

McGregor's PLANET SHOW PREP March 7th 2008

WHAT'S ON OBAMA'S TV

Democratic Presidential candidate Barack Obama's favorite TV show is The Wire. Obama said, "It's not a happy show, but it's addictive".***

***Sort of like the Democratic Presidential race.

***I assume Hillary's favorite show these days is Saturday Night Live.

ANOTHER F&%\$#@! PROCLAMATION

The South Pasadena City Council passed a proclamation designating the first week of March as No Cussing Week. Mayor Michael Cacciotti said of his city's proclamation "It provides us a reminder to be more civil and to elevate the level of discourse."***

***Clinton and Obama ought to try this.

***Jane Fonda better not step foot in that town this week.

***Although you get a pass if you stub your toe in the sofa or are putting together a product with "some assembly required".

***No government intervention can stop somebody from a road raged filled expletive out the car window.

DADS ARE STEPPING IT UP

American men still don't pull their weight when it comes to housework and child care, but collectively they're not the slackers they used to be. The average dad has gradually been getting better about picking himself up off the sofa and pitching in, according to a new report in which a psychologist suggests the payoff for doing more chores could be more sex.***

***Or at least that's what your wife would want you to believe.

***So I guess being p-whipped has some advantages.

***Doesn't just taking out the garbage account for anything anymore?

***I'm more of a traditionalist...let the dishes pile up, there's a game on.

Joshua Coleman, a San Francisco-area psychologist and author of "The Lazy Husband: How to Get Men to Do More Parenting and Housework," said equitable sharing of housework can lead to a happier marriage and more frequent sex.

Interview.

www.drjoshuacoleman.com

If you'd like to discuss this topic further you can contact Dr. Joshua Coleman through his website.

TIL MOLD AND DRY ROT DO US PART

A Nebraska couple who had their first date at a home improvement store decided to get married in one. Gaylan Whitwer and Francine Brickner were married last week standing in a kitchen display at a Menard's store in Kearney, Nebraska. The couple, who remodel homes as a hobby, said, "This is where we spend all our spare time and money".***

***There's nothing more romantic than getting married next to plumbing supplies.

***They're spending their honeymoon at a Home Depot in Acapulco.

***Instead of rice the wedding party threw nuts and bolts.

SHOWBIZ SHTUFF

MILEY GETS THE HEEBEE JEEBEES

Miley Cyrus says she is "creeped out" when she sees single male fans in her audience. The 15-year-old Hannah Montana star says she enjoys seeing father's in the crowd with their children but feels weird when single guys are watching her.***

***Especially if it's Jessica Simpson's dad, Joe or that John Mark Karr guy.

***Although she still wants the creepy guys to buy her records and play them at home.

CELEBRITY BIRTHDAYS FOR FRIDAY MARCH 7th:

Rachel Weisz who won an Oscar for *The Constant Gardener* turns 37. Hot
Jenna Fischer who plays Pam on *The Office* is 34 today. Hot
Former *Today Show* weatherman Willard Scott turns 74. Who is not hot, but his job is about the hot.

SILLY CELEBRITY QUOTE

37 year old actress Uma Thurman on having more kids: "I'd like to have more children. I asked the doctor and she said there's still time. I still have the sippy cups.***"

***Does she mean her plastic sippy cups or her ACTUAL sippy cups?

WANNA GO TO THE MOVIES?

If you're in the mood for a big budget prehistoric woolly mammoth flick you may want to run out and see "10,000 BC". It's from director Roland Emmerich who also directed "Independence Day" and "The Day After Tomorrow". The critics are **not** raving.

Other movies opening wide include:

The Bank Job which is inspired by the infamous 1971 robbery that took place at the Lloyds Bank in Marylebone London. The movie stars Jason Statham (*Transporter*, *Snatch*, *Crank*, *Italian Job*) and Saffron Burrows (*Klimt*, *Enigma*) It's rated R.
The Disney Family comedy "College Road Trip" starring Martin Lawrence and Raven Symone. Lawrence plays an overbearing police chief father who insists on escorting his daughter to check out prospective colleges. And that's when the wacky hijacks begin! It's rated G for God-awful.

TRAINWRECK TELEVISION

E! Entertainment Television has greenlit a reality show centered on Lindsay Lohan's mother, Dina Lohan, and her 14-year-old daughter, Ali. Living Lohan is set to debut this summer and follows Dina as she balances life as a mother and a manager trying to help launch Ali's career as an aspiring singer-actress.***

***This could launch Ali's career as a singer-actress-train wreck like her sister.

***Having a celebrity dysfunctional family is gold in the reality TV world.

***And Lindsay will stumble into a few cameos.

WASTING TIME

The typical worker wastes two hours in an eight hour day.

The average American spends 150 hours a year looking for misplaced items and information.

The average American spends 1.2 hours a day shopping.

QUESTION OF THE DAY: Ask listeners: What do you waste too much time on?

BRAIN DRAIN

A survey of 100 powerful men in all career sectors, found that 7 in 10 attributed their success to this.

Answer: Their mother.

Source: Class Magazine

YEEHAW!

Today kicks off the World's Largest Rattlesnake Roundup in Sweetwater, Texas. There will be educational programs about rattlesnakes, live rattlesnakes on display, snake meat available with snake hunts and bus tours also available. They also have a Miss Snake Charmer Pageant. The estimated attendance at the Rattlesnake Roundup is 30,000. Check out the website for more info on the Jaycee beard contest which takes place immediately after the Rattlesnake eating contest. www.rattlesnakeroundup.net

***Sounds like the perfect family weekend vacation.

***I wonder if they'll have snake jerky?

***I'm willing to bet there will be a lot of guys attending named "Snake".

***Not exactly the event for a Ophidiophobic.

DOGGIE DISCRIMINATION

According to the humane society big, black dogs are often the last to be adopted from animal shelters. It's a phenomenon known in pet rescue circles as "black dog syndrome."

***Another definition of Black Dog Syndrome is when you can't get that Led Zeppelin song out of your head.

***Why hasn't Al Sharpton spoke out about this?

***The black dogs are also picked up by the dog catcher more often due to profiling.

THE PERFECT GIFT FOR YOUR PILL POPPING GRANNY

US researchers have created a sensor necklace that someday may help people remember the last time they took their pills. The MagneTrace records the exact time and date when specifically designed pills are swallowed and lets the user know if any doses are missed.***

***Sounds like a nice gift for Britney Spears.

***If only Anna Nicole Smith had worn this it could have saved her life.

****Sort of a Life Alert for pill poppers.

RETIREMENT COSTS A FORTUNE

A couple retiring this year will need about \$225,000 in savings to cover medical costs in retirement, according to a study released this week by Fidelity Investments. The figure, calculated for a couple age 65, is up 4.7 percent from the \$215,000 estimate for 2007.***

***\$225,000? That's a lot of green fees.

***One good reason to die young, I guess.

***Yeah but that's if you buy the fancy shmancy wheelchairs and walkers.