

Show Synopsis Week Of 11/29

MONDAY 11/29:

GUEST: MARK NEFF

OUR NEXT GUEST, MARC NEFF, HAS HIS OWN TRANSFORMATION STORY FROM HAIRSTYLIST TO AUTHOR AND LIFE COACH, AND ACTUALLY REFERS TO HIMSELF AS A "HAIRAPIST"

GUEST: BOSS LADY: ALICEA FIECHTER

TODAY WE'RE CHATTING WITH ALECIA FIECHTER, OWNER OF JOY MUSIC STUDIOS. NOT ONLY HAS ALECIA TRAVELED TO EVERY CORNER OF THE WORLD INSPIRING OTHERS WITH HER BEAUTIFUL VOICE, SHE NOW USES HER GIFT TO TEACH OTHERS HOW TO MAKE MUSIC A PART OF THEIR EVERY DAY LIFE.

HIGHWAY CASH GRAB FRENZY

AN ARMORED TRUCK SPILLED ITS LOAD ON A CALIFORNIA HIGHWAY, SPARKING A CASH-GRAB FRENZY THAT RESULTED IN TWO ARRESTS. THE TRUCK'S DOOR FLEW OPEN, SENDING BILLS FLYING OVER THE INTERSTATE, HALTING TRAFFIC AS DRIVERS GOT OUT OF THEIR CARS TO SNATCH WHAT THEY COULD.

RICH DOG SELLING ESTATE

THE RICHEST DOG IN THE WORLD COULD SOON BECOME EVEN RICHER! A VERY LUCKY GERMAN SHEPHERD NAMED GUNTHER THE SIXTH IS THE BENEFICIARY OF A TRUST WHICH OWNS A NINE-BEDROOM, EIGHT-AND-A-HALF BATH MIAMI ESTATE ONCE OCCUPIED BY MADONNA. THE WATERFRONT HOME WAS PASSED ON TO GUNTHER BY HIS INHERITANCE, AND HE HAS LISTED IT FOR A WHOPPING \$31-MILLION.

PEOPLE'S ICON HALLE BERRY

HALLE BERRY IS MAKING HER ICON STATUS OFFICIAL. THE ACTRESS, PRODUCER AND DIRECTOR IS SET TO RECEIVE THE PEOPLE'S ICON AWARD AT THE 2021 PEOPLE'S CHOICE AWARDS ON DECEMBER 7TH IN A LIVE CEREMONY.

LOOK LIKE A VIKING

IF YOU'VE SEEN VIKINGS DEPICTED ON TV, YOU'D BE FORGIVEN FOR PICTURING THEM WITH UNKEMPT BEARDS, WEARING HELMETS WITH HORNS AND READY FOR BATTLE. BUT DANISH PHOTOGRAPHER, DESIGNER AND VIKING DESCENDENT JIM LYNGVILD WANTS TO GIVE THEM MORE DEPTH. LYNGVILD'S IMAGINATION HAS TAKEN HIM TO PHOTOGRAPHING PEOPLE DRESSED AS HISTORICAL AND MYTHOLOGICAL VIKINGS OUT IN NATURE, WITH BRIGHTLY COLORED CLOTHES OR LONG FLOWING HAIR.

TUESDAY 11/30:

STRICT MARRIAGE RULES

TIKTOK USER BAILEY, WHO POSTS UNDER BMCP-HER, UPLOADED A VIDEO ON THE BOUNDARIES SHE HAS WITH HER PARTNER IN THEIR CHRISTIAN MARRIAGE. SHE WROTE: "RULES MY HUSBAND AND I HAVE FOR OUR MARRIAGE THAT MAKE PEOPLE ANGRY." FIRST UP BAILEY REVEALED THAT THE COUPLE HAVE "NO FRIENDS OF THE OPPOSITE SEX."

11 KIDS AND COUNTING

A SOON-TO-BE MOM OF 12 HAS EXPRESSED HOW SHE DOESN'T USE CONTRACEPTION – AND HAS BEEN PREGNANT EVERY YEAR SINCE 2008. 37-YEAR-OLD COURTNEY ROGERS WAS A VIRGIN WHEN SHE MARRIED HER PASTOR HUSBAND CHRIS, IN OCTOBER 2008. NOW COURTNEY AND CHRIS ARE PARENTS TO 11 KIDS, WITH THE OLDEST BEING 11 AND THE YOUNGEST 1 YEAR OLD, AND ANOTHER BABY IS ON THE WAY. BABY NUMBER 12 IS DUE IN MARCH AND THE FAMILY SAVES MONEY BY USING CLOTH NAPPIES AND SKIPPING PRE-PACKAGED SNACKS IN FAVOR OF FRESH FRUIT THEY'VE GROWN.

A VERY BOY BAND HOLIDAY

BOY, OH BOY! ABC IS MAKING SURE VIEWERS HAVE A VERY MERRY HOLIDAY SEASON. THE NETWORK ANNOUNCED THE NEW SPECIAL A VERY BOY BAND HOLIDAY, WHICH WILL SEE APPEARANCES AND PERFORMANCES FROM MEMBERS OF NSYNC, NEW EDITION, NEW KIDS ON THE BLOCK, BOYZ TO MEN, 98 DEGREES AND O-TOWN. THE SHOW, SET TO AIR DECEMBER 6TH, WILL SEE THE BOY-BANDERS ALL GATHER FOR A NOSTALGIC NIGHT OF MERRY HITS.

MUSHROOMS LINKED TO ANTI-DEPRESSION

ACCORDING TO A NEW STUDY, PEOPLE WHO EAT MUSHROOMS COULD HAVE A LOWER RISK OF EXPERIENCING DEPRESSION. FOR THE STUDY, RESEARCHERS FROM PENN STATE UNIVERSITY USED DATA ON DIET AND MENTAL HEALTH COLLECTED FROM MORE THAN 24-THOUSAND AMERICAN ADULTS. BECAUSE MUSHROOMS CONTAIN NUMEROUS BIOACTIVE COMPOUNDS THAT MAY BE ASSOCIATED WITH REDUCED ANXIETY, NERVE GROWTH FACTOR, ANTIOXIDANTS, AND ANTI-INFLAMMATORY AGENTS, THE RESEARCHERS CONCLUDED THAT MUSHROOM CONSUMPTION IS ASSOCIATED WITH A LOWER RISK OF DEPRESSION.

HARRY STYLES LAUNCHES BEAUTY BRAND

ONE OF THE MOST HIGHLY-ANTICIPATED BEAUTY LAUNCHES OF THE YEAR IS HERE. HARRY STYLES HAS REVEALED HIS BRAND CALLED PLEASING, A COLLECTION OF NAIL POLISHES AND SKINCARE PRODUCTS.

WEDNESDAY 12/1:

MAN STUCK IN WALL RESCUED

FIREFIGHTERS IN UPSTATE NEW YORK RESCUED A NAKED MAN WHO WAS STUCK FOR SEVERAL DAYS INSIDE THE BATHROOM WALL OF A THEATER. THE SYRACUSE FIRE DEPARTMENT RESPONDED AFTER EMPLOYEES HEARD SOMEONE BANGING OF THE WALL AND YELLING FOR HELP. THE ADULT MALE WAS BELIEVED TO HAVE ENTERED THE THEATRE TWO OR THREE DAYS EARLIER.

THE ROCK WANTS TO BE THE NEXT BOND

THE OTHER DAY WE TOLD YOU HOW RYAN REYNOLDS WANTS TO BE THE NEXT DOUBLE-OH-7, WELL HE MIGHT HAVE SOME COMPETITION BECAUSE NOW THE ROCK WANTS THE JOB! PRO WRESTLING STAR TURNED ACTOR DWAYNE JOHNSON HAS AN INTEREST IN SUCCEEDING DANIEL CRAIG AS JAMES BOND.

JOHNSON -- WHOSE GRANDFATHER PETER MAIVIA PLAYED A BOND VILLAIN IN THE 1967 "YOU ONLY LIVE TWICE" -- ISN'T CONTENT WITH JUST APPEARING IN A MOVIE IN THE MOVIE FRANCHISE..

CHRISSEY TEIGEN GETS NEW EYEBROWS

CHRISSEY TEIGEN IS EXCITED ABOUT HER LATEST TRANSFORMATION! THE 35-YEAR-OLD MODEL SHARED HER NEW LOOK TO HER INSTAGRAM FOLLOWING EYEBROW TRANSPLANT SURGERY, WHERE HAIRS ARE TAKEN FROM THE BACK OF A PATIENT'S HEAD AND PLACED ON THE FACE TO CREATE A FULLER SET OF BROWS. TEIGEN CALLED THE RESULTS "CRAZY" IN THE CAPTION. THE LIP SYNC BATTLE PERSONALITY GUSHED OVER HER NEW LOOK AGAIN LATER IN THE EVENING.

HOW LONG SHOULD YOU BRUSH TEETH?

A LOT OF US ARE FAMILIAR WITH THE ADVICE THAT WE SHOULD BRUSH OUR TEETH TWICE A DAY, AND FOR AT LEAST TWO MINUTES EACH TIME. BUT HERE'S THE TRUTH ON HOW LONG WE SHOULD BRUSH FOR. ACCORDING TO RESEARCH, TO REMOVE AS MUCH PLAQUE AS POSSIBLE MORE IS BETTER -- WITH THE BEST RESULTS AT THREE TO FOUR MINUTES. DOES THAT MEAN WE SHOULD DOUBLE OUR BRUSHING TIME? WHILE BRUSHING LONGER THAN TWO MINUTES IS SHOWN TO REMOVE MORE PLAQUE, THERE'S STILL A LACK OF RESEARCH WHICH HAS LOOKED AT WHETHER MORE THAN TWO MINUTES OF BRUSHING IS LINKED WITH BETTER LONG-TERM ORAL HEALTH COMPARED WITH TWO MINUTES.

THURSDAY 12/2:

DATE SENDS WOMAN HOME OVER HER OUTFIT

A MICHIGAN WOMAN HAS GONE VIRAL ON TIKTOK AFTER REVEALING THAT SHE WAS LEFT HEARTBROKEN WHEN HER DATE SENT HER HOME IN AN UBER BECAUSE HE DIDN'T LIKE HER OUTFIT.

JABS -- WHO POSTS REGULARLY ABOUT HER "DATING CHRONICLES" ON THE SOCIAL MEDIA PLATFORM -- WORE A BLACK, LONG-SLEEVED CROP TOP AND PINK, PAPER-BAG TROUSERS FOR THE EVENT. HOWEVER, WHEN SHE WENT TO PICK GREG UP, HE DID NOT APPROVE OF THE ENSEMBLE.

WOMAN SWALLOWS AIRPOD

A TIKTOK USER HAS SHARED HOW SHE ACCIDENTALLY SWALLOWED ONE OF HER AIRPODS.

SAYING ON TIKTOK THAT SHE WAS SHARING THIS INFORMATION "FOR EDUCATIONAL PURPOSES," IT'S GOOD TO NOTE THAT THE AIRPOD DID COME OUT THROUGH THE NORMAL COURSE OF EVENTS, THOUGH SHE SAYS THAT SHE HAD AN X-RAY TO CONFIRM IT, AND SHE WON'T BE TRYING TO USE THAT AIRPOD AGAIN.

UK SAYS OCTOPUS & SQUID ARE SENTIENT BEINGS

THE UNITED KINGDOM IS ADDING AN AMENDMENT TO ITS ANIMAL WELFARE BILL TO RECOGNIZE CREATURES SUCH AS OCTOPUS, CRABS, SQUIDS, AND LOBSTERS AS SENTIENT CREATURES.

THE BILL AIMS TO ENSURE ANIMAL SENTIENCE IS TAKEN INTO ACCOUNT WHEN DEVELOPING GOVERNMENT POLICY, AND AS SUCH COULD INFORM DEBATES AROUND ANIMAL RIGHTS AND DIETARY CHOICES.

COUNTRY'S TALLEST IN-DOOR XMAS TREE

IF SEEING MASSIVE CHRISTMAS TREES BRINGS YOU IMMENSE JOY, CONSIDER VISITING DALLAS, TEXAS. EVERY YEAR, THE SHOPPING MALL GALLERIA DALLAS DISPLAYS THE COUNTRY'S TALLEST INDOOR CHRISTMAS TREE. IT RECENTLY WENT UP FOR THIS HOLIDAY SEASON, AND IT'S A MUST-SEE FOR ANYONE WHO CAN'T GET ENOUGH OF SEASONAL DECOR.

12 STAND TRIAL OVER KIM K PARIS HEIST

TWELVE PEOPLE WILL STAND TRIAL IN PARIS OVER A \$10 MILLION JEWELRY HEIST TARGETING KIM KARDASHIAN IN 2016. THE REALITY TV STAR SAID SHE WAS TIED UP AT GUNPOINT AND LOCKED IN A BATHROOM AFTER ARMED ROBBERS FORCED THEIR WAY INTO HER RENTED PARIS APARTMENT DURING FASHION WEEK.

FRIDAY 12/3:

TBD

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