

The Adam Ritz Show: *Locally produced weekly public issues and awareness show, Sunday Mornings: 7am-7:30am on WZPL (FM/ HD1)*

Q1 (January, February, March), 2024

New Years Resolutions, Leading 2023 Philanthropist, Dry January, and more

We begin this show and the new year with a discussion about Resolutions. From how many of us participate in making Resolutions, to how many quit, and how to best make them work, we deep dive into New Years Resolutions. Other segments include; Warren Buffet was the leading philanthropist in 2023 having given 1.5 million shares of stock worth \$541 Million to charity; Health experts say sleeping nude provides health benefits; Dry January, not drinking alcohol for the month leads to many quitting the bottle forever; Real Estate stats, with 15% of American not being able to afford the average home price; and more.

1/14/23

Metallica Charity, Marching Bands, Blood Donations, and more

We begin this show with a recap of a Metallica charity effort from 2023, called For Whom The Bell Tolls. Metallica hosted a contest for Marching Bands in America, to incorporate a Metallica song into their routine. Five winning Marching Bands at the High School and College level won cash prizes for their efforts. The Division 1 college winner was Auburn University, who won \$75,000. Other segments include; A conversation about Marching Bands and their funding; Red Cross has noted a blood shortage. To learn more, to donate, and to find out how to win a trip to the BIG GAME in Las Vegas this February head to [RedCrossBlood.org](https://www.redcrossblood.org); Weather, from extreme cold, tornados this week, we discuss helpful tips to ‘weather the storm’; Snow shoveling tips, and more.

1/21/24

Shades of Green Military Resort, Walter Peyton Man of the Year, Auto Care Haven, and more

We begin with a report on Shades Of Green, and military veteran resort hotel in Orlando. This resort is right in the heart of Walt Disney World, adjacent to the Polynesian Resort, and is only current and veteran military service persons, and their families. This is a gem of a resource for

Veterans to take advantage of to save an incredible amount of money on a Disney experience. For example the average room at the Polynesian can run about \$700 per night, while across the street at Shades Of Green the rooms are about \$175 a night. Military and Veterans can [learn more at ShadesOfGreen.org](#). Other segments include; an NFL Alumni Association Poker Tournament update; NFL's Patrick Mahomes win the Walter Peyton Man of The Year award, with Nationwide donating \$1.5 million to the Patrick's charity [15andTheMahomies.org](#); Auto Care Haven, a mechanic who started a charity to fix the cars of low income people; 'Amazon Smile' charity update, with \$400 million raised from 2013 to 2023; and more.

Guide Dog Draft, Adaptive Sports Foundation, Arnold Schwarzenegger Charity, more

We begin this episode with the Guide Dog Draft and Eli Manning. The Super Bowl Champion Quarterback has been working with Guiding Eyes for the Blind for 20 years, helping to raise awareness and funds to train seeing eye dogs for the blind. Eli hosted the 1st annual Guide Dog Draft with the first pick being a seeing eye dog names Ten, going to a blind person. Eli has helped raise over \$300,000 total for [www.GuidingEyes.org](#). Other reports include; Junk Fees - Americans have spent \$300 Billion in overdraft fees in the last 20 years. The Consumer Bankers Association is working to reduce the average overdraft fee from \$35 down to \$3, which might go into affect by October of 2025; Double Whammy Taxes for out of state workers remotely. Something to think about when you move to one state but work in another; Brian May and Peter Frampton donated guitars to raise money for the Adaptive Sports Foundation, who provide sports and activities to people with mental and physical disabilities; Arnold Schwarzenegger was stopped in TSA in Germany, detained for 3 hours, because of a watch her was wearing that he eventually will auction for clean energy in Austria; and more.

2/4/24

World Cancer Day, Heart Health Awareness Month, Mark Knopfler, and more.

We begin this new month of February with a discussion of a few of the notable days this month, including World Cancer Day. World Cancer Day's main function is to raise awareness for the disease that has touched nearly everyone. Other reports include; Heart Health Awareness Month; A Mark Knopfler guitar auction that raised over \$11 million for charity; a college basketball play for the Denver Pioneers that has his own foundation raising money for the needy of Denver; and more.

2/11/24

Super Sunday, Gambling Awareness, Gambling Addiction, and more

This edition of the show covers Gambling Awareness. With the Super Bowl this weekend, and March Madness right around the corner, this is the perfect time to discuss Gambling, Gambling Awareness, and Gambling Addiction. 200 million people will watch the Big Game, and with the ease of Gambling now on your smart phone with legalized gambling apps, Americans are now more prone than ever to a Gambling Addiction taking over their lives. If you or a family member needs help you can call 877-MY-LIMIT for resources and information.

2/25/24

Wayne Nelson of Little River Band

Our guest interview for this episode with with Wayne Nelson of the Little River Band. Wayne has been the leader of the band for more than 40 years. Their 13 Top 40 hits include Reminiscing, Lady, The Night Owls, Lonesome Loser, etc. Wayne discusses his foundation work with Wounded Warriors, Animal Rescue, Child Centers for Education, and more. Recently he's worked with 4 Shelters in Iowa, and Veterans of Seal Team Units with PTSD. We also chat about LRB on stage, Social Media, and even Wayne scoring a TD on his high school football team!

3/3/24

Albert Einstein College of Medicine, Joe Walsh Charity Concert, Cleveland Guardians Chess Tournament, and more

We begin this episode with a \$1 Billion donation to the Albert Einstein College of Medicine. Ruth Gottesman, who is chairperson of the college's board of trustees, made the donation using money left to her by her late husband, financier David Gottesman. The donation will provide free tuition for all students "in perpetuity," Other segments include; A scam alert from a Finance Columnist; an FDA Food Recall for Cinnamon Applesauce, info at [FDA.gov](https://www.fda.gov); Joe Walsh Charity Concert which raised \$250,000 for Veterans; Philadelphia Eagle Jason Kelce participates in the Mikes Seafood 5K for Autism; Cleveland Guardians spring training Chess Tournament for charity; and more.

3/10/24

Kidney Health Awareness, Organ Donor Awareness, and more

This encore episode features a conversation about Kidney Health Awareness and Organ Donor Awareness with Carlie Oakley. Carlie is a Kidney Transplant Recipient, and she shares her incredible story with us. Carlie has become an advocate for Organ Donation, and is an inspiration for anyone going through a health crisis.

3/17/24

Jersey Mike's Day Of Giving, Lightening Safety, Garretts Space, and more

We begin this show discussing the Jersey Mike's Annual Day Of Giving. On March 27, Jersey Mike's will donate all sales to local charities. The goal is to beat last year's record of \$21 million. Other segments include; Lightening Safety; A Michigan charity to raise money and awareness for Garrett's Space, an organization working for suicide prevention; \$750 million per year raised for charity, at the counter when we round up; Plastic recycling update; and more.

3/24/24

Spring Home Maintenance, Basketball Season Madness, Gambling Awareness, and more

We begin the show with a discussion of Spring Home Maintenance. We talk about the tips to take the spring cleaning energy to the outside of your home, from your roof and gutters, to the foundation of your house. Other segments include; the popularity of the NCAA basketball tourney and significant stats; another mention of Gambling Awareness during the basketball tournament; Alcohol Awareness during the spring parties and the basketball tourney; and more

3/31/23

The Magnet Man, Eclipse Eye Safety, Lottery Charity, and more

We begin this show with a story from Atlanta about Alex Benigno aka The Magnet Man. Alex wanted to do something about all the metal in the road way that causes damage and flat tires to bikes and cars. He bought \$160 worth of high powered magnets, and drags them behind his bike to gather nails, screws, bottle caps, and other scrap metal in the road. He collects about 50 pounds of metal every 10 days, donating it. You can follow his journey on his Instagram, Atlanta Magnet man. Other reports include; Eye Safety during the total eclipse this April 8; Pet Ownership increasing relaxation and brain power; Shop Rite Liquor owned by Richard Saker, the store that sold the winning ticket Mega Millions jackpot, donated it's \$30,000 'sellers bonus' to food insecurity; and more.

4/7/24

3000 Mile Run for Parkinsons Disease, Speech Fasting, Royal National Lifeboat Institute, and more

We begin the show with Mark Backes, a 60 year old California man who is running across America to raise awareness and funding for Parkinsons Disease thru the Michael J Fox Foundation. His father had Parkinsons, and his wife was just diagnosed, which inspired the 3000 mile journey that will take about 75 days. You can learn more and donate thru his website ultrafunrun.com/runmarkrun/. Other segments include; Lat minute precautions for the Total Solar Eclipse; A Speech Fasting study shows not speaking until noon will reduce blood pressure and provide stress health benefits; A chocolate Easter Egg charity in the UK raises \$3000 pounds for the Royal National Lifeboat Institute, and inspires Nestle to get involved to make it bigger and better next year; An Australian woman founds The Good Council For Redistribution, which will collect 50 random people to help her donate \$27 million; and more.