



100.1 WJRZ-FM 1ST QUARTER ISSUES REPORT

3/31/16

Prepared by Matt Knight, Program Director

The following is the quarterly Issues Report for WJRZ-FM for the first quarter of 2016. The report includes a synopsis of programs as well as a sampling of Public Service announcements, which aired between 1/1/16 and 3/31/16.

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

- Health/Healthcare
- Education
- Family
- Consumerism/Community
- Government

WJRZ-FM Public Affairs Programs

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

1/10/16...*Radio Health Journal*. **VIOLENCE AGAINST HEALTHCARE WORKERS.**

Synopsis: Healthcare workers are about four times more likely than workers in any other field to be attacked on the job, usually by patients or family members, and most often in the emergency department. Experts discuss how and why attacks occur and how hospitals and health care workers can do a better job preventing them. Host: Reed Pence. Guests: Lisa Wolf, Director, Institute for Emergency Nursing Research, Emergency Nurses Assn.; Dr. Christopher Michos, Connecticut emergency medicine physician; Dr. Ronald Wyatt, Medical Director, Division of Healthcare Improvement, The Joint Commission. 12:23.

1/10/16...*Radio Health Journal*. **ANKLE REPLACEMENT.** Synopsis: Hip and knee replacements are common, and doctors now say ankle replacements have become technically good enough to make fusion obsolete for arthritis patients in pain. A doctor & patient discuss. Host: Nancy Benson. Guests: Dr. Simon Lee, foot & ankle surgery specialists, Rush Univ. Medical Center & Midwest Orthopedics, Chicago; Robert Corwin, ankle replacement patient and judo instructor, Yorkville, IL. 7:54

1/24/16...*Radio Health Journal*. **ICU PTSD.** Synopsis: A surprisingly high percentage of people who've been treated in intensive care units later suffer from post-traumatic stress disorder, often including hallucinations recalling horrible ICU incidents. This has led to coining a new syndrome--PICS, or post intensive care syndrome. Experts discuss why the syndrome appears to occur and what's being done to treat and prevent it. Host: Reed Pence. Guests: Dr. Joe Bienvenu, Assoc. Prof. of Psychiatry, Johns Hopkins Univ.; Dr. James Jackson, Asst. Prof. of Medicine, Vanderbilt Univ. 12:47.

1/24/16...*Radio Health Journal*. **SILENT REFLUX.** Synopsis: Millions of people who think they have allergies, asthma, and sinus problems may actually have "silent reflux" which can travel up the esophagus all the way to the throat and head. An expert discusses telltale symptoms and the dietary triggers that can cause the disorder. Host: Nancy Benson. Guest: Dr. Jamie Koufman, Director, Voice Institute of New York, Prof. of Clinical Otolaryngology, New York Medical College and author, *The Chronic Cough Enigma*. 7:12.

1/31/16...*Radio Health Journal*. **SILENT HEART ATTACK.** Synopsis: Heart attacks that produce few if any symptoms may be mistaken for indigestion or simple malaise, but they can be more serious than heart attacks that bring crushing pain because they often don't bring a victim to the hospital for lifesaving help. Experts discuss. Host: Reed Pence. Guests: Dr. Martha Gulati, cardiologist, Univ. of Arizona and Editor-in-Chief, *American College of Cardiology patient*

education initiative, Cardiosmart.org; Dr. Robert Vogel, Prof. of Medicine and Cardiology, Univ. of Colorado and co-author, *The Pritikin Edge*. 12:38.

1/31/16...*Radio Health Journal*. **HARMFUL INFLAMMATION**. Synopsis: Low-level systemic inflammation is being tied to many disorders including heart disease, and now research has even tied inflammation to intermittent explosive disorder, a syndrome of repeated rage. Experts discuss these findings and how inflammation can be combatted through diet and supplementation. Host: Nancy Benson. Guests: Dr. Melina Jampolis, nutrition specialist physician and author, *The Calendar Diet*; Dr. Emil Coccaro, Prof. and Chairman of Psychiatry and Behavioral Neuroscience, Univ. of Chicago. 7:12.

2/14/16...*Around Ocean County*. **HEART MONTH**. Kevin Spaeth, Executive Director of the American Heart/Stroke Associations discuss "Heart Month" in February with heart health, rules to follow for optimal heart health, diet, exercise, support and statistics. 22:50.

2/21/16...*Radio Health Journal*. **ZIKA VIRUS**. Synopsis: Mosquito-transmitted Zika virus has arrived in Central and South America, and while most people are not affected by it, the virus has been linked to microcephaly, a severe birth defect. Experts discuss the virus, how it's transmitted, its spread to the US, and how to protect yourself from it. Host: Reed Pence. Guests: Dr. Uriel Kitron, Prof. and Chair of Environmental Sciences, Emory Univ.; Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center; Dr. Anna Durbin, Assoc. Prof. of International Health, Johns Hopkins Bloomberg School of Public Health. 13:17.

2/21/16...*Radio Health Journal*. **THYROID DISEASE**. Synopsis: Thyroid disease affects millions of Americans, many of whom have not been diagnosed. Experts discuss symptoms, causes, and treatments. Host: Nancy Benson. Guests: Dr. Jordan Geller, endocrinologist, Beverly Hills, CA; Shannon Rosen, thyroid disorder patient, Cincinnati, OH; Dr. Jeffrey Garber, Chief of Endocrinology, Harvard Vanguard Medical Assoc., Associate Prof. of Medicine, Harvard Medical School and lead author, *Clinical Practice Guidelines for Hypothyroidism in Adults*. 6:15.

3/6/16...*Radio Health Journal*. **CONCIERGE MEDICINE IN PRIMARY CARE**. Synopsis: Many primary care doctors are unhappy with the "factory medicine" they have to practice. Some are creating "concierge medicine" practices in response, cutting patient roles and asking for retainer fees from those that remain. Patients receive much longer appointments, greater access, and more personal care for these higher fees. Two concierge doctors and a patient discuss. Host: Reed Pence. Guests: Dr. Uday Jani, internist, Lewis, DE; Dr. Jeffrey Puglisi, Glenville Medical Concierge Care, Greenwich, CT; "Suzy," concierge patient. 12:20.

3/6/16...*Radio Health Journal*. **RESTLESS LEGS SYNDROME**. Synopsis: Restless legs syndrome, a neurological condition, strikes people at night, creating some of the worst sleep conditions known by any patients. Experts discuss identifying and treating the syndrome. Host: Lynn Holley. Guests: Karla Dzienkowski, Executive Director, Restless Legs Syndrome Foundation and parent of daughter with restless legs syndrome; Dr. William Ondo, Prof. of Neurology, Univ. of Texas Health Science Center, Houston and advisory board member, Restless Legs Syndrome Foundation. 8:08.

3/13/16...*Radio Health Journal*. **ADVENTURES OF A PARAMEDIC**. Synopsis: Paramedics and EMTs are the first responders of the health system and often find violent, confusing situations on their arrival. A former paramedic describes the "inside story" of the job, its dangers and rewards. Host: Reed Pence. Guests: Kevin Hazzard, author, *A Thousand Naked Strangers: A Paramedic's Wild Ride to the Edge and Back*. 11:46.

3/13/16...*Radio Health Journal*. **KEEPING SECRETS FROM YOUR DOCTOR**. Synopsis: Patients often keep lifestyle secrets from their physicians even though it may be harmful to their health. Experts discuss the most common reasons for secret-keeping and the consequences that may result. Host: Nancy Benson. Guests: Dr. Daphne Miller, family physician, San Francisco; Karen Giblin, President, Red Hot Mamas menopause management program. 7:32.

3/20/16...*Radio Health Journal*. **INCIDENTAL GENETIC FINDINGS**. Synopsis: Genetic testing has become a widespread reality in the past five years, but doctors are struggling with what many genetic findings really mean. Should patients should be told about the presence of genes that might be either dangerous... or perfectly harmless? Experts discuss. Host: Reed Pence. Guests: Dr. Dan Roden, Prof. of Medicine, Pharmacology and Biomedical Informatics and Asst. Vice Chancellor, Personalized Medicine, Vanderbilt Univ. Medical Center; Dr. Gerald Feldman, Prof. of Molecular Genetics in Medicine, Pediatrics and Pathology, Wayne State Univ. and President, American College of Medical Genetics and Genomics; Dr. Ellen Wright Clayton, member, Center for Biomedical Ethics and Society and Prof. of Pediatrics and Law, Vanderbilt Univ. 11:24.

3/27/16...*Radio Health Journal*. **BIOFILM**. Synopsis: Doctors often deal with bacterial infections, but they are less familiar with infections involving several different kinds of bacteria in a matrix. This form, known as biofilm, is surprisingly common, resistant to many antibiotics, and gaining new attention as a source of hard to eradicate infections. Experts discuss. Host: Reed Pence. Guests: Dr. Phil Stewart, Prof. of Chemical and Biological Engineering, Montana State Univ.; Dr. Randall Wolcott, Medical Director, Southwest Regional Wound Care Center, Lubbock, TX; Bill Soukup, President, Scientific Biofilm Solutions and Healthy Household Cleansers. 11:51.

EDUCATION

1/10/16...*Around Ocean County*. **SCHOOL SPORTS**. Dr. Lewis discusses the impact of injuries that young players along the Jersey Shore and other schools across New Jersey sustain while playing school organized sports, most notably the long term effects of concussions. Great improvements have been made in brain health with the use of Omega 3 supplements and early diagnosis. 22:00.

1/17/16...*Around Ocean County*. **BIG BROTHERS/BIG SISTERS**. Marybeth Bull, Executive Director of Big Brothers/Big Sisters of Monmouth and Middlesex Counties, discusses the many programs offered to area youth as well as the need for Mentors for children. 15:25.

2/7/16...*Radio Health Journal*. **NEW FINDINGS ON STUTTERING**. Synopsis: Stuttering has been blamed even fairly recently on parenting, but new research has several new findings: a structural deficiency in the brain's wiring in stutterers; an inability to perceive rhythms; and a much more successful way to treat stuttering. Experts discuss the new advances. Host: Reed Pence. Guests: Dr. Roger Ingham, Prof. of Speech and Hearing Sciences, Univ. of California, Santa Barbara; Dr. Scott Grafton, Prof. of Psychological and Brain Sciences, Univ. of California, Santa Barbara; Dr. Devin McAuley, Prof. of Psychology and Neuroscience, Michigan State Univ. 11:39.

2/28/16...*Around Ocean County*. **STUDENT FILMMAKING**. Adam Phillips, CEO of Count Basie Theater and Tom Bernard, Co-President of Sony Pictures Classics discuss "Project FX" which is a New Jersey high school and college filmmaker contest. Films are judged by a panel of experts in the film and entertainment industry with an internship at Sony Pictures at stake. 22:00.

3/13/16...*Around Ocean County*. **SCHOOL LUNCHESES**. Kate Geagan, a certified nutritionist, discusses healthy eating and ways to make sure children receive proper nutrition. Improving school lunches also discussed. 13:00

FAMILY

1/17/16...*Radio Health Journal*. **"LACTIVISM"** Synopsis: Many women who can't or don't want to breastfeed their newborns are pressured into trying anyway. An expert and author discusses the political forces creating unusual unanimity behind the issue, and the truth of health claims on breastfeeding's benefits. Host: Nancy Benson. Guest: Dr. Courtney Jung, Prof. of Political Science, Univ. of Toronto and author, *Lactivism: How Feminists and Fundamentalists, Hippies and Yuppies, and Physicians and Politicians Made Breastfeeding Big Business and Bad Policy*. 7:54.

1/17/16...*Radio Health Journal*. **GENE EDITING**. Synopsis: Scientists have developed the technology to edit single genes, which could eventually eliminate some inherited diseases. If the

technology is used on embryos or egg and sperm cells, it could eliminate some diseases from succeeding generations. However, doctors don't know how such "germline editing" or errors in execution of it would affect other genes for generations to come, calling the practice into question. Host: Reed Pence. Guests: Dr. Debra Mathews, Asst. Director for Science Programs, Johns Hopkins Berman Institute of Bioethics and Assoc. Prof. of Pediatrics, Johns Hopkins School of Medicine; Alta Charro, Warren P. Knowles Prof. of Law and Bioethics, Law and Medical Schools, Univ. of Wisconsin-Madison. 12:30.

1/31/15...*Around Ocean County*. **TEARS FOUNDATION**. Rivka Shamash, director of communications for Non-Profit "Tears Foundation" explains its purpose, who it helps and discusses the "Rock and Walk" fundraiser to assist families with burials for infant children who have passed. 18:00.

2/7/15...*Around Ocean County*. **TEEN DRUG USE**. Keith Code, championship motorcycle racer and teacher from Ocean County discusses his past drug use and how he turned his life around to educate and help teens in Monmouth/Ocean counties to say no to drugs. This program has seen an 80% success rate among those who have followed it. 22:15.

2/28/16...*Radio Health Journal*. **THE PSYCHOLOGY OF EGG DONATION**. Synopsis: Egg donation can solve infertility, but it can be a minefield of emotional risks, especially if the donor and recipient are family or friends. An author/journalist who has donated twice with vastly different results discusses the technology and what to look out for when approaching egg donation. Host: Lynn Holley. Guest: Alicia Young, author, *Two Eggs, Two Kids: An Egg Donor's Account of Friendship, Infertility and Secrets*. 8:08.

3/27/16...*Radio Health Journal*. **OTC DRUGS AND 'TWEENS**. Synopsis: Young adolescents often are allowed to take over the counter drugs on their own, but many OTC medicines, especially acetaminophen, can be dangerous. Experts discuss how to educate 'tweens on taking OTC drugs safely. Host: Nancy Benson. Guests: Dr. Tanya Altman, Asst. Clinical Prof. of Pediatrics, Mattel Children's Hospital, UCLA and spokesperson, American Academy of Pediatrics; Dr. Janet Engle, Exec. Assoc. Dean, Prof. and head of Dept. of Pharmacy Practice, Univ. of Illinois at Chicago College of Pharmacy; Sharon Mielke, mother of victim of OTC drug death. 7:24.

CONSUMERISM/COMMUNITY

1/3/16...*Radio Health Journal*. **HOW WEATHER CAUSES PAIN.** Synopsis: Millions of Americans suffer pain as a result of weather changes. Experts discuss different conditions affected by weather, why pain responds to weather changes and possible remedies to some of these maladies. Host: Reed Pence. Guests: Deni Cantrall, retired teacher and arthritis sufferer; Dr. Robert Jamison, Prof. of Anesthesia and Psychiatry, Brigham and Women's Hospital and Harvard Medical School; Bob Smirbeck, Expert Senior Meteorologist, AccuWeather.com; Dr. David Borenstein, Clinical Prof. of Medicine, George Washington Univ. School of Medicine and Health Sciences; Dr. Vincent Martin, Prof. of Medicine and Director, Headache and Facial Pain Program, Univ. of Cincinnati. 12:41

1/17/16...*Around Ocean County*. **PERSONAL FINANCES.** Author Harold Pollack of "The Index Card" brings five simple rules to reorganize finances concerning college loans, retirement and savings that can fit on an index card. 10:05.

1/24/16...*Around Ocean County*. **HOMELESSNESS.** Author James Abro shares stories of the homeless in Monmouth and Ocean Counties, discusses the need for a Homeless Trust Fund and affordable housing, which has many people living in tents in the woods of the two counties. 21:00.

2/21/16...*Around Ocean County*. **VETERANS ISSUES.** Jack Downing, CEO of "Soldier On", a non-profit organization that provides housing, education and employment for Veterans discusses how their affordable housing program provides low-rent permanent homes for veterans. 22:00.

3/6/16...*Around Ocean County*. **CHEF'S NIGHT OUT.** Nancy Weber Loeffert, head of OCVTS discusses "Chef's Night Out" where culinary students partake in an evening of food, prizes and sampling hosted by many area restaurants in Monmouth and Ocean counties. Proceeds raised from the evening provide training and scholarships for the many students enrolled in the vocational program. 9:00.

3/13/16...*Around Ocean County*. **MONTH OF GIVING.** Chad Turpak, area director of Jersey Mike's discusses the "Month of Giving" campaign and "Day of Giving" where all restaurants give back to the community. Point Pleasant native Peter Cancro started the company and since then has involved each of the franchises to donate during the entire month of March. The last Wednesday in March, they give 100% of the day's profits to schools in Monmouth/Ocean counties. 11:00.

3/20/16...*Around Ocean County*. **MS SOCIETY.** Carla and Joel Greengrass, Walk MS Ambassadors for 2016 discuss Joel's diagnosis, the impact on his family and help offered by the MS Society. Also discussed was what the MS Society offers others afflicted, and the 2016 Jersey Shore MS Walks which include Belmar and Seaside Heights, NJ. 13:00.

3/20/16...*Around Ocean County*. **AMERICAN CANCER SOCIETY FUNDRAISER.**

Joanne DiCicco, co-chair for American Cancer Society Gala and Lacey LaManna, development manager for American Cancer Society. Discussion on the annual gala held at Woodlake Country Club in Lakewood. Funds raised benefit programs for the ACS such as support, diagnosis, early detection, 24-hour hotline and cancer technology. 11:00.

GOVERNMENT

1/3/16...*Around Ocean County*. **HOWELL TOWNSHIP UPDATE.** Howell Mayor William Gotto discusses the issues regarding Howell Township, its police force, citizens, affordable housing and keeping taxes steady for the residents. 23:00.

2/14/16...*Radio Health Journal*. **FUNDING OF CLINICAL TRIALS.** Synopsis: Clinical trials are much of the basis for the practice of medicine. Funding of trials has dramatically shifted so that today, trials paid for by pharmaceutical and device makers outnumber publically funded trials 6-to-1. Some studies indicate this makes bias in trials more likely, jeopardizing public health. Experts discuss. Host: Reed Pence. Guests: Jocelyn Ullrich, Asst. Vice President of Science and Regulatory Advocacy, Pharmaceutical Research and Manufacturers of America (PhRMA); Dr. John Abramson, Lecturer in Healthcare Policy, Harvard Medical School; Dr. Joel Lexchin, emergency medicine physician and Prof. of Health Policy, York Univ. 13:30

3/6/16...*Around Ocean County*. **FEDERAL DISASTER LOANS.** Kathy Cook, public affairs specialist of the US Small Business Association informs of the newly re-opened Federal Disaster Loans available to those affected by Superstorm Sandy. It is the first time a Federal Disaster relief program has been reopened by the federal government. 14:00.

3/20/16...*Radio Health Journal*. **THE HIGH HEALTH COST OF SUGAR.** Synopsis: Many experts disagree over the roots of the obesity crisis some 40 years ago. One well-known expert describes why he believes sugar is to blame, and the changes in the market and government advisories that made sugar a much heavier part of our diets. Host: Nancy Benson. Guest: Dr. Robert Lustig, pediatric endocrinologist, Univ. of California, San Francisco, President, Institute for Responsible Nutrition and author, *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity and Disease*. 7:24.

3/27/16...*Around Ocean County*. **TOMS RIVER UPDATE.** Toms River Mayor Thomas Kelaher discusses the events, programs and services offered by the town of Toms River. Also discussed are issues with the Police department, senior services and youth programs. The "Cease and Desist Order" implemented by the town in order to discourage the influx of Hasidic realtors

strong-arming residents into selling their homes to Hasidic buyers due to overcrowding in neighboring Lakewood. 23:00.



100.1 WJRZ On-Air Quarterly PSA Report: 1/1 - 3/31/16

1/1-2/6: St. Francis Community Center of Long Beach Township is raffling off a \$5,000 Travel Gift Certificate, which makes a great gift for any occasion.

1/1-3/31: WJRZ cares about our troops, as cell phones for soldiers are being collected for the "Support the Troops Project."

1/11-1/13: Big Brothers Big Sisters of Ocean County invites you to celebrate National Mentoring Month at their "Annual Open House" on Wednesday, January 13th. Meet their Board of Directors, staff, volunteers and Bigs and Littles. Learn about their services, how to enroll a child and how to become a mentor.

1/11-1/14: Volunteers are needed for CONTACT of Ocean & Monmouth Counties' training, beginning Thursday, January 14th for 15 weeks at The Chelsea in Brick.

1/11-1/16: The Lacey Township High School Fishing Club presents their 7th annual "Fisherman's Flea Market" on Saturday, January 16th at Lacey Township High School.

1/11-1/17: The Southern Regional High School Cheerleaders will sponsor their annual Cheerleading Competition on Sunday, January 17th in the 11/12 Gymnasium at 90 Cedar Bridge Road in Manahawkin.

1/11-1/18: The Brick Branch of the Ocean County Library will hold an iPad Class on Monday, January 18th. Learn how to browse the e-book collection, how to utilize the user interface, and download e-books. This program is free and open to the public.

1/11-1/23: Big Brothers Big Sisters of Ocean County will hold a 4 hour "Spinathon" on Saturday, January 23rd at Meridian Fitness and Wellness in Brick.

1/18-1/20: The Lacey Township Historical Society presents its January program "Antique Quilts" on Wednesday, January 20th at the Lacey Old Schoolhouse Museum in Forked River.

1/18-1/22: Emmanuel Community Church in Bayville will be hosting a Family Movie Night, featuring "War Room" on Friday January 22nd.

1/18-1/23: The Rotary of Barnegat presents the 2nd annual "Comedy For A Cause" on Saturday, January 23rd at the Holiday Inn of Manahawkin. Proceeds to benefit David's Dream and Believe Cancer Foundation and the Humanity Preservation Foundation.

1/25-1/26: The OceanCares Foundation presents author Marya Hornbacher, "Presentation, Book Signing and Author Q&A" on Tuesday, January 26th at the Ocean County Library Toms River Branch, Mancini Hall. This free event is open to the public.

1/25-2/5: Ocean County Library will offer several adult sessions at select branches from January 26th to February 5th to help color your stress away.

1/25-1/28: The Friends of the Stafford Library Book Sale will be held on Thursday, January 28th at 129 N. Main Street in Manahawkin.

1/25-1/28: The Manahawkin Elks Lodge will be hosting a "Community Blood Drive" on Thursday, January 28th to support the New Jersey Blood Services organization.

1/25-1/30: The Eastside Theater Company at Toms River High School East presents Pippin, Thursday, January 28th through Saturday, January 30th.

1/25-1/29: The Wall High School Hockey Team will host a "Fundraiser Dinner and Gift Auction" on Friday, January 29th at Leggett's Sand Bar in Manasquan.

1/25-1/30: The Southern Ocean County chapter of the Sunshine Foundation will host their "Fishing Flea Market" on Saturday, January 30th at the Little Egg Harbor Community Center.

1/25-1/30: The Rotary Club of Asbury Park will hold its 8th annual "Rotary Polar Plunge" to benefit Rotary Service Projects on Saturday, January 30th on the Asbury Park boardwalk starting with registration at McLoone's Salt Water Beach Cafe at 9:30am.

1/25-1/30: The Southern Regional Memorial Scholarship Fund will hold their annual "Bowling for Scholarship Dollars" on Saturday, January 30th at Thunderbird Lanes in Manahawkin.

1/25-1/30: The Forked River Presbyterian Church will hold a "Spaghetti Dinner" on Saturday, January 30th at the church located at 131 North Main Street (Route 9), Forked River.

1/25-1/30: The Toms River East Little League will celebrate their 50th Anniversary on Saturday, January 30th at Spicy Cantina in Seaside Heights with a Gift Auction and 50/50.

1/25-1/31: Toms River Macaroni Kid will hold a "Preschool and Activity Expo" on Sunday, January 31st at the Cedar Grove Elementary School, with your chance to meet with area pre-schools, dance, gymnastics and karate schools.

1/25-1/31: There will be a "Belmar/Lake Como St. Patrick's Day Parade Fundraiser" on Sunday, January 31st at Bar Anticipation in Lake Como. Enjoy live music, hot and cold buffet and a complimentary drink for a \$15 donation.

1/25-1/31: Saint Dominic School in Brick will be hosting its annual "Open House" for all prospective students in grades Pre-k through 8th grade on Sunday, January 31st and Tuesday and Wednesday, February 2nd and 3rd.

1/25-3/31: Northern Ocean Habitat For Humanity's "ReStore Program" is low on inventory and asking for your help. They are looking for donations of gently-used furniture, appliances and household items for Habitat families in Northern Ocean County.

1/25-4/3: 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. Residents 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.

2/1-2/5: Mothers, daughters, sisters and friends are at risk from heart disease and stroke, which cause 1 in 3 deaths among women each year – more than all cancers combined. "Go Red For Women" on Friday, February 5th and inspire women to make lifestyle changes, mobilize communities and shape policies to save lives.

2/1-2/6: The Lakewood BlueClaws will hold their annual "Job Fair" at FirstEnergy Park on Saturday, February 6th. If you are at least 16 years old, come on out and interview for a part-time seasonal position for the BlueClaws' 2016 Season.

2/1-2/6: The Elks National Veterans Service Commission, in conjunction with the New Jersey Elks Southeast District Veterans Committee, will host a "Family Feud Game Show" benefit at the Bayville Elks Lodge #2394 on Saturday, February 6th. Proceeds will be used to support and enrich the lives of our Veterans.

2/1-2/7: The 12th annual "Super Plunge Sunday," a fundraiser organized by St. Francis Community Center and the Swim Teams of Southern Regional High School, will take place at the 48th Street Beach in the Brant Beach section of Long Beach Township on Sunday, February 7th.

2/1-2/7: The Ocean County St. Patrick's Day Parade Committee will hold their annual "Irish Wake Fundraiser" on Sunday, February 7th at Hemingway's Cafe in Seaside Heights.

2/1-2/8: The Ocean County Parks and Recreation Department is conducting a new program called "Mini Olympics" on Monday, February 8th to celebrate the upcoming Olympics. Children ages 3 to 5 can play the games and learn the history.

2/1-3/31: The Ocean County Parks and Recreation Department is conducting a "Snowman Photo Contest." Send in a photo of your best snow sculpture and you could win a fun prize.

2/1-4/14: 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 February 1st through April 14th.

2/1-4/15: The Ocean County Library will offer Free Tax Preparation Help from AARP at several branches throughout February, March and mid-April. These programs are open to taxpayers of all ages with special consideration given to those 60 years and older with low to moderate income.

2/8-2/12: Ocean Health Initiatives is holding a "Masquerade Casino Night" Valentine's Day fundraiser with dinner and dancing on Friday, February 12th at The Mill at Spring Lake Heights.

2/8-2/13: Community Options will hold their annual "Cupid's Chase 5K" at Hemingway's Café on the Boulevard in Seaside Heights on Saturday, February 13th.

2/8-2/13: The Joan Dancy and People with ALS Foundation will hold their 10th annual "Valentine Plunge for ALS" on Saturday, February 13th on the Main Beach in Manasquan.

2/8-2/13: Visitation Relief Center will hold a "Paint Party Fundraiser" on Saturday, February 13th at PJ Sweeney's in Brick..

2/8-2/13: The Mystic Island American Legion Post 493 will hold a great fundraising evening with "Dinner and a Comedy Show" at their post on Radio Road in Little Egg Harbor on Saturday, February 13th.

2/8-2/13: The Barnegat American Legion Auxiliary will hold their "Valentine Dinner Dance" on Saturday, February 13th at the American Legion Hall on North Main Street in Barnegat.

2/8-2/13: Lakewood Elks Lodge #1432 will hold their "Miracle Plunge Drug Awareness Fundraiser" on Saturday, February 13th at their lodge on West Kennedy Boulevard in Lakewood.

2/8-2/14: The Manalapan Veterans Affairs Advisory Committee will hold a "Lionel Train Show" on Sunday, February 14th at the Manalapan Community Center.

2/8-2/14: Help Give Homeless Animals the gift of hope and home. Please join the Monmouth County SPCA for the "2016 Valentine's Brunch" on Sunday, February 14th at McLoone's Pier House in Long Branch.

2/8-2/14: There will be a "Belmar/Lake Como St. Patrick's Day Parade Fundraiser" on Sunday, February 14th at Connolly Station in Belmar.

2/8-2/15: All branches of the Ocean County Library will be closed on Monday, February 15th for Presidents' Day.

2/8-2/15: The Brick Morning Rotary will hold a "Comedy Night & Chocolate Tasting" on Monday, February 15th at the Brick VFW.

2/15-2/17: The Waretown Elementary School Citizenship Club will hold a "Blood Drive" on Wednesday, February 17th from.

2/15-2/17: Participants, teams and volunteers are needed for the "Relay For Life Berkeley/Lacey SUPERHERO Kickoff Party" on Wednesday, February 17th at Mill Pond Elementary School in Lanoka Harbor.

2/15-2/19: American Legion Post #129 in Toms River will hold a "Psychic Fair" on Friday, February 19th.

2/15-2/19: The Woman's Club of Lacey, Inc. is hosting a "Mardi Gras Bunco Party" on Friday, February 19th at Community Hall, Route 9 and Lacey Road in Forked River. All proceeds will go to the National Alliance for Mental Illness.

2/15-2/20: Join thousands who will jump into the cold Atlantic Ocean, as Special Olympics New Jersey holds their annual "Polar Bear Plunge" on the beach in Seaside Heights on Saturday, February 20th.

2/15-2/20: The New Jersey Elks 9th annual "John Sentner Memorial Plunge" will take place on Saturday, February 20th in Point Pleasant Beach, with proceeds to benefit Children's Specialized Hospital and the Elks of New Jersey Camp Moore.

2/15-2/20: "Eskimo Outreach," a community event, will take place on Saturday, February 20th at Mud City Crab House. All profits will be donated to locals in need.

2/15-2/20: There will be a fundraiser at Toms River United Church of Christ to benefit the Hope Center on Saturday, February 20th.

2/15-2/20: The Ashley Lauren Foundation will hold its 5th annual "Butterfly Ball" on Saturday, February 20th at the Ocean Place Resort in Long Branch, to support the foundation's mission of providing direct financial, material and emotional assistance to children with cancer in New Jersey.

2/15-2/21: There will be a "Belmar/Lake Como St. Patrick's Day Parade Fundraiser" on Sunday, February 21st at the Boat House Bar & Grill in Belmar.

2/15-2/21: The Ocean County Columbus Day Parade will hold their "Pasta and Sinatra Fundraising Dinner" at Hemingway's Café on the Boulevard in Seaside Heights on Sunday, February 21st.

2/22-2/27: The Southern Regional Theatre Company presents "The Addams Family" in the Joseph P. Echle Performing Arts Center in the 9/10 building of the high school, Wednesday, February 24th through Saturday, February 27th.

2/22-2/25: The Friends of the Stafford Library Book Sale will be held on Thursday, February 25th at 129 N. Main Street in Manahawkin.

2/22-2/25: The Count Basie Theatre presents a special, sensory-friendly performance of "The Berenstain Bears – Live" on Thursday, February 25th. \$2 from every ticket sold will be donated to POAC Autism Services.

2/22-2/25: The Brick Township Chamber of Commerce celebrates their 60th anniversary with "Denim and Diamonds," a down home celebration with music, dancing and southern favorites for dinner, on Thursday, February 25th at the Crystal Point Yacht Club in Point Pleasant Beach.

2/22-2/27: The ATLIB players of Jackson Liberty High School presents "Mame," Thursday, Friday and Saturday, February 25th, 26th and 27th.

2/22-2/26: The Arc Ocean County Chapter "Bowl-a-Thon and Gift Auction" will be held on Friday, February 26th at Lakewood Lanes on Cedar Bridge Avenue in Lakewood in support of their programs to assist individuals with intellectual and developmental disabilities, as well as their families.

2/22-2/27: Boy Scout Troop #59 will hold their 4th annual "Pasta Dinner" fundraiser on Saturday, February 27th at the Silverton Firehouse on Kettle Creek Road in Toms River to help offset the cost of outings, activities, summer camp and equipment.

2/22-2/27: The Lacey Lightning 15U Travel Baseball Team will hold a Comedy Night on Saturday, February 27th at the Knights of Columbus on Lacey Road in Forked River.

2/22-2/27: The Manahawkin Elks will host a SWF Live Pro Wrestling event on Saturday, February 27th.

2/22-2/28: Sign up your team for the Big Brothers Big Sisters "Bowl for Kids' Sake" on Sunday, February 28th at the Playdrome Bowling Alley in Toms River. Money raised supports the Big Brothers Big Sisters community and school-based mentoring programs here in Ocean County.

2/22-2/28: Endless Pawsibilities will hold a “Pet Owner First Aid and CPR Certification Fundraiser” on Sunday, February 28th at their Dog Training Center in Lakewood, to benefit the therapy dog program, Caregiver Canines.

2/22-3/1: PROJECT FX, the Count Basie Theatre’s statewide student film festival, is open for entries from New Jersey student filmmakers presently enrolled in a high school or college here in New Jersey.

2/29-3/5: The Toms River High School South Theatre Guild presents “The Drowsy Chaperone,” a musical within a comedy, Thursday, Friday and Saturday, March 3rd, 4th and 5th at Toms River High School South.

2/29-3/4: The “Together for Tom Fundraiser Show” will be held on Friday, March 4th at Brick Township High School, to benefit Tom Hebert and his fight against cancer.

2/29-3/5: Alyssa's Angels will hold a “Flapjack Fundraiser” on Saturday, March 5th at Applebee's in Brick. 100% of the proceeds will be donated to the Arthritis Foundation-New Jersey Chapter.

2/29-3/5: The 5th annual “March Madness Foul Shooting Contest” will be held on Saturday, March 5th at the St. Francis Community Center Gym in Long Beach Township, and is open to grades Kindergarten through high school and all adults.

2/29-3/5: The Barnegat/Waretown Chamber is excited to host their inaugural “Home & Family Expo” on Saturday, March 5th at the Waretown Firehouse on Wells Mills Road, just west of the Route 9 intersection.

2/29-3/5: The West Dover Elementary School PTO will hold its 2nd annual “Gift Auction” on Saturday, March 5th at the school in Beachwood to raise money for students of the school for enrichment purposes.

2/29-3/5: The Derek G. Percy Foundation presents their “Auction/Benefit Hockey Game” on Saturday, March 5th at the Winding River Ice Rink on Whitesville Road in Toms River. Proceeds from the game benefit Ocean of Love Toms River and an honorary scholarship for the Toms River Blackhawks.

2/29-3/5: Big Hearts to Little Hearts will host its 14th annual “Celebration” on Saturday, March 5th at the Manasquan Elks Lodge. All proceeds will benefit pediatric cardiac research and care.

2/29-3/5: The Backpack Crew will hold a “Dinner and Silent Auction” on Saturday, March 5th at the Oyster Point Hotel in Red Bank in support of their mission to provide children with food on the weekends, when they do not have their school lunch to rely on.

2/29-3/5: The Toms River High School East Baseball Association will be hosting a "Paint Party" on Saturday, March 5th at the Italian American Club in Seaside Heights.

2/29-3/5: Foodstock New Jersey is hosting their 3rd annual "Snow Ball" on Saturday, March 5th at the Encore Banquet and Events Center in Freehold.

2/29-3/6: Casino Pier & Breakwater Beach in Seaside Heights will hold a "Job Fair" in search for Spring and Summer employees, inside the Casino Pier Arcade, on Saturday and Sunday, March 5th and 6th.

2/29-3/6: Sign up your team for the Big Brothers Big Sisters "Bowl for Kids' Sake" on Sunday, March 6th at Thunderbird Lanes in Manahawkin. Money raised supports the Big Brothers Big Sisters community and school-based mentoring programs here in Ocean County.

2/29-3/31: March is Women's History Month, and the Ocean County Library will recognize the achievements of women and their struggle for equality through a variety of special programs at its branches. The programs will vary from historical re-enactments, to films for adults, to programs designed for a younger audience.

2/29-4/22: All branches of the Ocean County Library are collecting gently used prom dresses until April 22nd for its 7th annual "Prom Dress Giveaways." The annual event provides dresses to middle school and high school aged students at no charge, so they can attend their school's dances.

3/7-3/10: Ocean County Parks and Recreation will have a bus trip to explore Philadelphia on Thursday, March 10th to discover the historic and museum area or attend the Flower Show at the Convention Center.

3/7-3/10: The Barnegat/Waretown Chamber is excited to host their "All About You Networking Gala" to highlight businesses on Thursday, March 10th at the Greenbrier Oceanaire Golf & Country Club in Waretown.

3/7-3/11: Northern Ocean Habitat for Humanity School Chapters are excited to host "A Brush for Kindness Paint Party" on Friday, March 11th in the Toms River High School South Cafeteria.

3/7-3/11: The CentraState Healthcare Foundation presents "Comedy for a Cause" on Friday, March 11th at the American Hotel in Freehold to benefit women's health services at CentraState Medical Center.

3/7-3/12: The Manahawkin Elks #2340 will be hosting their annual "St. Patrick's Day Party" on Saturday, March 12th.

3/7-3/12: The Lacey United Methodist Church will hold a "Corned Beef Dinner" on Saturday, March 12th at the church in Forked River.

3/7-3/12: Tickets and sponsorships are now available for the Emmanuel Cancer Foundation annual "Crystal Gala" presented by Preferred Home Health Care & Nursing Services on Saturday, March 12th at Ocean Place Resort & Spa in Long Branch.

3/7-3/12: The Ancient Order of Hiberian will hold their 20th annual "Irish Heritage Dinner Dance" on Saturday, March 12th at St. Mary's of the Pines Parish Center in Manahawkin.

3/7-3/13: The Southern Regional Student Council and Key Club will be hosting their 3rd annual "Southern Regional Dance Marathon" to benefit the Ocean of Love on Saturday and Sunday, March 12th and 13th.

3/7-3/13: Carnival for Autism presents "Leprechaun Lunch" on Sunday, March 13th at St. William the Abbot Church in Howell.

3/7-3/13: Join Debbie DuHaime from 100.1 WJRZ's "Matt Knight in the Morning" Show at the "Paint the Pony Purple" Epilepsy Awareness Day on Sunday, March 13th at The Stone Pony in Asbury Park.

3/7-3/13: The Whiting Volunteer Fire Company is having a "Corn Beef and Cabbage Dinner" on Sunday, March 13th at the Whiting Firehouse at 120 Lacey Road in Whiting.

3/14-3/15: Students Learning About Politics, will host a "Voter Registration Drive" on Monday, March 14th and Tuesday, March 15th in the cafeteria of the new Jon and Judith Larson Student Center.

3/14-3/15: D Squared Inc., a nonprofit organization that offers young adults ages 18 through age 27 free rides home, will hold their "2 B Safe Fundraiser" on Tuesday, March 15th at the Manasquan Elks.

3/14-3/16: The Brick Township and Toms River Chambers of Commerce presents the "Sip, Taste and Mingle Networking Event" on Wednesday, March 16th at Insectropolis in Toms River.

3/14-3/16: The Southern Regional High School Music Department presents its "Spring Band Concert" on Wednesday, March 16th in the Joseph P. Echle Performing Arts Center at the school in Manahawkin. All money collected will be used to support the Music Department Scholarship program.

3/14-3/18: St. Francis Parish of LBI will hold a "Fish & Chip Dinner fundraiser," catered by Thistle of Kearny, on Friday, March 18th.

3/14-3/19: Urban Cancer Care will hold free PSA Screening's on Saturday, March 19th at the Toms River Fitness & Aquatic Center on Route 37 East in Toms River.

3/14-3/19: The Lacey Elks will hold their "Run For The Heroes 5K and 1 Mile Fun Run and Walk" on Saturday, March 19th at 9am at their lodge at 900 Beach Boulevard in Forked River. Proceeds to benefit Lacey Elks charities.

3/14-3/19: The Easter Bunny will be available for pictures at the annual Lakewood "Easter Egg Hunt," sponsored by Lakewood Township Recreation, on Saturday, March 19th at the John F. Patrick Sports Complex in Lakewood.

3/14-3/19: The East Dover Baptist Church is holding a "Craft & Vendor Fair" on Saturday, March 19th.

3/14-3/19: Berkeley Township Recreation will hold an "Easter Egg Hunt" at Veterans Park in Bayville on Saturday, March 19th.

3/14-3/19: The New Egypt Volunteer Fire Company will hold a "Comedy Fundraiser" on Saturday, March 19th.

3/14-3/19: Ocean County Sheriff's PBA #379 presents the "Laughter Saves Lives Comedy Show" on Saturday, March 19th at the Bayville Firehouse, and featuring Rob Falcone, Dennis Ross and Sheba Ross.

3/14-3/19: The Captain James M. Gurbusz Foundation will be holding their 4th annual "Wine and Dine Dinner Raffle" on Saturday, March 19th at the Sheraton Eatontown Hotel.

3/14-3/20: Pleasant Plains Volunteer Fire Department will be holding their 66th semi-annual "All-You-Can-Eat Flapjack Breakfast" on Sunday, March 20th.

3/14-3/20: The Beachwood Fire Department invites you to their annual "Easter Bunny Breakfast" on Sunday, March 20th.

3/14-3/20: Toms River Fire Company No. 2 will hold a "Pancake Breakfast with the Easter Bunny" on Sunday, March 20th from 9am to 1pm at the Toms River Elks Lodge #1875 on Washington Street in Toms River.

3/14-3/20: Ocean County College is holding their 3rd annual "Craft & Vendor Fair" on Sunday, March 20th. Proceeds will benefit OCC's Cheer Team to raise funds to go to the championships in Florida.

3/14-3/20: The Manahawkin Elks will host their annual "Easter Egg Hunt" on Sunday, March 20th.

3/14-3/20: The annual Seaside Heights "Palm Sunday Egg Hunt" will be held on Sunday, March 20th on the beach in Seaside Heights for all girls and boys up to ten years of age.

3/14-3/20: "The Power of the Cross" will be presented by the choirs of the Forked River Presbyterian Church on Sunday, March 20th.

3/21-3/23: Ocean County College presents its 6th annual "Senior Living Expo" on Wednesday, March 23rd.

3/21-3/25: The Brick Township Volunteer EMS will hold their annual "Spring Flower Show" on Friday, March 25th at EMS Station #16 on Aurora Place in Brick.

3/21-3/25: The Manahawkin Elks #2349 will be hosting their annual "Fish Fry" on Good Friday, March 25th. All proceeds will be donated to the New Jersey Elks Facility, Camp Moore.

3/21-3/27: All branches of the Ocean County Library will be closed Good Friday, March 25th and Easter Sunday, March 27th. All branches will be open Saturday, March 26th and Monday, March 28th.

3/21-3/27: The Point Pleasant Beach Chamber of Commerce will hold their annual "Easter Parade" on Easter Sunday, March 27th at Jenkinson's, on the boardwalk, Point Pleasant Beach.

3/28-3/29: HealthSouth Rehabilitation Center of Toms River will hold a "Community Wellness Fair" on Tuesday, March 29th.



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1/1- 2/6: (160 pre-rec/ 75 live) Women's Expo on 2/6- Women's services expo at Pine Belt Area, Toms River High School North in Toms River, NJ.

1/1- 4/12: (140 pre-rec/ 75 live) Jersey's Greatest Teachers on 4/12- Banquet honoring Jersey's Greatest Teachers, nominated by their peers.

Station Tour on 1/25- Tour of station given to Girl Scout, Troop 42, Manahawkin, NJ.

2/29- 3/6: (25 live) Belmar/Lake Como St. Patrick's Day on 3/6- Celebrating St. Patrick's Day in Belmar & Lake Como, NJ.

3/1- 3/7: (25 pre-rec/ 25 live) International Chef's Night Out on 3/7- Annual International Chef's Night Out fundraiser at Pine Belt Area, Toms River High School North in Toms River, NJ.

3/6- 3/12: (25 live) Ocean County St. Patrick's Day Parade on 3/12- Celebrating St. Patrick's Day in Seaside Heights, NJ.