

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

Q4 (October, November, December), 2023

12/03/23

Giving Tuesday, Toys for Tots, Gmail Update, and more

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.

10/8/2023

Dental Hygiene Awareness Month, Taylor and Travis Foundations, Biopic Record, and more

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; and more.

10/15/23

John Oates Charity, Charles Feeney, The Giving Pledge, and more

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 racehorses 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; and more.

10/22/23

Halloween Fun Runs, Furnace Check, Flu Shots, and more

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; It's Flu Shot season; and more.

10/29/23

Halloween Safety Tips, Safe Costume Ideas, Halloween Social Media Awareness, and more

This is the Halloween Spooktacular episode. Adam and Jay talk about 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. Happy Halloween!

11/5/23

This episode features an interview with Brenda Kaye. Brenda is an expert in Hypnosis. We discussed how Hypnosis can help with several topics we often discuss on this Public Affairs show including Weight Loss, Anxiety, Quitting Smoking, and even Infertility. Brenda Kaye is headquartered in Denver, CO. Learn more about Brenda at www.BrendaHypnotist.com.

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11/12/23

Alan Parsons, Santa Barbara First Responders, US Credit Card Debt, and more

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 by 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.

11/19/23

5G Tech for the Deaf, Free Charlie Brown, Hygiene Health, and more

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; and more.

11/26/23

Thanksgiving Fun Runs, Practicing Gratitude, A National Forest Initiative, and more.

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.

12/10/23

Radiothons, Formula 1 Charity, [Ready.gov](https://www.ready.gov), and more

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 Movember; A government website, [ready.gov](https://www.ready.gov), that can provide tips during severe winter weather; and more.

12/17/23

Tennessee Tornado Relief, Covenant House, Holiday Health, and more

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.

12/24/23

Library Of Congress, Package Theft, Smart Phone Addiction, and more

We begin this episode with the new class of films added this week to the Library of Congress National Film Registry, bringing the total to 875 films. Titles include Home Alone, Fame, Terminator 2, 12 Years A Slave, Nightmare Before Christmas, among others. Other segments include UPS is now using AI to track the homes with the highest risk of Package Theft and offers alternative delivery options, so those homes receive their packages; When is the best time for kids and teenagers to get a smart phone to avoid smart phone addiction; Tipping advice; and more.

12/31/23

NFL Man of The Year Charity Challenge, Gift Card advice, remote workers returning to the office, tax season and tax planning.