

## Show Synopsis Week Of 1/17

### MONDAY 1/17:

#### **GUEST: EMILY NELSON**

WELL IF YOU'RE ANYTHING LIKE ME YOU'RE FEELING THE AFTER-EFFECTS OF ALL THE HOLIDAY INDULGENCES AND YOU'RE READY TO KICKSTART YOUR FITNESS ROUTINE. BUT HOW DO WE DO THAT WITHOUT THINKING THAT IT'S PUNISHMENT? EMILY NELSON, CO-FOUNDER OF HIGH FITNESS IS HERE WITH SOME ADVICE ON HOW TO IMPROVE YOUR HEALTH AND HAVE SOME FUN ALONG THE WAY. HI EMILY, THANK YOU FOR JOINING US TODAY.

#### **GUEST: BOSS LADIES - SHAUNYAA & LEONA**

THIS WEEK WE HAVE A SPECIAL TREAT IN THAT WE ARE JOINED BY A MOTHER-DAUGHTER DUO OF BOSS LADIES FROM BROOKLYN NEW YORK WHO HAVE FOUNDED THEIR OWN BEAUTY BRAND AND NOW INSPIRE OTHER FEMALE ENTREPRENEURS AROUND THE WORLD... SHAUNYA AND LEONA.

#### **GUEST: MAISHA WYNN**

AFTER LOSING HER MOTHER TO CANCER AND A MULTITUDE OF OTHER HEALTH ISSUES, OUR NEXT GUEST MADE A CONSCIOUS DECISION TO RETIRE FROM HER DEMANDING JOB AND FOCUS ON PROVIDING ASPIRATIONAL GUIDANCE TO OTHERS. MAISHA WYNN IS THE FOUNDER OF "LIVE TO WYNN" AND SHE'S THE AUTHOR OF "THE WYNNING WAY... THE ULTIMATE GUIDE TO PERSONAL AND PROFESSIONAL DEVELOPMENT."

#### **GUEST: MARK NEFF**

NO DOUBT THAT HAIRDRESSERS AND THEIR CLIENTS SHARE A VERY CLOSE AND TRUSTING RELATIONSHIP... THE ONE THAT MAKES YOUR "DO" LOOK SO GOOD IS ALSO GREAT AT LISTENING AND HANDING OUT SOME REALLY GOOD ADVICE

{MITCH}

THAT'S WHY WE'RE DEBUTING "ASK THE HAIRDRESSER" HERE ON THE SHOW, WE'LL GET THEIR TAKE ON SOME REAL-LIFE SITUATIONS AND SEE WHAT THEY HAVE TO SAY. JOINING US TODAY IS MARK NEFF - WHO TOOK HIS PASSION FOR LISTENING WHILE DOING HAIR TO HELPING PEOPLE TRANSFORM INTO A MORE PASSION-FILLED, PURPOSE-DRIVEN LIFE.

#### **WOMAN SURVIVES FIVE DAYS IN TRAPPED CAR**

A RETIRED NURSE FROM WASHINGTON STATE IS SHARING HER INCREDIBLE TALE OF SURVIVAL AFTER SPENDING FIVE DAYS TRAPPED INSIDE HER WRECKED CAR AT THE BOTTOM OF A RAVINE, WHERE SHE DRANK RAINWATER TO STAY HYDRATED AND PRAYED FOR DELIVERANCE.

#### **DON'T CALL HIM AN ACTOR**

NICOLAS CAGE WOULD PREFER HE NOT BE DESCRIBED AS AN "ACTOR." THE 57-YEAR-OLD PIG STAR SAYS THAT THE WORD ACTOR TO HIM IMPLIES THAT HE'S A GREAT LIAR, SO TO NOT SOUND PRETENTIOUS, HE PREFERS THE WORD 'THESPIAN' BECAUSE THESPIAN MEANS YOU'RE GOING INTO YOUR HEART, OR YOU'RE GOING INTO YOUR IMAGINATION, OR YOUR MEMORIES OR YOUR DREAMS, AND YOU'RE BRINGING SOMETHING BACK TO COMMUNICATE WITH THE AUDIENCE.

### TUESDAY, 1/18:

#### **GUEST: SUZANNE FANNING**

FROM THE VIRAL TIKTOK FETA PASTA TO DECLARING CHEESE THE OFFICIAL LOVE LANGUAGE, 2021 WAS A BIG YEAR FOR CHEESE LOVERS, AND IF YOU STILL HAVEN'T HAD ENOUGH – THAT IS GOOD NEWS FOR YOU BECAUSE 2022 IS ABOUT TO GET EVEN CHEESIER. WITH CHEESE CONSUMPTION AT RECORD HIGHS, THERE IS A LOT TO LOOK FORWARD TO THIS YEAR. JOINING US WITH A LOOK AT THE TOP CHEESE TRENDS IN 2022 IS SUZANNE FANNING, SENIOR VICE PRESIDENT FOR DAIRY FARMERS OF WISCONSIN AND CHIEF MARKETING OFFICER FOR WISCONSIN CHEESE.

### **CAR SMARTS WITH LAUREN FIX**

GETTING READY TO BUY A NEW CAR? IN TODAY'S CAR SMARTS, LAUREN FIX, THE CAR COACH TELLS US WHY YOUR NEXT NEW CAR IS GOING TO BE MUCH MORE EXPENSIVE.

### **INK BAN ON CHINA SOCCER PLAYERS**

CHINA'S NATIONAL TEAM SOCCER PLAYERS HAVE BEEN INSTRUCTED TO COVER UP OR REMOVE TATTOOS TO SET A GOOD EXAMPLE FOR SOCIETY.

### **BRA-HUMBUG**

A ONE-TIME SEX-TOY SHOP OWNER, WHO TANGLED WITH LOCAL OFFICIALS FOR 12 YEARS OVER HER STORE UNTIL IT FINALLY SHUT DOWN, SAYS THE TOWN OF BABYLON IS NOW TRYING TO DRIVE HER OUT OF BUSINESS AS SHE MARCHES HER KINKY BOOTS TOWARD A RELAUNCH.

54-YEAR-OLD NICOLE VERGARA WAS FORCED TO CLOSE CUPID'S IN JUNE, AFTER A LONG BATTLE WITH TOWN OFFICIALS WHO CLAIMED SHE WAS OPERATING WITHOUT THE PROPER PAPERWORK.

### **NYPD NAMES FIRST FEMALE COMMISH**

THE NEW YORK CITY POLICE DEPARTMENT HAS SWORN IN ITS FIRST FEMALE COMMISSIONER.

### **WEDNESDAY, 1/19:**

#### **GUEST: SARAH O'BRIEN**

DO YOU EVER UNWIND WITH A GLASS OF WINE BY YOURSELF? WHILE IT MIGHT SEEM NORMAL, SOLITARY DRINKING IS OFTEN A SIGN OF ALCOHOL ABUSE OR ALCOHOL ADDICTION.

HERE TO TELL US ABOUT THIS TYPE OF DRINKING IS SARAH O'BRIEN, AN ADDICTION SPECIALIST AT ARK BEHAVIORAL HEALTH, A LEADING DRUG AND ALCOHOL REHABILITATION CENTER THAT OPERATES FOUR RESIDENTIAL FACILITIES AND ONE OUTPATIENT FACILITY IN THE BOSTON AREA.

#### **CONTROVERSIAL TIPPING**

A TIKTOK USER HAS GONE VIRAL FOR SHOWING A CUSTOMER PAYING A TIP NOT WITH CASH -- BUT A GIFT CARD.

#### **WOMAN CREATES BLACK DOLL MUSEUM**

A WOMAN CREATED A VIRTUAL BLACK DOLL MUSEUM, RECLAIMING THE HISTORY OF BLACK DOLLS.

{TAKE VO} [FIRST LINE CG: WOMAN CREATES BLACK DOLL MUSEUM]

[SECOND LINE CG: COURTESY: @DEEBEEGEE'S VIRTUAL BLACK DOLL MUSEUM]

DEEBEEGEE'S VIRTUAL BLACK DOLL MUSEUM SHOWCASES A MYRIAD OF VINTAGE, ANTIQUE, MODERN, AND ONE-OF-A-KIND DOLLS TO RECLAIM THE NARRATIVE ABOUT THE HISTORICAL SIGNIFICANCE OF CONTEMPORARY BLACK DOLLS.

### **REBEL WILSON'S SIMPLE WEIGHT LOSS**

REBEL WILSON IS GOING INTO MORE DETAIL ABOUT HER WEIGHT LOSS JOURNEY AND SHARING THE EXTREMELY SIMPLE EXERCISE THAT HELPED HER LOSE 75 POUNDS. IN THE SEASON THREE PREMIERE OF APPLE FITNESS PLUS TIME TO WALK ON APPLE WATCH, WILSON TALKS ABOUT HER LIFE-CHANGING WEIGHT LOSS JOURNEY AND REVEALS EXACTLY WHAT MOTIVATED HER TO LIVE THE HEALTHIEST VERSION OF HERSELF. WILSON COULDN'T BELIEVE THE DOCTOR'S ADVICE WAS SO SIMPLE, JUST GO WALKING EVERYDAY.

### **BILLY JOEL COMPARES TSWIFT TO THE BEATLES**

TAYLOR SWIFT IS KNOWN FOR BREAKING HEARTS AND RECORDS, BUT BILLY JOEL IS CONVINCED SHE'S MORE THAN THAT. THE CROONER SAID THAT SWIFT IS HER GENERATION'S BEATLES.

### **THURSDAY, 1/20**

#### **AIRLINE DENIES GENDER X TIX PURCHASE**

A MOM IS SUING DELTA AIRLINES AFTER THEY DENIED HER PURCHASE OF A TICKET FOR HER CHILD WHO IDENTIFIES AS GENDER X.

#### **MAN STOPS DRIVE-THRU PAY-IT-FORWARD**

A MAN AT THE STARBUCKS DRIVE THRU STOPPED THE PAY IT FORWARD THAT HAD BEEN GOING ON FOR SEVERAL CARS. HE PAID HER FOR HIS \$6 DRINK WHILE THE PERSON BEHIND HIM WAS FORCED TO PAY OVER \$40.

#### **APARTMENT WITH SHOWER IN LIVING ROOM**

IMAGINE LOUNGING IN YOUR NEW YORK CITY LIVING ROOM -- RELAXING ON A COUCH THAT CAN FACE A FIREPLACE WITH A HANDSOME WOODEN MANTEL. YOU LOOK TO YOUR LEFT AND SEE A SHOWER. YES, A SHOWER IN YOUR LIVING ROOM.

#### **HALLE BERRY FAKES MARRIAGE**

HALLE POSTED PICS THAT MADE IT LOOK LIKE SHE AND BOYFRIEND, VAN HUNT, ARE NOW HUBBY AND WIFE. THE PHOTOS WERE TAKEN IN A CHAPEL ON WHAT APPEARS TO BE A RESORT IN BORA BORA. WELL, IT LOOKED REAL ENOUGH FOR DWAYNE JOHNSON AND OCTAVIA SPENCER TO FALL FOR IT. IT'S ACTUALLY EASY TO MISS THE JOKE. HALLE CAPTIONED THE PIC, "WELL, IT'S OFFICIAL!" WHEN YOU READ THE CAPTION NEXT TO THE PIC OF THE 55-YEAR-OLD ACTRESS WEARING A FLOWER CROWN AS SHE GETS UP ON HER TOES TO KISS VAN, WELL, IT'S EASY TO GET CLOWNED.

### **FRIDAY, 1/21**

#### **WINE-TO-GO MAKING COMEBACK**

PEOPLE IN NY WILL SOON BE ABLE TO CARRY AND DRINK WINE ON THE GO.

#### **RIGHT WAY TO EAT A HOTDOG**

SEEMS AS IF WE'VE BEEN EATING HOTDOGS WRONG ALL ALONG. WE DEMONSTRATE THE CORRECT WAY.

#### **MAYA ANGELOU QUARTER**

THE NEW QUARTER WITH MAYA ANGELOU'S FACE HAVE BEGUN DISTRIBUTION.

**SINEAD O'CONNOR HOSPITALIZED**

SINGER SINEAD O'CONNOR REMAINS HOSPITALIZED AFTER HER SON'S DEATH.

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