sports Medicine; Julie Daugherty, physical therapist, American Ballet Theater. Professional musicians often suffer from repetitive motion injuries, while dancers suffer athletic injuries. Both often "play hurt," in part due to fear of losing position or income, or because they are more likely than most professions to have no health insurance. 12:35

1/11/15...*Around Ocean County*. Doug Ingoldsby is the founder of ALL ONE Supplements, manufacturer of the world's first high potency multi-vitamin/mineral/protein powder, ALL ONE. Doug's topics included **chemically enhanced foods**, the difference between GMO and non-GMO foods and how natural foods compete with chemically enhanced foods in the marketplace. (14:00)

1/25/15...*Radio Health Journal*. **HPV, cancer, and the HPV vaccine**. Host: Reed Pence. Guests: Dr. Rodney Willoughby, Prof. of Pediatrics, Medical College of Wisconsin and member, American Academy of Pediatrics Committee on Infectious Diseases; Dr. Susan Vadaparampil, Senior Member, Division of Population Sciences, Moffitt Cancer Center, Tampa, FL; Dr. Leah Smith, postdoctoral fellow, Queen's Univ.; Dr. Linda Levesque, Asst. Prof. of Health Sciences, Queen's Univ. Human papilloma viruses are responsible for many cancers, especially cervical cancer and throat cancer. Vaccines exist for the major HPV's that cause these cancers, yet relatively few eligible youths have gotten them. 13:33

1/25/15...*Around Ocean County*. Dr. Jeff Giullian is a nephrologist at South Denver Nephrology Associates. Dr. Giullian practices general and transplant nephrology, including care of patients with chronic kidney disease (CKD), end stage renal disease (ESRD) and kidney stones. He discussed some of the risk factors that may increase the odds of developing kidney disease, diagnosis and treatment, and how you can educate yourself more about **kidney disease**. (15:00)

2/1/15...*Radio Health Journal*. **The flu: it's bad this year.** Host: Nancy Benson. Guests: Dr. Helmut Albrecht, Chief, Division of Infectious Diseases & Haywood Gibbes Prof. of Internal Medicine, Univ. of South Carolina; Dr. William Schaffner, Prof. of Infectious Diseases, Vanderbilt Univ. School of Medicine. The 2014-2015 flu season started much earlier than normal and so far has been much more severe than usual. Experts explain how this year's mismatch occurred between the flu vaccine and the predominant strain of flu, and how people can protect them in spite of the ineffective vaccine. 8:11

2/1/15... *Around Ocean County*. Jax Peters Lowell is a diagnosed celiac for more than twenty years and was the first to bring national attention to the gluten-free diet. He touched on topics including what exactly gluten is, what **celiac disease** is, some misconceptions about gluten and the difference between gluten-free foods and ones that contain gluten. (14:00)

2/8/15... *Around Ocean County*. JoAnn Juralewicz is the owner of "Simply Skin." She discussed her involvement with Ocean County's Women's Connection and their "Let's Thrive Breakfast", which shared **anti-aging** techniques and skin/body/nail rejuvenation. She is also a founder of "Warrior Heart Relief." (13:00)

2/15/15...*Radio Health Journal*. **The gut microbiome.** Host: Reed Pence. Guests: Dr. Jack Gilbert, Group Leader, Microbial Ecology, Argonne National Laboratory; Dr. Rob Knight, Prof. of Pediatrics and Computer Science & Engineering, Univ. of California, San Diego. Scientists are learning that the bacteria living inside us, most notably in the intestines, influence our bodies far more than previously suspected. Our microbiome influences many other organs, particularly the liver, brain, and immune system. Different mixes of these bacteria may account for a great deal of the variability among people, particularly in our weight. Two researchers explain. 13:29

2/15/15...*Radio Health Journal*. **Mindless eating.** Host: Nancy Benson. Guests: Dr. Brian Wansink, Director, Cornell Univ. Food and Brand Lab and author, *Slim By Design: Mindless Eating Solutions for Everyday Life*; Dr. Barbara Rolls, Prof. of Nutritional Sciences, Penn State Univ. and author, *The Ultimate Volumetrics Diet: Smart, Simple, Science-Based Strategies for Losing Weight and Keeping It Off*. People eat for reasons other than satisfying hunger, and those reasons play a great role in whether we eat too much or not. Experts discuss the role of the environment in our appetites and how we may use it to stay slim. 6:29

2/15/15... *Around Ocean County*. Sarah Jane Bedwell is a registered dietician and author, as well as nutrition blogger for SELF Magazine. Her interview discussed keeping **health and weight loss goals**/ resolutions past the first month of the new year. She shared basic nutrition facts and food prep to keep the goals intact. (14:00)

3/1/15...*Radio Health Journal*. **Late effects of childhood cancer.** Host: Reed Pence. Guests: Matthew Zachary, cancer survivor, founder & CEO, Stupid Cancer; Dr. Lisa Diller, Chief Medical Officer, Dana Farber Boston Children's Cancer and Blood Disorder Center and Prof. of Pediatrics, Harvard Medical School; Dr. Les Robison, Chair of Epidemiology and Cancer

Control, St. Jude Children's Research Hospital and Assoc. Director. Doctors can cure cancer in children better than ever, but decades later, many survivors suffer from serious, chronic disease as a result of powerful cancer treatments. Often those survivors don't get screening and treatment for late effects. Experts and survivors discuss how treatments influence life decades later. 11:28

3/1/15... *Around Ocean County*. Dr. Maryann Yehl is the director at Urgent Care of Toms River. Dr. Yehl is the head physician, practicing general medicine. She discussed **general health and eating habits** which could lead to a healthier life including regulating diet, cutting out fat, knowing the risks that allow you to be proactive about health, exercise and smoking cessation. (12:00)

3/8/15...*Radio Health Journal*. **Measles & vaccination--exploring the "social contract"**. Host: Reed Pence. Guests: Dr. John Swartzberg, Clinical Prof. Emeritus, Univ. of California Berkeley School of Public Health; Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Disease, Vanderbilt Univ.; Alta Charro, Warren P. Knowles Prof. of Law and Bioethics, Univ. of Wisconsin. Measles is more widespread than it has been in years. The current measles outbreak in several states has prompted questions about the responsibility of parents to have their children immunized against vaccine-preventable diseases. 2:32

3/8/15...*Radio Health Journal*. **Botox and depression**. Host: Nancy Benson. Guest: Dr. Eric Finzi, dermatologic surgeon, Washington, DC and author, *The Face of Emotion: How Botox Affects Mood and Relationships*. Many people are familiar with the use of Botox to reduce wrinkles and frown lines. But Botox can also be used to reduce the effects of depression. 7:13

#### CAREER/SELF IMPROVEMENT

1/4/15...*Radio Health Journal*. **Workplace "almost psychopaths"**. Host: Reed Pence. Guests: Jim Silver, former federal prosecutor, and Dr. Ronald Schouten, Assoc. Prof. of Psychiatry, Harvard Medical School and Director, Law and Psychiatry Service, Massachusetts General Hospital. Almost everyone is victimized at some point by a cutthroat co-worker who lies with ease and feels no remorse. These people may be "almost psychopaths," people with psychopathic characteristics too subtle to be diagnosed. Two experts explain how these people operate and how the rest of us can avoid being played. 12:13

1/11/15... *Around Ocean County*. Nicholas Wyman is the author of "Job U." which hits topics such as **jobs, education and youth unemployment**. His interview answered such questions as "What are today's most-needed jobs?", "What industries have the highest unemployment?" and "What are the roles of apprenticeship?" (15:00)

1/18/15...*Radio Health Journal*. **Making and breaking habits** Host: Nancy Benson. Guest: Jeremy Dean, psychologist and author, "Making Habits, Breaking Habits: Why We Do Things,

Why We Don't, and How to Make Any Change Stick.” The New Year is a time for people to stop bad habits and start new, good routines. An expert discusses the psychology of habits and how people can be more successful in changing their lives for the better. 7:26

1/18/15... *Around Ocean County*. Dr. Tracey Wilen is an author and has been a scholar at Stanford University, having held leadership positions at Apple, HP, Cisco and The Apollo Group. She discussed her latest book titled “Employed For Life, **21<sup>st</sup> Century Career Trends**” and how millennials transition into leadership roles sooner than expected. She also touched on how smart machines are taking some older jobs, while creating new jobs in other fields can also be expected. (13:00)

2/15/15... *Around Ocean County*. Dr. Tracey Wilen returned for another interview, this time focusing on **Technology & Women in the Workplace**. Dr. Wilen noted that women if women in the workplace continue to stay at one job, it's time to ask “what's up?” This includes pursuing salary increases, promotions and leadership opportunities. She also said that 2015 is a promising year for women under 30 to begin “start-up” businesses as the trend in that sector continues to show growth. (15:00)

2/22/15... *Around Ocean County*. Caroline L. Arnold is a technology leader on Wall Street and a managing director at Goldman Sachs. Caroline produced a self-help guide for **turning aspirations into action** called “Small Move, Big Change” which draws on the critical thinking and creative insight that has made her an innovator on Wall Street and how it can help the public achieve the same goals. (13:00)

3/15/15...*Radio Health Journal*: Studies estimate that at some point in their careers, 35 percent of workers will be bullied badly enough to affect their health. Experts discuss the reasons for **workplace bullying**, the outcomes, and some of the few ways to prevent it. Host: Reed Pence. Guests: Dr. Gary Namie, Director, Workplace Bullying Institute; Meredith Fuller, psychologist and author, *Working With Bitches: Identifying Eight Types of Office Mean Girls and How to Deal With Them* (12:09)

3/22/15...*Radio Health Journal*. **Women and work**. Host: Reed Pence. Guests: Dr. Pamela Stone, Visiting Scholar, Stanford Univ. Clayman Institute for Gender Research, Prof. of Sociology, Hunter College and the Graduate Center, City Univ. of New York, and author, *Opting Out: Why Women Really Quit Careers and Head Home*; Dr. Claudia Goldin, Prof. of Economics, Harvard Univ. The US once led the world in proportion of women in the workplace, but that number has declined the last 15 years. Experts explain the social, economic, and governmental factors that are leading women to quit their jobs--often unwillingly--and stay home. 12:17

## EDUCATION

2/8/15...*Radio Health Journal*. **Gender bias in science**. Host: Reed Pence. Guests: Dr. Joan Herbers, Prof. of Evolution, Ecology and Organismal Biology, Ohio State Univ. and Past President, Assn. for Women in Science; Dr. Jo Handelsman, Associate Director for Science, US Office of Science and Technology Policy. Few female role models exist at major research universities in scientific fields, subverting efforts to get more women into math and science. Many scientists have dismissed gender bias as a factor. However, new research shows that unintentional bias results in women being subconsciously considered less competent than their male scientific counterparts. Experts explain how unconscious bias exists and its pervasive effect in academia and society at large. 12:51

2/22/15... *Around Ocean County*. Maggie McGuire is the VP of Scholastic Parents Channel (scholastic.com) and focused on **reading attitudes and behaviors** of children ages 6-17 and their parents. She shared her findings on this topic by explaining factors that can predict whether a child will be a frequent reader including: Children's level of reading enjoyment, parents who are frequent readers and a child's belief that reading for fun is important. She also talked about the power of choice and what children pick to read as well as reading aloud with their parents. (13:00)

## COMMUNITY

2/28/15... *Around Ocean County*. Amy Chua is a professor at Yale Law School and author of the book "Battle Hymn of the Tiger Mother." She was named one of Time Magazine's 100 Most Influential People in 2011. She explained **culture differentiation within communities** including how and why certain cultural groups do better in America than others. It was brought down to a local level with points including equality within suburban communities in New Jersey, among others. (14:00)

3/1/15... *Around Ocean County*. Representatives from "Loud N Clear", a program that provides treatment supporting **recovery from drug and alcohol abuse** that prevents relapse. This interview talked about their program, how volunteer efforts that give back to recovering addict's community in the form of "giving back" affects their recovery and readying sober persons to return to the workforce by offering workshops. (15:00)

3/15/15... *Around Ocean County*. Aaron & Laura Cohen are ambassadors for the New Jersey chapter of "**Walk MS**." They talked about the local event happening in Lake Como, NJ in April and their attempt to raise \$2 million nationwide to create a world free of MS. In its 26<sup>th</sup> year, Aaron and Laura explained how the community can participate as well as their involvement over the years to help raise awareness for MS. (13:00)

3/22/15... *Around Ocean County*. Beth Stefanacci started “**Go4theGoal**” in 2006 when her son was diagnosed with cancer. Beth discussed how important communities are a very important element of the organization’s mission and how inspiring people in their own community to help and support those in need are so vital. Her organization has raised nearly \$1 million to fund innovative research to find cures for pediatric cancer.

## FAMILY

1/11/15...*Radio Health Journal*: It's much more common today for 20-somethings to delay moving out of Mom and Dad's house to start an independent life. Host: Nancy Benson. Guest: Dr. Jeffrey Jensen Arnett, Prof. of Research Psychology, Clark Univ. and author, **When Will My Grown Up Child Grow Up?** Loving and Understanding Your Emerging Adult (8:20)

1/18/15... *Around Ocean County*. Heather Blair is the mother of one of the family finalists for the Boys and Girls Club of America’s “**Fit Family Challenge**.” This is a national competition that encourages families to work together as a team to improve fitness and strengthen family relationships. She discussed how this event raised awareness to the cause within their community in Philadelphia and how her family was affected during and after the program. (14:00)

2/22/14...*Radio Health Journal*: **Only children** have been vilified for more than a century as inevitably selfish, spoiled and lonely. Yet research finds that children without siblings are psychologically quite similar to those with brothers and/or sisters. Today the proportion of only children is increasing. Host: Reed Pence. Guests: Beth Apone Salamon, Director of Communications, School of Social Work, Rutgers University and an only child; Lauren Sandler, only child, mother of an only child and author, *One and Only: The Freedom of Having an Only Child and the Joy of Being One*; Dr. Susan Newman, psychologist. (12:05)

3/1/15...*Radio Health Journal*. **Infant sleep and shaken babies**. Host: Nancy Benson. Guests: Dr. Ronald Barr, Prof. of Pediatrics, Univ. of British Columbia and Fellow, Canadian Institute for Advanced Research; Dr. Janet Krone Kennedy, clinical psychologist, founder, NYC Sleep Doctor and author, *The Good Sleeper: The Essential Guide to Sleep For Your Baby and You*. New parents are often at wits' end when their baby won't sleep. Infants who won't sleep and cry inconsolably are also at major risk of being victims of shaken baby syndrome. Experts discuss the connection and ways babies can be more reliable sleepers. 8:25



### **100.1 WJRZ Public File: 1/1 - 3/31/15**

#### **Other Public Service Activities**

1/1- 1/31: (160 pre-rec/ 75 live) Women's Expo on 1/31- Women's services expo at Pine Belt Area, Toms River High School North in Toms River, NJ. Proceeds benefit Deborah Heart & Lung Center.

Station Tour on 2/4- Tour of station given to Cub Scout, Pack 18, Long Beach Island, NJ.

2/15- 2/21: (25 live) Laurita Winery Ice Sculpture Festival on 2/21- Laurita Winery Ice Sculpture Festival, benefitting Big Brothers Big Sisters of Ocean County in New Egypt, NJ.

2/23- 3/1: (25 live) Belmar/Lake Como St. Patrick's Day on 3/1- Celebrating St. Patrick's Day in Belmar & Lake Como, NJ.

3/1- 3/7: (25 live) Ocean County St. Patrick's Day Parade on 3/7- Celebrating St. Patrick's Day in Seaside Heights, NJ.

### **100.1 WJRZ Public Service Announcements: 1/1 – 3/31/15**

1/1-1/10: The Girl Scouts of the Jersey Shore will host the Add-A-Friend Recruitment event at the Little Egg Harbor Community Center, located at 317 West Calabreeze Way on Saturday, January 10<sup>th</sup> from 11am to 2pm.

1/1-3/31: All branches of the Ocean County Library are collecting gently used gowns and formal dresses for its annual Prom Dress Giveaways. The annual event provides dresses to middle and high school students at no charge, so they can attend their school's graduations and dances.



1/1-3/31: College students! Internships are now available at 100.1 WJRZ. Gain experience in radio, earn school credits and have fun! Call 609-597-1100, ext. 207 or visit WJRZ dot com and click "Employment."

1/1-3/31: WJRZ cares about our troops, as cell phones for soldiers are being collected for the "Support the Troops Project." If you have an old cell phone to donate, or have a soldier serving overseas and would like to send them free calling cards, we can help get them there.

1/5-1/12: Special Days Camp invites you to attend their Winter Fundraiser to help children with cancer at the Headliner in Neptune, Monday, January 12<sup>th</sup> at 8pm.

1/5-1/14: January is National Mentoring Month. Big Brothers Big Sisters of Ocean County will hold their annual Open House on Wednesday, January 14<sup>th</sup> from 3 to 6pm at their headquarters at 20 Hadley Avenue in Toms River.

1/12-1/15: The Barnegat Rotary will host "Comedy for a Cause" on Thursday, January 15<sup>th</sup> from 6 to 10pm at the Holiday Inn on route 72 in Manahawkin. Get tickets now!

1/12-1/17: The Lacey Township High School Fishing Club will host their annual Fisherman's Flea Market to fund outdoor educational experiences for Lacey students on Saturday, January 17<sup>th</sup> from 8am to 2pm.

1/12-1/17: The American Legion Auxiliary Unit 455 of New Egypt will hold their 6<sup>th</sup> annual Basket Bingo on Saturday, January 17<sup>th</sup> starting at 1pm. Tickets only \$25.

1/12-1/20: The St. Francis Community Center Family Support Services will hold a class called "Blissful Babies," a group session that will provide guidance on the communication of touch with parent and baby, starting on Tuesday, January 20<sup>th</sup>. Classes will be held every Tuesday at the Stafford Branch of the Ocean County Library. Register now!

1/19-1/23: The Ocean County Sheriff's Office will be holding its Inaugural Awards Dinner on Friday, January 23<sup>rd</sup> at Woodlake Country Club in Lakewood. Department friends and supporters, employees and their families are all invited to attend.

1/19-1/24: The Barnegat Rotary will host "Comedy for a Cause," featuring Ryan Maher and Jimmy "Round Boy" Graham on Saturday, January 24<sup>th</sup> from 6 to 10pm at the Holiday Inn on Route 72 in Manahawkin, to benefit David's Believe & Dream Cancer Foundation and more great organizations.

1/19-1/24: The Elks Lodge #1432 in Lakewood will be hosting a "Gift Auction to Benefit Special Children" on Saturday, January 24<sup>th</sup>. Doors at 1pm.

1/19-1/24: The Purr 'n Pooch Foundation for Animals in Tinton Falls will host a Volunteer Day on Saturday, January 24<sup>th</sup> for anyone who would like to help prepare donations for shipment for U.S. Military Working Dog Teams that have been deployed to the Middle East. Donated items will go to "Operation Military Care K-9," a project run by the United States War Dogs

Association.

1/19-1/24: Lacey Lodge #2518 of the Benevolent and Protective Order of Elks will hold their "40<sup>th</sup> Anniversary Celebration and Special Needs Children Charity Ball" on Saturday, January 24<sup>th</sup> with live music from "Contraband." Get tickets now!

1/19-1/25: The Brick Township High School Marching Dragon Caravan presents their 4<sup>th</sup> annual Gift Auction fundraiser on Sunday, January 25<sup>th</sup> at 1pm. Get tickets now!

1/19-1/27: The Dental Associates of Lakewood are having an Online Gift Basket Auction from January 20<sup>th</sup> to the 27<sup>th</sup> to raise money for the "Way to Happiness Foundation." Auction items include hair salon gift cards, autographed sport memorabilia and more.

1/19-2/15: Did you know tests that could save your life from cancer are now available for little or no cost, thanks to the affordable care act? Let this be the year you get screening tests that can prevent or detect cancer early.

1/26-1/28: Dr. Jeffrey Hager will host a free presentation, "Varicose Veins: Treat now for a Healthier Summer" on Wednesday, January 28<sup>th</sup> at 11am at Meridian Fitness and Wellness in West Creek. Register now!

1/26-1/29: Southern Regional High School in Manahawkin presents "Rebound: the Chris Herren Story" on Thursday, January 29<sup>th</sup> at 6:30pm to support former NBA and NCAA basketball star Chris Herren, who founded the Herren Project to educate people on the dangers of substance abuse.

1/26-1/31: Toms River High School North presents "Legally Blonde: The Musical" on Thursday, Friday and Saturday, January 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> at 7pm. Get tickets now!

1/26-1/30: Cinderella's Closet of Monmouth County will host their 8<sup>th</sup> annual Prom Fashion Show at Jumping Brook Country Club in Neptune on Friday, January 30<sup>th</sup> from 7 to 10pm. Cinderella's Closet helps students attend Prom even if they are experiencing financial hardship.

1/26-1/30: Room in our Hearts, a nonprofit organization dedicated to helping families whose homes have been affected by crisis, will host "Brush & Brew" at Colts Neck Firehouse Number 1 on Friday, January 30<sup>th</sup> from 7 to 11pm. Create a painting with step-by-step help from professional teachers, while enjoying food, wine and beer from Monmouth County's finest.

1/26-1/31: The Southern Regional Gold Rams Marching Band will hold their "Night at the Races Fundraiser" to benefit their Scholarship Fund at Stafford Volunteer Fire Company Number 1 in Manahawkin on Saturday, January 31<sup>st</sup> from 6:30 to 10:30pm.

1/26-1/31: The Zumba for Autism Benefit will be held at the Pleasant Plains First Aid in Toms River on Saturday, January 31<sup>st</sup>. A percentage of the proceeds will be donated to a local Toms River Cub Scout pack.

1/26-1/31: The Rotary Club of Asbury Park is sponsoring the Rotary Polar Plunge to Raise Funds for Rotary Eye Rescue and the Mya-Lin Terry Foundation, Saturday morning, January 31<sup>st</sup> on the Asbury Park Boardwalk.

1/26-1/31: The Southern Regional Memorial Scholarship Fund will hold "Bowling for Scholarship Dollars" on Saturday, January 31<sup>st</sup> from 1 to 4pm at Thunderbird Lanes in Manahawkin. The cost is \$20 for adult bowlers and \$10 for children and student bowlers.

1/26-1/31: The Bricktown Veterinarian Hospital presents "A Night of Laughter" at the Manasquan Elks on Saturday, January 31<sup>st</sup> starting at 8pm, featuring comedians John Pizzi, Peter Sasso and Renee Delorenzo. Proceeds will benefit the Bricktown Veterinarian Molly Marie Angel Fund, which helps care for sick and homeless pets.

1/26-2/1: The 11<sup>th</sup> annual "Super Plunge Sunday," a fundraiser organized by the St. Francis Community Center and the swim teams of Southern Regional High School, will be held on Sunday, February 1<sup>st</sup> at 1pm at the 48<sup>th</sup> Street beach in the Brant Beach section of Long Beach Township. Get registered now!

2/2-2/5: The Ocean County Vocational Technical School will host a "Career Training Programs Open House" throughout Ocean County on Thursday, February 5<sup>th</sup> starting at 6:30pm

2/2-2/5: "All Fur Love" Animal Rescue presents their 4<sup>th</sup> annual Dinner & Gift Auction on Thursday, February 5<sup>th</sup> at 6pm at the Doubletree Hotel in Tinton Falls, with special guest: Daniel, the Miracle Beagle.

2/2-2/7: A Cornhole Tournament in support of the Police Unity Tour Riders will be held at the Brick Police Athletic League on Drum Point Road in Brick on Saturday, February 7<sup>th</sup> starting at 11am.

2/2-2/7: The Beachwood / Pine Beach Girls Softball League will hold registration at Pine Beach Elementary School on Saturday, February 7<sup>th</sup> from 6 to 7:30pm.

2/2-2/7: The Ashley Lauren Foundation will hold their 4<sup>th</sup> annual "Butterfly Ball and 10th Anniversary Celebration" at the Ocean Place Resort in Long Branch on Saturday, February 7<sup>th</sup>. Enjoy an evening of fine food, drink and entertainment by Mack and Soul, while raising funds and increasing awareness of providing hope and help for children with cancer in New Jersey.

2/2-2/8: Emmanuel Community Church in Bayville will be hosting "The Dave Ramsey Financial Peace University Seminar" on Sunday, February 8<sup>th</sup> at 7pm. The classes are designed to teach you and your family how to get out of debt, stay out of debt, and build wealth.

2/2-2/9: The Ocean County Department of Parks and Recreation will be conducting a new class called "Tumble & Rumble" on Monday, February 9<sup>th</sup> at 1pm. Register now for this exercise program on soft, safe equipment.

2/2-2/9: St. George Greek Orthodox Church presents their "Taste of the Shore" Food and Wine event on Monday, February 9<sup>th</sup> at the St. George Cultural Center on West Park Avenue in Ocean Township from 6 to 10pm.

2/2-3/29: The Ocean County Parks and Recreation Department is conducting a Snowman Photo Contest. Design and create your best snow sculpture and send in a photo. Awards will be given for the "most original and best traditional snowman," as well as "just for kids under five." Entry deadline is March 31<sup>st</sup>.

2/2-4/5: Here's a reminder from your friends at 100.1 WJRZ. Most municipalities in Ocean and Monmouth Counties have a snow removal ordinance in place. People are advised that vehicles may not be parked on any roadway for the entire duration of any storm until snow removal is complete. Any vehicles left on a roadway will be subject to a summons and may be towed by police.

2/2-4/15: The Volunteer Tax-Aide Program, sponsored by AARP, can prepare your income tax for free at locations in Manahawkin, Little Egg Harbor and Lanoka Harbor from now through April 15<sup>th</sup>. Get your appointment now!

2/9-2/11: The Lacey Township Substance Abuse Task Force is hosting an Education Program to discuss the drug epidemic facing our community on Wednesday, February 11<sup>th</sup> at 7pm at Lacey Township High School.

2/9-2/13: Ocean Health Initiative is hosting "Casino Night," its annual Valentine's Day fundraiser, with dinner, dancing and a silent auction, Friday, February 13<sup>th</sup> from 6 to 11pm at The Mill at Spring Lake Heights. Get tickets now!

2/9-2/14: Community Options will hold their annual "Cupid's Chase 5k" on Saturday, February 14<sup>th</sup> at Hemingway's on the Boulevard in Seaside Heights starting at 10am to help their support of individuals with developmental disabilities.

2/9-2/14: The Joan Dancy and People with ALS Foundation will hold their 9<sup>th</sup> annual "Valentine Plunge" on Saturday, February 14<sup>th</sup> at noon on the main beach in Manasquan. Their mission is to help people in the shore area afflicted with ALS by providing a better quality of life for them and their families. Register now!

2/9-2/14: Barnegat American Legion Auxiliary Post #232 will host a "Valentine's Dinner Dance" at their post on North Main Street in Barnegat on Saturday, February 14<sup>th</sup> from 6 to 10pm. Get your tickets now!

2/9-2/15: Ocean Wreck Divers will host their "Scuba Flea Market" at Toms River Intermediate School on Sunday, February 15<sup>th</sup> from 9am to 2pm. Find bargains on new and used scuba diving gear.

2/9-2/15: The Monmouth County SPCA will host their "Valentine's Brunch" at McLoone's Pier House at Pier Village in Long Branch on Sunday, February 15<sup>th</sup> starting at 11am.

2/9-2/15: The Garden State Youth Orchestra presents its Winter Concert on Sunday, February 15<sup>th</sup> at 3pm at Toms River High School North. Tickets are available now!

2/9-2/16: All branches of the Ocean County Library will be closed Presidents Day, Monday, February 16<sup>th</sup>.

2/9-3/4: The Ocean County Library is seeking submissions from High School Filmmakers for the ninth annual Student Film Festival. Entry deadline is March 4<sup>th</sup>.

2/16-2/20: The Barnegat Volunteer Fire Company Ladies Auxiliary will hold their annual "Fish Fry with all the Fixins' and Beverage and Dessert" on Friday, February 20<sup>th</sup> from 4 to 8pm at the Barnegat Firehouse on Birdsell Street.

2/16-2/21: New Jersey Special Olympics will hold their "Polar Bear Plunge" in Seaside Heights on Saturday morning, February 21<sup>st</sup> to support New Jersey Special Olympics' Sports Training and Athletic Competition. Get registered now!

2/16-2/21: The Southern Regional High School Home and School Association is sponsoring a Comedy Night on Saturday, February 21<sup>st</sup> at the Manahawkin Elks Lodge #2340. Featured comedians include Mike Keegan, John Santo and Veronica Mosey. All money raised will go to class funding and scholarships. Tickets are only \$20.

2/16-2/22: The Ocean County Columbus Day Parade Committee will hold a "Pasta and Sinatra Fundraiser" on Sunday, February 22<sup>nd</sup> at 3pm at Hemingway's Cafe' in Seaside Heights. Get your tickets now!

2/16-2/23: Join the Friends of Southern Ocean County Animal Shelter for their "Spay-getti Dinner" on Monday, February 23<sup>rd</sup>. Enjoy spaghetti and meatballs, salad and dessert, plus 5 tickets for the silent auction.

2/16-2/28: Tickets are on sale now for the Southern Regional Theatre Company's presentation of Disney's Beauty and the Beast in the Joseph P. Echle Performing Arts Center at the High School. The production opens Wednesday, February 25<sup>th</sup> and will run thru the 28<sup>th</sup>.

2/23-2/24: Dottie's House and Alex & Ani Jewelry presents a "Charmed by Charity Event" at their Red Bank location on Tuesday, February 24<sup>th</sup> from 6 to 9pm. Alex & Ani will donate 15% of all sales during the event to benefit Dottie's House, a long term transitional facility that serves women and children who have been affected by domestic violence.

2/23-2/28: Tickets are on sale now for the Southern Regional Theatre Company's presentation of "Disney's Beauty and the Beast." The production opens Wednesday, February 25<sup>th</sup> and will run thru the 28<sup>th</sup>.

2/23-2/26: The Friends of the Stafford Library Book Sale will be held on Thursday, February 26<sup>th</sup> from 9am to 1pm at 129 North Main Street in Manahawkin.

2/23-2/27: The Lacey Lightning-1 14u Travel Baseball Team will hold a Comedy Night at the Knights of Columbus on Lacey Road in Forked River on Friday, February 27<sup>th</sup> starting at 8pm. Tickets are available now!

2/23-3/1: The Dance to Inspire, "One Smile at a Time" Gift Auction to benefit the Ashley Lauren Foundation is at the Crystal Point Yacht Club in Point Pleasant on Sunday, March 1<sup>st</sup> at noon. Get tickets now!

2/23-3/1: The American Legion Post #493 of Little Egg Harbor is hosting "Love for Lily" on Sunday, March 1<sup>st</sup>, a fundraiser for five-year old Lily Rose Cramer, who was recently diagnosed with stage four cancer. 100% of the proceeds will be donated to the Lily Cramer Fund for medical bills.

2/23-3/1: The U.S.S. Challenger chapter of the Starfleet International Star Trek Fan Association presents an "Intergalactic Food Fest" at the Seaside Heights Community Center on Sunday, March 1<sup>st</sup> at 1pm. Admission is an edible dish, based on a recipe from your favorite science fiction movie, TV show or book, and a canned food donation.

2/23-3/2: The Ocean County Vocational Foundation for Vocational Technical Education presents their "International Chef's Night Out" at the Pine Belt Arena at Toms River High School North on Monday, March 2<sup>nd</sup> from 6 to 9pm. Sample food and services from over 60 organizations.

2/23-3/5: The Ocean County Department of Parks and Recreation will be sponsoring an Instructional Swim Program at the Ocean County YMCA in Toms River, Monday, March 2<sup>nd</sup> thru Thursday, March 5<sup>th</sup>. Get registered now.

3/2-3/7: The Toms River South Theatre Guild presents "The Pirates of Penzance," an exuberant show, filled with humor, warmth and happiness, March 5<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup>. Tickets are available!

3/2-3/6: The Brick Township Chamber of Commerce will be holding its monthly Business Builder Breakfast on Friday, March 6<sup>th</sup> at the Brick IHOP.

3/2-3/7: The Ocean Township PTA will hold a Gift Auction on Saturday, March 7<sup>th</sup> at the Waretown Elementary School. All proceeds will benefit the students of the Ocean Township School District.

3/2-3/7: Join ESPN celebrity trainer Janis Saffell at the Fierce4 Fundraiser Master Class, benefitting Nick's Charity Fun Fit Tour to defeat stomach cancer at RS Fitness in Forked River on Saturday, March 7<sup>th</sup> from 3 to 5:30pm. Get your tickets now!

3/2-3/7: Ocean of Love presents their "Casino Royale Casino Night" on Saturday, March 7<sup>th</sup> at the Crystal Point Yacht Club in Point Pleasant. Tickets are available.

3/2-3/7: Ladacin Network will host its 34<sup>th</sup> annual Rosebud Gala Dinner Dance at the Sheraton Eatontown on Saturday, March 7<sup>th</sup> starting at 6:30 pm. Tickets are available!

3/2-3/7: Join the fun on Saturday, March 7<sup>th</sup> at The Stone Pony in Asbury Park for "A Most Unusual Evening," an action packed fundraiser, benefitting the Boys & Girls Clubs of Monmouth County.

3/2-3/8: Boy Scout Troop 83 will hold a Spaghetti Dinner Fundraiser at the Bayville Elks Lodge on Route 9 in Bayville on Sunday, March 8<sup>th</sup> from 5 to 7:30pm.

3/2-4/6: The Tuckerton Seaport & Baymen's Museum is among 15 museum finalists for the 2015 National Medal for Museum and Library Services. Community members who have visited the Tuckerton Seaport are encouraged to share their story of the excellent programs and public services there on the Institute of Museum and Library Services Facebook page. Entry deadline is April 6<sup>th</sup>.

3/2-5/15: St. Francis Community Center is raffling off a \$5,000 Travel Gift Certificate. Tickets are only \$25 each. The winner will be announced on May 15<sup>th</sup>. All proceeds benefit the center.

3/9-3/13: The Ancient Order of Hibernians Irish Heritage Dinner-Dance will be held on Friday, March 13<sup>th</sup> at 6pm. Call for tickets now!

3/9-3/13: There will be a benefit for Elena, a two year old Manahawkin girl fighting a rare form of cancer, on Friday, March 13<sup>th</sup> at 7pm at Calloway's on Route 9 in Staffordville. Tickets are available now!

3/9-3/14: The New Jersey Elks 8<sup>th</sup> annual John Sentner Memorial "Freezin' for a Reason" plunge to benefit Children's Specialized Hospital is Saturday, March 14<sup>th</sup> at Manasquan Beach.

3/9-3/14: The Exit 82 Theatre Company presents a Murder Mystery Fundraiser at the Woodlake Country Club in Lakewood on Saturday, March 14<sup>th</sup> starting at 7pm. Tickets are available now!

3/9-3/15: Big Brothers Big Sisters of Ocean County presents the 2015 "Bowl for Kids' Sake" on Sunday, March 15<sup>th</sup> at 10:30am at Playdrome in Toms River. Sign up now!

3/9-3/15: Boy Scout Troop #175 will hold "An Afternoon with Psychic Barbara Lee" on Sunday, March 15<sup>th</sup> at the East Dover First Aid Station in Toms River starting at 1pm. Tickets are available now!

3/16-3/18: Downtown Freehold presents its "Flavor of Freehold" on Wednesday and Thursday, March 18<sup>th</sup> and 19<sup>th</sup> from 5:30 to 8pm each night, offering the chance to experience some of Freehold's most loved restaurants and shops.

3/16-3/19: The Barnegat Chamber of Commerce will hold their March Meeting on Thursday, March 19<sup>th</sup> at 5:30pm at Serpico's Restaurant in Barnegat. Area business owners that would like to network and learn about the great connections the chamber has to offer are invited to attend.

3/16-3/19: Chef Mike's ABG in Seaside Park presents a "Pedroncelli Wine & Food Tasting,"

featuring a five course dinner, to benefit Hometown Heroes on Thursday, March 19<sup>th</sup> from 6 to 9pm.

3/16-3/21: Have you ever wondered how a radio works or how robots are able to walk? Several Ocean County Library branches will answer these and other questions as they participate in "NJ Makers Day" on Saturday, March 21<sup>st</sup>.

3/16-3/21: Cinderella's Closet of Monmouth County will host their annual Charity Prom Boutique on Saturday, March 21<sup>st</sup> from 8am to 3pm at Long Branch High School. Personal shoppers will work with every couple to choose the best gown or tuxedo.

3/16-3/21: The Jackson Memorial Marching Band will host a Flapjack Breakfast at Applebee's on Route 9 North in Howell on Saturday, March 21<sup>st</sup> from 8 to 10am.

3/16-3/21: The Brick Township High School Marching Dragon Caravan will hold their Juried Craft Show at the school on Chambers Bridge Road on Saturday, March 21<sup>st</sup> from 9am to 4pm.

3/16-3/21: The Lakehurst Revitalization Association will hold their Spring Vendor and Craft Sale on Saturday, March 21<sup>st</sup> at the Lakehurst Community Center on Center Street from 1 to 4pm.

3/16-3/22: The Emmanuel Cancer Foundation is looking for volunteers to help with their Day of Bagging Fundraiser on Sunday, March 22<sup>nd</sup> from 10am to 4pm at ShopRite in Brick, in support of their annual "Spring Tea Party and Gift Auction."

3/16-3/22: The Childhood Leukemia Foundation of Brick will host the 6<sup>th</sup> annual "Auction of Hope" at the Woodlake Country Club in Lakewood to benefit pediatric cancer patients on Sunday, March 22<sup>nd</sup> starting at 11am. Tickets are available now!

3/16-3/22: Big Brothers Big Sisters of Ocean County presents the 2015 Bowl for Kids' Sake on Sunday, March 22<sup>nd</sup> at noon at Thunderbird Lanes in Manahawkin. Sign up now!

3/16-3/22: The Epilepsy Foundation of New Jersey will host their 4<sup>th</sup> annual "Paint the Pony Purple Benefit Concert" at The Stone Pony in Asbury Park, featuring "Sleepy Man" on Sunday, March 22<sup>nd</sup> starting at 12:30pm. Get tickets now!

3/23-3/24: The Bayville First Aid Auxiliary will hold a Meatball Sub Sale at the First Aid Building on Route 9 in Bayville on Tuesday, March 24<sup>th</sup> from 10am to 1pm.

3/23-3/28: Calling all Karaoke fans! Come out to McGinn's in Jackson from March 24<sup>th</sup> to March 28<sup>th</sup>, to witness Michael Miller break his current record for longest karaoke marathon. Michael will be attempting to break his record and sing for 104 hours in order to help raise money for the Wounded Warrior Project.

3/23-3/25: Caring with Karaoke will host their 8<sup>th</sup> annual fundraiser at The Stone Pony in Asbury Park on Wednesday, March 25<sup>th</sup> from 7 to 11pm to benefit Daniela's Wish. Call for tickets!



3/23-3/26: The Toms River Visionary Lions Club presents a Charity Basketball Game between the Harlem Ambassadors and the Roaring Lions (members of the Toms River Police Department), on Thursday, March 26<sup>th</sup> starting at 7pm. Tickets are available now!

3/23-3/28: The Eastside Theater Company of Toms River East High School presents "How to Succeed in Business without Really Trying," Thursday, March 26<sup>th</sup> through Saturday, March 28<sup>th</sup> at 7pm. Tickets are available now!

3/23-3/27: There will be a "Fish & Chips Dinner Fundraiser" on Friday, March 27<sup>th</sup> from 5 to 7pm at the St. Francis Community Center, Long Beach Township. Call for tickets!

3/23-3/27: There will be a "Fish & Chips Dinner" on Friday, March 27<sup>th</sup> at 6pm at the Forked River Presbyterian Church. Reservations must be made in advance. Call now!

3/23-3/27: The Brick Township Policemen's Benevolent Association will hold its 25<sup>th</sup> annual "Helping Hands Benefit Basketball Game" on Friday, March 27<sup>th</sup> at the Brick Township High School East Gym at 7:30pm, and featuring members of the Brick Township Police Department playing the Brick Township Green Dragon Football Team. Call for tickets!

3/23-3/28: The Lacey United Methodist Church will hold their Spring Bazaar on Saturday, March 28<sup>th</sup> from 9am to 3pm. Call for tickets!

3/23-3/28: There will be a Spring Boutique at the Russell O Brackman Middle School Cafeteria and Gym in Barnegat on Saturday, March 28<sup>th</sup> from 10am to 3pm, with over 40 crafters and vendors. Admission is free.

3/23-3/28: The Lakewood Recreation Department presents an Easter Egg Hunt with candy-filled eggs and prizes for children ages 3 to 10 on Saturday, March 28<sup>th</sup> at 10am at the John Patrick Sports Complex in Lakewood. The event is free.

3/23-3/29: Emmanuel Community Church in Bayville will be observing the Easter season on Palm Sunday, March 29<sup>th</sup> at 10am with a musical and drama titled "Choices."

3/23-3/29: Pleasant Plains Volunteer Fire Department will be holding their 64<sup>th</sup> semi-annual "All-You-Can-Eat Flapjack Breakfast" on Sunday, March 29<sup>th</sup> from 7am to noon at their firehouse at 40 Clayton Avenue in Toms River. Tickets only \$6. Call now!

3/23-3/29: Toms River Fire Company No. 2 invites you to their "All-You-Can-Eat Pancake Breakfast with the Easter Bunny" on Sunday, March 29<sup>th</sup> from 9am to 1pm at the Toms River Elks Lodge No. 1875 in Toms River.

3/23-3/29: Wag On Inn Rescue will hold a Fundraiser Vendor Event at the Spring Lake Manor on Sunday, March 29<sup>th</sup> at 2pm. No fee at the door. All proceeds go to the animals care.