

Friday March 8

Daylight Savings Time begins2AM Sunday...spring forward.

International Working Women's Day

Facebook is getting a facelift. The social network announced Thursday that it plans to make photos and other visual elements a more prominent part of the News Feed.

While younger people are already getting tired of Facebook, older people are coming on strong with the social network – and are actually enjoying special benefits like improved memory. Researchers found that older adults, aged 68 to 91, who used Facebook for just two months showed a 25 percent improvement in their working memory.

At basketball games, everybody roots for the guy shooting the \$20,000 half court shot at halftime. But when Heath Kufahl took his shot during Tuesday's Lakers-Thunder game, it meant a little bit more. You see, Heath is a father of seven – and his wife was diagnosed with colon cancer. Talk about pressure ...Well, he made the shot and the \$20,000 will go a long way toward paying for his wife's treatment.

According to a new survey, it takes nearly three months for a guy to tell his girlfriend "I love you." While men will throw it out there after 88 days, it takes women an average of 134 days to say it.

Demi Moore has finally pulled the trigger and filed for divorce from Ashton Kutcher -- 16 months after they split up! And get this -- Demi is asking for spousal support, plus she wants him to pay her attorney's fee. Sources says it's a strange move considered she's worth millions more than Ashton.

Thursday March 7, 2013

Anniversary Alexander Graham Bell patented the telephone on this day in 1876.

Looks It turns out we may keep getting mail on Saturdays. The House included it in a spending bill they passed yesterday. The Senate has to pass it now.

In the what is the world coming to department---Dennis Rodman has apologized through his spokesman for calling North Koreans Kim Jong-un and Kim Jong-il "great leaders," and says he wasn't fully aware of the extent of their human right violations. HThe basketball star e now wants to broker peace between Kim and The President. He says, again through his publicist, that securing peace between the two would be his greatest accomplishment.

According to a new study, having dogs in the office can reduce workplace stress levels and make the job feel more rewarding. Researchers also found that having dogs at the office also increased the employees' commitment to the company.

A Florida man is claiming to be Tim McGraw's "secret son." 23-year-old Tyler Zarbo is not Tim's biological child, but the son of his former fiance, Kristine Donohue. He tells the National Enquirer that Tim was "like a father to him" and that he "saw me as the son he never had." Tim's camp says no.

Could you imagine being able to refill your beer without ever leaving the comfort of your favorite armchair? Well, a company has invented a comfortable chair that features a specially-designed dispensing tap that refills your beer from the bottom. All you have to do is push your cup down onto the tap and let the beer flow until your cup is full.

State legislators in Nevada are considering a bill that would make texting while walking illegal. The penalty for the first two offenses would be a warning – with the third being a whopping fine of \$250.

According to a new study, walnuts are the king of nuts for health benefits – and it takes only about seven walnuts a day to enjoy those benefits. Walnuts are remarkable because they contain high-quality protein, vitamins and minerals, dietary fiber, are gluten-free – and are packed with antioxidants.

BTW Brad Paisleys new CD Wheelhouse come out April 9

Turns out Taylor Swift is not so "Fearless." In the current issue of the U.K. edition of InStyle

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magazine she says fears becoming self-centered and vain. She tells the magazine, "I don't wanna end up being awful and intolerable."

Wednesday March 6, 2013

Good news if you're going to an Indians game this year. The Tribe has LOWERED prices on hot dogs and beer at the stadium.

Dogs will start at \$3 and a 12-ounce beer (either draft or can) will be \$4.

The stadium is also cutting prices 25 percent on soda, nachos, pretzels, popcorn, pizza, and bratwurst.

Apple is reportedly prepping the iPhone 5S for a summer release, mostly likely in August.

Beginning next month, you'll be able to fly with your small pocketknife and your wiffle ball bat and ball, a hockey stick and even a few golf clubs.

The Governor of Nevada wants to raise the speed limit to 85! Rural Texas already is.

In order to avoid paying billions of dollars of taxes, tobacco companies have been putting kitty litter in some cigarettes. The idea is to get the cigarettes heavy enough to be classified as "large cigars," which are taxed at a lower rate.

A North Carolina couple preparing to celebrate their 80th wedding anniversary said their advice to young couples is to "be humble and have patience." Robert Gerald, 97, and Virginia Gerald, 95, of Goldsboro, North Carolina. Anniversary is April 12.

The Band Perry's latest number-one hit "Better Dig Two" has gone platinum for sales of 1 million copies!

Tim McGraw has the number-one single on the chart this week with "One of Those Nights."

Hannah Blaylock, a founding member of Edens Edge, has left the trio.

Tuesday March 5, 2013

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A study has finally confirmed what women have known all along ... pregnancy changes the size and shape of your feet. The University of Iowa study, reported that not only did women's feet get bigger when they were pregnant, but the arch of their foot flattened out ... permanently.

A seven-year-old in Baltimore was suspended from school after putting too much pop in his pop-tart – by allegedly shaping it into the form of a gun! Second-grader Josh Welch was slapped with a two-day ban when a teacher saw him playing with his food and took note of the questionable shape of the breakfast pastry.

History Channel had a big night with the debuts of docudrama miniseries The Bible and scripted series Vikings. The former brought in 13.1 million viewers in its premiere.

A Green Bay Packers fan finally got his season tickets last month after a 37-year wait. Brad Sauve put his name on the waiting list for season tickets in 1976. He was number 7,500 on the list. These days, the list has grown to more 105,000.

If you're upset about having to pay nearly \$5 for your favorite Starbucks drink, it might make you feel better to learn that the people of Norway are paying an amazing \$9.83 for a grande latte.

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Monday March 4, 2013

Facebook will show off a new look for News Feed at an event on Thursday. Fun fact: 300 Million pictures are uploaded to Facebook every day!

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Authorities say the bassist for country music star Toby Keith has been killed in a two-car crash in Oklahoma. The Cleveland County Sheriff's Office says 54-year-old Carl "Chuck" Goff Jr. was killed in the crash Wednesday night in rural Cleveland County, about 35 miles south of Oklahoma City.

Rumors are swirling that NBC is ready to let Jay Leno go. Jimmy Fallon is expected to replace him with a soft launch during the summer of 2014 before a formal fall kickoff.

At the Box Office, Jack the Giant Slayer - Earned an underwhelming \$28 million, far, far less than expected

Seth MacFarlane says he won't return to the host the Oscars and Tina Fey doesn't want any part of the job, but Jimmy Kimmel is said to be the frontrunner to be next year's Oscars host.

The female kicker hoping to make it into the NFL was kicked to the curb on Sunday after a poor performance at the New York/New Jersey regional scouting combine. Her two kickoff attempts only totaled to a combined 30 yards, but she had a good excuse. Lauren Silberman was still suffering from bum quadriceps that she said he initially injured last week while training.

If you ask 115-year-old Misao Okawa what the secret to a long life is, she'll probably tell you it's watching what you eat. And she may be onto something. With 50,000 people in Japan over the age of 100, they tend to have a healthy and portion-minded diet in common.

Kellie Pickler's drummer Gregg Lohman is hospitalized in serious condition at Kentucky's University of Louisville Hospital following multiple car wrecks that occurred along Interstate 65 in central Kentucky Saturday.

Kenny Chesney got back to his roots this weekend, headlining a free acoustic gig at the Hog's Breath Saloon in Key West, Florida. Titled Keg In the Keys, the three-hour show attracted nearly 5,000 people to the local watering hole for a Sunday afternoon of live Kenny hits including "Summertime," "You & Tequila" and "The Boys of Fall."