

Daily Flash Sow Synopsis Week Of 3/7

MONDAY, 3/7

GUEST: REBECCA CAFIERO

AFTER TAKING TWO YEARS AND LEARNING MANY LESSONS ALONG THE WAY, OUR NEXT GUEST, REBECCA CAFIERO (CAH-FEE-AIR-OH), PUBLISHED HER FIRST BOOK TITLED BECOMING YOU. SHE THEN DECIDED TO TAKE WHAT SHE LEARNED TO HELP OTHER WOMEN THROUGH THE PROCESS OF WRITING AND PUBLISHING THEIR OWN BOOKS, WHICH IS HOW HER COMPANY, PITCH CLUB PUBLISHING WAS BORN.

GUEST: LICI HOOVER

THE INTERIOR DESIGN WORLD IS CONSTANTLY EVOLVING. YOU CAN REMODEL YOUR KITCHEN TO FIT THE CURRENT TRENDS ONLY TO HAVE SOMETHING NEWER AND BETTER COME OUT THE NEXT YEAR. OUR GUEST HAS BEEN AN INTERIOR DESIGNER FOR EIGHT YEARS SO SHE HAS SEEN MANY DESIGN TRENDS COME IN AND OUT OF HOMES. LICI HOOVER IS WITH US TODAY TO TOUCH ON THE NEWEST HOME TRENDS THAT ARE TAKING OVER THE KITCHEN.

GUEST: SERGIO BOY

WE HAVE A SEGMENT CALLED "ASK THE HAIRDRESSER" THIS WEEK WE'RE GETTING HAIRDRESSER SERGIO BOY, OWNER OF "DEFINED CULTURE HAIR STUDIO" AND HIS PERSPECTIVE ON THINGS!

MAINE PAYS OFF STUDENT LOANS TO HOME BUYERS

IN TODAY'S ECONOMY, THERE'S A WHOLE LOT OF PEOPLE WHO'D LIKE TO BUY A HOUSE, A WHOLE LOT OF STUDENT DEBT, AND A WHOLE LOT OF BUSINESSES STRUGGLING TO FIND WORKERS.

LAWMAKERS IN MAINE ARE CONSIDERING KNOCKING OUT ALL OF THOSE CHALLENGES IN ONE LEGISLATIVE SWOOP. THEY WANT TO ATTRACT YOUNG PEOPLE TO MAINE BY FORGIVING UP TO \$40-THOUSAND IN STUDENT-LOAN DEBT FOR FIRST-TIME HOMEBUYERS.

JAY-Z SNIFFS OUT MILLIONS IN ROYALTIES

JAY-Z IS ENTITLED TO OVER \$4 MILLION IN ROYALTY CLAIMS AGAINST A PERFUME COMPANY THAT DRAGGED HIM TO TRIAL LAST YEAR.

TUESDAY, 3/8

GUEST: ANNE BROWN

THE COOK CENTER FOR HUMAN CONNECTION IS ONE OF THE PRODUCERS BEHIND A NEW ANIMATED SERIES CALLED "MY LIFE IS WORTH LIVING" IT FOCUSES ON TEEN MENTAL HEALTH AND SUICIDE PREVENTION. HERE TO TALK MORE ABOUT THIS IS ANNE BROWN CEO OF THE COOK CENTER.

CAR SMARTS WITH LAUREN FIX

YOU'VE PROBABLY HEARD ABOUT THE BIG INFRASTRUCTURE BILL IN WASHINGTON. IT AFFECTS ALL OF US AND IN TODAY'S CAR SMARTS, LAUREN FIX DISCUSSES WHAT IT MEANS WHEN GETTING YOUR NEXT VEHICLE.

CRUEL SINGLE MOM PRANK

A MAN HAS CAUSED OUTRAGE ON TIKTOK AFTER A VIDEO OF HIM ASKING FOR A WOMAN'S NUMBER HAS GONE VIRAL.

THE "SUS-DUDES" REGULARLY POST VIDEOS OF YOUNG MEN HITTING ON WOMEN IN PUBLIC AND OTHER PRANKS.

RYAN REYNOLDS' INNER STRUGGLE

RYAN REYNOLDS OPENED UP ABOUT HOW THE FUNNY, CHARMING PERSONA HE PUTS ON IN INTERVIEWS IS USUALLY COVERING HIS MENTAL HEALTH STRUGGLE. THE 45-YEAR-OLD REYNOLDS SAYS HE'S HAD ANXIETY HIS WHOLE AND FEELS LIKE HE HAS TWO PARTS OF HIS PERSONALITY.

'TINDER SWINDLER' APPEARANCE FEE

"TINDER SWINDLER" SIMON LEVIEV IS CHARGING \$20-THOUSAND FOR NIGHTCLUB APPEARANCES FOLLOWING THE SUCCESS OF THE NETFLIX SHOW REVEALING HIS TRAIL OF CONS.

WEDNESDAY, 3/9

GUEST: DR. MANDY WALIA

DID YOU KNOW THAT 49% OF U.S ADULTS SAY STRESS HAS NEGATIVELY AFFECTED THEIR BEHAVIOR.

OUR NEXT GUEST IS NO STRANGER TO THE TOPIC, SHE'S THE AUTHOR OF STRESS LESS GAIN WELLNESS, AND SHE SAYS THERE ARE 5 FUN WAYS TO BEAT STRESS.

GUEST: DINA RIFKIN

CHINESE ENERGETIC MEDICINE, KNOWN AS QIGONG IS AN ANCIENT PRACTICE THAT INVOLVES MEDITATION, CONTROLLED BREATHING, ENERGY TRANSMISSION AND MOVEMENT EXERCISES. CHEE-GONG CAN HELP US RELEASE TRAUMA AND EMOTIONS THAT MAY ACTUALLY BE STORED IN OUR BODY WITHOUT US EVEN BEING AWARE OF IT.

DINA RIFKIN IS A CHINESE ENERGETIC MEDICINE PRACTITIONER AND IS HERE TO TELL US MORE ABOUT THIS UNIQUE HEALING TECHNIQUE.

GUEST: ESTEFANIA LACAYO

THE LATIN AMERICAN FASHION SUMMIT WAS CREATED BY ESTEFANIA LACAYO AND SAMANTHA TAMS TO ELEVATE AND BRING RELEVANCE TO THE LATIN AMERICAN FASHION AND DESIGN INDUSTRY. WITH US TODAY WE HAVE THE FOUNDER OF THE LATIN AMERICAN FASHION SUMMIT, ESTEFANIA LACAYO.

ENORMOUS FAMILY GROCERY HAUL

A MOM HAS SHOWCASED HER HUGE \$3-THOUSAND-7-HUNDRED SUPERMARKET SHOP HAUL THAT WILL FEED HER FAMILY FOR SIX MONTHS.

MUSEUM HONORS LEBRON JAMES

NBA LEGEND LEBRON JAMES IS GETTING A MUSEUM IN HIS HOMETOWN OF AKRON, OHIO SHOWCASING HIS STUNNING CAREER, SET TO OPEN ITS DOORS IN 2023.

SURGEON TIGHT-LIPPED ON CELEB PROCEDURES

CELEBRITY PLASTIC SURGEON DR. ASHKAN GHAVAMI -- WHOSE CLIENTS HAVE INCLUDED KIM KARDASHIAN, IGGY AZAELA AND MORE -- HAS TO KEEP SOME OF HIS BEST WORK UNDERCOVER.

THURSDAY, 3/10

GUEST: AMANDA FEUND

AMANDA FREUND REPRESENTS THE THIRD GENERATION ON HER FAMILY FARM. THE FAMILY MANAGES THREE FARM BUSINESSES: A DAIRY FARM, A FARM MARKET & BAKERY AND A MANUFACTURING FACILITY. AMONG OTHER THINGS, AMANDA MAINTAINS THE FARM'S PRESENCE ON SOCIAL MEDIA AND MARKETS ITS VALUE-ADDED PRODUCT, COWPOTS, MADE FROM THE COWS' NUTRIENT-RICH MANURE.

NASA ENGINEERS IN CAPSULE NO IDEA OF WAR

ARE THESE THE ONLY PEOPLE WHO DON'T KNOW ABOUT THE WAR IN UKRAINE? TWO AMERICAN NASA ENGINEERS ARE LOCKED IN SEALED CAPSULE IN A SOVIET-ERA BUILDING IN MOSCOW FOR EIGHT-MONTH SPACE EXPERIMENT.

DAD SAVES SON FROM BULL

A HERO DAD WHO SAVED HIS SON FROM RAGING BULL AT TEXAS RODEO SAYS HE WAS JUST GLAD HE WAS THERE TO PROTECT HIM.

CANCER SLAYER SHANNEN DOHERTY

FORGET WONDER WOMAN OR BATGIRL — SHANNEN DOHERTY IS EMBODYING A NEW KIND OF SUPERHERO, A "CANCER SLAYER." THE BEVERLY HILLS, 90210 STAR HAS SPENT THE LAST THREE YEARS DEALING WITH ONGOING TREATMENTS FOR STAGE 4 BREAST CANCER, BUT SHE'S MAKING A POINT TO STAY POSITIVE, EVEN AT HER EARLY-MORNING APPOINTMENTS.

MAN FINDS RARE PEARL IN CLAM

'A COUPLE STOPPED BY ONE OF THEIR FAVORITE RESTAURANTS TO ENJOY ONE OF THEIR GO-TO APPETIZERS, BUT WALKED AWAY WITH SOMETHING A LOT MORE VALUABLE: A PEARL THAT COULD BE WORTH THOUSANDS OF DOLLARS.

FRIDAY, 3/11

GUEST: LEIGH SINGLETON

DESPITE RESILIENT EFFORTS, KIM K IS OFFICIALLY A SINGLE WOMAN...AND WE CAN'T HELP BUT ASK OURSELVES: FOR WOMEN WHO DON'T HAVE A TEAM TO DRAFT AN IMPENETRABLE PRENUP, WHAT SHOULD WOMEN BE DOING, FINANCIALLY, AFTER A DIVORCE, AND HOW CAN THEY BE PROTECTING THEIR ASSETS? THE DIRECTOR OF FINANCIAL EDUCATION FOR MONIFI, LEIGH SINGLETON, JOINS US WITH HER MUST-KNOW TIPS FOR POST-DIVORCE FINANCES.

CELL PHONE ELECTROCUTES TEEN

A TEENAGER WAS ELECTROCUTED JUST MOMENTS AFTER HE LEFT THE FAMILY DINNER TABLE TO CHARGE HIS PHONE. MOMENTS LATER, HIS PARENTS HEARD A LOUD NOISE COMING FROM THE BEDROOM AND WENT TO INVESTIGATE. ANGEL'S FATHER FOUND THE YOUNG MAN LYING ON THE FLOOR WITH BURNS ON HIS BODY.

KANYE BURIES PETE IN MUSIC VID

KANYE WEST'S DISDAIN FOR PETE DAVIDSON HAS BEEN MEMORIALIZED IN HIS NEW MUSIC VIDEO WITH THE RAPPER LITERALLY KIDNAPPING AND BURYING A CARTOON VERSION OF THE "SATURDAY NIGHT LIVE" STAR.

FANS DON'T RECOGNIZE KHLOE KARDASHIAN

KHLOÉ KARDASHIAN'S UNRECOGNIZABLE LOOK ONCE AGAIN BAFFLED FANS AT A SURPRISE POWER LUNCH WITH MOMAGER KRIS JENNER AND OG HOMEMAKER MARTHA STEWART.

##