

PRESS RELEASE

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ALL NEW EPISODES OF “THE BEST YEARS” AIR SEPTEMBER TO DECEMBER!!

TOMS RIVER – Audiences are invited to tune in this fall when Ocean TV 20 broadcasts four new episodes of its hit show, “The Best Years”!

In **September**, learn about The Lighthouse, Ocean County’s premier health network for seniors. Think house calls are a thing of the past? Meet the medical specialists from Visiting Physician Services. Looking for a unique day trip? We’ll visit Laurita Winery, where they offer more than just grapes. And, we’ll show you that Six Flags isn’t just for kids, seniors can enjoy a “Great Adventure,” too! **Shows air on September 2, 3, 8, 12, 15, 19, 22, and 30.**

In **October**, learn the ins and outs of home mortgages and how to make them work for you. Discover how to take the stress out of de-cluttering and moving into a new home. Find out about Navy Lakehurst Historical Society, an organization dedicated to preserving our area’s distinguished military history. And, the Ocean County Library helps you read your favorite book without ever turning a page! **Shows air on October 1, 7, 8, 13, 17, 20, 24, 28, and 29.**

In **November**, the Alzheimer’s Association offers patients and caregivers helpful tips for dealing with the upcoming holiday season. Chef Tom Yanisko from Community Medical Center will share ways to keep holiday feasts healthy and safe from Thanksgiving through New Years. Chef Tom also cooks up two “souper” simple soups that will help you and your family warm up this season. And, the Ocean County Fire Marshal’s Office will show you how to prevent house fires. **Shows air on November 4, 5, 10, 14, 17, 21, 25, and 26.**

In **December**, the Salvation Army of Ocean County will discuss the “spirit of giving” and share ways we all can help our neighbors. Looking for a unique holiday gift? We’ll keep it local with gift-giving ideas throughout Ocean County. Later, we’ll take a backstage tour of the historic Strand Theater in Lakewood. And, parents and grandparents, alike, can learn about the many fun activities they can share with the kids at the Ocean County Library. **Shows air on December 2, 3, 8, 12, 15, 19, 22, 30, and 31.**

“The Best Years” airs on Ocean County College’s TV station **OCEAN TV 20** on Thursdays at 7:30 p.m., Fridays at 1:00 p.m., Wednesdays at 6:30 a.m., and Sundays at 6:00 p.m. and can be seen on **Comcast of Toms River and Long Beach Island channel 20**, and in northern Ocean County on **Verizon FiOS channel 24**.

“The Best Years” can also be seen on **Brick Township Television channel 20**. Check local listings for dates and times on the Brick channel.

Have an idea for a show? Email us at thebestyears@ocean.edu or call “The Best Years” Hotline at 732-255-0445.

To view back episodes of “The Best Years,” visit us online at www.ocean.edu/best.htm or on YouTube at www.youtube.com/user/oceancountycollege.