

WRNJ-AM 1510

QUARTERLY REPORT

MOST SIGNIFICANT PROGRAMMING

TREATMENT OF COMMUNITY ISSUES

In this, the fourth quarter of 2023, WRNJ has continued to examine the significant issues in our community. With a myriad of problems and concerns facing our listeners every day, we recognize the need to offer programming that focuses on these issues. We have given knowledgeable spokespersons the opportunity to discuss these important concerns in order to educate and inform our listeners.

These topics were presented to the listening audience during the following public service programming.

Healthier Living airs one Tuesday a month, from 10:05 AM to 11:00 AM. It is hosted by Lisa Dimiceli from the Foundation for Hackettstown Medical Center and looks at the many services provided by the hospital, its staff and other health professionals.

Educationally Speaking airs one Wednesday a month, from 10:05 AM to 11:00 AM. It is hosted by WRNJ News Director, Joyce Estey and Will Austin, former President of Warren Community College in Washington. They talk to Department Heads, Professors, other faculty members and students to learn the benefits of attending Warren Community College has to offer.

The Local Impact airs one Wednesday a month, from 10:05 AM to 11:00 AM. It is hosted by WRNJ News Director, Joyce Estey. Local issues, county and state politics and other important topics are discussed.

WRNJ's local programming features short form interviews in morning drive with host Bert Baron and afternoon drive with hostess Greta Latona. Spokespersons from local businesses, public service organizations and community leaders are interviewed.

Public Service Announcements are 60 or 30 second announcements, live or recorded which run on various weekly schedules, throughout the broadcast day. They promote many community services by the Hackettstown Regional Medical Center, various fund-raising events and cultural activities.

HELPING PEOPLE/CHARITABLE ACTIVITIES

Wednesday, October 4th at 8:10 AM Bert Baron talked to Paul Sterbenz, organizer of the Miles of Smiles 5K, a charitable event to benefit Abilities of northwest Jersey

Tuesday, October 17th at 7:10 Bert Baron talked to Grace Hoyt, Cybersecurity Expert with Google about October is Cybersecurity Awareness Month and Generation Z is [three times more likely](#) to fall for online scams than their grandparents.

Wednesday, November 8th at 7:10 AM Bert Baron talked to Major Brett DeMichael from the NJ Division of the Salvation Army about their Giving Tuesday and Angel Tree campaigns and how they help those most in need over the Holiday season.

Thursday, November 9th at 9:10 AM Bert Baron talked to Rena Fruchter and Julio Fernandez from Voices of Valor, songwriting program facilitates the healing of veterans through the processing of their unique experiences using the healing power of music.

Monday, November 13th at 7:10 AM Bert Baron talked to Isela Arras, Executive Director of DASACC (Domestic Abuse and Sexual Assault Crisis Center) of Warren County about their upcoming Night at the Races Beefsteak Fundraiser.

Thursday, November 16th at 7:10 AM Bert Baron talked to Marcus Coleman, Department of Homeland Security Center for Faith-Based and Neighborhood Partnerships Director about preparing for weather disasters with a special focus on older adults and the disabled

Wednesday, November 22nd at 8:10 AM Bert Baron talked to Charissa Buskirk, Mission Engagement Manager of Abilities of Northwest Jersey about the upcoming annual Rossi Festival of Trees, benefitting Abilities and Warren County Habitat for Humanity.

Wednesday, November 29th at 9:10 AM Bert Baron talked to Britney Powelson, Public Relations Director of Warren County Habitat for Humanity about the upcoming annual Rossi Festival of Trees, benefitting Abilities and Warren County Habitat for Humanity.

Tuesday, December 12th at 8:10 AM Bert Baron talked to Annamaria Lalevee, Chief Development and Communications Officer for The Arc of Warren County about their annual appeal, a request for donations to fund The Hive, a new facility to host events for those in their day programs.

Monday, December 18th at 9:10 AM Bert Baron talked to Jessica Bartelloni, Warren Hills Community Coalition Coordinator, Prevention Connections, Center for Family Services, about their **Light Up the World With Kindness project brings happiness to the elderly residents across nursing facilities in Warren County this holiday season through the collection of donated gift cards through schools and municipalities**

Tuesday, December 19th at 8:10 Bert Baron talked to Ben Davey, founder of Benny's Bodega, a place where the underemployed have access to goods through charitable donations about how listeners can help with the mission during the holiday season and plans to expand into a larger facility in 2024.

Tuesday, December 19th at 9:10 AM Bert Baron talked to Dr. Natasha Bhuyan, a clinical leader and primary care provider, medical unit writer for ABC News and as a contributing writer for the American Academy of Family Physicians about the importance of getting the flu, cold and RSV vaccinations this winter

Wednesday, December 20th at 7:10 AM Bert Baron talked to Isela Arras, Executive Director of DASACC (Domestic Abuse and Sexual Assault Crisis Center) of Warren County about their Wardrobe of Hope initiative that provides free clothes to mother and children and need and introduced the 2024 capital campaign

CULTURAL AND COMMUNITY ACTIVITIES

Monday, October 2nd at 9:10 AM Bert Baron talked to Tom Dalessio, Executive Director of the Musconetcong Watershed Association about an upcoming free program where attendees can learn about why the watershed's preservation is so important

Tuesday, October 3rd at 8:10 AM Bert Baron talked to Annamaria Lalevee, Chief Development and Communications Officer for The Arc of Warren County about their upcoming Community Excellence Awards and the contributions each recipient has made to further the mission of the Arc.

Tuesday, October 10th at 8:10 AM Bert Baron talked to Catherine Rust, President of the Hackettstown Rotary Club/Foundation about the group's upcoming charity paper shredding event to benefit Abilities of Northwest Jersey.

Thursday, October 12th at 7:10 AM Bert Baron talked to Nick Serraino, Director of Programming at Rutherford Hall about upcoming events including a fundraiser for their non-profit foundation.

Friday, October 13th at 8:10 AM Bert Baron talked to Jerry Galante, Director of the Hackettstown Free Public Library about upcoming events including seminars on college planning and estate and will preparation

Wednesday, October 25th at 9:10 AM Bert Baron talked to Britany Powelson Volunteer Services and Public Relations Manager for Warren County Habitat for Humanity about upcoming fundraising events and volunteer opportunities

Wednesday, October 25th at 8:10 AM Bert Baron talked to Paul Stahl, organizer of the Wreaths Across America festivities to commemorate and remember veterans with local events

Friday, October 27th at 7:10 Bert Baron talked to John Reed from the Washington Township Historical Society about a free walking history tour detailing the area's rich cultural history

Thursday, December 7th at 7:10 AM Bert Baron talked to Nick Serraino, Director of Programming at Rutherford Hall about upcoming events in 2024 to benefit the Hall's numerous community programs.

Thursday, October 12th at 9:10 AM Bert Baron talked Pastor Bart Young about the upcoming holiday drive thru Christmas event to benefit Breakpoint Church located in Washington Township

Wednesday, December 27th at 9:10 AM Bert Baron talked to Britany Powelson Volunteer Services and Public Relations Manager for Warren County Habitat for Humanity upcoming programs to assist homeowners struggling to pay for critical home repairs and to introduce the Have A Heart For Habitat radiothon where WRNJ will raise funds in a live telethon-style event.

BUSINESS TOPICS

Wednesday, October 4th at 9:40 AM Bert Baron talked to Lisa Dimiceli from the Foundation for Hackettstown Medical Center about a free webinar designed to help answer questions regarding social security benefits

Friday, October 27th at 9:10 Bert Baron talked to Carol Lee Mitchell, Head of Small Business, Strategy at Bank of America about [October is National Women's Small Business Month](#) and an Annual report that spotlights women business owners' positive outlook and perseverance through economic challenges

Monday, November 6th at 9:10 AM Bert Baron talked to Melanie Thiel, executive director of the Washington Township about the upcoming hometown holiday event benefiting operation Jersey Cares as well as the Operation Toy Train toy drive for the Salvation Army.

Thursday, December 28th at 9:10 AM Bert Baron talked to John Thomas, retired fire marshal, about the new safety codes being implemented for food trucks and mobile eateries in New Jersey in 2024, and what owner/operators need to know ahead of the next season.

HEALTH TOPICS

Monday, October 2 at 7:10 AM Bert Baron talked to Doctor Annirudh Khanna about the signs and symptoms of transient ischemic attack (ITA) or mini stroke and the urgent need to seek immediate medical attention

Thursday, October 5th at 9:10 AM Bert Baron talked to Doctor Bob Murry, PhD, MD, FAAFP, and Chief Medical Officer of NextGen Healthcare about how technology can play a vital role in addressing the current mental health care crisis by creating easier access to mental health treatment and services, especially for rural and underserved communities.

Tuesday, October 10th at 9:10 AM (World Mental Health Day,) Bert Baron talked to Alana Carvalho, LMHC on how parents can break down their expectations of perfectionism for their kids as well as kids/teens and social media and prioritizing kids', teens' and parents' mental health.

Monday, October 16 at 7:10 AM Bert Baron talked to Doctor Annirudh Khanna about the importance of receiving a calcium scoring from your doctor to determine the risk of artery blockage or heart disease

Wednesday, October 18 at 7:10 am Bert Baron talked to Dr. Amit “Bobby” Mahajan from the American Lung Association about New State-by-State Data that Highlights the Burden of COPD Across the U.S. with a special focus on New Jersey

Tuesday, October 24th at 8:10 Bert Baron talked with Dr. William Smith, Chief Executive Administrator for Justice, Equity, Diversity, and Inclusion at the Huntsman Mental Health Institute at the University of Utah and Heidi Arthur, Ad Council Chief Campaign Development Officer about the new “Love, Your Mind” mental health awareness campaign and how it will help the nearly 70 million Americans with mental health disorders.

Monday, October 30th at 8:10 AM Bert Baron talked to Dr. Helene Nguyen from Feet ‘N Beyond of New Jersey about a new, exclusive minimally-invasive treatment for warts that provides relief for patients who have not been helped by over-the-counter medicines.

Wednesday, November 1st at 8:10 AM Bert Baron talked to Dr. Reisa Sperling of Harvard University about **Progress in Drug Treatments and Trials to Get AHEAD of Alzheimer’s Disease**

Tuesday, November 7th at 8:10 AM Bert Baron talked to Gordon Hourihan, President and Owner of FYZICAL Therapy and Balance Centers in Hackettstown about new treatments for patients dealing with back or neck pain or balance issues.

Tuesday, November 14th at 9:10 AM Bert Baron talked to Christopher Holliday, PhD, MPH, MA, FACHE, Director, Division of Diabetes Translation for the Centers for Disease Control and Prevention about World Diabetes Day and how a simple 1-minute test can determine if someone has pre-diabetes.

Wednesday, November 15th at 7:10 a.m. Bert Baron talked to Jesus "Jesse" Garcia, Public Affairs Specialist for The United States Department of Agriculture's Food Safety and Inspection Service about how to safely prepare and store foods for the Thanksgiving holiday

Monday, November 21 at 7:40 AM Bert Baron talked to Doctor Annirudh Khanna about the safety of diabetes drugs when used as a weight loss supplement

Monday, November 27th at 8:10 AM Bert Baron talked to Dr. Helene Nguyen from Feet 'N Beyond of New Jersey about ways to protect our feet in the cold weather months and around the holiday season.

Thursday, November 30th at 8:10 a.m. Bert Baron talked to Robert Marino, owner/operator of Rolling Hills Recovery Center in Chester about ways to deal with addiction and substance abuse issues and about the services they offer to adults facing addiction and other mental conditions.

Friday, December 1st at 8:40 AM Bert Baron talked to Dr. Gary Vander Vliet about the dangers of using recreational marijuana due to the negative effects it has on both dental and overall health.

Friday, December 1st at 9:10 AM Bert Baron talked to Dr. Terri Rintz, owner of Center Point Wellness, about how holistic therapies can help individuals deal with addiction issues and ways to keep our immune systems strong and healthy during the winter months.

Tuesday, December 5th at 9:10 AM Bert Baron talked to Kurt Small, President, Medicaid, at Elevance Health to discuss [coverage options for disenrolled members](#) and can suggest [online and local resources that can help Americans who are at risk of going without health insurance](#).

Monday, December 11th at 7:40 AM Bert Baron talked to Doctor Annirudh Khanna about the importance of CPR training in schools and workplaces and the need for defibrillators in more public places to save more lives

Wednesday, December 13th at 7:10 AM Bert Baron talked to Dr. Chris Parker of the CDC to discuss a new program to remind listeners of the importance of getting the flu shot every year

Wednesday, December 13th at 8:10 AM Bert Baron talked to Dr. Tejas Patil, Assistant Professor, Medicine-Medical Oncology, University of Colorado Anschutz Medical Campus and Janet Freeman-Daily, a patient living with ROS1-positive lung cancer about unlocking hope for ROS-1 positive lung cancer patients and The Power of Biomarker Testing and Targeted Therapies

Thursday, December 14th at 7:10 AM Bert Baron talked to Dr. Donald Karcher, President of The College of American Pathologists on Tips and Advice on How to Protect ourselves and our families against Respiratory Illnesses This Holiday Season.

Thursday, December 14 at 8:10 AM Bert Baron talked to Rawle Andrews, Jr., Esq., Executive Director of the American Psychiatric Association Foundation about how Americans can best deal with holiday anxiety, how to get help, and how the Mental Health Care Works campaign is connecting communities to the resources and care they need.

Friday, December 15th at 7:10 AM Bert Baron talked to American Heart Association Volunteer Dr. Johanna Contreras about the risk factors that lead to an increase of cardiac events during the winter months, symptoms and prevention strategies.

Monday, December 18th at 7:10 AM Bert Baron talked to Sherry Torkos, Integrative Pharmacist about ways to prevent and treat heartburn during the holiday season and how the use of PPIs could be possibly be connected to dementia

Monday, December 18th at 8:10 AM Bert Baron talked to Dr. Helene Nguyen from Feet 'N Beyond of New Jersey about the top myths when it comes to foot care and health

Thursday, December 21st at 7:10 AM Bert Baron talked to clinical psychologist Dr. Joseph Galasso to discuss why the holidays can be the most difficult time of the year for individuals and families coping with mental health challenges and autism, strategies to help boost mental

health during the holidays, including setting realistic expectations, taking time for yourself, and focusing on priorities, ideas for making the season bright for children with autism or other developmental disabilities, including sensory-friendly celebrations and how you can tell the difference between holiday stress and depression to determine when it is time to seek the help of a mental health professional.

EDUCATION

Thursday, October 26th at 7:10 Bert Baron talked to Dr. Joseph Galasso, CEO of [The COR Behavioral](#) Group that specialized in services for people with autism and developmental disabilities, to discuss some tips that will ensure all children can safely and responsibly enjoy the Halloween holiday

Tuesday, December 5th at 7:10 AM Bert Baron talked to Mary Woolley, President and CEO, Research!America about the State of Science in America report, a survey of 1,981 Americans workers which provides a comprehensive analysis on the benefits of science and technology investment, the obstacles to advancing science and technology, and the serious challenges facing the U.S.

Wednesday, December 20th at 8:10 AM Bert Baron talked to Dr, Anthony Perone, Dean of Enrollment at Warren Community College about the upcoming information sessions regarding the spring semester course offerings