

## **SHOW SYNOPSIS - WEEK OF 4/4**

### **MONDAY, 4/4**

#### **GUEST: LYDIA KNIGHT**

A RECENT SURVEY CONDUCTED BY THE UNIVERSITY OF NORTH CAROLINA-CHAPEL HILL REVEALED THAT THREE OUT OF FOUR WOMEN SUFFER FROM DISORDERED EATING. AND, ALTHOUGH DISORDERED EATING IS COMMON, MANY WOMEN DON'T REALIZE THEIR EATING HABITS COULD POTENTIALLY BE HARMFUL. OUR NEXT GUEST, LYDIA KNIGHT IS AN EATING DISORDER EXPERT AND CREATOR OF THE BEAT THE BINGE PROGRAM THAT HELPS WOMEN OVERCOME UNHEALTHY ISSUES WITH FOOD.

#### **GUEST: DR. LIZA BOONE**

IT'S SPRING BREAK TIME AND THAT MEANS THERE IS PROBABLY SOME TRAVELING GOING ON... BUT YOU WANT TO MAKE SURE YOU'RE EATING HEALTHY ON THE ROAD... THAT'S WHY WE BROUGHT IN A PRO TO HELP US OUT!  
DR. LIZA BOONE HAS A P-H-D IN NUTRITION AND IS THE NATIONAL EDUCATOR WITH SOLGAR, THE GOLD STANDARD IN VITAMINS AND MINERALS FOR 75 YEARS. SHE JOINS US NOW WITH SOME HELPFUL TIPS ON ROAD-WORTHY SNACKS AND MORE!

#### **GUEST: KEN CLARKE**

NOT KNOWING WHERE TO START WHEN IT COMES TO EXERCISE PREVENTS MANY PEOPLE FROM BEGINNING THEIR FITNESS JOURNEY. IT CAN BE INTIMIDATING TO START WORKING OUT WHEN YOU DON'T HAVE A PROPER WORKOUT PLAN TO FOLLOW OR KNOW HOW TO SAFELY USE GYM EQUIPMENT. LUCKY FOR US, WE ARE JOINED BY FITNESS PROFESSIONAL KEN CLARKE, WHO HAS DEVELOPED AN APP WITH FITNESS PLANS, NUTRITION TIPS, AND MOTIVATING CONTENT TO HELP US ESTABLISH HEALTHY HABITS.

#### **MOM'S IMPROMPTU STAND-UP SET**

A MOM AND STANDUP COMEDIAN HAS GONE VIRAL FOR DOING AN IMPROMPTU SET INSIDE A LOS ANGELES MOVIE THEATER WHEN THE PROJECTOR BROKE DOWN. 42-YEAR-OLD TIFFANY KING, A SELF-PROCLAIMED "MOMIC" AND PROFESSIONAL PSYCHIC MEDIUM, TOOK CENTER AGE AND DELIVERED THE STANDUP PERFORMANCE DURING A SCREENING OF "THE LOST CITY."

#### **FAKE HEIRESS DEPORTED**

FAKE HEIRESS ANNA SOROKIN, AKA ANNA DELVEY, TO BE DEPORTED BACK TO GERMANY.  
SHE FINALLY RAN OUT OF TIME IN THE UNITED STATES. BEST KNOWN AS THE FAKE GERMAN HEIRESS WHOSE SHAMELESS FINANCIAL GRIFT WAS FICTIONALIZED FOR THE NETFLIX DRAMA INVENTING ANNA, SOROKIN WAS RELEASED FROM ICE, AND IS FACING IMMEDIATE DEPORTATION.

#### **COME ON DOWN TOUR**

"THE PRICE IS RIGHT" IS HITTING THE ROAD FOR A NATIONWIDE TOUR FOR FANS TO SEE THE POPULAR GAME SHOW IN A CITY NEAR THEM.  
THE "COME ON DOWN TOUR" WILL HAVE STOPS IN VARIOUS CITIES, INCLUDING DALLAS, DENVER, NASHVILLE, NEW ORLEANS, AND ST. LOUIS.  
FANS CAN WIN PRIZES AND PLAY SOME OF THE SHOW'S POPULAR GAMES WITH A CHANCE TO WIN A \$50-GRAND PRIZE.

## **TUESDAY, 4/5**

### **GUEST: MARC MERO**

OUR NEXT GUEST IS A MOTIVATIONAL SPEAKER WILL TEACH US HOW TO BE A CHAMPION OF VOICES.

### **GUEST: DR. DEENA GRAVES**

HUMAN TRAFFICKING IS A WORLDWIDE PROBLEM WITH THE TOP THREE WORST COUNTRIES FOR ORIGIN OF VICTIMS BEING THE UNITED STATES, MEXICO, AND THE PHILIPPINES. AND IT'S NOT JUST SEX TRAFFICKING, THERE ARE OTHER FORMS OF TRAFFICKING LIKE LABOR.

DR. DEENA GRAVES, FOUNDER, PRESIDENT AND DIRECTOR OF M3 TRANSFORMATIONS, AN ORGANIZATION THAT TRAINS PEOPLE HOW TO KEEP OUR YOUTH SAFE AND HELPS TO HEAL THOSE WHO HAVE BEEN VICTIMIZED, IS HERE TO SHARE MORE ON THIS TOPIC.

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

WITH WHAT'S GOING ON WITH KRAINE... AND PRESIDENT BIDEN PUTTING SANCTIONS ON RUSSIA, YOUR GAS PRICES ARE READY TO STAY HIGH AND BUYING A CAR WILL BE JUST AS EXPENSIVE.

IN TODAY'S CAR SMARTS, LAUREN FIX, THE CAR COACH, LET'S US KNOW HOW LONG IT'S GOING TO LAST AND THE LASTING EFFECTS IT'LL BE ON THE U.S. ECONOMY.

### **FIRST WOMAN DRAFTED BY PRO BASEBALL TEAM**

HISTORY WAS MADE WHEN THE KENTUCKY WILD HEALTH GENOMES DRAFTED ALEXIS HOPKINS, THE FIRST WOMAN EVER DRAFTED BY AN AMERICAN PROFESSIONAL BASEBALL TEAM FOR AN ON-FIELD ROLE.

### **WOMAN HACKS TINDER FOR GOOD DATES**

A WOMAN WHO HACKED TINDER REVEALED HOW TO GET THE BEST MATCHES ON THE DATING APP.

SHE TOLD HER FOLLOWERS TO TAKE INITIATIVE FOR DATING – AND SAID THAT LUNCH DATES ARE THE WAY TO GO FOR FIRST MEETINGS.

### **BAD BUNNY AIRBNB TRAILER**

BAD BUNNY WILL OPEN THE TRAILER DOORS TO HIS DISTINCT 53-FOOT MATTE BLACK SEMI-TRUCK FOR AN OVERNIGHT AIRBNB STAY.

THE MUSICIAN WILL OFFER THREE INDIVIDUAL ONE-NIGHT STAYS IN HIS LUXURIOUS TRAILER IN APRIL, FOLLOWING HIS FINAL TOUR STOP IN MIAMI.

## **WEDNESDAY, 4/6**

### **GUEST: CHARLIE MATTHEWS**

OUR NEXT GUEST IS A SUPERMODEL WHO IS CELEBRATING FIVE-YEARS AS THE FACE OF GUESS.

HE JOINS A LONG LINE OF INFLUENTIAL MALE SUPERMODELS WHO ALL ENJOYED LONG CAREERS WITH THE AMERICAN FASHION LABEL. LET'S WELCOME TO THE SHOW CHARLIE MATTHEWS.

### **GUEST: DR. DANIEL AMEN**

APRIL IS NATIONAL STRESS AWARENESS MONTH - AND THE MORE STRESSED WE ARE THE HARDER IT IS TO BE HAPPY - AND WE ALL WANT TO BE HAPPIER, RIGHT? WELL IT TURNS OUT THAT HAPPINESS IS A BRAIN FUNCTION AND WITH A HEALTHIER BRAIN, COMES A HAPPIER LIFE. OUR NEXT GUEST DR. DANIEL AMEN, IS A PHYSICIAN, PSYCHIATRIST AND FOUNDER OF AMEN CLINICS WITH 10 LOCATIONS NATIONWIDE. HE HAS A BRAND-NEW BOOK CALLED, YOU, HAPPIER AND IN IT HE REVEALS THE SEVEN NEURO-SCIENCE SECRETS TO BECOMING HAPPIER.

### **TESLA HUMANOID ROBOT**

ELON MUSK HAS HIGH HOPES FOR A FUTURE WITH HUMANOID ROBOTS. MUSK SAID THAT HUMANOID ROBOTS ARE HAPPENING, AND THE RATE OF ADVANCEMENT OF A-I IS VERY RAPID. MUSK SPOKE ABOUT POTENTIAL FUTURE USES FOR OPTIMUS, A HUMANOID ROBOT TESLA IS MAKING.

### **BOY WITH CANCER SWORN IN AS OFFICER**

A 10-YEAR-OLD TEXAS BOY BATTLING BRAIN CANCER SWORN IN AS OFFICER AT HUNDREDS OF POLICE AGENCIES. DEVARJAYE "DJ" DANIEL BECAME AN HONORARY SERGEANT IN HOUSTON'S SPRING INDEPENDENT SCHOOL DISTRICT.

### **BAREFOOT CONTESSA LACKS CONFIDENCE**

INA GARTEN ADMITTED THAT SHE'S NOT A CONFIDENT COOK, DESPITE HER BEING KNOWN AS A CELEBRITY CHEF. THE 74-YEAR-OLD FOOD NETWORK STAR IS KNOWN AROUND THE WORLD FOR HER COOKING, BUT SHE SAYS THAT COOKING IS REALLY HARD" FOR HER AND SHE'S UNCOMFORTABLE IN THE KITCHEN..

### **PEPSI RECRUITS SILENT TIKTOK STAR**

KHABY LAME, THE SECOND MOST-FOLLOWED PERSON ON TIKTOK, IS THE SILENT CHAMP. LAME SHOWS HOW SIMPLE GESTURES CAN TRANSCEND LANGUAGE BARRIERS, MAKE CONNECTIONS ACROSS CULTURES, AND SECURE THE BAG. IN A NEW PEPSI AD CAMPAIGN, LAME WILL CONTINUE TO DO JUST THAT.

### **THURSDAY, 4/7**

#### **TEXT MESSAGE SCAM**

VERIZON CUSTOMERS REPORTED RECEIVING TEXT MESSAGES SENT FROM THEIR OWN NAME AND NUMBER AND READ, "FREE MSG: YOUR BILL IS PAID FOR MARCH. THANKS, HERE'S A LITTLE GIFT FOR YOU," WITH A LINK. WHILE VERIZON BELIEVES THE TEXTS ARE FRAUDULENT, THE BEST THING TO DO IN THIS SITUATION IS JUST DELETE THE MESSAGE.

#### **NEW GENDER OPTION ON U.S. PASSPORTS**

AMERICANS APPLYING FOR A U.S. PASSPORT WILL BE ABLE TO IDENTIFY WITH THE GENDER DESIGNATION "X" BEGINNING ON APRIL 11. THE MOVE INTENDS TO MAKE FEDERAL DOCUMENTS MORE INCLUSIVE FOR TRANSGENDER, INTERSEX, NONBINARY AND GENDER-NONCONFORMING PEOPLE.

### **BRUCE WILLIS RETIRES FROM ACTING**

BRUCE WILLIS IS RETIRING FROM ACTING AFTER BEING DIAGNOSED WITH APHASIA. THE 67-YEAR-OLD ACTOR'S FAMILY SHARED THE NEWS ON INSTAGRAM, WRITING ALONGSIDE A PHOTO OF HIM ON THEIR INSTAGRAM FEEDS, "TO BRUCE'S AMAZING SUPPORTERS, AS A FAMILY WE WANTED TO SHARE THAT OUR BELOVED BRUCE HAS BEEN EXPERIENCING SOME HEALTH ISSUES AND HAS RECENTLY BEEN DIAGNOSED WITH APHASIA, WHICH IS IMPACTING HIS COGNITIVE ABILITIES."

### **BEST MAN STEALS WIFE FROM GROOM**

FIRST COMES LOVE, THEN COMES MARRIAGE — THEN COMES THE BEST MAN TO STEAL THE BRIDE AWAY FROM THE GROOM AT THE WEDDING?

DESIREE WHITE ULTIMATELY DIVORCED HER HUSBAND TO MARRY HER LIFELONG FRIEND AND THE BEST MAN AT HER WEDDING AFTER HE CONFESSED HIS UNDYING LOVE FOR HER WHILE TOASTING HER NUPTIALS TO HIS THEN-BEST FRIEND.

### **FRIDAY, 4/8**

#### **GUEST: LIZ LOVERY**

WE GET THE LATEST IN HOME DECORATION AND DESIGN WITH GUEST LIZ LOVERY.

#### **GUEST: ELAINE FIORE**

SPOILED FOOD IS COSTING US REAL MONEY. IN FACT, EVERY YEAR THE AVERAGE HOUSEHOLD LOSES 16 HUNDRED DOLLARS BY THROWING AWAY UNEATEN FOOD. IT'S NOT ONLY BAD FOR OUR WALLETS, BUT IT CAN LEAD TO SIGNIFICANT ENVIRONMENTAL DAMAGE. THIS WEEK IS FOOD WASTE PREVENTION WEEK AND WE HAVE ELAINE FIORE WITH US WHO IS THE FOUNDER OF THE FOOD CONSERVATION ALLIANCE.

### **HOUSE PASSES BILL TO DECRIMINALIZE WEED**

THE HOUSE HAS VOTED WITH A SLIM BIPARTISAN MAJORITY TO FEDERALLY DECRIMINALIZE MARIJUANA.

THE BILL WILL PREVENT FEDERAL AGENCIES FROM DENYING FEDERAL WORKERS SECURITY CLEARANCES FOR CANNABIS USE, AND WILL ALLOW THE VETERANS' ADMINISTRATION TO RECOMMEND MEDICAL MARIJUANA TO VETERANS LIVING WITH POSTTRAUMATIC STRESS DISORDER, PLUS GAINS REVENUE BY AUTHORIZING A SALES TAX ON MARIJUANA SALES.

THE BILL ALSO EXPUNGES THE RECORD OF PEOPLE CONVICTED OF NONVIOLENT CANNABIS OFFENSES.

### **SOUTHERN CHARM ADDERALL ADDICTION**

CRAIG CONOVER'S ADDICTION TO ADDERALL BECAME SO BAD IN 2018, HE DIDN'T KNOW HOW TO FILM "SOUTHERN CHARM" WITHOUT IT.

DETAILING THE PILL ABUSE IN HIS NEW BOOK, THE REALITY STAR SAID HE BEGAN REALLY TAKING THE DRUG IN THE EARLY SEASONS OF THE SHOW, AROUND 2014, AFTER FEELING PRESSURE TO ALWAYS "BE ON."

### **KANYE GETTING HELP**

KANYE WEST TOLD KIM KARDASHIAN "HE'S GOING AWAY TO GET HELP" AFTER HIS BRAZEN PUBLIC SHAMING OF HER ON SOCIAL MEDIA.

KARDASHIAN FAMILY INSIDERS SAY WEST — NOW KNOWN AS YE — HAS AGREED TO STOP HARASSING HIS ESTRANGED WIFE AND CYBERBULLYING HER BOYFRIEND PETE DAVIDSON.

### **ACCELERATING TEEN MENTAL HEALTH CRISIS**

THE CDC IS WARNING OF AN ACCELERATING MENTAL HEALTH CRISIS AMONG ADOLESCENTS, WITH MORE THAN 4 IN 10 TEENS REPORTING THAT THEY FEEL PERSISTENTLY SAD OR HOPELESS, AND 1 IN 5 SAYING THEY HAVE CONTEMPLATED SUICIDE.

### **FROM LADIES OF LONDON TO HOUSEWIVES**

AFTER MUCH SPECULATION, "LADIES OF LONDON" ALUM CAROLINE STANBURY IS SET TO MAKE HER ANTICIPATED REALITY TV RETURN IN "THE REAL HOUSEWIVES OF DUBAI." BRAVO DROPPED THE NEW REALITY SHOW'S FIRST TEASER ALONG WITH ITS PREMIERE DATE AND CAST.

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