



100.1 WJRZ-FM 1st QUARTER 2024 - ISSUES REPORT

3/31/24

Prepared by Matt Knight, Program Director

The following is the quarterly Issues Report for WJRZ-FM for the **first quarter of 2024**. The report includes a synopsis of programs which aired between 1/1/24 through 3/31/24.

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

- Aging
- Artificial Intelligence
- Auto Insurance
- Career
- Child Mental Health
- Climate Change
- Consumer Matters
- Crime
- Consumerism
- Diet & Nutrition
- Digital Safety for Children
- Disabilities
- Education
- Economics
- Ethics
- Employment & Workplace Issues
- Family Issues
- Food & Nutrition
- Gambling Addiction
- Government
- Health Care/Health & Well Being
- Homelessness
- Inflation
- Insurance
- Jails & Prisons
- Local Government
- Medicine & Culture
- Mental Health
- Minority Concerns
- Online Privacy
- Parenting
- Patient Safety
- Personal Finance
- Personal Health
- Personal Productivity
- Poverty
- Public Health
- Public Safety
- Racial Bias
- Retirement Planning
- Sexual Harassment
- Supply Chain
- Technology
- Traffic Safety/Fatalities
- Women's Issues

WJRZ-FM Public Affairs Programs

Sunday – 6:00am-6:30am

“InfoTrak” is an award-winning, highly produced interview program. Guests include nationally recognized experts and leaders. InfoTrak strives to present unbiased, factual, timely information that you can use without any religious, corporate, political, or other agenda.

Sunday – 6:30am – 7:00am

“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.

HOW PROGRAMMING ADDRESSED THE ISSUES – “INFOTRAK”

1/7/24...*Infotrak*. **Steve Elek, Senior Automotive Data Analyst at Consumer Reports 8:44.** Mr. Elek shared results of Consumer Reports’ newly-released annual car reliability survey, which found that electric vehicle owners continue to report far more problems with their vehicles than owners of conventional cars or hybrids. He said that on average, EVs from the past three model years had 79 percent more problems than cars powered by internal combustion engines. He outlined the most common problems cited by EV owners, and the potential reasons behind this trend. **Issues covered: Electric Vehicles, Consumer Matters.**

1/7/24...*Infotrak*. **Mariah M. Kalmin, PhD, epidemiologist, Health Policy Researcher at RAND, a nonprofit research organization 8:41.** Dr. Kalmin was the lead author of a Rand study that found that spending on mental health services for children and adolescents has risen by more than one-quarter since the beginning of the COVID-19 pandemic, continuing to rise even as the use of telehealth plateaued. She explained why telehealth care for mental health filled a critical need for pediatric patients, but added that it may not be appropriate in some cases. **Issues covered: Mental Health, Telehealth, Youth Issues.**

1/14/24...*Infotrak*. **Annie Grace, recovering alcoholic, author of “This Naked Mind,” founder of the This Naked Mind community 8:48.** Ms. Grace shared her personal experience of overcoming alcohol addiction by asking herself why she drank so much and doing research on the effects of alcohol. She explained how alcohol affects the body and the brain, and how quitting alcohol can restore the natural pleasure system. She also advised people who want to quit alcohol to be compassionate with themselves, and to treat drinking as a habit that can be changed with the right approach. **Issues covered: Alcoholism.**

1/14/24...*Infotrak*. **Nusrat Jung, D.Sc., Assistant Professor of Civil Engineering in the Lyles School of Civil Engineering at Purdue University 8:39.** Prof. Jung led a study of Americans’ typical morning grooming routines and found that several volatile chemicals are released when common hair care products are heated with flat irons or hair dryers. She said the chemicals linger in the air after use and may have dangerous effects on health. She recommends the use of a bathroom exhaust fan when using hair care products and using the products less frequently. **Issues covered: Personal Health, Environment, Consumer Matters.**

1/21/24...*Infotrak*. **Jared Walczak, Vice President of State Projects, Tax Foundation 8:54.** More and more homeowners are struggling as property values across the nation are rising rapidly, and property taxes are following suit. Mr. Walczak said typical property valuations have risen 30% to 40% over the past three years. He explained that at least some homeowners who are already grappling with high inflation may get a brief reprieve, because property taxes typically take one to three years to catch up to home prices. **Issues covered: Property Taxes, Inflation, Home Ownership.**

1/21/24...*Infotrak*. **Satchin Panda, PhD, Professor in the Regulatory Biology Laboratory at the Salk Institute for Biological Studies 8:29.** When and what we eat for dinner makes a significant difference in how we sleep. Prof. Panda explained how to determine the optimal time to have dinner. He said the most important factor in the dinnertime calculus is melatonin, the hormone that signals it's time to sleep. He also talked about the effect that highly processed food and carbohydrates have on sleep quality. **Issues covered: Personal Health, Nutrition.**

1/28/24...*Infotrak*. **Vijay Boyapati, Bitcoin expert, author of “The Bullish Case for Bitcoin” 8:58.** Mr. Boyapati explained the basics of what bitcoin is and why many investors have an interest in it. He explained the recent government approval that allows ordinary investors to purchase bitcoin through spot bitcoin exchange traded funds and why it will expose bitcoin to a much bigger retail audience. He also outlined the most common misconceptions about the digital currency. **Issues covered: Digital Currencies, Personal Finance.**

1/28/24...*Infotrak*. **Laura Stack, founder of Johnny's Ambassadors, a Colorado-based organization that aims to educate teens, parents, and communities about the dangers of today's high-THC marijuana 8:15.** Mrs. Stack why she founded Johnny's Ambassadors, after her 19-year-old son Johnny died by suicide after he became psychotic from using dabs, which are a potent marijuana concentrate. She explained how today's marijuana and THC products are drastically different than that of years ago. She says parents need to cast aside what they think they know about the drug and recognize that marijuana causes brain damage and mental health issues in ways that other substances do not. **Issues covered: Substance Abuse, Parenting.**

2/4/24...*Infotrak*. **Rachel Slade, author of “Making It in America: The Almost Impossible Quest to Manufacture in the U.S.A. (And How It Got That Way)” 8:43.** The US has fallen from the top spot, to now the 10th largest manufacturing economy in the world. Ms. Slade discussed how America can revive manufacturing and why is it so important. She explained why manufacturing is vital for the country's independence, economy and innovation. She also talked about the impact of the great resignation, the resurging role of unions, and the new priority for a work-life balance among workers. **Issues covered: Manufacturing, Economy, Government.**

2/4/24...*Infotrak*. **Gary Taubes, journalist, author of “Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments” 8:37.** Diabetes affects one out of every nine Americans. Mr. Taubes believes that treatment approaches to diabetes need to change, with renewed focus on diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. He also criticized the role of the food industry in promoting unhealthy foods and influencing diabetes research. He said that the current diabetes epidemic is driven by overeating and obesity, and that the best way to prevent and treat diabetes is to avoid the poison, not take the antidote. **Issues covered: Personal Health, Science.**

2/11/24...*Infotrak*. **Mariel Buqué, PhD, psychologist, author of “Break the Cycle: A Guide to Healing Intergenerational Trauma” 8:41.** Many Americans are living with the effects of trauma and long-term stress. Dr. Buqué discussed scientific research that suggests that if trauma is not addressed, it can be genetically passed down from generation to generation, and even be transmitted to entire communities. She said most forms of abuse typically begin in childhood. She talked about therapeutic practices than can pass down strength instead of pain, thereby breaking the cycle. **Issues covered: Mental Health, Child Abuse.**

2/11/24...*Infotrak*. **Greg Hammer, PhD, recently retired professor at Stanford University School of Medicine, pediatric intensive care physician, pediatric anesthesiologist, author of “GAIN Without Pain” 8:35.** Despite the pandemic, US life expectancy has increased slightly in the past 20 years. Dr. Hammer discussed what he terms the tripod of health: sleep, exercise and nutrition, and the latest science behind all three. He also talked about recent research into the longevity effects of intermittent fasting, dietary supplements and mindfulness and meditation. **Issues covered: Personal Health, Longevity.**

2/18/24...*Infotrak*. **Bridget Freisthler, PhD, Professor in the College of Social Work at Ohio State University 9:27.** Child abuse and neglect cases have been on the rise since the pandemic and its aftermath. Prof. Freisthler led a study of an alcohol control project in Sacramento. The program’s purpose was to reduce alcohol-related problems in two neighborhoods in the city, but it discovered an unexpected byproduct: in one of the neighborhoods, total entries into foster care were reduced by nearly 12%. She discussed factors behind child abuse and why she believes additional research is needed before trying to duplicate the program elsewhere. **Issues covered: Alcohol Abuse, Child Abuse & Neglect, Foster Care.**

2/18/24...*Infotrak*. **Megan Henly, PhD, Research Assistant Professor in the Institute on Disability at the University of New Hampshire 7:46.** Older Americans, low-income workers, and people with disabilities are over-represented in rural parts of the US. But enrollment in federal and state programs in these regions tends to be low. Prof. Henly discussed the numerous barriers to getting information about, and enrolling in, programs like Social Security disability and retirement benefits, the Supplemental Nutrition Assistance Program and the Medicaid health insurance program, and what can be done to reduce the problem. **Issues covered: Government Assistance, Disabilities, Rural Concerns, Aging.**

2/25/24...*Infotrak*. **Jeremy Nobel, MD, MPH, founder of the nonprofit Foundation for Art & Healing, author of “Project UnLonely: Healing Our Crisis of Disconnection” 9:33.** Dr. Nobel said loneliness has increased dramatically since the pandemic. He outlined the three types of loneliness. He also discussed the negative health consequences—both mental and physical—of loneliness or isolation. He said the answer to loneliness is connection through activities like creative expression and serving other people. He believes it all begins with being aware of loneliness and having the courage to address it. **Issues covered: Mental Health, Personal Health.**

2/25/24...*Infotrak*. **Elizabeth Comen, MD, Medical Oncologist specializing in breast cancer at Memorial Sloan Kettering Cancer Center, Assistant Professor of Medicine at Weill Cornell Medical College, author of “All in Her Head: The Truth and Lies Early Medicine Taught Us About Women’s Bodies and Why It Matters Today” 7:47.** Dr. Comen said centuries of medical care often dismissed women's health problems as hysteria, but it is now often termed anxiety. She said 80% of autoimmune diseases are found in women but the illnesses are often not properly diagnosed, and research in the area is woefully lacking. She also said concussions or even strangulations are often not recognized as domestic abuse by emergency room physicians. She offered three tips for women to advocate for themselves. **Issues covered: Women’s Health, Domestic Abuse, Mental Health.**

3/3/24...*Infotrak*. **James E. Rogers, PhD, Director of Food Safety Research and Testing, Acting Head of Product Safety Testing at Consumer Reports 8:14.** Plasticizers--used to make plastic more flexible and more durable--are so widely used that today, they show up inside almost every American’s body. Dr. Rogers talked about Consumer Reports’ recent tests, which found that nearly all foods contain phthalates and bisphenols, often at very high levels. He talked about the potential health consequences, and offered steps for consumers to try to reduce their exposure. **Issues covered: Food Safety, Personal Health, Consumer Matters.**

3/3/24...*Infotrak*. **Harvey Miller, PhD, Professor of Geography at Ohio State University 8:54.** Prof. Miller led a recent study that examined the circumstances behind who is found at fault when cars hit pedestrians in an urban area. He found that pedestrians were more likely to be blamed when they were crossing busy highways where crosswalks were few and far between. In congested downtown areas, where there were more marked intersections with pedestrian crossings, drivers were more likely to be found at fault. He believes that street and highway designs should be re-imagined, to put a greater emphasis on pedestrian safety. **Issues covered: Traffic Fatalities, Government.**

3/10/24...*Infotrak*. **Angela Fagerlin, Ph.D., Chair of Population Health Sciences at University of Utah Health, Research Scientist with the VA Salt Lake City Health System's Informatics Decision-Enhancement and Analytic Sciences (IDEAS) Center for Innovation 7:29.** Dr. Fagerlin was the senior author of a study that found that 60 to 80 percent of people surveyed are not honest with their doctors about information that could be relevant to their health. She explained why people are sometimes reluctant to be truthful with their doctors, and why that can be a dangerous practice. **Issues covered: Personal Health.**

3/10/24...*Infotrak*. **Teresa Gil, PhD, psychotherapist, author of “Women Who Were Sexually Abused As Children: Mothering, Resilience and Protecting the Next Generation” 9:40.** Dr. Gil estimates that there are approximately 21 million mothers in America who experienced childhood sexual abuse. She discussed how that trauma may affect their own parenting. She talked about the value of strong mother-daughter relationships, spiritual beliefs, and therapy in coping. **Issues covered: Sexual Abuse, Parenting, Mental Health.**

3/17/24...*Infotrak*. **David Rein, PhD, Senior Fellow at the National Opinion Research Center at the University of Chicago 8:50.** Dr. Rein led a recent study of hearing loss rates, and found that where a person lives and their occupation have a surprising impact. He found that that the occupations most associated with hearing loss besides mining were in retail and restaurant settings. Rates of hearing loss are higher among men, non-Hispanic Whites, and residents of rural areas, and increases significantly starting at age 35. He talked about the reasons behind the study’s findings, along with the societal stigma of wearing hearing aids. **Issues covered: Personal Health, Aging.**

3/17/24...*Infotrak*. **Christy Faith, author of “Homeschool Rising: Shattering Myths, Finding Courage, and Opting Out of the School System” 8:31.** Ms. Faith is a work-from-home mom who also homeschools her children. She discussed the rapid growth of homeschooling in the aftermath of the pandemic, and the reasons families choose to do it. She talked about the wide array of private and public resources available to homeschoolers, and the biggest challenges families face. She also addressed concerns about socialization for children who are homeschooled. **Issues covered: Education, Parenting.**

3/24/24...*Infotrak*. **Michael Redlener, MD, Associate Professor of Emergency Medicine at the Icahn School of Medicine of Mount Sinai 8:12.** Dr. Redlener led a study that found that emergency medical service (EMS) systems are not consistently providing optimal care, based on new national standards of quality, for patients who call 911. He explained the significant differences in EMS care he found in comparing urban, suburban, and rural services. He explained why the unnecessary use of lights and sirens, which he found is common in rural areas, is a dangerous practice. **Issues covered: Emergency Services, Public Health, Government.**

3/24/24...*Infotrak*. **Chelsey Goodan, academic tutor and mentor, author of “Underestimated: The Wisdom and Power of Teenage Girls” 9:12.** Teenage girls struggle with a wide variety of issues. Ms. Goodan outlined the most common things that concern teenage girls, and why they are reluctant to share them with their parents. She offered advice to parents to improve dialogue with their daughters, through listening and asking non-judgmental questions. She also talked about the value of sports in helping girls find their voices and power. **Issues covered: Teenager Concerns, Parenting, Mental Health.**

3/31/24...*Infotrak*. **Charles L. Marohn Jr, land-use planner, municipal engineer, author of “Escaping the Housing Trap: The Strong Towns Response to the Housing Crisis” 8:53.** Housing costs have risen dramatically in the past few years. Mr. Marohn talked about the tension between housing as a financial product versus basic shelter. He advocated for a new approach that can rapidly produce housing on a local scale in response to local needs. He said that regulations, financial incentives, and cultural expectations often undermine organic efforts of urban renewal, and that approaches should be changed to allow neighborhoods to undergo incremental change over time. **Issues covered: Housing, Community Development, Government.**

3/31/24...*Infotrak*. **Sanja Jelic, MD, critical care medicine specialist and sleep researcher at Columbia University Vagelos College of Physicians and Surgeons 8:30.** Obstructive sleep apnea affects about 25% of adults, and it often goes untreated. Dr. Jelic discussed the condition and the most common treatment, CPAP machines. She has led several studies that have determined that, contrary to long-held medical beliefs, the machines do not lower a patient’s risk of heart disease, which is about two to three times higher than average. She said obesity is by far the biggest risk factor for sleep apnea. She noted that a recent study said the worldwide estimate of those with sleep apnea totals roughly 1 billion, compared to 1.2 billion with high blood pressure. **Issues covered: Personal Health.**

HOW PROGRAMMING ADDRESSED THE ISSUES – “RADIO HEALTH JOURNAL”

1/7/24...*Radio Health Journal*. **BEING A GOOD PATIENT TAKES WORK: HOW TO FEEL EMPOWERED AT THE HOSPITAL 12:59.** Synopsis: We, as patients, are making more decisions about our health than ever before. From which brand of medicine we want to which supplements we take, a lot of the choices depend on being a smart consumer. Our expert reveals why this is a double-edged sword and how you can feel empowered walking into your next doctor’s appointment. Host: Elizabeth Westfield. Producer: Libby Foster. Guests: Dr. Talya Miron-Shatz, Visiting Researcher, University of Cambridge, Author, Your Life Depends On It. **Compliance issues covered: medicine; patient safety; health care; vulnerable populations; medical knowledge; telehealth; scientific terminology; social media; confirmation bias**

1/7/24...*Radio Health Journal*. **DOES A GOOD BEDSIDE MANNER SAVE LIVES? 7:02** Synopsis: Dr. Wes Ely, an intensive care specialist, says the early days of his career were spent more worried about the beeps and buzzers rather than the patients that the machines were monitoring. He gives us a unique look into how physicians can humanize patients in the ICU and, in turn, save more lives. Host: Greg Johnson. Producer: Polly Hansen. Guests: Dr. Wes Ely, Professor of Medicine, Associate Director of Agine Research, Vanderbilt University, Author, Every Deep-Drawn Breath. **Compliance issues covered: vaccination; intensive care unit; patient safety; public health; pandemic; COVID-19; burnout; empathy; bedside manner; healthcare; consumerism.**

1/14/24...*Radio Health Journal*. **3D PRINTING ORGANS AND AI SURGERIES: THE FUTURE OF MEDICINE 11:52.** Synopsis: Dr. Thomas Kolon is using 3D-printed models to successfully operate on cases thought to be inoperable. Another physician brings AI into his surgeries to give patients the most accurate hip replacements possible. This is the future of medicine and our experts are here to explain it all. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. George Haidukewych, Director of Orthopedic Trauma & Chief of Complex Joint Replacement, Orlando Health Jewett Orthopedic Institute; Dr. Thomas Kolon, Expert in Pediatric Disorders, Chief of Urology, Children’s Hospital of Philadelphia **Compliance issues covered: kidney; children at risk; childhood cancers; medical technology; cancer; artificial intelligence; 3d printing; cancer prevention; consumerism; vulnerable populations.**

1/14/24...*Radio Health Journal*. **NERVOUS NAIL-BITER? IT HARMS MORE THAN JUST AESTHETICS 7:50.** Synopsis: So many of us have experienced the compulsion to bite our nails. Even though it's a detriment to our wellbeing, we still do it – so why? Is it a product of our genetics or evolution? Our experts discuss where this impulse stems from and all the ways it harms our health. Host: Greg Johnson. Producer: Morgan Kelly. Guests: Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mount Sinai Medical Center; Dr. Fred Penzel, Psychologist & Executive Director of Western Suffolk Psychological Services. **Compliance issues covered: nails; cuticles; bacterial infection; compulsions; oral health; ecosystems; consumerism; habits; public health; bacteria; hemorrhage; trauma; evolution; genetics.**

1/21/24...*Radio Health Journal*. **MENTALLY ILL INMATES: SAFETY AND JUSTICE OR SUFFERING AND VENGEANCE? 12:28.** Synopsis: American prisons are full of people with mental illness, but does the system actually fulfill its promise of reform for these inmates? Dr. Christine Montross, a psychiatrist, says many of them aren't getting the correct help that will make a difference in their lives – and make our society a safer place when they're released. She breaks down the prison system and offers alternative programs to solve this crisis. Host: Elizabeth Westfield. Producer: Reed Pence. Guests: Christine Montross, Associate Professor of Psychiatry and Human Behavior, Brown University **Compliance issues covered: incarceration; mental illness; mental institutions; jail; prison; criminals; psychosis; community care; public health; public safety; healthcare; consumerism; public policy; health policy.**

1/21/24...*Radio Health Journal*. **DO YOU SUPPORT GIVING CHILDREN MENTAL HEALTH DAYS OFF OF SCHOOL? 7:43.** Synopsis: We're quick to pull our kids out of school when they're running a fever or throwing up, but what about when they've become burnt out or severely stressed? Just because we can't see the physical symptoms doesn't mean there isn't a problem. Our expert explains the benefits of giving your children mental health days and how to prepare them for future obstacles. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Andrea Bonior, Licensed Clinical Psychologist, Author. **Compliance issues covered: mental health; depression; anxiety; children at risk; sick days; emotions; coping strategies; stress; consumerism; public health; vulnerable populations.**

1/28/24...*Radio Health Journal*. **EATING INVASIVE SPECIES: DOES YOUR DIET HELP THE ENVIRONMENT? 10:54.** Synopsis: Many people choose their diet based on what tastes good, but what if you could have great food while helping your local environment? Dr. Joe Roman, a conservation biologist, explains the dangers of invasive species and how we can do our part in saving the environment by strapping on an apron. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Joe Roman, Conservation Biologist, University of Vermont; Dr. Cindy Tam, Biological Threats and Invasive Species Research Program Coordinator, US Geological Survey. **Compliance issues covered: invasive species; population control; habitats; disease; virus; diet; consumerism; native animals; environment; public health; public safety; infrastructure; farming; agriculture.**

1/28/24...*Radio Health Journal*. **MENTAL HEALTH IN THE MILITARY: STIGMAS, RESOURCES, AND ROADBLOCKS 8:39.** Synopsis: As a psychologist, Dr. Chuck Weber helped a lot of soldiers during his time in the military. However, limited resources held him back from being able to fully help the families of active-duty soldiers. He explains why this is such an important area of service and how he fought to prioritize mental health services. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Chuck Weber, Psychologist, Chief Medical Officer and Founder, Family Care Center. **Compliance issues covered: military; mental health; veterans; military families; PTSD; vulnerable populations; psychology; family medicine; healthcare; public health; public safety.**

2/4/24...*Radio Health Journal*. **WHAT IS A WOMAN WORTH? NEEDLESS DEATHS FROM A PREVENTABLE CANCER 12:10**. Synopsis: Cervical cancer is almost completely preventable, so why does it continue to kill thousands of women each year? Dr. Linda Eckert, an expert in cervical cancer prevention, believes the answer involves gender inequalities and sexual stigmas. She discusses these issues and offers life-saving prevention methods for women. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Linda Eckert, Professor of Obstetrics and Gynecology, University of Washington's Department of Obstetrics and Gynecology and Global Health, Author, Enough. **Compliance issues covered: sexually transmitted infections; vulnerable populations; cervical cancer; cancer; prevention; vaccination; consumerism; gender issues; women's issues; pre-cancer.**

2/4/24...*Radio Health Journal*. **BLACK ANGELS: THE BLACK NURSES INVOLVED IN THE FIGHT AGAINST TUBERCULOSIS 7:59**. Synopsis: Dr. Herbert Fox helped discover a cure for tuberculosis, but his work wouldn't have been possible without the help of the black nurses who monitored and cared for each patient. When all of the white nurses refused to work, these women stepped up. Our expert details their bravery that's gone largely unrecognized in society. Host: Greg Johnson. Producer: Polly Hansen. Guests: Maria Smilios, Author, The Black Angels. **Compliance issues covered: African American issues; black history month; infectious disease; vaccine; medical history; healthcare; mental health; consumerism; patient safety; public health.**

2/11/24...*Radio Health Journal*. **BIG LIARS: IS HONESTY ALWAYS THE BEST POLICY? 10:38**. Synopsis: Are you good at sniffing out lies? Many people aren't. The typical 'tells,' like eye movement, won't expose a true deception artist. Luckily, our experts explain the psychology behind why people lie and how you can avoid being duped. Host: Elizabeth Westfield. Producer: Polly Hansen. Guests: Dr. Christian Hart, Professor of Psychology, Texas Woman's University, Director, Human Deception Laboratory, Co-Author, Big Liars; Dr. Drew Curtis, Associate Professor of Psychology, Angelo State University, Director, the Curtis Deception Lab, Co-Author, Big Liars. **Compliance issues covered: lying; pathological liars; public safety; psychology; public health; deception; vulnerable populations; children at risk.**

2/11/24...*Radio Health Journal*. **NOT SO RARE: WHAT'S CAUSING THE RISE IN PEDIATRIC KIDNEY STONES? 9:34**. Synopsis: While kidney stones have historically affected middle-aged men, an unusual population has been seeing a rise in cases – young girls. Dr. Greg Tasian, a pediatric urologist, has been researching the reason behind this rise. He explains what causes kidney stones and how to reduce your child's risk. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Greg Tasian, Attending Pediatric Urologist, Children's Hospital of Philadelphia. **Compliance issues covered: kidney stones; public health; patient safety; pediatric care; chronic disease; disease progression; vulnerable populations; organ transplant; surgery; gut microbes; infection.**

2/18/24...*Radio Health Journal*. **"EAT TO SURVIVE": WHY AMERICANS LACK PROPER EDUCATION ABOUT NUTRITION 10:35**. Synopsis: Many children in America are taught about nutrition through the USDA's balanced food plate known as MyPlate. Unfortunately, these graphics don't accurately portray a proper (and realistic) diet, which leaves many people feeling confused and frustrated. Loni Love, a comedian, explains the obstacles she's faced during her journey towards a healthier lifestyle. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Loni Love, Comedian, Television Host, Spokesperson, Metamucil; Dr. Christopher Gardner, Rehnberg Farquhar Professor of Medicine, Stanford University. **Compliance issues covered: nutrition; diet; public health; fiber; healthy lifestyle; gut microbiome; illness; immunity; cancer; chronic disease; obesity; diabetes; heart disease; supplements.**

2/18/24...*Radio Health Journal*. **SERVICE DOGS ARE IN HIGH DEMAND – HERE’S HOW YOU CAN HELP 9:30**. Synopsis: Service dogs have been used throughout history but were legally recognized by the US government in 1990. These animals can help people with physical challenges, like grocery shopping, and mental health struggles such as PTSD and anxiety. Our experts discuss the importance of service dogs and how you can get involved. Host: Greg Johnson. Producer: Kristen Farrah. Guests: James Schenck, CEO, PenFed Foundation; Kirsten Holley, US Army Veteran. **Compliance issues covered: PTSD; mental health; veterans; service animals; volunteering; service dogs; anxiety; social anxiety; depression; nightmares; neurology; therapy; family issues; veteran issues.**

2/25/24...*Radio Health Journal*. **THERAPY FOR TWINS: THE MYTH OF THE ‘PERFECT’ TWIN CONNECTION 11:28**. Synopsis: Twins are thought to have a special bond – a built-in friend. But this idea can lead to resentment and harmful codependence if the two siblings never experience individuality. Dr. Joan A. Friedman, a twin expert, explains how parents can help foster a healthy relationship and treat their twins as separate children. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Joan A. Friedman, Psychotherapist & Twin Expert. **Compliance issues covered: twins; psychology; siblings; family issues; individuality; self-esteem; housing; education; pregnancy; therapy; relationships; offspring; public health; public safety.**

2/25/24...*Radio Health Journal*. **WHY SCIENCE SAYS KIDS SHOULD STILL LEARN TO WRITE IN CURSIVE 7:59**. Synopsis: In the age of cell phones and laptops, is handwriting obsolete? Our experts say that there’s still a great benefit for students to write their notes down with pen and paper. Even cursive has its benefits. They discuss the research that shows why elementary students should still know how to use pens and pencils. Host: Greg Johnson. Producer: Libby Foster. Guests: Dr. Danny Oppenheimer, Professor of Decision Sciences, Carnegie Mellon University; Dr. Virginia Wise Berninger, Professor Emerita, University of Washington. **Compliance issues covered: education; motor movement; psychology; public health; student safety; brain imaging; elementary school; handwriting; learning; productivity; visual stimuli.**

3/3/24...*Radio Health Journal*. **HOW TO COMBAT MEDICAL IGNORANCE OF RARE DISEASES 11:12**. Synopsis: Having a rare disease means that not all doctors will know how to treat you. For Christyn Taylor’s daughter, who was diagnosed with pediatric pancreatitis at age 7, this meant countless physicians who either didn’t believe she had the condition or knew nothing about it – factors that continually worsened her illness. To help other families in similar situations, Taylor created a document that gives patients with rare diseases a credible back-up of medical history and current treatment plans when dealing with stubborn physicians. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Christyn Taylor, CEO, Rebecca’s Wish; Lisa Morgan, Parent of Patient. **Compliance issues covered: patient safety; rare disease; pancreatitis; pediatric illness; vulnerable populations; healthcare; education; pain; chronic conditions; surgery; hospitalization.**

3/3/24...*Radio Health Journal*. **THE FEMALE GENIUSES THROUGHOUT HISTORY YOU NEED TO KNOW ABOUT 9:04**. Synopsis: If you’re asked to name a genius, who do you think of? Albert Einstein or Galileo may come to mind, but there’s a good chance you’re forgetting the brilliant women who deserve a spot at this table. In honor of Women’s History Month this March, our expert tells the stories of a few female geniuses whose accomplishments deserve greater recognition. Host: Greg Johnson. Producer: Polly Hansen. Guests: Janice Kaplan, Author, *The Genius of Women*; Catherine Whitlock, Author, *Ten Women Who Changed Science and the World*. **Compliance issues covered: women’s history; history; genius; public health; education; equality; gender issues; patriarchy; politics; vulnerable populations; consumerism; medical history.**

3/10/24...*Radio Health Journal*. **CULTURAL COMPETENCE: ADDRESSING RACIAL DISPARITIES IN HEALTHCARE 13:01**. Synopsis: Racial disparities have existed in medicine throughout history. Research is finally starting to not only recognize these inequalities but create actionable plans to close the gaps. Our guests discuss sectors of healthcare and disease where racial disparities continue to block minority populations from quality care. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Ladson Hinton, Professor and Director of Geriatric Psychiatry, University of California Davis School of Medicine; Dr. Toyin Nwafor, Infectious Disease Physician, Senior Medical Director for HIV Prevention, VIIV Healthcare. **Compliance issues covered: HIV; infectious disease; psychology; discrimination; minority populations; patient safety; stigma; racial disparities; Alzheimer's disease; dementia; public health.**

3/10/24...*Radio Health Journal*. **GOT FOOT PROBLEMS? IT MAY BE A RARE BLOOD CANCER 7:04**. Synopsis: Gary Lenahan was diagnosed with polycythemia vera after nearly a decade of symptoms. It's a rare blood cancer that can sneak up on anyone – especially as we age. Dr. Brandi Reeves, a hematologist, explains the subtle warning signs and reveals treatment options that can help slow the disease progression. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Brandi Reeves, Hematologist, Assistant Professor of Medicine, University of North Carolina, Chapel Hill; Gary Lenahan, Patient. **Compliance issues covered: cancer; chemotherapy; medical intervention; patient safety; consumerism; hiking; public health; aging; geriatrics; blood; foot health; skin condition.**

3/17/24...*Radio Health Journal*. **“THIS IS MEDIEVAL” – THE 24-YEAR-OLD WHO’S REINVENTING MEDICAL DEVICES 11:12**. Synopsis: During emergency bedside situations in the ICU, neurosurgeons often use manual cranial drills to break through a patient's skull. It's been the standard for years – but it's not the best option. Casey Qadir, CEO of Hubly Surgical, has created a safer, more efficient drill for these operations. She explains the advantages of this new device and her experience as a female entrepreneur in a male-dominated space. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Matthew Potts, Neurosurgeon & Associate Professor of Neurological Surgery, Northwestern Feinberg School of Medicine; Casey Qadir, Co-Founder & CEO, Hubly Surgical. **Compliance issues covered: surgery; medical device; drill; cranial drill; skull; anatomy; neurology; neurosurgery; female entrepreneurship; medical technology; emergency medicine; consumerism; patient safety.**

3/17/24...*Radio Health Journal*. **KNOCKING ON DEATH'S DOOR: THE AT-HOME MEDICAL DEVICE THAT COULD SAVE LIVES 8:23**. Synopsis: Mark Opauszky knows exactly how important access to medical devices can be - even something as simple as a thermometer. After a near-death experience, Opauszky entered the medical technology industry to help give the public access to helpful tools at home. He discusses how his new phone application, Stethophone, can help patients be an active part of their own care team and stay on top of their health. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Mark Opauszky, CEO, Sparrow Bioacoustics. **Compliance issues covered: stethoscope; medical applications; medical devices; amputations; trauma; infection; preventive medicine; organ failure; septic shock; patient safety; public health; technology; medical technology.**

3/24/24...*Radio Health Journal*. **PAIN IS NOT WOMANHOOD: EARLIER DIAGNOSING FOR ENDOMETRIOSIS 11:37**. Synopsis: Many women with endometriosis unknowingly deal with the symptoms for years before receiving a diagnosis. Dr. Jodie Avery, an epidemiologist, is hoping to close this gap through new technology that utilizes AI. She explains why America's current process isn't aiding women with this disorder. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Dr. Jodie Avery, Epidemiologist, Senior Research Fellow, University of Adelaide Medical School; Asha Dickens, patient. **Compliance issues covered: endometriosis; patient safety; public health; medical imaging; diagnostic tools; ultrasound; women's health; female issues; gynecology; consumerism; surgery; reproductive system.**

3/24/24...*Radio Health Journal*. **PUBLIC HEALTH AND POLITICS: A LOOK AT THE MISTAKES MADE DURING THE PANDEMIC 8:31**. Synopsis: Science has long been an influence of public policy, but some argue that public health organizations became too visible during the pandemic. Dr. Sandro Galea, author of *Within Reason*, dissects the role that public health has played in recent years and asks the question: what are we willing to give up for the sake of our health? Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Sandro Galea, Dean & Robert A. Knox Professor, Boston University School of Public Health, Author, *Within Reason*. **Compliance issues covered: public health; public safety; patient safety; pandemic; politics; medicine; virus; COVID-19; social media; vulnerable populations; public health organizations; science policy.**

3/31/24...*Radio Health Journal*. **CANCER DRUG SHORTAGE: DECIDING WHO LIVES AND WHO DIES 11:08**. Synopsis: When a manufacturing plant in India halted production in 2022, cancer patients in America were told their chemotherapy drugs were experiencing a shortage and doctors had to decide who would get the remaining supply. Our experts explain the effects of this ongoing shortage and how we can make sure it doesn't happen again. Host: Elizabeth Westfield. Producer: Kristen Farrah. Guests: Barbara Barnett, Cancer Patient; Dr. Julie Gralow, Chief Medical Officer & Executive Vice President, American Society of Clinical Oncology; Mark Fleury, Policy Principal, American Cancer Society Cancer Action Network. **Compliance issues covered: cancer; manufacturing; generic drugs; FDA; chemotherapy; drug shortages; economics; consumerism; raw materials; breast cancer; supply chain issues; testicular cancer; colon cancer; patient safety.**

3/31/24...*Radio Health Journal*. **KETAMINE REGULATIONS -- "WE DON'T WANT TO REPRODUCE THIS OPIOID PROBLEM" 8:32**. Synopsis: Ketamine is FDA-approved as an anesthetic, but it's now being used as a therapy to treat pain, depression, and addiction. However, many worry the rise of psychedelics will bring about a second iteration of the opioid crisis. Our expert shares the history of ketamine and how he believes it should be regulated to lessen the risk of addiction. Host: Greg Johnson. Producer: Kristen Farrah. Guests: Dr. Howard Kornfeld, Pain Management & Addiction Specialist, Founder & Medical Director, Recovery Without Walls. **Compliance issues covered: ketamine; opioid; addiction; patient safety; public safety; pain management; opioid crisis; psychedelics; therapy; hallucinations; consumerism; addictive substances; drug regulations.**



100.1 WJRZ Quarterly PSA Report: 1/1/24 – 3/31/24

1/5: Gary Erbe Guided Exhibition Tour and Meet-and-Greet. The Noyes Museum at Stockton University's Kramer Hall invites you to a free guided tour through Gary Erbe's Magical World exhibition with the titular artist himself, Gary Erbe. The guided tour and artist meet-and-greet will take place on January 5th at 11:00 am.

1/8: View a Socially Transformative Film at the OCL Tuckerton Branch. In 2019, filmmaker James Rutenbeck set out to chronicle a renowned educational program among marginalized people in Boston. Instead, he came to grips with systemic racism and his own role in it. The riveting result, "A Reckoning in Boston," will be shown at the Ocean County Library Tuckerton Branch, 7 PM Monday, January 8.

1/11: "Caregiver Canines," Ocean County Library Stafford Branch. Intelligent, sensitive and adaptable, dogs are ideal for helping us physically and emotionally. Learn about service dogs and therapy dogs and meet them, too, during a Friends Adventure, "Caregiver Canines," 10 AM Thursday, January 11 at the Ocean County Library Stafford Branch.

1/13: Meet Author Jim Dowdell at the Ocean County Library Manchester Branch. Are you a fan of hair-raising horror fiction? Ready to expand your list of authors who specialize in the genre? Meet Jim Dowdell, who will read from and sign copies of the newest volume in his OTHERS trilogy-in-progress, 2 PM Saturday, January 13 at the Ocean County Library Manchester Branch.

1/13: The Sounds of Sinatra Benefit Concert. The 17 piece Brass Tacks Orchestra presents the "Sounds of Sinatra" concert to support local charity Starve Poverty International, Saturday January 13 at 7:00pm. Event includes dancing and refreshments. Suggested donation is \$25.00 per person cash at the door.

1/15: Tarot for Teens. The Ocean County Library Waretown Branch is pleased to present Tarot for Teens 7-8 PM Monday, January 15. Join us to learn about the basics of reading tarot to get you started in your own practice.

1/16: Hear Holocaust Survivor's Tales. His kindly face and manner reveal nothing of the horrors Manny Lindenbaum and his family endured early in his life which remain relevant today. The Ocean County Library invites you to "Combatting Hate: A Conversation with Holocaust Survivor Manfred Lindenbaum" in the Toms River Branch, 6:30 PM Tuesday, January 16.

1/22: Arm Yourself Against Human Trafficking at the OCL Manchester Branch. January is Human Trafficking Awareness Month. Anyone of any age, anywhere, can become a victim. Learn its effects during "Human Trafficking: The Basics," 7 PM Monday, January 22, in the Ocean County Library Manchester Branch.

1/23: Attorney Rajiv Nagaich to Discuss Retirement Plan Traps. Your post-working life will require more adjustments than simply filling time. A large portfolio, estate plan, and long-term care insurance offer no guarantees against financial catastrophes. Attorney Rajiv Nagaich will spotlight retirement planning pitfalls in his Ocean County Library Virtual Author Talk, 2 PM Tuesday, January 23.

1/25: Adults, Express Your Hopes with Vision Boards at the OCL Toms River Branch. Adults and seniors, bring vivid form to your hopes and dreams through the art of collage. Create vision boards at the Ocean County Library Toms River Branch, 11 AM Thursday, January 25.

1/30: OCL Long Beach Island Branch to Host Blood Drive. Start 2024 with a lifesaving act. The Ocean County Library Long Beach Island Branch invites you to make a difference during the American Red Cross blood donation drive in its meeting room, 1 PM until 6 PM Tuesday, January 30.

1/30: Get Real About Food with Dr. Robert Lustig. Healthy New Year to you, courtesy of Dr. Robert H. Lustig. The outspoken critic of “Big Food, Big Pharma and Big Government” will take part in an Ocean County Library Virtual Author Talk, 2 PM Tuesday, January 30.

2/1: The Constitution Clarified at the OCL Stafford Branch. The Constitution is firm enough to hold America together, flexible enough for all its people, and still vibrant as it reaches 235 years of age. Take a refreshing view during a Friends Adventure, “A Citizen’s Look at the U.S. Constitution,” 10 AM Thursday, February 1 at the Ocean County Library Stafford Branch.

2/7: Be a Smart Shopper - Consumer Reports Online Tutorial. Being an informed shopper for a car, major appliance, mattress, or other significant purchase can be an overwhelming task. Fortunately, Ocean County Library card holders can check their facts with Consumer Reports magazine online. Learn how to access it at the OCL Long Beach Island Branch, 10 AM Wednesday, February 7.

2/8: Decipher Sensory Processing Disorder at the OCL Toms River Branch. Bright lights, loud sounds, certain aromas, colors and textures can be problematic for people with Sensory Processing Disorder (SPD). Learn its effects and ways to help loved ones cope in a workshop at the Ocean County Library Toms River Branch, 7 PM Thursday, February 8.

2/8: Virtual Author Talk with Tessa Bailey. Tessa Bailey’s recipe for “spice, spirit and swoon” keeps her bubbling atop the New York Times bestseller lists. She’ll divulge details of "Fangirl Down," the first half of her hot new sports romance duology, in an Ocean County Library Virtual Author Talk, 8 PM Thursday, February 8.

2/9: Families Can Create ‘Snow Cones with Love’. The Ocean County Library Lacey Branch invites you to join them for this Snow Cones with Love program on Friday, February 9, at 3:30 PM.

2/13: Learn ABCs of CPR. When a health crisis occurs, some simple procedures can help to avert a tragedy. Adults can learn cardiopulmonary resuscitation (CPR) basics from a professional at the Ocean County Library Toms River Branch, 6:30 PM Tuesday, February 13.

2/17: Celebrate Black History Month with the Toms River Area NAACP. Savory sounds, tasty treats and high spirits will greet you when the Ocean County Library and Toms River Area NAACP team up for a Black History Month Celebration in OCL’s Toms River Branch, 12 PM Saturday, February 17.

2/17: Pete Wagula to Play Winter ‘Homecoming’ Concert. The Ocean County Library Lacey Branch will present local musician Pete Wagula, Saturday, February 17, at 2:00 PM.

2/17: Big Bargains on Terrific Titles at OCL Toms River Friends' Popup Sale. Warm up your winter with some fresh, hot reads! The Friends of the Ocean County Library – Toms River invite you to browse for bargains during their popup used book sale in the OCL Toms River Branch, 11 AM until 3 PM Saturday, February 17.

2/20: Discover Lakewood's Sports Glory and Railroad Heritage. Learn about athletic prowess and a heralded passenger train, both ingrained in Lakewood's past. The Lakewood Historical Society will present "Sports-in-the-Pines: 100 Years of Athletic Competition in Lakewood" and "Take a Ride on the Blue Comet" at the Ocean County Library Lakewood Branch, 7 PM Tuesday, February 20.

2/20: Identity, Love and Race in Fiction. How is the Black experience in America reflected in works of fiction? What are the hidden costs of injustice for Black citizens, and for all Americans? Jason Mott will shed light on observations at the core of his award-winning novel "Hell of a Book" in an Ocean County Library Virtual Author Talk, 4 PM Tuesday, February 20.

2/21: Guild Theatreworks to Perform "Belles." The Ocean County Library Toms River Branch is pleased to present the Guild Theatreworks production of Mark Dunn's bittersweet dramatic comedy "Belles" in Mancini Hall, 6:30 PM Wednesday, February 21.

2/25: Bright Harbor Foundation Art & Soul Brunch. The event will showcase the tremendous talent Bright Harbor Healthcare has discovered from individuals suffering with mental illness. This is an opportunity to eliminate barriers and misconceptions surrounding mental health, encourage positive conversations to reduce stigma, and shed light on the changing climate of mental health treatment in New Jersey. The exhibit will contain paintings, drawings, mixed media, and several forms of creative expression including: poetry, music, dance and more provided by children and adults seeking services at Bright Harbor on Sunday, February 25th.

2/27: Discover Tuskegee Airmen's History, Impact. The addition of African-American aviators during World War II not only strengthened U.S. military might, but also propelled our nation toward racial and social equality. Join historian Paul E. Zigo for "The Tuskegee Airmen: America's First Black Pilots" at the Ocean County Library Manchester Branch, 2 PM Tuesday, February 27.

2/28: Embrace a 'Radically Candid' Workplace with Kim Scott's. Why is feedback between a supervisor and employee often strained? Is there a simple approach? Kim Scott will discuss straightforward strategies contained in her best-seller "Radical Candor: Be a Kick-Ass Boss Without Losing Your Humanity" during her Ocean County Library Virtual Author Talk, 2 PM Wednesday, February 28.

3/1: Create Op Art à la Bridget Riley. In honor of Women's History Month, join us and create an Op Art masterpiece in the style of a legendary figure. "Bridget Riley: Op Art Rippled Creations" will take place at the Ocean County Library Long Beach Island Branch, 2 PM Friday, March 1.

3/2: A Need We Feed 5th Annual Casino Night. Enjoy an evening of Blackjack, Craps, Roulette, and Poker. There is will also be a large gift auction, wine pull and mystery box game, and 50/50! Don't miss the special available until February 23rd, every \$50.00 donation entitles you to \$1,000 in extra gaming chips. Money raised from this event will provide meals to our community's Veterans, seniors, families and the homeless.

3/4: Enjoy Songs of Ireland by Charlie Zahm. As St. Patrick's Day approaches, capture the warmth and spirit of the Emerald Isle with guitarist and singer Charlie Zahm. He'll take you on a whirlwind musical tour of Ireland at the Ocean County Library Toms River Branch, 6:30 PM Monday, March 4.

3/6: Nina Totenberg on the Power of Friendships. A phone call from a young reporter to a fiery lawyer began a relationship of nearly a half-century as both kicked open opportunity's door for women. Celebrated correspondent Nina Totenberg will discuss her association with late Supreme Court Justice Ruth Bader Ginsburg and her book "Dinners with Ruth: A Memoir on the Power of Friendships" in an Ocean County Library Virtual Author Talk, 4 PM Wednesday, March 6.

3/9: 'Cops & Crayons.' Meet and have fun with the grownups who protect us. Join the excitement of "Cops & Crayons" at the Ocean County Library Little Egg Harbor Branch, 10 AM or 11:30 AM Saturday, March 9.

3/11 – 3/26: Prom Dress Giveaway Helps Teen Dreams Come True. Dazzling dresses and glittering gowns donated by generous Ocean County Library patrons and visitors are about to adorn teens throughout the county. OCL's 16th annual Prom Dress Giveaway will take place in March at three Library branches.

3/12: Get 'The Dirt on Houseplants.' Gearing up for spring planting in the yard? How about some greenery to dress up your home indoors? Let the Rutgers Master Gardeners of Ocean County give you "The Dirt on Houseplants" at the Ocean County Library Toms River Branch, 6:30 PM Tuesday, March 12.

3/14: Ride the Dragon with Christopher Paolini. Ever since the publication of his first fantasy novel at age 19, Christopher Paolini has developed legions of YA fans with compelling tales of universes that spin from his mind. Take a glimpse at Paolini's two decades of storytelling mastery and the gripping "Murtagh" in his Ocean County Library Virtual Author Talk, 4 PM Thursday, March 14.

3/16: Linking, Looping & Purling Pleasure: "Knit Happens." Looking for a convivial group for swapping yarns and working with yarn? Pull up a seat for "Knit Happens" in the Ocean County Library Long Beach Island Branch, 3:30 PM Saturday, March 16.

3/16: Meditate on the Wonder of Nature. Spring arrives, and nature reawakens, bringing new life to our changing landscape. Experience its nurturing essence during "Mindfulness Meditation: On Wisdom of Trees" at the Ocean County Library Lacey Branch, 2 PM Saturday, March 16. Registration opens Saturday, March 2.

3/16: Explore Neil Diamond's Life & Music. American pop music of the past half-century would sound markedly different without Neil Diamond's influence. Entertainer and educator Phil Bruschi will take you on a multimedia tour of the legendary musician's life during "Neil Diamond: Singer & Songwriter" at the Ocean County Library Brick Branch, 1:30 PM Saturday, March 16.

3/16: Quilt Display & Demonstration. Celebrate Women's History Month and National Quilting Day at the Ocean County Library Long Beach Island Branch. Quilts by members of the Pieceful Shores Quilt Guild will be on display throughout the month of March. The group will present a live quilting demonstration in the Branch, 10 AM until 2 PM Saturday, March 16.

3/18: Explore NJ's Weaving & Textile Heritage. For centuries, people in New Jersey have turned out a stunning array of textiles and woven goods. Please join us as an educator from the Museum of Early Trades & Crafts (METC) presents "Narrative Threads: New Jersey Quilts & Textiles" at the Ocean County Library Brick Branch, 6:30 PM Monday, March 18.

3/19: Become Food-Wise & Nutrition-Smart. Healthful diets are as valuable for adults and seniors as they are for growing youngsters. In honor of Nutrition Awareness Month, learn how nourishing food choices can be part of your daily diet during a program at the Ocean County Library Lacey Branch, 2 PM Tuesday, March 19.

3/19: "Claude Monet: Grand Old Man of Impressionism." Determined to reproduce on canvas nature as he perceived it, Claude Monet revolutionized art and founded an entire genre. Find out how it all came about during a Pine Shores Art History Lecture, "Claude Monet: Grand Old Man of Impressionism," at the Ocean County Library Stafford Branch, 7 PM Tuesday, March 19.

3/22: Ocean County Job Fair. The New Jersey Reentry Corporation and Ocean County Career Center are partnering with upward of 20 local employers to host this event at the Ocean County Library Toms River Branch on March 22 from 10am-1pm.

3/27: Brian Betz-Behn Gillece Jazz Duo. The Ocean County Library Toms River Branch is pleased to present the jazz virtuosity of guitarist Brian Betz and vibraphonist Behn Gillece in Mancini Hall, 7 PM Wednesday, March 27. They will play American standards and original compositions and will answer questions after the performance.

3/28: Learn How Seeing Eye Empowers the Blind. The interaction of a young sightless American and a woman in Switzerland training dogs to assist blinded war veterans nearly 100 years ago led to the creation of The Seeing Eye. Learn about the New Jersey organization and meet trainers and dogs at the Ocean County Library Stafford Branch, 6 PM Thursday, March 28.

3/30: Looping, Linking & Purling Pleasure: "Knit Happens." Looking for a convivial group for swapping yarns and working with yarn? Pull up a seat for "Knit Happens" in the Ocean County Library Long Beach Island Branch, 3:30 PM Saturday, March 30.