



100.1 WJRZ-FM 1ST QUARTER - ISSUES REPORT

3/31/20

Prepared by Matt Knight, Program Director

The following is the quarterly Issues Report for WJRZ-FM for the **first quarter of 2020**. The report includes a synopsis of programs as well as a sampling of Public Service announcements, which aired between 1/1/20 & 3/31/20.

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

- Aging
- Bankruptcy
- Business & Industry
- Cancer
- Children & child safety
- Consumer safety
- Consumerism
- Developmental Disorders
- Economic assistance program
- Economics
- Education
- Elderly & senior citizens
- Emergency rooms
- Employment & workplace issues
- Ethics
- Family issues
- Fine Arts
- Federal government
- Government spending
- Healthcare
- Heart disease
- Housing
- Hospitals
- Immigration
- Infectious disease
- Inner-city issues
- Insurance

- Law & crime
- Legislation
- Parenting issues
- Personal finance
- Politics
- Pop culture
- Poverty
- Parenting issues
- Public health
- Public policy
- Societal issues
- Sports & recreation
- Technology
- 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”

1/5/20...*Around Ocean County*. **EMBRELLA 24:05** SYNOPSIS: Sharrise Medvar Hulick is a volunteer chair with Embrella. Founded in 1972, Embrella (formerly Foster and Adoptive Family Services) is the leading statewide advocacy agency for foster, adoptive and kinship parents in NJ. Their mission is to provide advocacy, enriching programs and services to empower families and youth to thrive.

COMPLIANCY ISSUES COVERED: Children and family issues, Family health and well-being, youth at risk, Parenting.

1/12/20...*Around Ocean County*. **FOREVER YOUR OVERWATCH 23:34** SYNOPSIS: Zisa Belfir is the Vice President Forever Your Overwatch, a nonprofit organization founded in 2018 with the mission to help protect, train, and empower anyone living in fear of a violent abuser or is a victim of a violent crime. **COMPLIANCY ISSUES COVERED:** Domestic abuse, Crime, Law enforcement.

1/19/20...*Around Ocean County*. **MANAHAWKIN MAYOR GREG MYHER 22:32** SYNOPSIS: Greg Myher is the Mayor of Manahawkin. He is currently serving his second year of a three-year term. He discussed the Stafford Township Environmental Commission, and the events and services provided to Stafford Township. **COMPLIANCY ISSUES COVERED:** Environmental, Public Safety, Popular culture, Large and small businesses.

1/26/20...*Around Ocean County*. **AMERICAN HEART ASSOCIATION SOUTH/CENTRAL JERSEY 22:24** SYNOPSIS: Dr. Rachana Kalkami is the President of the American Heart Association of South and Central Jersey and heart surgeon. February is Heart Health Awareness month, specifically Go Red for Women. Go Red for Women raises awareness for women's heart health and cardiovascular disease. Nearly eighty percent of cardiac events can be prevented by healthy lifestyle choices, diet and exercise. **COMPLIANCY ISSUES COVERED:** Family Health Issues, Medicine, Public Health.

2/2/20...*Around Ocean County*. **WARHORSE SCUBA 24:49** SYNOPSIS: John Gannaio is a former Veteran who served thirteen years in the military, completing seven tours. Upon his discharge he became a police officer, soon after he began the nonprofit organization Warhorse Scuba which helps Veterans who suffer from PTSD. John is also a personal coach, who teaches others how to overcome their fears and reach their full potential. **COMPLIANCY ISSUES COVERED:** Mental Health, Military, Depression.

2/9/20...*Around Ocean County*. **NATIONAL TEEN DATING VIOLENCE AWARENESS 23:31.** SYNOPSIS: Judge Jones is a retired Family Court and Domestic Violence judge who discusses National Teen Dating Violence Awareness Month. Teen dating violence is unfortunately a growing concern for teens who may not even be aware they are dating a violent partner until it is too late. He is also a professor at Monmouth University where he teaches a course on Domestic Violence Awareness. **COMPLIANCY ISSUES COVERED:** Youth at risk, Mental health, family issues, Law enforcement, crime.

2/16/20...*Around Ocean County*. **“WE ARE LOVED” 22:21.** SYNOPSIS: Manalapan resident Phyllis DiNardi and her husband, a retired U.S. Marine, have fostered forty-nine children in the past four years. Phyllis saw a need for teaching life skills to foster children, and began the non-profit organization "We Are Loved." This organization empowers foster children and their families by providing a safe and loving space where every resource parent and child has the opportunity to flourish. **COMPLIANCY ISSUES COVERED:** Family Issues, Courts and Law Enforcement, Mental Health.

3/1/20...*Around Ocean County*. **JERSEY MIKE'S MONTH OF GIVING 21:49**. SYNOPSIS: Matt Coatanzia is the owner of twenty-two Jersey Mike's locations throughout NJ. Jersey Mike's is happy to be celebrating the 10th Annual Month of Giving. During the month of March, Jersey Mike's will be donating to Make A Wish NJ. On March 25th, all proceeds from that day will be donated to Make A Wish. To date, Jersey Mike's has donated hundreds of thousands of dollars to various charities. **COMPLIANCY ISSUES COVERED:** Consumerism, Charity, Labor and Employment.

3/8/20...*Around Ocean County*. **COLORECTAL CANCER AWARENESS MONTH 10:47**. SYNOPSIS: March is colorectal cancer awareness month, and Dr. Patel discussed the importance of getting screened for colorectal cancer. Colorectal cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the country. **COMPLIANCY ISSUES COVERED:** Health and well-being, Public Health, Medicine.

3/8/20...*Around Ocean County*. **EMERGENCY HOUSING & ADVOCACY PROGRAM 10:24**. SYNOPSIS: Michael Holzer is a board member and volunteer with the Emergency Housing and Advocacy Program in Freehold. (EHAP) EHAP assists and educates homeless individuals who are in need of securing housing, and other benefits which will ultimately ensure their ability to live independently with self-determination. **COMPLIANCY ISSUES COVERED:** Public Health, Homelessness, Mental Health.

3/15/20...*Around Ocean County*. **IGA NEPHRPATHY 22:26**. SYNOPSIS: Bonnie Schneider and her husband Ed founded the nonprofit organization IGA Nephropathy Organization of America after her son was diagnosed with IGA Nephropathy in 2004. This is a disease which causes kidney failure, resulting in inflammation that hampers your kidney's ability to filter waste. **COMPLIANCY ISSUES COVERED:** Family Health, Medicine, Health and Well Being.

3/22/20...*Around Ocean County*. **SOUTHERN OCEAN COUNTY CHAMBER OF COMMERCE 23:14**. SYNOPSIS: Lori Peppenella is the CEO of the Southern Ocean County Chamber of Commerce which serves fourteen municipalities in Southern Ocean County. They share extensive information for residents and businesses. Due to the recent outbreak of Coronavirus, many changes have occurred. They are continuously updating their website regarding workplace safety, food delivery and CDC rules. The website is Visitlbiregion.com for more information. **COMPLIANCY ISSUES COVERED:** Consumerism, Family Issues, Health and Well Being, Large and small businesses.

HOW PROGRAMMING ADDRESSED THE ISSUES – “RADIO HEALTH JOURNAL”

1/5/20...*Radio Health Journal*. **AVOIDING MISTAKES IN DEALING WITH AGING 12:31.**

Synopsis: As loved ones age, tough decisions need to be made on finances, housing, and other concerns, and these decisions need to be made far earlier than they typically are. This is especially true if a person does not have family to act as support and caregiver. Two experts discuss managing the transition from complete independence as we age. Host & Producer: Reed Pence. Guests: Melanie Merriman, author, *Holding the Net: Caring For My Mother On the Tightrope of Aging*; Joy Loverde, author, *Who Will Take Care of Me When I'm Old?*

1/5/20...*Radio Health Journal*. **TELLING LIES—WHO DOES IT AND WHY 7:06.** Synopsis: Lies

aren't always bad. Often, they're told to be polite, and compassionate people are most likely to tell whoppers. But as the stakes of lies rise, honesty trumps kindness. Yet few people are ever able to distinguish when they're being told lies. Experts explain. Host: Nancy Benson
Producer: Morgan Kelly
Guests: Matthew Lupoli, social scientists, University of California, San Diego; Dr. Paul Eckman, Associate Emeritus of Psychology, University of California, San Francisco.

1/12/20...*Radio Health Journal*. **HAND WASHING AND HANDSHAKE BANS 11:34.**

Synopsis: Some hospital units have set up handshake bans because too few healthcare workers wash hands well enough to keep from spreading germs. The general public is even worse at washing hands, which has caused spread of serious disease. Some experts say handshakes foster important human connections and oppose bans. Experts discuss and describe what it takes to wash hands well enough to be “clean.” Host & Producer: Reed Pence
Guests: Dr. Mark Sklansky, Professor and Chief, Division of Pediatric Cardiology, UCLA Mattel Children's Hospital and UCLA David Geffen School of Medicine; Donna Cardillo, registered nurse and inspirational speaker, “The Inspirational Nurse;” Dr. Pamala Marquess, Atlanta pharmacist; Dr. Wilma Wooten, Public Health Officer, County of San Diego (CA).

1/12/20...*Radio Health Journal*. **"BROKEN HEART SYNDROME" 7:58.** Synopsis: When a person suffers a severe emotional shock, they may suffer what looks like a heart attack but is actually what doctors call “stress cardiomyopathy.” Most patients recover but the condition can be fatal, confirming that it is possible to die of a broken heart. An expert explains. Host: Nancy Benson. Guests: Dr. Tracy Stevens, cardiologist, St. Luke's Mid America Heart Institute, Kansas City, MO
Compliance healthcare; consumerism; pop culture; heart disease.

1/19/20...*Radio Health Journal*. **CRUSHING MEDICAL DEBT 13:25.** Synopsis: Nearly a quarter of us owe past due medical debt, and hospitals are moving more aggressively to collect. The rise is the result of a tradeoff--Americans have avoided higher health insurance premiums only to be jeopardized by extremely high deductibles and out-of-network costs. Experts explain what unpaid medical debt can mean, how patients can escape its clutches, and how one charity works to buy and forgive debt. Host & Producer: Reed Pence. Guests: Robert Goff, founding Director, RIP Medical Debt, and co-author, *The Patient, The Doctor, and the Bill Collector: A Medical Debt Survival Guide*; Sara Collins, Vice President for Health Coverage and Access, Commonwealth Fund.

1/19/20...*Radio Health Journal*. **SMOLDERING CONCUSSIONS 6:36**. Synopsis: Doctors are realizing that concussions can smolder in the brain for years, making diagnosis at the time of occurrence all the more important. Yet a new study shows that protocols affecting the most vulnerable—young athletes—often are not followed. Experts explain why, and what people should do when they receive any blow to the head. Host: Nancy Benson Guests: Dr. Kabran Chapek, staff physician, Amen Clinic, Bellevue WA and author, *Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury*; Dr. Ginger Yang, Principal Investigator, Center for Injury Research and Policy, Nationwide Children's Hospital and Associate Professor of Pediatrics, The Ohio State University College of Medicine.

1/26/20...*Radio Health Journal*. **ADHD AND SLEEP DISORDERS 12:10**. Synopsis: New research shows that most people with ADHD have a disordered body clock, prompting disturbed sleep, sleep deprivation, and a worsening of ADHD symptoms. Experts discuss how fixing the body clock could lessen the impact of both ADHD and physical diseases that result from poor sleep. Host & Producer: Reed Pence. Guests: Dr. Sandra Kooij, Associate Professor of Psychiatry, Free University Amsterdam Medical Center; Dr. Vatsal Thakkar, Clinical Assistant Professor of Psychiatry, New York University School of Medicine and CEO, Reimbursify.

1/26/20...*Radio Health Journal*. **WORKING WHILE SICK 7:30**. Synopsis: Surveys show the vast majority of employees go to work when they're sick, risking fellow workers and slowing their own healing. Experts discuss the maladjusted workplace culture that promotes this, how to know when you really should stay home, and ways to protect yourself from illness at the office. Host: Nancy Benson Producer: Reed Pence. Guests: Richard Deosingh, District President, Robert Half International; Dr. Joseph Ladapo, Associate Professor of Medicine, David Geffen School of Medicine, UCLA Compliancy public health; employment and workplace issues; disease & sickness.

2/2/20...*Radio Health Journal*. **MUSIC AND MEDICINE 12:20**. Synopsis: Pre-medical students have typically majored in science, but some medical schools are finding that liberal arts and even music majors with no science background can do well. Some admissions officers and doctors believe they may even have advantages, given the importance of communications in the doctor-patient relationship. A musician-turned-med student, an admissions officer and a musical doctor explain. Host & Producer: Reed Pence Guests: Hanna Boone, medical student, Memorial University of Newfoundland; Dr. Barton Thiessen, Associate Professor of Anesthesia and Assistant Dean of Admissions, Faculty of Medicine, Memorial University of Newfoundland; Dr. Danielle Ofri, Clinical Professor of Medicine, New York University and Editor, *Bellevue Literary Review*.

2/2/20...*Radio Health Journal*. **GERMS, DOUBLE-DIPPING AND THE FIVE-SECOND RULE 7:51**. Synopsis: Super Bowl party snacks are prime territory for contamination via cross contamination and being dropped on the floor. A scientist who has studied both phenomena discusses the truth (or lack of truth) in two old myths. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Paul Dawson, Professor of Food, Nutrition and Packaging Science, Clemson University.

2/9/20...*Radio Health Journal*. **A MORAL QUESTION: DEMENTIA, SPOUSES, AND "CLOSE FRIENDS" 11:10**. Synopsis: Spouses of Alzheimer's disease patients often struggle with depression while caregiving and are desperate for support. Some have started new relationships while their loved one is still alive but no longer recognizes them. Acceptance of such infidelity is highly individual. Experts and a woman involved in such a relationship discuss how it can benefit even the incapacitated spouse, as long as families find it acceptable. Host & Producer: Reed Pence. Guests: Dr. William Uffner, board certified geriatric psychiatrist, Friends Hospital, Philadelphia and Clinical Assistant Professor of Psychiatry, Drexel University; Sharon B. Shaw, Licensed Clinical Social Worker and Certified Group Psychotherapist, New York; Tammi Reeves, author, *Bleeding Hearts: A True Story of Alzheimer's, Family, and the Other Woman*.

2/9/20...*Radio Health Journal*. **NEEDLE PHOBIA 8:27**. Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss. Host: Nancy Benson. Producer: Reed Pence. Guests: Laura Munoz, needle phobic; Dr. Gary LeRoy, President, American Academy of Family Physicians.

2/16/20...*Radio Health Journal*. **MEDICAL CHILD ABUSE 12:30**. Synopsis: Parents who have a mental illness known as factitious disorder may fake or induce illness in their children to get attention, sometimes taking kids to hundreds of medical visits and deceiving doctors into performing numerous procedures and surgeries. Experts and a parent who got his child out of an abusive situation discuss how the legal & medical system may fail kids, danger signs and the road to recovery. Host & Producer: Reed Pence. Guests: Ryan Crawford, father of child medically abused by his mother; Dr. Marc Feldman, Clinical Professor of Psychiatry, University of Alabama and author, *Dying to be Ill: True Stories of Medical Deception*; Dr. Mary Sanders, Clinical Associate Professor of Psychiatry, Stanford University Medical Center.

2/16/20...*Radio Health Journal*. **CORONAVIRUS: WHAT DOES IT MEAN TO US? 7:11**. Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. William Schaffner, Professor of Preventive Medicine and Infectious Diseases, Vanderbilt University Medical Center; Dr. Jon Mark Hirshon, Professor of Emergency Medicine, Epidemiology and Public Health, University of Maryland, and Chairman, American College of Emergency Physicians.

2/23/20...*Radio Health Journal*. **GENES AND HIGH CHOLESTEROL 12:10**. Synopsis: More than 100 million Americans have high cholesterol, a major risk factor for heart disease. Most people think of their diets as the main cause, but genetics also play a role in both good and bad ways. A noted expert discusses how scientists are harnessing cholesterol genes to lower the risk of heart attacks. Host & Producer: Reed Pence. Guests: Dr. Kiran Musunuru, Associate Professor of Cardiovascular Medicine and Genetics, University of Pennsylvania and author, *The Crispr Generation: The Story of the World's First Gene-Edited Babies*.

2/23/20...*Radio Health Journal*. **BIG DATA IN MEDICINE 7:59**. Synopsis: Untold millions of people are afraid of needles. Most manage by looking the other way when they're facing an injection, but many may avoid the doctor as a result of their fear. The problem is increasingly dangerous for the rising number of people with diabetes, who must inject themselves with insulin to survive. A needle-phobic woman and doctor who's squeamish himself discuss. Host: Nancy Benson. Producer: Reed Pence. Guests: Paddy Padmanabhan, CEO, Damo Consulting and author, *The Big Unlock: Harnessing Data and Growing Digital Health Businesses in a Value Based Healthcare Era*.

3/1/20...*Radio Health Journal*. **FOOD DESERTS, EATING HABITS, AND HEALTH 12:57**. Synopsis: Public policy is built on the food desert theory: the lack of neighborhood supermarkets drives people to eat less fresh food and more junk food. New research is challenging that theory, but finding values of grocery stores in other, unexpected places. Experts discuss how nearby supermarkets change people and the neighborhoods where they live. Host & Producer: Reed Pence. Guests: Dr. Andrea Richardson, policy researcher, Rand Corporation; Dr. Hunt Allcott, Assoc. Prof. of Economics, New York Univ. & Senior Principal Researcher, Microsoft Research.

3/1/20...*Radio Health Journal*. **GENETIC MANIPULATION 7:06**. Synopsis: Some experts believe the healthy lifespan eventually may be extended to hundreds of years through genetic manipulation. This brings many philosophical and ethical questions, which a noted science author discusses. Host: Nancy Benson Producer: Polly Hansen. Guests: Chip Walter, author, Immortality, Inc.: Renegade Science, Silicon Valley Billions, and the Quest to Live Forever.

3/8/20...*Radio Health Journal*. **POLYCYSTIC OVARY SYNDROME 13:04**. Synopsis: Polycystic ovary syndrome affects about 10% of American women, but has such a wide variety of troubling symptoms that it's often misdiagnosed. Experts discuss the disorder and what women should know. Host & Producer: Reed Pence. Guests: Dr. Felice Gersh, Medical Director, Integrative Medical Group of Irvine, Irvine, CA; Dr. John Nestler, Prof. of Medicine and Chairman, Dept. of Internal Medicine, Virginia Commonwealth Univ.; Dr. Brie Turner-McGrievy, Assoc. Prof. of Health Promotion Education Behavior, Univ. of South Carolina; Dr. Frank Gonzalez, Assoc. Prof. of Obstetrics and Gynecology, Univ. of Illinois-Chicago.

3/8/20...*Radio Health Journal*. **HEALTHCARE FOR CHILDREN IN POVERTY 6:37**. Synopsis: Poor children often can't access healthcare or other needs in spite of decades of efforts. A pediatrician who has established clinics for the poor discusses the problem. Host: Nancy Benson. Producer: Polly Hansen. Guests: Dr. Irwin Redlener, Prof. of Pediatrics, Columbia Univ. School of Medicine and Mailman School of Public Health and co-founder, Children's Health Fund.

3/15/20...*Radio Health Journal*. **MEDICAL ERRORS, 20 YEARS AFTER "TO ERR IS HUMAN" 11:59**. Synopsis: The Institute of Medicine report "To Err Is Human" in 1999 shook health care with the finding that as many as 120,000 Americans die each year due to medical mistakes. A noted researcher re-examines how far we've come since then and the difficult cooperation it will take to make patient safety more certain. Host & Producer: Reed Pence. Guests: Dr. Kathleen Sutcliffe, Bloomberg Distinguished Prof. of Business and Medicine, Johns Hopkins Univ. and co-author, Still Not Safe: Patient Safety and the Middle Managing of American Medicine.

3/15/20...*Radio Health Journal*. **INTERMITTENT FASTING 7:34**. Synopsis: Studies show that by this time of year, most of us have failed new year's resolutions to lose weight. A noted expert discusses how most people get in trouble with obesity and a more reasonable way to try to lose weight than most people follow. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Michael Mosely, author, The Fast 800.

3/22/20...*Radio Health Journal*. **THE U.S. TAKES ON CORONAVIRUS 13:08**. Synopsis: In the past 10 days, the US has finally begun to institute aggressive tactics against coronavirus that may limit its spread and the death toll. But many Americans remain confused about what they should do and why. One of the nation's most authoritative infectious disease experts discusses. Host & Producer: Reed Pence Guests: Dr. William Schaffner, Prof. of Preventive Medicine and Infectious Diseases, Vanderbilt Univ. Medical Center.

3/22/20...*Radio Health Journal*. **THE EFFECT OF PUBLIC POLICIES ON THE CORONAVIRUS FIGHT 6:54**. Synopsis: The effectiveness of efforts to contain coronavirus often depend on governmental policies determined years or even decades ago that, at the time, had nothing to do with public health. A health policy expert discusses some of these policies and what they mean for coronavirus testing and treatment. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Paul Ginsburg, Leonard Schaffer Chair of Health Policy Studies, Brookings Institution and Director, University of Southern California-Brookings Schaffer Initiative in Health Policy.

3/29/20...*Radio Health Journal*. **EASING THE STRESS OF WORKING AT HOME 12:41.**

Synopsis: Millions of Americans suddenly have to work from home for the first time as a result of coronavirus. Many do not have a good home office setup, tech skills, family makeup or the temperament to do it. A remote working expert discusses the do's and don't's of working from home without going crazy. Host & Producer: Reed Pence. Guests: Teresa Douglas, co-author, *Working Remotely: Secrets to Success for Employees on Distributed Teams*.

3/29/20...*Radio Health Journal*. **KIDNEY DISEASE AND HIGH BLOOD PRESSURE 7:27.**

Synopsis: Most people who have kidney disease are not aware of it. In fact, nearly half of people with severe kidney disease don't know it. Kidney disease is often silent, and one of its main risk factors, high blood pressure, is silent as well. The head of the NIH's kidney research organization discusses this major public health issue and what people should look for to receive early intervention. Host: Nancy Benson. Producer: Reed Pence. Guests: Dr. Griffin Rodgers, Director, National Institute of Diabetes, Digestive and Kidney Diseases.



100.1 WJRZ On-Air Quarterly PSA Report: 1/1 - 3/31/20

1/1- 1/7: Educational Services at St. Francis Community Center of Long Beach Island will hold enrollment for free 2020 Winter Classes; A.B.E. High School Equivalency, and English as a Second Language. Registration is scheduled for January 6th and 7th throughout Ocean County.

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

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

1/6- 1/11: The Ocean County Vocational Technical School in Brick will host their "Career Discovery Day," Saturday, January 11th from 9am to 1pm.

1/12-1/16: The Bayville Elks Motorcycle Committee will host their "Beef-N-Brew Fundraiser" Friday, January 17th at the Brick Elks Lodge on Hopper Avenue to benefit Elks Camp Moore.

1/12-1/17: The Lacey Township High School Fishing Club's Annual "Fisherman's Flea Market" is Saturday January 18th in the High School Gym. Admission is \$3 and proceeds fund club activities.

1/12-1/17: The Ocean County Parks & Rec Department hosts their "Winter Beach Blast" Saturday, January 18th at Center Court of the Ocean County Mall.

1/12-1/18: Join "A Need We Feed" at their 2nd annual Casino Day Fundraiser at Aqua Blue on Rt. 37 in Toms River on Sunday, January 19th. Proceeds from the event will go towards the mission of the group who prepares over 11,000 hot meals and more to veterans, children and families in need.

1/20-1/22: St. Francis Financial Success Center will host a "Financial Peace University" starting Thursday January 23rd at the community center to help you build a budget, dump debt and grow your wealth.

1/20-1/25: Insectropolis in Toms River hosts "Community Seed Swap Day" on Sunday January 26th. This free event gives you the chance to swap or purchase seeds for plants, vegetables and gardening.

1/27-1/31: The Joan Dancy & People with ALS Foundation hosts their annual "Valentine Plunge" on Saturday February 1st.

1/27-2/1: The 16th Annual "Super Plunge Sunday", a fundraiser organized by the St. Francis Community Center and Southern Regional High School Swim Teams, happens Sunday February 2nd at the 48th Street Beach in Brant Beach on LBI.

2-3-2/6: The American Heart Association hosts their annual "National Wear Red Day" Friday, February 7th to fund research as part of American Heart Month.

2/3-2/6: Join the American Legion on Church Road in Toms River for their "Psychic Night" Friday, February 7th. Proceeds from the event benefit the American Legion Veteran Programs.

2/3-2/7: Daytop New Jersey hosts their "Plunge for Recovery" on Saturday February 8th at the 4th Avenue Beach in Asbury Park. Help raise awareness and support those seeking treatment for substance abuse and mental health issues.

2/10-2/13: Join the Ocean County YMCA for their Open House on Friday February 14th. Swim in the pool, workout in the state of the art family activity center and more.

2/10-2/14: The Bayville Elks Motorcycle Committee host their 2nd annual "MC Idol Karaoke Competition" on Saturday, February 15th at their lodge on Rt. 9 in Bayville.

2/10-2/15: Don't miss the New Jersey Franchise Show, Saturday & Sunday February 15th & 16th at the Meadowlands Expo Center in Seacaucus. Participate in free seminars from industry professionals with information you need to know about owning your own business.

2/10-2/15: The Pittie Project will host their "Love For Pitties Valentine's Bach" Sunday February 16th at Teak Restaurant in Red Bank.

2/10-2/15: The Knights of Columbus in Jackson hosts their 20th Annual "Race for Life Fundraiser" Sunday February 16th. Each year the KOC chooses a family with a child that has a serious illness to be the beneficiary of the fundraiser.

2/17-2/21: Special Olympics NJ host the Polar Bear Plunge in Seaside Heights Saturday February 22nd. Be one of the thousands that take the plunge into the Atlantic Ocean to support NJ Special Olympics.

2/17-2/21: St. Mary's By the Sea host their annual gift auction Saturday February 22nd at VFW Post 8867 in Brick.

2/17-2/22: The Ocean Cares Art & Soul Brunch is Sunday February 23rd at the Grunin Center on the campus of Ocean County College to showcase the talent Ocean Mental Health Services has discovered from individuals suffering from mental illness.

3/2: Ocean County Vo-Tech hosts the 24th Annual "Chef's Night Out" at RWJ Barnabas Health Arena in Toms River Monday March 2nd. Sample food and spirits from local restaurants as well as cuisine provided by OCVTS students.

3/2-3/4: Join the BW Nice Organization for their inaugural Red Shoe Dinner & Fashion Show Fundraiser Thursday March 5th at Jack Baker's Lobster Shanty in Point Pleasant.

3/2-3/5: St. Francis Community Center hosts the 9th annual "Foul Shooting Contest" Saturday March 6th in the center gym.

3/2-3/6: Join the New Egypt Volunteer Fire Company Saturday March 7th for a dinner and comedy night with local stand-up comics to benefit the squad.

3/2-3/12: The Rotary Club of Toms River hosts their "Spring Fling Gift Auction" Friday March 13 at the Clarion Hotel in Toms River to benefit local scholarships and charities.

3/9-3/10: Help save a life at the American Red Cross Blood Drive at St. Francis of Assisi Church Hall on LBI Wednesday March 11th.

3/9-3/10: Children are invited to create treasures for their favorite leprechauns at the Ocean County Library in Surf City for their "Pot of Gold" flower arranging event Wednesday, March 11th.

3/9-3/13: Toms River High School East's "Eastside Theatre Company" presents 'Grease' at the student center for three nights starting Thursday March 12th.

3/9-3/13: Berkeley Mayor Carmen Amato invites you to celebrate "Irish Heritage" with the raising of the Irish Flag at town hall Saturday, March 14th. This event is open to the public with free lunch provided.

3/9-3/14: Join the Whiting Firehouse Sunday March 15th for their "Corned Beef & Cabbage Dinner." Takeout is available from noon-1pm.