

Show Synopsis - Week Of 2/28

MONDAY 2/28

GUEST: JEFFREY TRIGO

HAVE YOU EVER WONDERED WHY OUR MODERN LIFE IS FULL OF SO MUCH SICKNESS AND DISEASE? OUR NEXT GUEST IS ON A MISSION TO HELP US HEAL WITH A BOOK HE WROTE CALLED TO HEAL A NATION – A PHYSICAL, MENTAL, AND SPIRITUAL WELLNESS GUIDE. JEFFREY TRIGO, IS A CHIROPRACTOR WITH A PRACTICE IN HUNTINGTON BEACH, CALIFORNIA AND IN HIS BOOK HE OFFERS NATURAL WAYS TO OPTIMIZE YOUR HEALTH AND WELLNESS.

BOSS LADY GUEST: MICHELLE WELCH

WE'RE CHATTING WITH BUSINESS OWNER AND MOMPREENEUR MICHELLE WELCH WHO FOUNDED HER FIRST BUSINESS AT JUST 25 YEARS AND IT CAME ABOUT OUT OF MOMENT OF HITTING ROCK BOTTOM.

GUEST: ARNIT DEMESMIN

BECOMING A NEW MOTHER COMES WITH MANY CHALLENGES, AFTER MONTHS OF PREGNANCY YOUR BODY NEEDS AND DESERVES SOME ATTENTION AND LOVE. BUT IT CAN BE DIFFICULT TRYING TO BALANCE YOUR OWN HEALTH AND FITNESS WHILE ALSO BEING ATTENTIVE TO YOUR BABY. OUR GUEST ARNIT DEMESMIN KNOWS THAT STRUGGLE VERY WELL AND CREATED HER OWN MOMMY AND ME BOOTCAMP CALLED STRONG AS A MOTHER TO HELP HER AND HER CLIENTS GET BACK INTO SHAPE WHILE INCORPORATING THEIR BABIES INTO THEIR FITNESS ROUTINE

DISNEY NEIGHBORHOOD

DISNEY ANNOUNCED PLANS TO CREATE MULTIPLE RESIDENTIAL NEIGHBORHOODS ACROSS THE UNITED STATES.

A DISNEY SPOKESPERSON SAID THAT "COTINO," THE FIRST PROJECT IN ITS STORY LIVING BY DISNEY VENTURE, WILL HAVE ABOUT 19-HUNDRED RESIDENTIAL UNITS OF VARYING TYPES.

PRICES HAVE NOT BEEN ANNOUNCED, THOUGH THE SPOKESPERSON SAID HOME PRICES WILL BE SET BY THE HOMEBUILDER, TAKING INTO ACCOUNT MARKET CONDITIONS.

DOLLY PARTON AYS EMPLOYEE TUITION

DOLLY PARTON'S THE DOLLYWOOD COMPANY HAS ANNOUNCED THAT IT WILL COVER 100% OF TUITION, FEES AND BOOKS FOR ANY EMPLOYEE WHO IS FURTHERING THEIR EDUCATION.

TUESDAY, 3/1

GUEST: KATHERINE SELLERY

LET'S TALK PARENTING. TODAY WE'RE DISCUSSING WHY IT'S OKAY TO RAISE KIDS WHO ARE SELF-CENTERED. I KNOW, I KNOW, IT DOESN'T SOUND RIGHT, BUT HEAR ME OUT. KIDS WHO ARE ALLOWED TO EXPERIENCE THEMSELVES FULLY AND BUILD A STRONG SENSE OF SELF- ARE BETTER EQUIPPED TO TRULY CONSIDER OTHERS AS THEY GROW UP. HERE TO TALK MORE ABOUT THIS IS PARENTING COACH AND EXPERT KATHERINE SELLERY.

ONE BEST PLACE TO BE A WOMAN

ICELAND REGULARLY TOPS LISTS OF VACATION SPOTS FOR ADVENTUROUS TRAVELERS, BUT THE COUNTRY ALSO TOPS THE LIST IN ANOTHER CATEGORY, NAMELY, IT IS WIDELY CONSIDERED TO BE ONE OF THE BEST PLACES IN THE WORLD TO BE A WOMAN.

RESTAURANT POSTS STRICT DRESS CODE

AN UPMARKET RESTAURANT HAS IMPLEMENTED A STRICT DRESS CODE POLICY, WHICH BANS PEOPLE WITH TATTOOS, HEAVY JEWELRY, AND DESIGNER ATTIRE.

NE-YO BLAMES MISOGYNY ON WOMEN

NE-YO SAYS WOMEN SHOULD STOP DANCING TO CERTAIN RECORDS IF THEY WANT MEN TO STOP USING MISOGYNISTIC TERMS.

HIRING DOUGHNUT ENTHUSIAST

HAVE YOU EVER DREAMED OF A ROLE THAT OFFERS THE CHANCE TO COMBINE YOUR SOCIAL-MEDIA SKILLS WITH AN OPPORTUNITY TO EAT FREE DOUGHNUTS? A SAN FRANCISCO DOUGHNUT CHAIN IS HIRING A "DOUGHNUT ENTHUSIAST CONTENT INTERN" TO TAKE PICTURES AND VIDEOS OF THE 35-HUNDRED DOUGHNUTS IT HAND MAKES EACH DAY.

WEDNESDAY, 3/2

GUEST: JUAN ESCOBEDO

OUR NEXT GUEST IS AN AWARD-WINNING ACTOR, DIRECTOR AND PHOTOGRAPHER WHO CREATES FILMS WITH MESSAGES PROMOTING SEXUAL HEALTH AND WELLNESS AMONG TEENS, ESPECIALLY AT RISK YOUTH. HE'S BECOME THE GO-TO FILMMAKER TO CREATE FILMS FOR NONPROFITS WITH THE RIGHT ANGLES AND MESSAGES. WE WELCOME TO THE SHOW JUAN ESCOBEDO.

GUEST: CLAIRE SMALLWOOD

"SHE-JUMPS" IS A NON-PROFIT ORGANIZATION THAT ENCOURAGES WOMEN AND GIRLS TO UNEARTH THEIR POTENTIAL THROUGH OUTDOOR PLAY AND CONNECTION TO NATURE. THIS WEEKEND, MARCH 4-6 IS THEIR ANNUAL GET THE GIRLS OUT! PROGRAM WHICH WILL LEAD UP TO INTERNATIONAL WOMEN'S DAY ON MARCH 8. HERE TO TALK MORE ABOUT THE PROGRAM IS SHE JUMP'S EXECUTIVE DIRECTOR, CLAIRE SMALLWOOD.

MAN ARRESTED FOR JOYRIDE ON MLB FIELD

A MAN WAS ARRESTED FOR FELONY VANDALISM AFTER DRIVING HIS SUV ONTO THE PETCO PARK FIELD, HOME OF MAJOR LEAGUE BASEBALL'S SAN DIEGO PADRES.

TIKTOKER ESCAPES SHARK ATTACK

A TIKTOKER RECOUNTED THE STORY OF HOW SHE WON A CONFRONTATION WITH A LEMON SHARK THAT HAD LATCHED ONTO HER FOOT BY PUNCHING IT REPEATEDLY IN THE FACE.

HOUSEWIFE WANTS NO SHOW CLIPS IN TRIAL

JEN SHAH ISN'T INTERESTED IN PLAYING HER REALITY SHOW IN THE COURTROOM. SHAH HAS FILED SEVERAL REQUESTS PERTAINING TO HER INVOLVEMENT IN "THE REAL HOUSEWIVES OF SALT LAKE CITY" -- INCLUDING NOT USING FOOTAGE FROM THE BRAVO SHOW AT HER UPCOMING TRIAL.

RICK ROSS BUYS A COW

HIP HOP STAR RICK ROSS GOT GIDDY OVER THE PURCHASE OF HIS COVETED BULL.

THE MAYBACH MUSIC GROUP FOUNDER, RAPPER AND ENTREPRENEUR, MIGHT HAVE IT ALL BUT SURELY ONE OF THE HAPPIEST DAYS OF HIS LIFE CAME BY WAY OF PURCHASING -- AND MEETING -- HIS FIRST BULL.

THURSDAY, 3/3

GUEST: LAUREN HAUSWIRTH

MARCH IS NATIONAL NUTRITION MONTH AND A GOOD TIME TO TAKE STOCK OF OUR EATING HABITS. WHEN IT COMES TO HEALTH AND NUTRITION, WHAT WE DO ON A DAILY BASIS MATTERS MOST. BUT EVEN WHEN WE TRY OUR BEST TO EAT A VARIETY OF HEALTHY FOODS, WE STILL MAY NOT BE GETTING ALL THE NUTRIENTS WE NEED. OUR NEXT GUEST LAUREN HAUSWIRTH OF GENUINE HEALTH HAS SOME IDEAS ON HOW WE CAN BOOST OUR NUTRITIONAL INTAKE.

WOMEN'S SOCCER EQUAL PAY SETTLEMENT

THE U.S. NATIONAL WOMEN'S SOCCER TEAM WINS \$24 MILLION IN EQUAL PAY SETTLEMENT.

YOUNGEST FEMALE PILOT

A 24-YEAR OLD TO MAKE HISTORY AS YOUNGEST BLACK FEMALE PILOT FOR COMMERCIAL AIRLINES.

AIRLINE DITCHES HIGH HEELS

ULTRA AIR'S FEMALE CABIN CREW MEMBERS WON'T NEED TO USE HIGH HEELS WHILE WORKING ON A COMMERCIAL FLIGHT.

WENDY SHOW CANCELLED

'WENDY' CANCELED: WHY 'THE WENDY WILLIAMS SHOW' IS ENDING AFTER 14 YEARS.

FRIDAY, 3/4

POOP SMELLING JOB

A PLANT-BASED PET FOOD COMPANY IN BRITAIN IS OFFERING TO PAY A DOG OWNER MORE THAN \$6,000 TO SWITCH THEIR CANINE'S DIET FOR TWO MONTHS AND KEEP TRACK OF THE PET'S POOP SMELLS.

PROPS FROM 'THE CROWN' STOLEN

PROPS FROM THE NETFLIX ROYAL DRAMA "THE CROWN" HAVE BEEN STOLEN. SOUTH YORKSHIRE POLICE SAY PROPS USED IN FILM AND TELEVISION PRODUCTION WERE REPORTED STOLEN FROM THREE VEHICLES.

TY PENNINGTON REACTS TO AGEISM

HGTV STAR TY PENNINGTON IS RESPONDING TO CRUEL COMMENTS HE RECEIVED AFTER SHARING A VIDEO OF HIMSELF SHIRTLESS AND DANCING ON A BEACH.

WOMAN DEEMED "TOO FAT TO FLY"

A UK TRAVEL BLOGGER WHO FILMED HERSELF STRUGGLING TO FIT IN A PLANE SEAT HAS DIVIDED COMMENTERS — WITH CRITICS TELLING HER TO BUY TWO SEATS OR FORGO FLYING ALTOGETHER. THE NOW-VIRAL VIDEO OF HER MILE-HIGH MISHAP CURRENTLY BOASTS 1.7 MILLION VIEWS ON TIKTOK.

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