

Topics list for Quarterly Issues, 4th Quarter 2023

Adam Ritz show

Airs 6:30a-7:00am Sundays on KWFB

Airs 6:00a-6:30am Sundays on KXXN

October 1, 2023

We begin this episode with a story about Cliff Burton, the original bass player from Metallica from 1982 to 1986. Cliff tragically passed away in a Tour Bus accident in 1986. To this day, his 92 year old father donates his royalties to music programs and music scholarships. Other segments include; A nod to Farm Aid and the Farmers of America; Statistics show that Fall is the worst season for car accidents and dangerous driving, due to the change in lack of daylight; A \$10,000 prize awarded to the snake hunter who removed the most Pythons from swampland in Florida. A Bob Ross painting that sold for \$100 in 1983 just sold for \$10 million.

October 8, 2023

One this episode we start the show with a nod to the 2nd best reason to celebrate October, Dental Hygiene Awareness Month. Jay and Adam go over the best practices from the CDC to keep your choppers healthy and happy. Other segments include; A quick mention of the charitable foundations that Taylor Swift and Travis Kelce support (they might be dating if you haven't heard); The film Oppenheimer has surpassed Bohemian Rhapsody to become the highest grossing Biopic of all time.

October 15, 2023

We begin the show with a nod to John Oates, half of hall of fame duo Hall & Oates, who recently performed at a charity event for Therapeutic Horses of Saratoga in California. The organization turns retired race horses into therapy animals for vets, and the disabled. Other segments include; Billionaire Charles Feeney, who recently passed away at the age of 92 and left his fortune to charity; The Giving Pledge, which encourages Billionaires to give away at least half their wealth to charities and foundations. World Mental Health Day was discussed.

October 22, 2023

This episode starts with Halloween Fun Runs. Running or walking a 5K or Half marathon to raise money for charity wearing a Halloween Costume is scary fun, for a great cause. Adam and Jay cover some costume ideas that are great for a fun run, like not wearing a mask so you can breathe! Other segments include; Colder weather is here. Before it gets too cold now is the time to check your furnace; plus, Flu Shot season info.

October 29, 2023

Adam and Jay talk about Halloween safety tips during trick or treating that cover pedestrian safety, costume safety, and more. Other topics include; Posting Halloween fun on social media; Alcohol responsibility at your Halloween Parties; Inappropriate costumes that could lead to trouble; and more.

November 5, 2023

This episode features an interview with Brenda Kaye. Brenda is an expert in Hypnosis. We discuss how Hypnosis can help with several topics we often discuss on this Public Affairs show including Weight Loss, Anxiety, Quitting Smoking, and even Infertility.

November 12, 2023

We begin this show with a birthday shout out to Alan Parsons, and his tribute concert to raise money for charity. Alan produced some of the most famous albums from Pink Floyd and The Beatles, as well as performing his own hits with The Alan Parsons Project. On December 20th, a birthday concert for his 75th birthday will take place in Santa Barbara starring his pals Al Stewart, Michael McDonald, David Pack of Ambrosia, among others. The concert's proceeds will support The First Responders of Santa Barbara. Other segments include; With the US Credit Card debt reaching one trillion dollars, we go over some financial tips to tackle your credit card debt; FDA warning about counterfeit Ozempic; and more.

November 19, 2023

We begin the show with a partnership between AT&T and Gallaudet University to provide 5G Technology with a smart football helmet to help deaf football players. This technology will eventually assist First Responders and help the safety of Construction Sites. Other segments include; Pet Adoption; A new Scam Alert; The Charlie Brown Thanksgiving special available for free again; Clothes Washing tips to help your hygiene and health.

November 26, 2023

We begin this show with a shout out to all the participants this holiday weekend who took part in a Turkey Trot or Drumstick Dash for charity, moving your feet so others could eat! Other segments include; NFL Thanksgiving history; Practicing Gratitude tips to relieve stress and live a healthier lifestyle; A National Forest initiative to conserve the forests and help you chop down your own Christmas Tree for \$5; A gentleman in New Hampshire leaves \$3.8 million to his community; and more.

December 3, 2023

This show begins with a wrap up of this past Giving Tuesday. Giving Tuesday ends the Thanksgiving weekend holiday gauntlet of Thanksgiving, Black Friday, Small Business Saturday, Cyber Monday, and Giving Tuesday, and kicks off the charitable holiday season. Giving Tuesday began in 2012, and this year 34 million Americans donated \$3.1 Billion, up .6 % from last year. Other segments include; Toys For Tots donation boxes; Gmail purging and deleting unused accounts; Babysitting as a side hustle for 20 somethings; Companies moving toward NOT requiring a college degree; Self assessing your driving skills; and more.

December 10, 2023

Tis the season for Radiothons, and we begin this show with a nod to all the radio stations coast to coast that are participating in a Radiothon to raise money and awareness for charities. Other segments include; St. Jude Children's Research; Headaches and their connection to back pain; a Formula 1 charity that raised \$150,000 for Men's Health Awareness and Prostate Cancer Research as part of November; A government website, [ready.gov](https://www.ready.gov), that can provide tips during severe winter weather.

December 17, 2023

We begin this show with the recent Tornado that devastated parts of Tennessee, with a nod to Taylor Swift. Swift, who grew up near Nashville, donated \$1 Million to the relief efforts. Other segments include; NY Giants' Running Back raises \$1.3 Million for Covenant House, an organization fighting homelessness; A Public Safety awareness warning from the FBI during the holiday season; Holiday Stress and Calories leading to health risks this Holiday Season; and more.

December 24, 2023

This program did not air due to holiday programming.

December 31, 2023

We begin this episode with the NFL Man Of The Year Charity Challenge. Each of the 32 NFL teams nominate a player for the Walter Payton Man Of The Year, honoring their philanthropic work off the field in their community. This year the fans can vote for their favorite player on the NFL website. The winner of this fan vote Charity Challenge will receive an extra \$35,000 from the NFL Foundation and Nationwide for their charity. Other segments include; Coffee Badging, a brand-new term born from the work from home/return to office era we live in today. This is where you badge into to work, grab a coffee, and walk around the office to be seen before you immediately leave to go back to work from home. 2023 was the year of return to work; Gift Card Advice. 30 billion gift cards were given this holiday season and 30% will go unused. Thanks to a 2010 federal law, Gift Cards cannot expire for at least 5 years. Use a gift card asap to avoid inflation affecting its value, the store closing, or just in case you misplace it; Higher Minimum Wage begins Jan. 1 for 10 million workers in 22 states.

End of 4th Q 2023