

Topics list for Quarterly Issues, 1st Quarter 2024

Adam Ritz show

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

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January 7, 2024

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.

January 14, 2024

The show begins 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 or to donate, visit [RedCrossBlood.org](https://www.redcross.org); Repercussions from last week's weather, from extreme cold, and tornados.

January 21, 2024

This episode features 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](https://www.shadesofgreen.com). 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](https://www.15andthemahomies.org); Auto Care Haven, a mechanic who started a charity to fix cars of low income people; 'Amazon Smile' charity update, with \$400 million raised since 2013.

January 28, 2024

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, and helped raise over \$300,000 total for [www.GuidingEyes.org](https://www.guidingeyes.org). Nex topic was about junk fees. Americans have spent \$300 Billion in overdraft fees in the last 20 years. Double Whammy Taxes for out of state workers remotely. 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.

February 4, 2024

There's a discussion about a few of the notable days in February, 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.

February 11, 2024

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 family member needs help you can call 877-MY-LIMIT for resources and information.

February 18, 2024

This episode begins with the *Nearness Of You* benefit concert in New York that raised money for Cancer Research. Christopher Cross, Elvis Costello, and more performed and raised money for the Columbia University's Herbert Irving Comprehensive Cancer Research Center. Other segments included a Super Bowl recap; Cedar Rapids police no profit paying for school lunches; McDonald's franchise owners in Rochester raised \$20,000 for the Ronald McDonald House; Heart Health awareness with a mention to get some movement while you are sedentary at work.

February 25, 2024

Our guest interview for this episode was with Wayne Nelson of the Little River Band. Wayne has been the leader of the band for more than 40 years. Wayne discusses his foundation work with Wounded Warriors, Animal Rescue, and Child Centers for Education. 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.

March 3, 2024

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.

March 10, 2024

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.

March 17, 2024

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; Lightning 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, plus a plastic recycling update.

March 24, 2024

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.

March 31, 2024

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.

End of 1st Q 2024