

Thursday March 21

It's National Fragrance Day.

Today is Common Courtesy Day.

The NCAA Basketball Tourney begins today at 12noon. Akron plays tonight against VCU at 9:45

For the first time in U.S. history, there are more single people than there are married people. 49% married; 51% not married. Single is on its way to becoming the new norm

Boiled Greek type of coffee, which is rich in polyphenols and antioxidants and contains only a moderate amount of caffeine, seems to have more health benefits compared to other coffee beverages. Says Dr. Gerasimos Siasos of the University of Athens.

Not only will The Tonight Show have a new host next year, NBC plans to move the show from California back to Manhattan to accommodate new host Jimmy Fallon. The switch is expected to take place in the fall of 2014.

How bad is the economy? Well, in Windsor, Missouri, some city employees have been told to bring their own toilet paper to work.

George Strait and Garth Brooks will pay tribute to the late Dick Clark at this year's ACM Awards. George and Garth -- who are both ACM Artist of the Decade recipients -- will perform together for the first time ever to honor Dick, who was a long-time producer of the show.

According to a new study, it's harder to tune out cell phone talkers than to tune out people having normal conversations around you. Researchers found that cell phone conversations were extra distracting because the conversation is one-sided -- and your brain wants to figure out the whole puzzle. Your brain can't help but try to imagine what the person on the other end of the phone is saying

Luke Bryan has the nation's top-selling country album, Spring Break...Here to Party

Wednesday March 20th

Daily Scoop for the Week of March 18th

Written by Sue Wilson

Monday, 18 March 2013 07:34 - Last Updated Thursday, 21 March 2013 05:19

Spring has sprung. (702AM) Today is the Great American Meatout.

Lululemon, a major brand of yoga pants, is recalling a ton of product because the latest shipment of pants were virtually see through. They “quality control” problem out of Asia, but is assuring customers that they can exchange the pants or get a refund. 27,000 pair!!

Interested in sipping coffee with 200 times more caffeine than your regular cup of joe? It’s called Death Wish Coffee, and it comes in five-pound and one-pound bags, ground or whole. For those who can’t take the insane amount of caffeine, there is a 60-day, 110% money back guarantee.

Today's Facebook Fact:According to a new study, using Facebook increases your chance of finding a job. The researchers found that interacting with close friends on the social network actually encourages those friends to help. (That’s of course if you aren’t posting stupid photos of yourself doing dumb things!)

Lady Liberty will soon be back in business. Federal officials announced Tuesday that the Statue of Liberty, which has been closed to the public since it was hit by Superstorm Sandy in October, will reopen in time by the Fourth of July.

The most expensive college tuition that is in the NCAA Basketball Tournament is Bucknell. \$45,367 a year. Notre Dame is second at slightly over 42,000

Keith Urban and Nicole Kidman aren't letting the seven-year itch get in the way of their marriage. Instead, they're celebrating their seventh wedding anniversary in June by renewing their vows in Australia.

Brantley Gilbert’s video for “More Than Miles” landed him in the hospital. In filming a scene trashing a motel room, he punched out a framed picture on the wall and injured his hand, requiring stitches.

Tuesday March 19th

Today is Tell Us Something Good Tuesday.

It’s also Oatmeal Cookie Day.

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Monday, 18 March 2013 07:34 - Last Updated Thursday, 21 March 2013 05:19

And Spring arrives tomorrow. In like a lion 7:02AM.

On this day in 1931 Alka Seltzer first hit US stores.

Wilma Smith is retiring after 37 years in Cleveland Television. She began at channel 5 July 17, 1977, and has been at Fox eight since 1994.

It's official -- Tiger Woods and Lindsey Vonn are dating. After months of speculation, the two have finally fessed up, making the announcement on their social media accounts and posting professional photos of the happy couple.

Lindsay Lohan has accepted a plea deal in her lying-to-police case and looks to be avoiding jail time. Among the terms: 90 days in a locked rehab facility -- meaning she can't leave.

Plastic surgeons say their clients are lining up for Kate Middleton's nose

Disney Theme Parks has issued a new age policy requiring anyone under 14 to be accompanied by someone 14 or older. The policy goes into effect on March 23rd.

A new study found that people who eat while watching TV or playing video games consume more calories in a sitting than people who actually sit at a table and focus on their food. Researchers found that "distracted eating" could increase the amount of food consumed by up to 50 percent.

If someone is dragging at work today, it's probably because they got up to use the bathroom in the middle of the night. They call it 'nocturia,' where a person gets up once or more a night to go to the bathroom. Experts say that people with nocturia lose a quarter of their productivity at work the next day. A third of adults suffer from the condition.

Kacey Musgraves makes her major label debut today with her album, Same Trailer Different Park. When it came to choosing the title of the album, she wanted to call it something that really would stand out.

George Strait releases his 40th studio album, Love Is Everything, on May 14th -- just four days before his 61st birthday.

Kellie Pickler's drummer Greg Lohman has been released from the hospital and is now in a Louisville, Kentucky rehab facility.

Blake Shelton and Miranda Lambert used Twitter over the weekend to ridicule a Life & Style cover story alleging that the two were headed to splitsville due to Shelton flirting with 26-year-old singer Cady Groves.

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Kelli Pickler makes her Dancing With the Stars debut tonight...Wynonna is also part of the show

Oz the Great and Powerful remained the number-one movie at the box office for a second straight weekend with \$42.2 million.

The bottom line – if you don't get at least 6 hours of sleep, you might drive like you just downed a six pack. ([Jezebel](#)) A new study compared the alertness of drunk women compared to sleep-deprived women – and it turns out that the women coasting on fumes because of no sleep were actually more dangerous on the road.

In addition to poor reaction time behind the wheel, the study found that "regular lack of sleep alters the function of 711 human genes that affect metabolism, inflammation, immunity and stress, leading to heart disease, strokes and obesity."

Lindsay Lohan is scheduled to appear in an L.A. court Monday morning to begin her trial for allegedly lying to cops following her crash on the Pacific Coast Highway. Lindsay must be there in person or else a bench warrant will be issued

Julianne Hough and Ryan Seacrest have split. People magazine reports the two are now living apart. Sources close to the couple claim their busy work schedules sunk their relationship, but they remain friends and maintain regular contact.

Photos of clothing store mannequins from a Swedish retailer have gone viral recently. Not because they are creepy – but because they are curvy. These mannequins have more realistic proportions and look like real women!

The NCAA Basketball Tourney begins Thursday at 12noon!

Taco Bell's new Doritos shells have turned out to be a huge boom for the restaurant – with the CEO reporting that they added 15,000 jobs in the U.S. just last year and have been selling roughly one million Doritos shelled tacos a day.

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Good news for caffeine addicts. New research out of Japan suggests that people who drink coffee and green tea every day are less likely to have a stroke than those who don't.

According to a new study, children with divorced parents are more likely to become smokers than kids with parents who stay together.

Nearly 48,000 fans turned out for Kenny Chesney's first show of the No Shoes Nation tour Saturday at Raymond James Stadium in Tampa,

The final totals are in: Luke Bryan's Spring Break shows last week attracted 120,000 fans to Spinnaker Beach Club in Panama City Beach, Florida. Luke headlined two free shows, attracting thousands of spring breakers over two days for the 90-minute sets

Darius Rucker releases his new album, True Believers, on May 21st.