

Topics list for Quarterly Issues, 1st Quarter 2023

Adam Ritz show

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

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January 1, 2023

We begin this show with a tip of the hat to everyone who gave their time and energy to charity this holiday season, including the employees of Vibenomics who participated in a corporate day of giving for a charity called Hashtag Lunchbag. Over 200 meals were prepared to feed the hungry. Other segments include; College Football Bowl Season corporate giving; The top ten New Years resolutions; plus tips for a successful resolution for the new year.

January 8, 2023

This show begins with an in-depth look at the charitable efforts associated with the Chick-Fil-A Peach Bowl. Tens of Millions of dollars have been donated to various charities including the National Guard, hurricane relief, the National Kidney Foundation, high school scholarships, and countless other one-time donations since Chick-Fil-A became the official sponsor/partner of the Peach Bowl in 2002. Other segments include Buffalo Bills defensive back Damar Hamlin's 'Chasing M Foundation' Toy Drive raising more than \$7 Million since his devastating injury on a Monday Night Football Game; Barrett Jackson Car Auction for charity; A Police Firefighters charity hockey game in Aquideck Island, RI called 'Guns and Hoses'; Hydration helping to fight the aging process.

January 15, 2023

We begin this episode with Kellan Tilton, a 10-year-old cancer survivor who works to raise money and awareness for childhood cancer. Recently his efforts at a New England Patriots Wheelchair Football event caught the eye of Patriots owner Robert Kraft, who awarded Kellan with 2 tickets to this year's Super Bowl. Other segments include; An update on the Damar Hamlin Chasing M Foundation Toy Drive that has raised more than \$9 Million; Dry January, abstaining from alcohol for the first month of the year; Winter Driving Awareness; and more.

January 22, 2023

This show features a conversation with Rick DeMulling. Rick is an NFL Veteran, playing O Line for the Colts, Lions, and Commanders. He is the current president of the NFL Alumni Association Indy Chapter. Rick shares with us how the NFL Alumni Assoc helps communities, kids, obesity, mental health, and more. The NFL Alumni Assoc Indy is hosting a Charity Poker Event on February 18, at the Horseshoe Casino in Shelbyville. Former NFL players will be at each table, the buy in is \$500, and the winner gets a seat at a national Poker Tournament in Las Vegas. To learn more, go to givebutter.com/poker_tournament_2023.

January 29, 2023

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 15andTheMahomiesFoundation.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.

February 5, 2023

This show begins with a brave little girl named Delilah Loya, an 8-year-old battling cancer. Her favorite song is Hey There Delilah by the Plain White T's. Recently PWTs lead singer Tom Hiddleston sang the song to her in her person while she was receiving treatment in the hospital. The video has gone viral, and has raised awareness for Neuroblastoma. Other segments include; You Tuber Mr. Beast curing blindness for 1000 people; A blanket drive called The Blanket Challenge in Redding PA; donating platforms to use while you shop; and more.

February 12, 2023

On this Episode we begin with a report on FOX Sports and a home remodel for charity. With this years Big Game airing on FOX, we highlight a recent initiative with their sports department renovating a home for a deserving Vet. Other segments include; Super Bowl Alcohol and Smoking Awareness courtesy of Len Dawson; Gambling Awareness in light of the \$16 Billion wagered on this years Super Bowl; Charity Scam alert concerning the earthquake in Turkey; and more.

February 19, 2023

This show kicks off with a story on a great charity in Ohio called Honoring Our Heroes. Retired Military Vet John Norris launched this foundation for retired Vets and First Responders who need help fixing or renovating their homes, due to being disabled or being on a fixed income. Recently they replaced a roof for a Vet, and got some love from Wayne Nelson of Little River Band. Wayne talked about Honoring Our Heroes at a recent show, and the band signed merchandise that sold for the charity. Learn more and donate at HonoringOurHeroes.org. Other segments include; Michael Jordan donating \$10 Million to the Make A Wish Foundation; The best time to Hydrate; Chiefs fans raising money for an Eagles players foundation.

February 26, 2023

This show begins with a report on the 26th annual Keep Memory Alive gala at the MGM Grand Garden in Las Vegas, raising money for the Cleveland Clinic Lou Ruvo Center for Brain Health. Rick Springfield, Sam Moore of Sam & Dave, John Mayer, Sammy Hagar, Chad Kroeger of Nickelback, Michael McDonald, Alice Cooper, Kevin Cronin of REO Speedwagon, and more raised over \$2 million for the Brain Health charity. Other segments include; All Within My Hands, the Metallica charity, recently raising \$3 million for their charity; IRS changing the Philanthropic Giving tax codes.

March 5, 2023

This show begins with possibly the coolest guy on earth today, Dave Grohl. Recently the Foo Fighters frontman showed up at Hope The Mission in L.A. with his own smoker and a load of meat, and cooked for 24 hours to feed 450 people in need. Learn more about their mission to end homelessness at [HopeOfTheValley.org](https://www.hopeofthevalley.org). Other segments include; the Daylight Savings Time change tradition of checking your smoke detectors, carbon monoxide detectors, and furnaces filters; 11 minutes of physical activity per day to reduce your risk of cancer and heart disease; the Boy In The Tent who raised 700,000 pounds for Hospice in England; Kyle Petty annual charity motorcycle ride; and more.

March 12, 2023

On this episode we speak with Jock Bartley from Firefall. The founding member and guitarist behind the 70's hits You Are The Woman, Just Remember I Love You, and Strange Way, has performed to raise money and awareness for Suicide Prevention.

March 19, 2023

This show begins with a report on the importance of physical fitness in our lives as we highlight Betty Lindberg. Betty is 98 years old and just finished a 5k in under an hour. She holds the world record for a 5K for 95 to 99 year olds after getting a time of 55:48 at the age of 97. Other segments include; Gambling Awareness with college basketball tourney time; Productivity in the workplace; and more.

March 26, 2023

This show begins with a discussion of a recent charity concert event at Carnegie Hall called The Music of Paul McCartney. Christopher Cross, Graham Nash, Nancy Wilson of Heart, and many more super stars performed the music of Sir Paul to raise money for music education for underserved youth. Other segments include; the 4-day work week; a Bear warning in New Jersey from the NJ Dept. of Environmental Protection; the start of Alcohol Awareness month this April; and more.

End of 1st Q 2023