



## 100.1 WJRZ-FM 3<sup>rd</sup> QUARTER 2019 - ISSUES REPORT

9/30/19

Prepared by Matt Knight, Program Director

The following is the quarterly Issues Report for WJRZ-FM for the **third quarter of 2019**. The report includes a synopsis of programs as well as a sampling of Public Service announcements, which aired between 7/1/19 & 9/30/19.

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

- Alcohol use disorder
- Auto & pedestrian safety
- Cancer
- Charity organizations/volunteerism
- Child safety
- City government
- Community Outreach
- Consumerism
- Destructive behavior & mental illness
- Diet & nutrition
- DNA & genetic testing
- Drug prices
- Economics
- Education
- Environment
- Ethics
- Family issues
- Federal government and regulation
- Food waste
- Gun violence
- Healthcare
- Heart disease
- HIV & AIDS
- Hunger and food insecurity
- Infectious disease
- International relations
- Interpersonal relationships

- Landfills
- Large & Small Business
- Mass shooting
- Mental health
- Neurology
- Parenting issues
- Police & law enforcement
- Pollution
- Privacy issues
- Psychology
- Public health
- Public policy
- Rehabilitation
- Sleep
- Technology
- Urban affairs
- Weather & climate change
- Women's issues
- Youth at risk

### **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 – “AROUND OCEAN COUNTY”

### HEALTHCARE

7/21/19...*Around Ocean County*. **MONOCEAN. 21:41** Synopsis: Judyth Brown is the Executive Director of MOCEAN, a center for Independent Living. MOCEAN helps people in Monmouth and Ocean Counties with disabilities live a normal and productive life. They are a non-residential consumer controlled community based non-profit organization. They are also active in helping high school students find housing and job opportunities.

7/28/19...*Around Ocean County*. **INTERFAITH HEALTH AND SUPPORT SERVICES. 21:44** Synopsis: Kathi Cheeseman and Marie Logue work for Interfaith Health and Support Services based in Ocean County. For over twenty two years, Interfaith has been providing help for home bound patients, Along with an Alzheimer’s Respite Program.

9/8/19...*Around Ocean County*. **VITALANT. 6:35** Synopsis: Bob Kessler is senior donor recruitment for Vitalant, one of the nation's oldest and largest blood service providers. They are a network of over 125 community blood centers. Bob discusses donor eligibility, donor process, and the strong need for blood donations.

9/15/19...*Around Ocean County*. **MARY’S PLACE. 24:04** Synopsis: Michelle Gannon is the co-founder of Mary's Place in Ocean Grove. Mary's Place is a nonprofit organization dedicated to providing a place for women with cancer to heal mind, body and soul. They provide services that compliment medical treatment such as yoga, nutrition, counseling, guided meditation and expressive writing.

### FAMILY ISSUES

7/7/19...*Around Ocean County*. **MAKE-A-WISH NEW JERSEY. 22:29** Synopsis: Michael Dominick is the Director of Communications for the nonprofit organization Make A Wish New Jersey. Each day, Make-A-Wish Foundation creates life changing wishes for children facing critical illnesses. Since 1983, Make-A-Wish has granted the wishes of ten thousand children in NJ.

7/14/19...*Around Ocean County*. **BIG BROTHERS/BIG SISTERS OCEAN COUNTY. 21:14** Synopsis: Madeline Rice is the Executive Director for Big Brothers/Big Sisters Ocean County. BBBS of Ocean County was founded by a group of dedicated parents who felt they had to help at risk youth. This nonprofit organization has been recruiting, screening, and matching mentors with youth for over twenty years.

9/29/19...*Around Ocean County*. **HOLIDAY EXPRESS. 22:14** Synopsis: Krista Newbert is the Public Relations Director for Holiday Express. Holiday Express is in its twenty- seventh year of bringing music, food, gifts, financial support and friendship to those with the greatest need for the gift of human kindness during the holiday season and throughout the year.

## LARGE & SMALL BUSINESSES

8/4/19...*Around Ocean County*. **MAYOR CARMEN AMATO. 22:42** Synopsis: Carmen Amato is the Mayor of Berkeley Township. Mayor Amato is currently serving his eighth consecutive year as Mayor. Berkeley Township has a growing population of over forty-one thousand residents. Some municipalities within Berkeley Township include Bayville, Beachwood, Seaside Heights and Seaside Park. They boast many parks and recreational facilities and Mr. Amato discusses the expansion of “mom and pop” businesses around the township.

8/18/19...*Around Ocean County*. **TOMS RIVER ROTARY. 22:11** Synopsis: Pat Wallace is the spokesperson for The Toms River Rotary Club's Sailfest 2019 event. Since its inception in 1951, the Toms River Rotary Club has supported many area and international charities and non-profits. The annual Sailfest takes place along the Waterfront in Island heights and draws a crowd of thousands. It features food, music and hundreds of vendors.

9/8/19...*Around Ocean County*. **LUNCH BREAK, RED BANK 15:39** Synopsis: Josephine Guttodoro is a Board member and development chair for the nonprofit organization Lunch Break, located in Red Bank. Lunch Break provides food, clothing, fellowship, cooking classes and job placement for thousands of individuals in Monmouth and Ocean Counties.

## COMMUNITY OUTREACH

8/11/19...*Around Ocean County*. **CFC-TURNING LIVES AROUND 23:44** Synopsis: Daniel Reagan is a Howell resident who, along with his Mother Lynn Reagan, co-founded the non-profit CFC, Turning Lives Around. The mission of CFC is to provide a model relapse prevention program that supports all pathways to recovery through peer driven and operated programs.

8/23/19...*Around Ocean County*. **THE FIRST TEE JERSEY SHORE. 23:24** Synopsis: Cara Kelly is the Executive Director of the “The First Tee Jersey Shore.” The First Tee is a non-profit youth development organization whose mission is to impact, inspire and influence local children by delivering programs that teach core values and healthy choices with a focus on advancing diversity and providing access to all children in Monmouth and Ocean Counties by teaching them the game of golf.

9/1/19...*Around Ocean County*. **MAYOR MARK WALSIFER 22:56** Synopsis: Mark Walsifer began his four-year term as mayor of Belmar this past January. Mayor Walsifer is a resident of Belmar since 1967. He also served as a police officer for twenty five years. Mayor Walsifer believes open communication is the key to solving any issues that arise concerning the residents of Belmar.

9/22/19...*Around Ocean County*. **OPEN DOOR 24:14** Synopsis: Geralyn Fraggeta Drury is the new director for Freehold Area Open Door. Open Door has been in operation since 1987, serving the food insecure and homeless in the Freehold area. They have now expanded their services to all residents of NJ.

## **HOW PROGRAMMING ADDRESSED THE ISSUES – “RADIO HEALTH JOURNAL”**

### **7/7/19...Radio Health Journal. PANDAS—THE MYSTERIOUS CHILDHOOD DISORDER**

**AFTER A STREP THROAT 11:15** Synopsis: Strep infection may prompt a severe reaction in some children, causing their own immune system to attack cells in the brain. What appear to be extreme psychological symptoms result from what is really a physical disorder. The disorder, known as PANDAS, is often misdiagnosed. Experts discuss. Host & Producer: Reed Pence. Guests: J.C. Konecny, former Executive Director, PANDAS Network and parent of PANDAS sufferer; Dr. Elizabeth Latimer, Washington DC neurologist

### **7/7/19...Radio Health Journal. THE PSYCHOLOGY OF PROCRASTINATION 8:10**

Synopsis: Most people procrastinate at least now and then. But when we put something off, we're usually facing not a time management problem, but an emotion management problem. Experts discuss what's going on in our heads when we procrastinate. Host: Nancy Benson. Producer: Regan Huston. Guests: Dr. Tim Pynchl, Associate Professor of Psychology, Carleton University; Dr. Christine Li, clinical psychologist and procrastination coac.

### **7/14/19...Radio Health Journal. FATTY LIVER DISEASE: SILENTLY GROWING 12:17**

Synopsis: Most people associate cirrhosis of the liver with heavy alcohol use. But nonalcoholic fatty liver disease, which also leads to cirrhosis, is growing rapidly, and may affect a quarter of the population. Experts discuss this silent disease and what people can do to prevent and treat it. Host & Producer: Reed Pence. Guests: Dr. Michael Porayko, Professor of Medicine, Vanderbilt University Medical Center; Donna Cryer, founder and CEO, Global Liver Institute and liver transplant recipient; Wayne Eskridge, founder and CEO, Fatty Liver Foundation

### **7/14/19...Radio Health Journal. CANCER TREATMENT AND SEX 7:43**

Synopsis: Cancer treatment has always focused on survival. Now doctors are increasingly focusing on side effects, including the effect of treatment on sexual function and satisfaction. However, many patients are shy about bringing up their difficulties, unaware there are ways to help. One of the nation's top experts discusses. Host: Nancy Benson. Producer: Reed Pence. Guest: Dr. Leslie Schover, clinical psychologist and founder, Will2Love.com

### **7/21/19...Radio Health Journal. THE PRO'S and CON'S OF MOBILE HEALTH APPS 12:28**

Synopsis: Mobile health apps are becoming very popular, though some are being shown to have little benefit. Few barriers exist to almost anyone entering the field whether they have health expertise or not. Privacy is also a concern. Experts discuss how people can protect themselves and find apps that do what they want. Host: Reed Pence. Producer: Regan Huston. Guests: Dr. Anne Berman, Associate Professor of Clinical Psychology, Karolinska Institute; Marc Fischer, co-founder and CEO, Dogtown Media; Dr. Shon Lewis, Professor of Adult Psychiatry, University of Manchester; Dr. Michael Kleinrock, Research Director, IQVIA Institute for Human Data Science; Dr. John Torous, Director, Digital Psychiatry, Beth Israel Deaconess Medical Center

### **7/21/19...Radio Health Journal. OBESITY AND CANCER RISK 7:25**

Synopsis: Studies are finding that obesity significantly increases a person's risk for a variety of cancers. However, not all forms of fat carry equal risk. An expert discusses who is more at risk and why. Host: Nancy Benson. Producer: Morgan Kelly. Guest: Dr. Anthony Perre, Chief, Department of Outpatient Medicine, Cancer Treatment Centers of America

7/28/19...*Radio Health Journal*. **NOT ENOUGH SLEEP: EVEN WORSE FOR YOU THAN WE THOUGHT 11:20** Synopsis: Getting less than six hours of sleep per night has long been known to be hazardous to health, but the discovery of the mechanisms behind those hazards is leading scientists to strengthen their warnings. Too little sleep or poor sleep carries heart and brain risks that are powerful, as experts explain. Host & Producer: Reed Pence. Guests: Dr. Chris DeSouza, Professor of Integrative Physiology, University of Colorado; Dr. Ehsan Shokri-Kojori, Research Fellow, National Institutes of Health Laboratory of Neuroimaging

7/28/19...*Radio Health Journal*. **A RADICAL DIET TO PREVENT HEART DISEASE 8:39** Synopsis: Heart disease is the number one killer in the US, but a well-known cardiologist says if everyone would follow a plant-based, oil-free diet, heart disease could be eradicated. Yet many cardiologists won't prescribe such a diet, fearing it's so difficult to follow that it's a prescription for defeat. Experts discuss. Host: Nancy Benson. Producer: Reed Pence. Guests: Arnie Press, heart disease patient; Dr. Caldwell Esselstyn, Director, Cardiovascular Disease Prevention and Reversal Program, Cleveland Clinic Wellness Institute

8/4/19...*Radio Health Journal*. **TBI'S, PERSONALITY CHANGE, AND MARRIAGE 12:57** Synopsis: Traumatic brain injury can profoundly change the injured in personality and temperament, as well as physically and cognitively. Spouses bear the brunt of these changes to the point many feel like they're living with a stranger. Two experts and the spouse of a TBI victim discuss the many ways life changes after an injury and what can help to get them through the ordeal. Host: Reed Pence. Writer/Producer: Morgan Kelly. Guests: Megan Horst, wife of TBI survivor; Dr. Lori Weisman, psychotherapist, educator specializing in TBI; Dr. Jeffrey Scott Kreutzer, Professor of Physical Medicine and Rehabilitation, Virginia Commonwealth University

8/4/19...*Radio Health Journal*. **SCHOOL CROSSING SAFETY 7:01** Synopsis: With the school year approaching, drivers need to be aware of children in crosswalks—and away from them. However, increasing distractions for both pedestrians and drivers sometimes make that difficult. A safety expert and a veteran school crossing guard—the nation's "favorite crossing guard"—discuss. Host: Nancy Benson. Writer/Producer: Regan Huston. Guests: Chief Lyn Woolford, Ashland, MO, crossing guard voted "nation's favorite;" Kristin Rosenthal, Senior Program Manager, Safe Kids Worldwide

8/11/19...*Radio Health Journal*. **THE ECONOMICS OF LATER SCHOOL START TIMES 12:12** Synopsis: Thirty years of research have shown that teenagers' biology prevents them from getting to sleep much before 11pm, and with most high schools starting classes around 8 am, they are chronically sleep deprived. Experts discuss how students and even the economy would benefit from later start times and the reasons many people and school districts still oppose the change. Host & Writer/Producer: Reed Pence. Guests: Dr. Wendy Troxel, Senior Behavioral and Social Scientist, Rand Corp. and Adjunct Assistant Professor of Psychiatry and Psychology, University of Pittsburgh; Dr. Terra Zipporyn Snider, Executive Director and co-founder, Start School Later organization

8/11/19...*Radio Health Journal*. **DOG BREEDS AND DOG BITES 7:29** Synopsis: Nearly 40 percent of American homes have a dog, and while dogs may be "man's best friend," sometimes they bite, and sometimes with serious consequences. An expert who has studied dog bites discusses the reality of breed temperament, especially when children are around, how to prevent bites, and whether breeds with dangerous reputations deserve them. Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Charles Elmaraghy, Chief, Pediatric Otolaryngology, Nationwide Children's Hospital and Association Professor of Otolaryngology, The Ohio State University College of Medicine

8/18/19...*Radio Health Journal*. **COPPER TOXICITY 13:15** Synopsis: High levels of copper in the body can produce mental health symptoms such as depression, anxiety, and aggression. However, most doctors don't test for copper levels and may prescribe medications like antidepressants instead. An author who suffered years with undiagnosed copper toxicity and two expert psychiatrists discuss diagnosis and treatment. Host & Writer/Producer: Reed Pence. Guests: Deb Tokarz, author, *I Cu Copper*; Dr. Judy Tsafir, holistic psychiatrist in Boston and Teaching Associate, Harvard Medical School; Dr. Courtney Snyder, holistic psychiatrist, Louisville, KY

8/18/19...*Radio Health Journal*. **HISTORY'S WORST PLAGUES 6:40** Synopsis: Plagues can wipe out entire populations and create fear and great mystery in how they spread. An author who has explored plagues and dangerous diseases explains. Host: Nancy Benson. Guest: Jennifer Wright, author, *Get Well Soon: History's Worst Plagues and the Heroes Who Fought Them*

8/25/19...*Radio Health Journal*. **A CLOSER LOOK AT FOOD WASTE 12:45** Synopsis: Experts believe about 40 percent of the food available in America is thrown away. Solving this problem also creates an opportunity to help with food insecurity. It starts with consumers. Experts explain where waste comes from and how people can cut down on its production. Host & Writer/Producer: Reed Pence. Guests: JoAnne Berkenkamp, Senior Advocate, Natural Resources Defense Council; Michele Chase, Agency Relations Field Coordinator, Food Forward, Los Angeles

8/25/19...*Radio Health Journal*. **"GIGGLING EPILEPSY" 7:02** Synopsis: Epilepsy can show itself in many ways, including as episodes of giggling and laughing. An expert discusses the case of a then-nine-year old boy with such seizures, the danger they posed, and the novel way he was treated. Host: Nancy Benson. Writer/Producer: Reed Pence. Guest: Dr. Aria Fallah, Assistant Professor of Neurosurgery, UCLA Geffen School of Medicine and Mattel Children's Hospital

9/1/19...*Radio Health Journal*. **SUDDEN UNEXPLAINED DEATH OF A CHILD 12:32** Synopsis: Each year, some 400 US children over age 1, most of them toddlers, die overnight for no known reason. Families, longing for answers, often find that their families, friends, and even pediatricians are unfamiliar with this classification of death, or that they even occur. Family members who have lost a child, a medical examiner, and a research expert who has lost a child discuss SUDC. Host: Reed Pence. Writer/Producer: Regan Huston. Guests: Estuardo Torres, father of SUDC victim; Dr. Eric Eason, Assistant Medical Examiner, Cook County, IL; Laura Gould Crandall, research scientist, Department of Neurology, NYU Langone Comprehensive Epilepsy Center and mother of SUDC victim; Ron and Jordana Zachara, parents of SUDC victim.

9/1/19...*Radio Health Journal*. **TONSIL STONES 6:25** Synopsis: Some people find that small "stones" are growing on their tonsils. They're an accumulation of skin cells, food, and other debris. While they are not medically dangerous or painful, they often produce bad breath or sometimes pain. Two expert physicians discuss tonsil stones' formation and treatment. Host: Nancy Benson. Writer/Producer: Morgan Kelly. Guests: Dr. Alter Peerless, otolaryngologist, Mercy Health, Cincinnati; Dr. Lauren Bohm,

9/8/19...*Radio Health Journal*. **SURVIVING AN ACTIVE SHOOTER 12:45** Synopsis: With the recent active shooter incidents in El Paso and Dayton, these incidents no longer seem rare, and experts say there's been a shift in public perception. Now they seemingly could happen anywhere, and it's become a public health issue. Two experts discuss the changing theory of how to survive an active shooter incident through what's called "run, hide, and fight." Host & Writer/Producer: Reed Pence. Guests: Dr. Cheryl Lero Jonson, Associate Professor of Criminal Justice, Xavier University; Dr. Park Dietz, founder and President, Threat Assessment Group

9/8/19...*Radio Health Journal*. **FIGHTING OFF STRESS AT COLLEGE 7:16** Synopsis: Many Americans believe if they have good health care, they'll have good health. But many factors beyond medicine contribute to our level of health. A noted public health expert explains these factors, and why our own health is much more than an individual concern. Host: Nancy Benson. Writer/Producer: Reed Pence. Guests: Dr. Bernadette Melnyk, Vice President for Health Promotion, Dean, College of Nursing and Chief Wellness Officer, The Ohio State University; Julie Potiker, author, *Life Falls Apart But You Don't Have To: Mindful Methods for Staying Calm in the Midst of Chaos*

9/15/19...*Radio Health Journal*. **IMPORTING CANADIAN DRUGS 11:50** Synopsis: The Trump Administration has proposed wholesale import of drugs from Canada to ease high US prescription drug prices. But since Canada is 1/10th the size of the US, could it supply enough drugs to make a difference? What's more, it appears Canadians are opposed to the plan and are devising rules to stop it. Experts discuss pro's and con's. Host & Producer: Reed Pence. Guests: John Adams, Board Chairman, Best Medicines Coalition (Canada); Justin Mendoza, State Partnerships Manager, Families USA

9/15/19...*Radio Health Journal*. **PRIMARY CARE AND MEDICAL COST 8:11** Synopsis: The US spends more on medical care than other nations while quality still lags behind. A health industry expert explains how increased use of primary care and increased engagement with providers could reverse both trends. Host: Nancy Benson. Producer: Morgan Kelly. Guest: Bret Jorgensen, Chairman and CEO, MDVIP

9/22/19...*Radio Health Journal*. **HEAT AND VIOLENCE 12:27** Synopsis: Violence increases as temperatures rise in the summer, but are higher temperatures a cause of aggression? New research shows that the answer is yes, especially in family conflict, and that poor neighborhoods bear the brunt of the relationship. Researchers discuss the synergy between poverty, heat, and aggression, and speculate that a warmer world in the future could be a more violent one. Host & Producer: Reed Pence. Guests: Dr. Matthew Kahn, Bloomberg Distinguished Professor of Economics and Director, 21st Century Cities Initiative, Johns Hopkins University; Dr. Frank McAndrew, Professor of Psychology, Knox College; Dr. Kilian Heilmann, Institute for New Economic Thinking, University of Southern California

9/22/19...*Radio Health Journal*. **NAIL BITING 7:38** Synopsis: Nail biting is an extremely common habit, but some people bite their nails so badly and so often that they suffer damage to their hands. Experts discuss why so many of us are driven to bite our nails, what can be done to stop it, and the damage that can occur when we can't stop. Host: Nancy Benson. Producer: Morgan Kelly. Guest: Dr. Dana Stern, Assistant Clinical Professor of Dermatology, Mt. Sinai School of Medicine; Dr. Fred Penzel, Executive Director, Western Suffolk Psychological Services, Huntington, NY

9/29/19...*Radio Health Journal*. **GENETIC TESTING AND FAMILY SECRETS 12:38** Synopsis: The availability of consumer DNA tests and databases has allowed long-hidden family secrets to be revealed, including mistaken paternity and unknown siblings. It has also taken the anonymity away from some cases of sperm donation. Two experts discuss the ethics of overturning this promised secrecy and the impact that the revelation of secrets can have on entire families. Host: Reed Pence. Producer: Polly Hansen. Guests: Dani Shapiro, author, *Inheritance: A Memoir of Genealogy, Paternity, and Love*; Dr. Bill Sullivan, Professor of Pharmacology and Toxicology, Indiana University School of Medicine and author, *Pleased to Meet Me: Genes, Germs, and the Curious Forces That Make Us Who We Are*

9/29/19...*Radio Health Journal*. **MIRROR TOUCH SYNESTHESIA 7:08** Synopsis: Dr. Joel Salinas has mirror touch synesthesia, a condition involving cross-wiring in the brain. The result is that visual stimuli prompt a response in his touch system. He literally feels it when people experience pain. Salinas discusses how this strange condition works and how he is able to use it in diagnosis. Host: Karen Hand. Guests: Dr. Joel Salinas, neurologist, Massachusetts General Hospital and author, *Mirror Touch: Notes From a Doctor Who Can Feel Your Pain*



### **100.1 WJRZ ON-AIR QUARTERLY PSA REPORT: 7/1 - 9/30/19**

7/1-7/6: George P. Vanderveer American Legion Post 129 will host a "4th of July Weekend Barbecue," with live entertainment, Saturday, July 6th at their post, located on Church Road in Toms River.

7/1-7/7: The "Breed Love Not Dogs Motorcycle Run" will take place, Sunday, July 7th starting at Ocean County Harley Davidson in Lakewood and ending at Yesterdays in Bayville. Proceeds to benefit the Pittie Project, a non-profit that provides free spays, neuters, vaccines and microchips to anyone that owns a Pitfall type dog.

7/1-7/26: Brandon's Elves will be hosting their annual "Christmas in July Casino Night Gala Fundraiser," Friday, July 26th at the Holiday Inn in Manahawkin.

7/1-9/30: WJRZ cares about our troops, as cell phones for soldiers are being collected for the "Support the Troops Project."

7/8-7/13: The Farmingdale Fire Department will host a "Yankee Stadium Bus Trip," Saturday, July 13th.

7/8-7/13: The "Undy Run/Walk," a family and dog-friendly, underwear-themed 5K that raises awareness and funds for colorectal cancer awareness and prevention will be held, Saturday, July 13th on the Great Lawn at Pier Village in Long Branch.

7/8-7/13: Life Chapel will host the "Point Pleasant Boro High School Car Wash and Clothing Drive" to support the football team, Saturday, July 13th.

7/8-7/13: Bring your children and grandchildren to "St. Stephen's of Whiting's Princess Tea Event," Saturday, July 13th in the Parish Hall.

7/8-7/13: The Southern Ocean County Chapter of the Sunshine Foundation will host their annual "Fishing Tournament," Saturday, July 13th at American Legion Post 493 on Radio Road in Little Egg Harbor.

7/8-7/13: The Lakewood BlueClaws and the Brodie Fund will be hosting "Margaritaville Night," Saturday, July 13th at First Energy Park in Lakewood. All proceeds to benefit the Brodie Fund, a non-profit dedicated to raising money for life-extending and lifesaving procedures for families who have pets fighting cancer.

7/8-7/14: Children's Specialized Hospital will host their annual "Ocean Thunder Poker Run and Tricky Tray Auction," Sunday, July 14th at Ocean County Harley Davidson in Lakewood.

7/15-7/16: The Howell Chamber Commerce will host the "Howell Business Expo," Tuesday, July 16th at Lanes Mill Marketplace on Route 9 North, with local business and township services, food tasting and more.

7/15-7/21: St. Mary's Church in Manahawkin will host their "Nights of Summer Carnival," Tuesday, July 16th through Sunday, July 21st at St. Mary's Parish Center.

7/15-7/18: The American Red Cross will host a "Blood Drive" at St. Francis of Assisi Church Hall of Long Beach Township, Thursday, July 18th.

7/15-7/20: The Toms River Seaport Society will host their annual "Wooden Boat Festival," Saturday, July 20th at Huddy Park in Toms River.

7/15-7/20: The Knights of Columbus Council #6522 of Forked River is hosting an "Indoor Flea Market & Craft Show," Saturday, July 20th at Columbian Hall on East Lacey Road.

7/15-7/20: The Central New Jersey Area Rocketry Society, a non-profit organization dedicated to promoting the advancement of model rocketry as a hobby for all ages, will be hosting an "Apollo 11 50th Anniversary Rocket Launch," Saturday, July 20th at the Wall High School Athletic Field Complex.

7/15-7/20: Ocean of Love will host a "Family Adventure Day," Saturday, July 20th at Cousin's Paintball in Manchester, with paintball games, yard games, foot golf demos and more.

7/15-7/20: The Point Pleasant Borough Fire Department will host their "Food Truck and Craft Fair" Saturday, July 20th, with many vendors with something for everyone.

7/15-7/20: The Brick American Legion is hosting their annual "Rib Cook-off" to benefit local American Veterans, Saturday, July 20th at American Legion Post 348 in Brick.

7/15-7/20: The Pine Beach Municipal Alliance Against Drug & Alcohol Abuse will host their "Winter in July and Free Movie Night," Saturday, July 20th at Vista Park. New unwrapped toys will also be collected for the Beachwood / Pine Beach P.B.A. Toy Drive.

7/15-7/21: The Manasquan High School Swim Boosters will host their annual "Ocean Mile Swim," Sunday, July 21st at Elks Beach in Manasquan to benefit the Manasquan High School Boys and Girls Swim Team.

7/15-7/21: Mother Runner Events will be hosting "Take Me Out To The 5K," Sunday, July 21st at First Energy Park in Lakewood. All proceeds to benefit Brave Beginnings Inc., a local, play-based therapy outreach program dedicated to helping toddlers diagnosed with Autism, Downs Syndrome, Cerebral Palsy and other developmental delays.

7/15-7/21: Toms River Field of Dreams will host a "Fundraiser Clean Up Event," Sunday, July 21st at the Bay Lea Soccer Complex on Washington Street in Toms River.

7/15-7/21: Forked River Presbyterian Church will host their "Vacation Bible School," July 22nd through the 26th for children ages 2 through 12.

7/22-7/25: The All Saints Church Women's Guild will host a "Luncheon Fashion Show," Thursday, July 25th at Bay Head Yacht Club. Come join this fun afternoon on the Barnegat Bay, raising donations for local outreach programs.

7/22-7/26: Family Promise of Southern Ocean County, an organization that supports homeless families and children, will host a "Dancing and Dining Fundraiser," Friday, July 26th at Calloway's Restaurant in Staffordville.

7/22-7/26: Brandon's Elves will be hosting their annual "Christmas in July Casino Night Gala Fundraiser," Friday, July 26th at the Mainland Grand Ballroom at the Holiday Inn in Manahawkin.

7/22-7/28: The Brick Childrens Community Theatre presents "Cinderella" by Rodgers and Hammerstein, Friday, July 26th through Sunday, July 28th at the historic Strand Theater in Lakewood.

7/22-7/27: The "Soulsational Festival" will be held Saturday, July 27th at Veterans Park in Bayville, with live music on two stages and over 100 vendors.

7/22-7/27: Rock the River, an energetic musical line up, eclectic entertainment, and a variety of vendors and food trucks, will take place on Saturday, July 27th in Huddy Park, Downtown Toms River. All proceeds will benefit children with brain cancer through the Little by Little Foundation.

7/22-7/27: Friends of Ortley Beach will host the "Kites, Crafts & Cones Festival," Saturday, July 27th at the 3rd Avenue Boardwalk.

7/22-7/28: Trevor's Angels will hold a "Woman's Softball Tournament," Sunday, July 28th at the Drum Point Sports Complex in Brick. They are looking for donations of gift cards and or goods to be raffled off, as well as monetary donations.

7/22-7/28: Toms River Elks will host the "Jersey Shore Comic Book Show," Sunday, July 28th, featuring artists, writers, costume groups and many guests.

7/22-8/4: The Monmouth County Board of Chosen Freeholders presents "Grown in Monmouth Restaurant Week," Sunday, July 28th through Sunday, August 4th. Restaurant week will feature culinary meals at participating restaurants made with ingredients grown in Monmouth County.

7/22-7/30: The Veterans United Military Memorial Museum in New Gretna is hosting a "Bus Trip to the Golden Nugget Casino in Atlantic City," Tuesday, July 30th.

7/29-8/3: The C.R. Foundation will host their inaugural "Central-Con Comic Convention," Saturday, August 3rd at Central Regional High School in Bayville.

7/29-8/3: The Central Ocean Business Association is hosting "Summer Sizzle," cocktails, a three-course dinner and a comedy show to fund local high school scholarships, Saturday, August 3rd at Kristy's Casual Dining in Waretown.

7/29-8/4: The Kortney Rose Foundation, a non-profit that raises funds for research and treatment of pediatric brain tumors, will host "Kortney's Challenge 2 Mile Fun Run/Walk," Sunday, August 4th at Monmouth Park in Oceanport.

8/5-8/6: The Pine Beach Municipal Alliance Against Drug & Alcohol Abuse will host their "Night Out Against Crime," Tuesday, August 6th at Vista Park, with members of the Beachwood/Pine Beach EMS, Pine Beach Police and Fire Departments and the Ocean County Sheriff's Department.

8/5-8/11: St. Francis of Assisi Parish of LBI presents their annual "Festival of the Sea Carnival," Tuesday, August 6th through Sunday, August 11th at the St. Francis Parish and Center parking lot.

8/5-8/11: The "Toms River Shakespeare Festival" will take place at Huddy Park in Toms River, Thursday, August 8th through Sunday, August 11th.

8/5-8/10: The "Beach Smash Wiffle Ball Tournament" will be held, Saturday, August 10th on Manasquan Beach.

8/5-8/10: Knights of Columbus Council 6522 will host a "Deluxe Pancake Breakfast," Saturday, August 10th at the Columbian Club in Forked River.

8/5-8/10: The Tri-Boro First Aid Squad in Seaside Park will host a "Fish Fry & BBQ Fest," Saturday, August 10th.

8/5-8/11: The annual "Poker in the Pines Motorcycle Run" to benefit the Waretown Volunteer Fire Company, will take place Sunday, August 11th through the back roads of the Pine Barrens to Waretown Lake.

8/12-8/15: The OceanCares Foundation will host their "Clam Bake for a Cause" to benefit Ocean Mental Health Services, Thursday, August 15th at Crystal Point Yacht Club in Point Pleasant.

8/12-8/17: Donovan Catholic High School will host their annual "Cornhole Tournament," Saturday, August 17th.

8/12-8/17: Lanoka Harbor Volunteer Fire Company #61 will host a "Mattress Sale Fundraiser," Saturday, August 17th. A portion of every mattress sold will help the Lanoka Harbor Volunteer Fire Company purchase duty uniforms for active members.

8/12-8/17: The Toms River Arts Community will host their "Summer Arts Fest," Saturday, August 17th on the lawn at Hadley Avenue, with a juried art competition, food trucks, dancing, flash mobs, music and more.

8/12-8/17: The Corporal William H. Smith Marine Corps League will host their annual "Picnic," Saturday, August 17th at the VFW on Veterans Boulevard in Bayville.

8/12-8/17: Our Gang Players, a non-profit community theatre organization, will be hosting their annual "Summer Night's Gift Auction," Saturday August 17th at St. Mary of the Pines in Manahawkin.

8/19-8/19: The Toms River High School South Marching Indians will host an "Ice Cream Social," Monday, August 19th at Chucks Ice Cream in South Toms River. All proceeds received by the Indian Band Wagon will go towards the purchase of new band instruments and equipment.

8/19-8/20: Family Promise of Southern Ocean County will host their "Sunset Stand-Up Paddleboard event," Tuesday, August 20th at Bayview Park in Long Beach Township.

8/19-8/22: A "Dinner and Gift Auction" to benefit nine year old Alan Bagagem, who diagnosed with a rare autoimmune disease, will be held Thursday, August 22nd at the South Wall Banquet Facility.

8/19-8/24: The Dee Hun-Thomas Cancer Fight "Ziti and Meatball Dinner" will be held Saturday, August 24th at the Redman Lodge in Tuckerton.

8/19-8/24: Forked River Presbyterian Church presents "An Afternoon Concert with the Sandels," Saturday, August 24th. Admission is free. A free-will offering will be taken.

8/19-8/25: Toms River Macaroni Kid will host their "2019 Back to School Bash," Sunday, August 25th at the Ocean County Mall. There will also be a school supply collection, which will be distributed in surrounding communities in Ocean and Monmouth Counties by the County Council for Young Children and the Ocean County YMCA.

8/26-8/28: Contact of Ocean & Monmouth Counties will host their "5K Race & Race Walk," Wednesday, August 28th at Howell High School.

8/26-8/29: Stafford EMS will host a "Blood Drive," Thursday, August 29th at their headquarters, located at 365 East Bay Avenue in Manahawkin.

8/26-8/31: Manahawkin Elks Lodge #2340 will host the "Labor Day Farmer's Market & Pop Up Shops," Saturday, August 31st.

9/2-9/5: The Ocean County Columbus Day Parade Committee will host a "Bus Trip to the Feast of San Gennaro" in New York, Sunday, September 15th.

9/2-9/8: The Howell Police Athletic League Theater Company presents "Disney's Beauty & The Beast" at Howell High School for six performances, Thursday, September 5th through Sunday, September 8th.

9/2-9/6: Coastal Volunteers in Medicine will host their "Best Medicine is Vitamin Sea Fundraiser," Friday, September 6th at the Sea Shell Resort & Beach Club in Beach Haven.

9/2-9/8: The Asbury Park Chamber of Commerce presents the annual "Asbury Park Oysterfest" in Bradley Park, across from the Paramount Theatre and Convention Hall, Friday, Saturday and Sunday, September 6th, 7th and 8th.

9/2-9/7: HOPE Sheds Life will host their annual "Celebration of HOPE Walk," Saturday, September 7th on the Hirling Avenue Beach in Seaside Heights.

9/2-9/7: The annual "Walk with Joe Memorial 5K" will take place, Saturday, September 7th at Monmouth Battlefield State Park in Manalapan to honor the memory of local residents Joe Driscoll, Chris Gray, Tom McCann and the thousands who lost their lives on 9/11. The walk benefits a number of local charities and non-profit organizations.

9/2-9/7: The Friendly Sons of the Shillelagh, Ocean County will host their annual "Ocean County Irish Festival," Saturday, September 7th at Manahawkin Lake Park, with live music, bag pipers, step dancers, food trucks and more.

9/2-9/7: Olive Branch Lodge #16, Molly Pitcher Chapter #198 and IRIS Assembly #31 will host their annual "Fish Fry Fundraiser," Saturday, September 7th at the Olive Branch office on Dutch Lane Road in Freehold.

9/2-9/8: Autism Family Services New Jersey will host their annual "Autism Beach Bash," Sunday, September 8th at the 7th Avenue Beach in Belmar. Families living with autism are invited for a free day of socializing, therapy and fun.

9/2-9/8: The annual "Strut Your Mutt Dog Show" will be held, Sunday, September 8th at The Boondocks Fishery in Red Bank. All proceeds to benefit The Brodie Fund, a non-profit organization that gives grants to families in need with pets diagnosed with cancer.

9/2-9/9: Be a part of the 11th annual "Quincy Lee Foundation Benefit," Monday, September 9th at The Parker House in Sea Girt. 100% of the proceeds will benefit the Quincy Lee Foundation, dedicated to supporting childhood cancer research, treatment and quality of life programs for pediatric patients and their families.

9/2-9/29: Stop into "Style in Action Hair Studio" on Rt. 37 in Manchester or "Hair Hut Studio" on Brick Blvd. in Brick to purchase a handmade bracelet for \$10. For every 300 bracelets are sold, a local family affected by cancer will receive a free cruise, courtesy of "Kick Cancer Overboard" of Long Branch.

9/9-9/12: Knights of Columbus #816 will host the "Meatball Throwdown at the Jersey Shore," Thursday, September 12th at the Headliner in Neptune. Sample meatballs from Jersey Shore restaurants and vote in several categories.

9/9-9/12: The Friends of the Berkeley Branch of the Ocean County Library will host a "Sterling Silver Spelling Bee," Thursday, September 12th.

9/9-9/13: Bayville Elks Lodge #2394 will host their "Harvest Moon Charity Ball," Friday, September 13th.

9/9-9/13: The CentraState Healthcare Foundation will host their annual "Multiple Sclerosis Benefit," Friday, September 13th at CentraState Medical Center in Freehold.

9/9-9/14: Join Vitalant and save a life with their "Jersey Shore Blood Drive," Saturday, September 14th at Monmouth Mall in Eatontown.

9/9-9/14: The American Federation for Suicide Prevention will hold their "Out of the Darkness Jersey Shore Walk," Saturday, September 14th at Bar Anticipation in Lake Como.

9/9-9/14: Forked River Presbyterian Church will host an "Indoor Fall Flea Market," Saturday, September 14th.

9/9-9/14: Alzheimer's New Jersey will hold their annual "Walk to Fight Alzheimer's," Saturday, September 14th on the boardwalk in Bradley Beach at 5th and Ocean Avenues. 100% of the funds raised will support individuals and families in New Jersey affected by the disease.

9/9-9/14: The Little Egg Harbor Township "Green Team Recycling Fun Fair," will be held indoors at the Edward Thornton Community Center, Saturday, September 14th.

9/9-9/14: The Church of Epiphany in Brick will host a "Community Yard Sale," Saturday, September 14th.

9/9-9/15: Popcorn Park Zoo in Forked River will host their "Rock 2 Adopt event," all day Saturday and Sunday, September 14th and 15th. 20 bands will perform over two days, with pet adoptions, fun activities and more.

9/16-9/20: Big Brothers Big Sisters of Ocean County presents their annual "Casino Night," Friday, September 20th at the Ramada Inn of Toms River.

9/16-9/20: CONTACT of Ocean & Monmouth Counties will host their "Designer Handbag Bingo," Friday, September 20th at Toms River Elks Lodge #1875 on Washington Street in Toms River.

9/16-9/20: Neighbours-Inc., a non-profit organization that works statewide for adults with disabilities, will host a "Dance Party," Friday, September 20th at Our House Tavern in Farmingdale. Funds raised will go to medical supplies, clothing and other needed goods.

9/16-9/21: Ma Deuce Deuce is hosting "Operation: Ruck iT," Saturday, September 21st at VFW 8877 in Brick. The 22 kilometer Ruck March will raise awareness of the 22 daily veteran suicide epidemic, as well as raise funds for Operation Restored Warrior.

9/16-9/21: The Ocean County YMCA will host their "Building a Stronger Us Fall Festival," Saturday, September 21st.

9/16-9/21: The Monmouth Day Care Center will host their annual "Touch-A-Truck," Saturday, September 21st at Red Bank Middle School.

9/16-9/21: HairPort Salon in Toms River will host their annual "Shriners Hospital for Children Fundraiser," Saturday, September 21st, raising money for the Shriners Hospital for Children in Philadelphia.

9/16-9/21: The Ship Bottom Volunteer Fire Company will host a "Fire Prevention Open House," Saturday, September 21st at their firehouse at 2006 Central Ave.

9/16-9/21: The Pine Beach Volunteer Fire Company will host their annual "Pine Beach Fire Fest," Saturday, September 21st at Vista Park, with food trucks, activities for children and fire safety and rescue demonstrations.

9/16-9/21: Knights of Columbus #4969 of Toms River will host a "Fish Fry," Saturday, September 21st.

9/16-9/21: Stand With Rob will host a fundraiser concert, "Rockin' The Jersey Shore," Saturday, September 21st at Windward Beach Park in Brick.

9/16-9/21: The Southern Regional High School Golden Rams Marching Band will host its annual "Tournament of Bands Competition," Saturday, September 21st at the high school stadium.

9/16-9/22: The Lakewood Lions will hold their "Renaissance Faire" at Pine Park in Lakewood, Saturday and Sunday, September 21st and 22nd. The Club's net proceeds benefit a wide range of Lions Charities and Projects.

9/16-9/21: St. Francis of Assisi Parish Ministers of Hospitality are hosting an "All You Can Eat Pancake Breakfast," Sunday, September 22nd at the St. Francis Community Center, 4700 Long Beach Blvd., Long Beach Township.

9/16-9/21: Rescue Ridge will host the "Tutu Tails & Dog Walk," Sunday, September 22nd at the Wall Municipal Complex on Allaire Road in Wall.

9/16-9/21: Tails of Hope will host their annual "Beach Barbeque Bash," Sunday, September 22nd at The Columns in Avon By The Sea. 100% of the proceeds will go to the dogs and cats for veterinary care, food, training and finding them homes.

9/23-9/25: The St. Francis Financial Success Center will hold a "Financial Peace University," a nine-lesson course designed to help you build a budget, dump debt, grow your wealth and leave money stress behind. The free workshop starts Wednesday, September 25th at Southern Regional High School in Manahawkin.

9/23-9/27: The "Cruising the Forked River Diner Car Show" will take place, Friday, September 27th at the Forked River Diner to benefit Ocean of Love.

9/23-9/27: The Business Professional Women of Southern Ocean County will host a "Psychic Night," Friday, September 27th at the Captain's Inn in Forked River, to benefit Scholarships for women of Ocean County.

9/23-9/28: The Kaleidoscope of Hope Ovarian Cancer Foundation will host its annual "Walk for Ovarian Cancer," Saturday, September 28th at 5th and Ocean Avenues in Bradley Beach.

9/23-9/28: The National Alliance on Mental Illness will host its "NAMI Walks New Jersey," Saturday, September 28th on the boardwalk in Seaside Park, to help raise awareness of mental illness.

9/23-9/28: Alzheimer's New Jersey will host its annual "Walk to End Alzheimer's," Saturday, September 28th on Point Pleasant Beach. 100% of the funds raised will help New Jersey families battling Alzheimer's disease.

9/23-9/28: The Ocean County Saint Patrick's Day Parade Committee will host their "Shamrocks By the Sea Irish Festival," Saturday, September 28th at the Seaside Park Marina Green on Central Ave. in Seaside Park.

9/23-9/28: Make-A-Wish New Jersey will host their "Roar To The Castle Motorcycle Run & Rally," Saturday, September 28th in Jackson, riding to the Make A Wish Castle in Monroe and back again.

9/23-9/28: Celebrate Jackson's 175th Anniversary at "Jackson Day," Saturday, September 28th at John F. Johnson Jr. Memorial Park, with over 100 craft fair vendors, a Farmer's Market, Touch-a-Truck, Car Show, live music and more.

9/23-9/28: The Ocean County Mall will hold their annual "Holiday Job Fair," Saturday, September 28th at Center Court.

9/23-9/28: The C.F.C. Loud N Clear Foundation, an organization committed to helping families struggling with addiction, will host their annual "Rock the Farm Festival." Saturday, September 28th in Seaside Heights, with great music, food trucks, a Kid Zone and more.

9/23-9/28: The Brick Police Athletic League will host their annual "Avery's Carnival Fundraiser" to support the Dance to Inspire Foundation, helping families dealing with cancer, Saturday, September 28th at 60 Drum Point Road in Brick.

9/23-9/28: Family Promise of Southern Ocean County will host their "Evening of Promise," Saturday, September 28th at Sea Oaks Country Club in Little Egg Harbor.

9/23-9/28: The Ladies Auxiliary of the Knights of Columbus Council 4969 and the Toms River Police Foundation present a "Dinner and Comedy Show Fundraiser," featuring local professional entertainment, Saturday, September 28th.

9/23-9/29: Clean Ocean Action will host their annual "Surf Contest," Sunday, September 29th at Seven Presidents Oceanfront Park in Long Branch. Surfers of all ages and skill levels can participate in a fun day of competition alongside local pros.

9/23-9/29: The annual "Red Bank Guinness Oyster Festival" will be held, Sunday, September 29th at the White Street Municipal parking lot, to benefit Monmouth Day Care, T. Thomas Fortune House, and the Red Bank River Center.



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5/31- 11/6: (25 live each) Jersey Fresh Farmers Market on 6/5, 7/3, 8/7, 9/4, 10/2, 11/6- Farmers Market in Downtown Toms River, NJ, presented by the Downtown Toms River Business Improvement District.

6/6- 9/11: (25 live each) Cruisin' Downtown Toms River on 6/12, 7/10, 8/14, 9/11- Car shows in Downtown Toms River presented by Downtown Toms River and the Vintage Auto Club of Ocean County.

6/13- 8/21: (60 pre-rec/ 90 live) Berkeley Township Sounds of Summer on 6/26, 7/10, 7/24, 8/7, 8/21- Concert nights at Veterans Park in Bayville, NJ. Hosted by 100.1 WJRZ.

6/16- 8/21: (60 pre-rec/ 90 live) Manchester Concert Fest on 6/29, 7/10, 7/24, 8/7, 8/21- Concert nights at Harry Wright Lake in Whiting, NJ. Hosted by 100.1 WJRZ.

6/27- 7/3: (25 pre-rec/ 25 live) Freehold Fireworks on 7/3- Freehold Fireworks at Freehold Raceway in Freehold, NJ.

6/30- 7/6: (25 live) Tuckerton Seaport "Truck"erton Food Truck & Brew Fest: Bacon is Back! On 7/6- Truck"erton Food Truck & Brew Fest: Bacon is Back! at Tuckerton Seaport in Tuckerton, NJ.

7/5- 7/11: (10 pre-rec/ 10 live) Ocean County Fair on 7/11- Annual community fair at Robert J. Miller Airpark in Berkeley Twp., NJ.

7/7- 7/13: (15 live) Casino Pier Slider's Birthday on 7/13- WJRZ mascot Boomer attends Birthday Party for Casino Pier mascot Slider at Breakwater Beach Waterpark in Seaside Heights, NJ.

6/12- 7/16: (160 pre-rec/ 75 live) WJRZ's Hittin' the Links Golf Outing on 7/16- Annual WJRZ Hittin' the Links Charity Golf Tournament at Sea Oaks Golf Club in Little Egg Harbor, NJ.

6/30- 7/20: (25 pre-rec/ 25 live) Summer Festival on 7/20- Community festival in Downtown Toms River, NJ.

7/22- 7/28: (30 live) Monmouth County Fair on 7/28- Annual community fair at the Fair Grounds, Kozloski Road in Freehold, NJ.

7/18- 7/31: (25 pre-rec/ 25 live) Berkeley Township Summer Beach Party on 7/31- Berkeley Sounds of Summer Beach Party. Hosted by 100.1 WJRZ.

9/1- 9/7: (25 live) Barnegat Pirates Day on 9/7- Celebrating the history of Barnegat, NJ.

9/1- 9/7: (25 live) Sailfest, Island Heights on 9/7- Toms River Rotary event raising funds for scholarship programs in Toms River, NJ.

8/25- 9/7: (25 pre-rec/ 25 live) Berkeley Township Community Pride Day on 9/7- Celebrating the Inauguration Anniversary of Berkeley Twp., NJ.

9/15- 9/21: (25 live) Point Pleasant Festival of the Sea on 9/21- Seafood Festival celebrating the history of Point Pleasant Beach, NJ.

9/20- 9/26: (25 live) Little Egg Harbor / Tuckerton PBA Golf Fundraiser on 9/26- Little Egg Harbor / Tuckerton PBA Golf Fundraiser at Sea Oaks Golf Club in Little Egg Harbor, NJ, to benefit scholarships for Pinelands Regional High School.