HODA KOTB (10:27:49): All week we've teamed up with Prevention magazine for our Love Your Age series and we are closing out the week with the ladies of today.

MEGYN KELLY (10:27:56): This is so fun.

HODA KOTB (10:27:56): Yeah.

MEGYN KELLY (10:27:57): Hoda--

HODA KOTB (10:27:57): Yeah.

MEGYN KELLY (10:27:57): --and yours truly along with Savannah, Sheinelle and Jenna talked about getting older. Our regrets, our hopes and the lessons that we've learned over the years.

HODA KOTB (10:28:05): And we got started by ripping off the Band-Aid and revealing our ages. So just take a look.

(Begin VT)

HODA KOTB (10:28:11): One, two, three.

SAVANNAH GUTHRIE (10:28:14): You're only thirty-nine?

SHEINELLE JONES (10:28:16): Oh dang, did you think I was much older?

HODA KOTB (10:28:17): You're thirty-nine?

MEGYN KELLY (10:28:18): No, what does that mean?

JENNA BUSH HAGER (10:28:19): Nobody has looked over here.

SHEINELLE JONES (10:28:19): Right.

HODA KOTB (10:28:20): Megyn, you're-- oh, wait. Wait.

JENNA BUSH HAGER (10:28:21): Nobody's looked over here.

HODA KOTB (10:28:22): We have little baby Jenna with us.

(10:28:24): So you guys, when it comes to age, have you ever felt embarrassed to say your age out loud?

SHEINELLE JONES (10:28:29): I remember in the early years of my career trying to look older and I thought to myself, why am I trying to look older? How can I just be the age that I am?

MEGYN KELLY (10:28:36): When I started my first TV job, I was thirty-two or thirty-three. And I decided that was too old, right, that I was starting a new career, I was too old for that. So I decided I was going to have to start lying about my age. Then I couldn't remember-- couldn't remember my lie. So I told several different people several numbers. And I was like, you know what? Forget it, I'm thirty-three. That's what I am. And I--

HODA KOTB (10:28:53): Were you worried about Google and things like that where--

MEGYN KELLY (10:28:55): No, I wasn't even thinking about Google.

SHEINELLE JONES (10:28:56): No.

MEGYN KELLY (10:28:56): This was back in the dark ages. I was just thinking about the lines on my face and whether I was too old to launch into a new career.

SAVANNAH GUTHRIE (10:29:03): I spent so many years in my late twenties and early thirties feeling like I was old, feeling like I-- you know, I couldn't meet the right guy, I couldn't get married, I didn't have kids. And I felt like this old person that I don't want to waste any more time feeling old.

HODA KOTB (10:29:18): Yes.

SAVANNAH GUTHRIE (10:29:18): I don't have many regrets in life. In fact, I think that's my only regret, is that I spent a lot of my late twenties and early thirties wishing I had been in a different place in life than I was. And I wish I had just enjoyed that.

JENNA BUSH HAGER (10:29:30): In my mind, I see myself as younger than I am, but I-- I feel like recently I've been trying to just love the-- the experiences and not really worry about the age. And there are times where I don't even remember how old I am.

HODA KOTB (10:29:43): I wish I could tell my twenty-five-year-old self?

JENNA BUSH HAGER (10:29:47): Not to be so hard on myself and stay out late.

SHEINELLE JONES (10:29:50): Aah.

SAVANNAH GUTHRIE (10:29:51): Not to worry so much that God has it in his hands.

HODA KOTB (10:29:54): Megyn, what about you?

MEGYN KELLY (10:29:56): You're focusing on the wrong person. You know, I-- when I was twenty-five, like, most young women, I focused a lot on the men in my life. Why isn't he calling? Will he call? Am I going to meet the right person? Is this the right person? How should I play this? How should I be?

HODA KOTB (10:30:08): Right.

MEGYN KELLY (10:30:09): Well, you know, like what-- what does he like? How can I be that?

HODA KOTB (10:30:12): Yeah.

MEGYN KELLY (10:30:12): And my advice to everyone, whatever age, but especially young women, is just keep making deposits into the you fund.

HODA KOTB (10:30:19): Yeah.

MEGYN KELLY (10:30:19): Just keep, like, you have to fill yourself up.

HODA KOTB (10:30:21): Yeah.

MEGYN KELLY (10:30:21): And the more beautiful you make yourself from the inside, the more you attract what you need.

SHEINELLE JONES (10:30:25): Yeah.

HODA KOTB (10:30:26): Compared to ten years ago, I am more blank or I'm less blank?

SHEINELLE JONES (10:30:30): I think I'm more at peace these days. I think ultimately you realize that it's all going to work out. And if I could tell my twenty-year-old self that, I would, you know, believe it, then ultimately I'm going to be okay. I'm blessed. I've a beautiful family. So I think the anxiety is-- is going away a little bit.

SAVANNAH GUTHRIE (10:30:44): I am calmer and I am less judgmental of myself.

JENNA BUSH HAGER (10:30:48): I think ten years ago I was worried more about perfection. And I realized that being perfect is so boring.

HODA KOTB (10:30:54): Yeah. I think for me, compared to, I'm fifty-three, at forty-three, everything was-- I mean everything was falling apart. So everything was falling apart. You know, it was-- nothing was good. So it was-- it was bad everything. And I almost-- I honestly couldn't see out, like, I thought, I got a divorce and an illness and then you're by yourself and I remember thinking nothing is right. My job is not right, my relationships aren't right and my health isn't right. And so to think that at fifty-three, at fifty freaking three, like, I get to go home to Haley tonight. I get to hug Joe. I get to go to our apartment and see my family, like, all that is good.

(10:31:40): If you could freeze time at any age, what age would you pick?

SHEINELLE JONES (10:31:43): I think right now because you realize, again, the best is yet to come.

HODA KOTB (10:31:46): Yeah.

SHEINELLE JONES (10:31:46): You have to believe that for yourself. I think what you think about, you bring about.

MEGYN KELLY (10:31:50): I made a decision long ago to live my best life in the moment and I've done that.

HODA KOTB (10:31:55): Right now for obvious reasons. I mean, it's like the world just snapped into focus. I can see clearly now like I get it.

SAVANNAH GUTHRIE (10:32:01): I mean, what a blessing to say that you're happy in your space and you can't imagine things being any better and to just-- I don't know, to be present. I think--

HODA KOTB (10:32:10): Yeah.

SAVANNAH GUTHRIE (10:32:10): --that's the secret of life.

HODA KOTB (10:32:11): Yeah.

JENNA BUSH HAGER (10:32:11): It doesn't matter your age. There's parts of our soul--

HODA KOTB (10:32:13): You're right.

JENNA BUSH HAGER (10:32:14): --and who we are that mean the most.

(End VT)

HODA KOTB (10:32:17): Wasn't that fun? I know.

MEGYN KELLY (10:32:19): That was a nice one.

HODA KOTB (10:32:20): That was really fun. A big thanks to the folks--

MEGYN KELLY (10:32:21): That was a great idea.

HODA KOTB (10:32:2): --the folks at 620 Loft & Garden for hosting us. It was a gorgeous space, too.

MEGYN KELLY (10:32:25): Thanks for including me.

HODA KOTB (10:32:26): We love you.

(10:32:27): All right. Our favorite Aussie chef, Curtis Stone, he's going to cook up something fresh.

MEGYN KELLY (10:32:30): I'm afraid. I'm very afraid.

HODA KOTB (10:32:31): Get ready.

MEGYN KELLY (10:32:32): Can't wait, after this.

HODA KOTB (10:32:33): But you said you were afraid.

(ANNOUNCEMENTS)

HODA KOTB (10:35:46): In honor of Megyn's big launch, we wanted to treat her to something-- a special meal. And who better to provide it than our wonder from Down Under, Curtis Stone.

MEGYN KELLY (10:35:55): And as the chef owner of Gwen Restaurant and Butcher Shop in Hollywood California, Curtis certainly knows how to make the perfect steak which is great, because I don't eat seafood. I was worried it was going to be a seafood meal.

CURTIS STONE (10:36:04): Well, I heard your favorite thing in the world was filet mignon.

MEGYN KELLY (10:36:08): Yes, yes. Right after really bad few pasta. But at this hour today, it's filet, yes.

HODA KOTB (10:36:12): All right.

CURTIS STONE (10:36:12): Okay, good. So what we're going to do is I'm going to show you how to make the perfect peppered steak. Because we have it in restaurants but we don't normally took it at home. But it's really simple. So we start with a sauce, right? Shallots, garlic and a little thyme.

HODA KOTB (10:36:23): Shallots.

CURTIS STONE (10:36:24): Shallots.

MEGYN KELLY (10:36:24): Can I ask? What is a shallot?

CURTIS STONE (10:36:26): It's like a baby onion. It's a little sweeter than an onion so.

HODA KOTB (10:36:28): Wait. Do you cook?

MEGYN KELLY (10:36:29): Not at all.

HODA KOTB (10:36:30): Okay, good, excellent.

MEGYN KELLY (10:36:30): I don't know what a shallot is for the love of God.

CURTIS STONE (10:36:32): You got to fit in just fine. That's amazing. Okay, so shallots, garlic and thyme and then just a drip of red wine.

HODA KOTB (10:36:39): Yeah.

MEGYN KELLY (10:36:40): A drip.

CURTIS STONE (10:36:40): Kathie Lee showed me how much to put so I just abide by her rules.

HODA KOTB (10:36:44): Uh-huh.

CURTIS STONE (10:36:44): And then you bring that up to the boil and then some beef stock, right? So you pour that in.

MEGYN KELLY (10:36:48): Beef stock.

HODA KOTB (10:36:49): Uh-huh.

CURTIS STONE (10:36:49): Beef stock or beef broth. And you let it reduce. So what you do when you're juicing that is you take in the same amount of liquids, you concentrate in the flavor. So you bubble in it down--

HODA KOTB (10:36:57): Yeah.

MEGYN KELLY (10:36:57): Okay.

HODA KOTB (10:36:58): Look what it looks like.

CURTIS STONE (10:36:58): --until it looks kind of like this.

HODA KOTB (10:36:59): Do you like sauce on your steak, Megyn?

CURTIS STONE (10:37:02): Say yes, say yes.

MEGYN KELLY (10:37:01): Depends on how good the restaurant is.

HODA KOTB (10:37:03): Okay.

CURTIS STONE (10:37:04): Then what we do is we put a little butter and we whisk that together, all right? So you can see that it's reducing.

MEGYN KELLY (10:37:08): Smells amazing.

HODA KOTB (10:37:09): Right?

CURTIS STONE (10:37:10): Next, you take the pepper, right? So if you don't like it too spicy, you spread that pepper out so it's not too intense. If you like it really hot then, of course, you concentrate it.

HODA KOTB (10:37:20): Look at that.

CURTIS STONE (10:37:20): So you press that carefully in on both sides.

MEGYN KELLY (10:37:24): What do I ask the butcher for when I get that piece of meat?

HODA KOTB (10:37:26): Yeah.

CURTIS STONE (10:37:26): Filet, filet mignon, yeah.

HODA KOTB (10:37:29): Did you say filet?

MEGYN KELLY (10:37:30): We're mocking you.

CURTIS STONE (10:37:30): Filet. Listen, that's how we say it in Australia.

HODA KOTB (10:37:32): Do you know who you're dealing with?

CURTIS STONE (10:37:33): We pronounce our Ts, all right? It's filet, yes, filet.

HODA KOTB (10:37:39): All right. We got a minute so come on.

CURTIS STONE (10:37:41): Come on.

HODA KOTB (10:37:41): Let's cook that baby up.

CURTIS STONE (10:37:41): You get that into a nice hot pan. That one's cold but they're all right. Pretend it's

hot. It looks like this when it comes out. The key to it is you keep turning it every sixty seconds. All right.

HODA KOTB (10:37:50): Oh, you do?

MEGYN KELLY (10:37:50): For how many minutes?

HODA KOTB (10:37:50): I thought we're supposed to leave it alone. Cut right in there.

CURTIS STONE (10:37:52): This is our first time together. Don't rush me.

HODA KOTB (10:37:54): I'm sorry.

CURTIS STONE (10:37:55): That's just mean.

HODA KOTB (10:37:55): Make it linger.

CURTIS STONE (10:37:57): All right. So then what I like to do is cut it in half. So you see the actual cook of the meat, the temperature, sit up on the plate like that. And then that sauce that we didn't whisk the butter until-- but I'm going to whisk the butter into it now because Hoda's pressuring me.

HODA KOTB (10:38:09): All right.

CURTIS STONE (10:38:10): You whisk that in, right? She's so bossy, isn't she?

HODA KOTB (10:38:14): What is happening?

CURTIS STONE (10:38:16): So to fit in here, you have to be really bossy.

MEGYN KELLY (10:38:18): I'm going to succeed.

CURTIS STONE (10:38:19): Okay, good. So then you just plate that directly over the steak like that.

HODA KOTB (10:38:22): All right.

MEGYN KELLY (10:38:22): Oh, look at the presentation.

HODA KOTB (10:38:23): Isn't that beautiful?

CURTIS STONE (10:38:23): I got a little side dish, so let's go to the back.

HODA KOTB (10:38:25): Let's go eat.

MEGYN KELLY (10:38:25): Yeah.

HODA KOTB (10:38:26): Come on. We're going to--

MEGYN KELLY (10:38:26): I know. We'll chow down.

HODA KOTB (10:38:26): We're going to eat.

CURTIS STONE (10:38:27): Come back here.

HODA KOTB (10:38:28): We got to eat while you pretend to make this.

MEGYN KELLY (10:38:30): We had our dessert. What's that?

CURTIS STONE (10:38:31): I've toasted some cumin seeds. You just stick it into the grinder.

HODA KOTB (10:38:34): Come on.

CURTIS STONE (10:38:34): And then over here, chorizo.

HODA KOTB (10:38:36): Come on, Megyn, let's eat.

MEGYN KELLY (10:38:37): Oh, Brussels sprouts.

HODA KOTB (10:38:38): Here.

CURTIS STONE (10:38:39): Brussel sprouts get into a nice hot pan. It's kind of a hot pan. Some Brussels.

HODA KOTB (10:38:44): By the way, Curtis, you've outdone yourself.

CURTIS STONE (10:38:47): Thank you, darling.

HODA KOTB (10:38:47): You're going to die. Get ready.

MEGYN KELLY (10:38:49): This is a fire in the front there.

CURTIS STONE (10:38:51): Oh, goodness.

HODA KOTB (10:38:53): For these recipes, head to today.com/food.

MEGYN KELLY (10:38:57): I hope we live.

(10:38:58): Up next, you got a dinner party and then disappear like Hoda?

HODA KOTB (10:39:01): Yeah.

MEGYN KELLY (10:39:01): I heard about your Houdini's.

HODA KOTB (10:39:02): I do know.

MEGYN KELLY (10:39:04): You. How to handle the awkward situations.

HODA KOTB (10:39:07): After this.

(ANNOUNCEMENTS)

MEGYN KELLY (10:42:29): Ever run into a friend who e-mailed you but you never e-mailed back?

HODA KOTB (10:42:33): Check.

MEGYN KELLY (10:42:33): Many, many times.

HODA KOTB (10:42:35): Yes.

MEGYN KELLY (10:42:35): Do you sneak out early when you're invited to a dinner party?

HODA KOTB (10:42:38): Check, check.

MEGYN KELLY (10:42:39): Yes, the Irish goodbye. I'm Irish, yeah.

HODA KOTB (10:42:41): That's how you do it.

MEGYN KELLY (10:42:41): Well, we brought in the pros to help you navigate those awkward social situations. Myka Meier is the founder of beaumontetiquette.com.

HODA KOTB (10:42:48): And Dave Kerpen is the author of The Art of People: 11 Simple People Skills That Will

Get You Everything You Want. Okay? So we are going to put scenarios in front of you that we've all faced--

MYKA MEIER (10:42:57): Yes.

HODA KOTB (10:42:57): --throughout our days and lives. And you guys are going to tell us what we should or shouldn't be doing.

MEGYN KELLY (10:43:01): Okay.

HODA KOTB (10:43:01): Is that all right?

MEGYN KELLY (10:43:01): Yeah.

MYKA MEIER (10:43:02): Right.

HODA KOTB (10:43:02): We start with Dave?

MEGYN KELLY (10:43:02): Yes.

HODA KOTB (10:43:03): All right. Dave, you see someone you've owed an e- mail to or a phone call and you run into them on the street and it's very awkward. What should you do?

DAVE KERPEN (10:43:11): Well, look, you've got to address it right away. Be honest, be apologetic. Say, look, I'm so sorry, I know I needed to get back to you, my bad. And then commit to when you're going to get back to them.

HODA KOTB (10:43:21): Oh.

DAVE KERPEN (10:43:21): So I will get back to you by the end of today, by tomorrow, et cetera.

HODA KOTB (10:43:24): Certain time, yeah.

DAVE KERPEN (10:43:24): And then ideally, if you have something positive to say about-- like a tease about what's to come in your response, that's even better.

MEGYN KELLY (10:43:32): What you hear may shock you.

HODA KOTB (10:43:34): Exactly.

DAVE KERPEN (10:43:34): Don't worry. I have good news for you.

MYKA MEIER (10:43:36): And cutting the awkward from the beginning, address it, go up to the person--

HODA KOTB (10:43:40): Yeah.

MYKA MEIER (10:43:40): --so they don't come up to you.

MEGYN KELLY (10:43:41): It helps if you have a TV show and you can just tell everybody openly that you're very bad at this. It's not you, it's me.

HODA KOTB (10:43:45): Exactly.

MEGYN KELLY (10:43:46): All right. Myka, someone's retelling you an anecdote you have already heard from them many times.

MYKA MEIER (10:43:50): Yes.

HODA KOTB (10:43:50): Yes.

MEGYN KELLY (10:43:50): Do you cut them off?

MYKA MEIER (10:43:51): Okay. So not necessarily cut them off but you can show them that they've told that story before. You simply say, oh, yes, oh, I remember that, absolutely. And you can even kind of chime in like that, and they hopefully will get the message.

HODA KOTB (10:44:03): Have you ever seen people who even though you say that, yeah, I remember you were saying that. And then they still tell you the entire story?

MEGYN KELLY (10:44:07): Yes.

MYKA MEIER (10:44:08): Yes.

DAVE KERPEN (10:44:08): The good news is if you listened well enough the first time and you have-- you remember the story, say, you know what? I've heard this, and I love the part when--

HODA KOTB (10:44:16): Oh, fill in the blank.

MYKA MEIER (10:44:17): Yeah.

MEGYN KELLY (10:44:17): You guys know on the Kelly family radical--

HODA KOTB (10:44:18): Yeah.

MEGYN KELLY (10:44:18): --honesty program implemented by my mother, where my brother would look at me in the middle of dinner and say, why are you telling these stories?

HODA KOTB (10:44:26): Straight up.

MEGYN KELLY (10:44:26): Also works.

HODA KOTB (10:44:28): All right. What's the next one?

MEGYN KELLY (10:44:29): All right. Dave, this is a question from one of our viewers. My daughter didn't get the lead role in the school play and I know she's a better singer than little Amy.

HODA KOTB (10:44:37): Oh.

MEGYN KELLY (10:44:37): But Amy's mom is such a butt-kisser with the entire faculty, and now I'm so angry I can barely look at Amy's mom. Help.

HODA KOTB (10:44:43): Oh.

DAVE KERPEN (10:44:44): Well, I was excited to get this, because actually I had the same situation with my daughter who didn't get the lead in the school play. So first, most important is taking care of your kid. What we did was we found a community theater group, she auditioned for that. And you know what? She ended up getting the lead.

HODA KOTB (10:44:58): Okay.

DAVE KERPEN (10:44:59): As for your relationship with Amy's mom, what I would say is don't hate, appreciate. The reality is she was just looking out for her kid and doing what she thought was best to help her own kid. And can't we all understand that?

HODA KOTB (10:45:11): Yeah. Myka.

MEGYN KELLY (10:45:11): We can understand it but also be irritated by it.

MYKA MEIER (10:45:14): I also think we have to be careful, because children mirror parents. So if you act

negatively, they're watching.

MEGYN KELLY (10:45:21): That's a good point.

HODA KOTB (10:45:21): All right. Myka and Dave, thank you. What do you think?

MEGYN KELLY (10:45:24): Try to do better.

HODA KOTB (10:45:25): We always do.

(10:45:26): All right. I got a feeling you're going to love what's next.

MEGYN KELLY (10:45:30): One of the biggest music stars in the world, Fergie--perhaps you've heard of her--takes our concert stage with a brand new song.

HODA KOTB (10:45:35): You're going to love it right after this.

(ANNOUNCEMENTS)

HODA KOTB (10:49:55): Okay. Guys, the wait is finally over. After eleven years, singing superstar Fergie is back. She's better than ever and she got a brand new album.

MEGYN KELLY (10:50:02): It's called Double Dutchess--

HODA KOTB (10:50:03): Hello.

MEGYN KELLY (10:50:03): --and singing a new song off that album called A Little Work, here is Fergie.

(Fergie performing on the plaza)

HODA KOTB (10:53:54): Hear more from Fergie and all of our concert artists at applemusic.com/TODAY.

(10:54:00): And we will be back in a moment.

MEGYN KELLY (10:54:02): But first, this is TODAY on NBC.

(ANNOUNCEMENTS)

HODA KOTB (10:56:14): How much fun are you!

MEGYN KELLY (10:56:15): I've been having a great time.

HODA KOTB (10:56:16): By the way, Monday is going to be awesome.

MEGYN KELLY (10:56:18): Oh, thank you.

HODA KOTB (10:56:18): You're going to be really great.

(10:56:19): By the way, here next week, we have Grammy and Oscar winner Jennifer Hudson. She's going to stop by.

MEGYN KELLY (10:56:24): Plus, Steve Martin will be here with Hoda and Kathie Lee.

HODA KOTB (10:56:26): What?

MEGYN KELLY (10:56:26): Nice.

HODA KOTB (10:56:26): And you guys are having the cast of Will and Grace. Not too shabby.

MEGYN KELLY (10:56:30): Entire cast live on Monday. You're going to love it.

HODA KOTB (10:56:32): Well, we had a ball hanging out and I cannot wait for Monday. I'm popping--

MEGYN KELLY (10:56:36): Wish me luck.

HODA KOTB (10:56:36): I'm popping the popcorn and--

MEGYN KELLY (10:56:38): What if I fall over?

HODA KOTB (10:56:38): You will not.

MEGYN KELLY (10:56:39): What if I have like a heart attack out of nerves?

HODA KOTB (10:56:40): It's not going to happen. Nine o'clock, you guys can get tickets today.com to be part of your live audience. And before we go though, Megyn, there were-- you have three days to go. These are three things that keep you up at night.

MEGYN KELLY (10:56:56): Three worries that keep me up at night are, number one, my own mortality or as my kids might put it in the back of a long car ride, how much longer, how much longer do I have. Number two, how many parenting decisions will I regret later. Many, I think. And number three, whether my dog, who is thirteen, is peeing someplace in my apartment which is the odds are she absolutely definitely is.

END

CITATION (AGLC STYLE)

HODA KOTB, MEGYN KELLY; SAVANNAH GUTHRIE; SHEINELLE JONES; JENNA BUSH HAGER, 'Love Your Age series closing out the week with the ladies of Today.', *Today Show [NBC]* (online), 22 Sep 2017 ‹https://infoweb.newsbank.com/apps/news/document-view?p=AWNB&docref=news/16728E055A285D88›

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