

SHOW SYNOPSIS - WEEK OF 3/14

MONDAY, 3/14

GUEST: ASK THE HAIRDRESSER: TOM GNAU

THEY MAKE YOU LOOK OH SO GOOD BUT SOME MAY SAY THAT YOUR HAIRDRESSER IS MORE LIKE YOUR THERAPIST OR EVEN A CONFIDANT...

SO, YOU KNOW THAT THEY HAVE A GREAT PERSPECTIVE ON THINGS AND THAT'S WHY WE HAVE A SEGMENT CALLED "ASK THE HAIRDRESSER"

THIS WEEK WE'RE TALKING WITH HAIRDRESSER TOM GNAU (FROM "GULFPORT, MISSISSIPPI" AND HEARING HIS PERSPECTIVE ON LIFE AND OTHER THINGS.

GUEST: AARON MATTERN

TRANSFORMING YOUR HEALTH AND FITNESS PERFORMANCE CAN SEEM PRETTY DAUNTING, COMPLICATED, AND HONESTLY, QUITE HARD. BUT ELEVATING YOUR FITNESS PERFORMANCE CAN BE AS SIMPLE AND EFFECTIVE AS WEARING APPAREL THAT SUPPORTS YOUR GOALS. TODAY WE'RE TALKING ABOUT ONE OF THE HOTTEST FITNESS TRENDS OF 2022, RESISTANCE PANTS. WE ARE JOINED BY THE CEO OF AGOGIE AARON MOTTERN, TO GIVE US MORE INSIGHT ON THE HYPE BEHIND RESISTANCE BAND APPAREL.

SOPHIE'S CHEMO BAGS

SOPHIE ENDERTON STARTED HER "SOPHIE'S CHEMO BAGS" INITIATIVE AFTER SEEING HER LATE GRANDFATHER UNDERGO CHEMOTHERAPY AFTER HE WAS DIAGNOSED WITH PANCREATIC CANCER.

SOPHIE AND HER MOM RESEARCHED CHEMO-FRIENDLY CARE PACKAGE IDEAS ON PINTEREST, WHILE SHE AND HER GRANDPARENTS WENT SHOPPING FOR COMFORTING ITEMS.

ISLAND LOOKING FOR OWNER

HAVE YOU EVER WANTED TO OWN A TROPICAL ISLAND? THE IDEA MIGHT SEEM UNATTAINABLE TO MOST, BUT ONE GROUP OF TRAVELERS HAS MADE THAT DREAM A REALITY BY PURCHASING THE WORLD'S FIRST CROWDFUNDED ISLAND.

CHARLIE SHEEN RETURNING TO TV

CHARLIE SHEEN IS MAKING HIS WAY BACK TO TELEVISION FOR THE NEW DRAMEDY SERIES RAMBLE ON.

THE TWO AND A HALF MEN ALUM STARS AS HIMSELF ALONGSIDE HBO SERIES ALUM KEVIN CONNOLLY AND KEVIN DILLON, WHO ALSO PLAY THEMSELVES AS THE HOLLYWOOD VETERANS LOOK TO REINVENT THEIR VOICES ALONGSIDE UP AND COMERS LOOKING TO ESTABLISH THEIR OWN.

TUESDAY, 3/15

GUEST: MIKE VENY

WHAT DO YOU GET WHEN YOU MIX MENTAL HEALTH CHALLENGES WITH A PASSION FOR DRUMMING? A DYNAMIC SPEAKER AND MUSICIAN WHO DELIVERS RAW ENERGY WITH A FRESH PERSPECTIVE ON WELLNESS! OUR NEXT GUEST IS A HIGHLY SOUGHT-AFTER KEYNOTE MENTAL HEALTH SPEAKER AND ADVOCATE FOR THE HEALTHCARE INDUSTRY. WE WELCOME MIKE VENY TO THE SHOW!

GUEST: KATHERIN SELLERY

SHOCKING SCENES OF WAR CAN STIR A LOT OF EMOTIONS FOR ADULTS AND YOUNG PEOPLE. CHILDREN MAY WANT TO TALK ABOUT THE IMAGES EVEN IF THEY DON'T FULLY UNDERSTAND WHAT THEY ARE SEEING. IT'S IMPORTANT PARENTS GIVE CHILDREN A SAFE SPACE TO DISCUSS THEIR CONCERNS WITHOUT FORCING THE CONVERSATION. HERE TO SHARE MORE ON THIS TOPIC IS PARENTING COACH & EXPERT KATHERINE SELLERY.

CAR SMARTS WITH LAUREN FIX

IT WILL BE NO SURPRISE TO YOU, BUT YOU ARE GOING TO PAY MORE FOR YOUR NEXT CAR... IN TODAY'S CAR SMARTS, LAUREN FIX TELLS US WHY AND WHAT YOU CAN DO ABOUT IT.

FREE TRIP TO THE MOON

NASA WILL LET YOU SEND YOUR NAME ON A FLIGHT AROUND THE MOON – FOR FREE. IT'S THE PERFECT TREAT FOR SPACE FANS WHO LONG TO GO TO SPACE...EVEN IF ONLY IN NAME.

THE OFFER IS TO HAVE YOUR NAME SAVED ON A FLASH DRIVE AS PART OF THE UPCOMING ARTEMIS MISSION.

50 CENT THREATENS TO LEAVE STARZ

ONE THING 50 CENT CAN DO WELL IS BRING ATTENTION TO ANY SITUATION. THE G-UNIT BOSS IS THREATENING TO LEAVE THE STARZ NETWORK AND TAKE HIS SUCCESSFUL FRANCHISE SHOWS WITH HIM.

50 CENT EXPRESSED HIS DISAPPOINTMENT WITH STARZ AFTER DISCOVERING THAT THEY RENEWED THE DRAMA HIGHTOWN FOR A THIRD SEASON AND HAVEN'T DONE THE SAME FOR HIM. HE TOOK TO HIS INSTAGRAM ACCOUNT TO DISCUSS HOW HE FELT SLIGHTED BY THE NETWORK.

SUZANNE SOMERS THIGH-MASTER PAYDAY

SUZANNE SOMERS HAS REVEALED HOW MUCH SHE'S MADE THANKS TO HER FAMOUS FITNESS DEVICE, THE THIGHMASTER.

THE 75-YEAR-OLD SOMERS OPENED UP ABOUT THE SUCCESS OF THE PRODUCT, WHICH WAS FIRST RELEASED IN THE NINETIES.

WEDNESDAY, 3/16**GUEST: DR. CHRIS PERRON**

ACCORDING TO THE CDC, ALMOST 25 MILLION AMERICANS SUFFER FROM SPRINGTIME ALLERGIES. OUR NEXT GUEST HAS A SIMPLE PLAN OF SEVEN HABITS FOR HEALTHY LIVING. WELCOME TO THE SHOW, 2021'S CHIROPRACTOR OF THE YEAR, DR. CHERIS PERRON.

GUEST: FRANCESCA SIPMA

IF YOU ARE ON A QUEST FOR SELF-AWARENESS AND SELF-IMPROVEMENT, YOU'LL WANT TO HEAR THIS. OUR NEXT GUEST, FRANCESCA SIPMA, LEFT THE CORPORATE WORLD TO STUDY SELF-DEVELOPMENT AND HEALING MODALITIES IN BALI, INDIA, AND PERU. WHAT SHE DISCOVERED DURING THIS TIME HELPED HER BUILD HER CURRENT BREATHWORK AND HYPNOTHERAPY PRACTICE.

GUEST: JOHN KING

OVER THE PAST DECADE COUNTRY MUSIC HAS TRANSITIONED FROM THE STEREOTYPICAL BANJO AND FIDDLE SOUNDS TO THE URBANIZED COUNTRY-POP AND SOUTHERN ROCK SONGS THAT ARE TOPPING THE CHARTS. THIS NEW WAVE OF COUNTRY MUSIC IS GAINING SUPPORT FROM LISTENERS ACROSS ALL GENRES, AND NEW AND OLD COUNTRY MUSIC ARTISTS ARE PUTTING OUT ALBUMS THAT ARE MORE MODERNIZED BUT STILL HAVE THE SAME COUNTRY ROOTS THAT MAKE THE MUSIC SO CHARMING. TODAY WE ARE JOINED BY ONE OF COUNTRY MUSIC'S NEWER BREAKOUT STARS, JOHN KING.

APPLE'S TIM COOK BIG PAYDAY

APPLE SHAREHOLDERS VOTED TO APPROVE A NEARLY \$100 MILLION COMPENSATION PACKAGE FOR CEO TIM COOK -- SIGNALING THEIR SUPPORT DESPITE AN ADVISORY FIRM'S STANCE THAT THE AWARDS WERE A TAD EXCESSIVE.

SHERRI SHEPARD SHOW GUEST REQUEST

SHERRI SHEPHERD WOULD LOVE TO HAVE WENDY WILLIAMS ON AS A GUEST WHEN SHE BEGINS PRODUCTION OF HER OWN TALK SHOW.

SAN DIEGO CROWNED LEAST-AFFORDABLE CITY

SUN-SOAKED SAN DIEGO IS HOME TO THE LEAST AFFORDABLE METRO HOUSING MARKET IN AMERICA.

THE CITY SURPASSED ITS NORTHERN CALIFORNIA NEIGHBOR, THE NOTORIOUSLY PRICEY SAN FRANCISCO, EARLIER THIS YEAR.

THURSDAY, 3/17**GUEST: JULIANNE STANZ**

TODAY IS ST. PATRICK'S DAY AND HERE TO TALK ABOUT HOW ST. PATRICK'S DAY IS OBSERVED ON THE EMERALD ISLE, IS AUTHOR JULIANNE STANZ WHO WAS BORN AND RAISED IN IRELAND AND NOW LIVES HERE IN THE STATES.

ASHTON & MILA UKRAINE FUNDRAISING GOAL

MILA KUNIS REVEALS HER FUNDRAISER TO HELP UKRAINIANS HAS REACHED OVER HALF OF \$30 MILLION GOAL.

PRANK SPARS HIJACKING SCARE

A YOUNG BOY'S PRANK CAUSED A FRIGHTENING EXPERIENCE FOR FLIGHT PASSENGERS AND CREW. AN ALASKA AIRLINES FLIGHT WAS ON ITS WAY TO ORLANDO, FLORIDA WHEN IT SUDDENLY LANDED FROM REPORTS OF A HIJACKING.

PUMPING GAS GONE WRONG

A VIRAL VIDEO OF A WOMAN STRUGGLING WITH A GAS PUMP THAT IS QUICKLY DISPENSING GAS HAS GARNERED BACKLASH FOR THE TIKTOKER WHO POSTED IT.

BOOKING AIRBNB TO HELP UKRAINIANS

PEOPLE ACROSS THE GLOBE ARE SENDING FINANCIAL SUPPORT TO UKRAINIANS AMID THE RUSSIAN INVASION BY BOOKING AIRBNB STAYS THEY DON'T INTEND TO USE. A GRASSROOTS SOCIAL MEDIA CAMPAIGN SUGGESTED PEOPLE HELP UKRAINIANS BY BOOKING THE AIRBNB VISITS.

JUSSIE SMOLLETT SENTENCED

THE LONG, STRANGE LEGAL JOURNEY OF FORMER EMPIRE STAR JUSSIE SMOLLETT HIT A NEW INFLECTION POINT TONIGHT, AS A CHICAGO COURT HAS NOW SENTENCED THE ACTOR AND MUSICIAN TO 150 DAYS IN JAIL, 30 MONTHS PROBATION, AND A COMBINATION OF FINES AND RESTITUTION TOTALING MORE THAN \$145,000.

FRIDAY, 3/18

EYE-POPPING CHILDBIRTH EXPERIENCE

WOMAN SAYS SHE PUSHED SO HARD WHILE GIVING BIRTH THAT HER EYE 'POPPED OUT.'

HIDDEN VALLEY RANCH DIAMOND

IF YOU NEED MORE PROOF THAT THE ABILITY TO PRODUCE GEM-GRADE DIAMONDS CONTINUES TO EVOLVE, HERE'S A SHOCKING FIRST FOR SALAD AND CHICKEN WING LOVERS: HIDDEN VALLEY RANCH HAS CREATED A FIRST-OF-ITS-KIND DIAMOND THAT WAS MADE FROM ACTUAL HIDDEN VALLEY RANCH SEASONING.

LITTLE GIRL SINGS FROM BOMB SHELTER

IDINA MENZEL IS THINKING OF A YOUNG GIRL IN UKRAINE. THE ACTRESS AND SINGER REPOSTED A POWERFUL CLIP OF A LITTLE GIRL SINGING "LET IT GO" FROM FROZEN WHILE REPORTEDLY SHELTERING FROM THE RUSSIAN CONFLICT IN UKRAINE. MENZEL SHARED THE FOOTAGE TO TWITTER, WHERE SHE WROTE IN THE CAPTION, "WE SEE YOU. WE REALLY, REALLY SEE YOU."

BREASTFEEDING BACKLASH

A MOTHER-OF-THREE WHO STILL BREASTFEEDS HER NEARLY FOUR-YEAR-OLD DAUGHTER HAS OPENED UP ABOUT THE HARSH CRITICISM SHE HAS FACED ONLINE, RECALLING HOW SHE WAS TOLD HER CHILD WOULD BE 'EMOTIONALLY MESSED UP' BECAUSE OF IT.

KHLOE DEFENDS KARDASHIAN PAYDAY

KHLOÉ KARDASHIAN FIERCELY DEFENDED HER FAMILY RAKING IN A REPORTED NINE-FIGURE PAYCHECK FOR THEIR UPCOMING HULU REALITY SHOW. "WE GIVE SO MUCH OF OUR PERSONAL LIVES UP FOR ENTERTAINMENT," SAID THE GOOD AMERICAN CO-FOUNDER. KARDASHIAN, WHOSE CLAN MOVED TO THE STREAMING SERVICE AFTER 20 SEASONS OF "KEEPING UP WITH THE KARDASHIANS" ON E!, ADDED, "NOT ALL MONEY IS GOOD MONEY. IT HAS TO BE A GOOD FIT, AND HULU WAS JUST THE PERFECT FIT FOR US."

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