



Aug. 21, 2024

**HIGHLIGHTS FOR 'TAMRON HALL' SEASON FIVE,
AUG. 26-30**

'Tamron Hall' Tackles Today's Meaningful and Important Topics — So Let's Talk About It

Below are highlights for "Tamron Hall" for the week of Aug. 26, 2024. Please note: The lineup is subject to change.

Monday, Aug 26: (OAD: 6/3/24): Going Out With a Bang! Daytime Exclusive with the cast of "Power Book II: Ghost," MICHAEL RAINEY JR., NATURI NAUGHTON-LEWIS and GOLDEN BROOKS are here to discuss the highly anticipated final season and give the Tam Fam a sneak peek. Plus, the cast opens up about parenting, dating and what's next! Then, we'll meet a fierce woman who is retiring and riding off into the sunset, Harley-Davidson style!

Tuesday, Aug 27: (OAD: 6/7/24) Was it Worth it?: The multitalented comedian JERROD CARMICHAEL discusses his provocative breakout hit reality series, "Jerrod Carmichael Reality Show." Plus, Tamron has the Daytime Exclusive with the HGTV stars and husband and wife duo TAREK and HEATHER RAE EL MOUSSA, who chat about finding love, their blended family and their successful new series. Plus, Tarek opens up about his revealing memoir, "Flip Your Life: How to Find Opportunity in Distress — in Real Estate, Business and Life." And author ELVIRA K. GONZALEZ on her powerful memoir, "Hurdles in the Dark: My Story of Survival, Resilience, and Triumph."

Wednesday, Aug. 28: (OAD: 4/3/24) Yeah, Glo(w)!: Award-winning hip-hop artist GLORILLA on her rise to fame from Memphis to the White House and what's next. Plus, an author who went from writing a book to preparing it for the big screen. And best friends who lost nearly 300 pounds by motivating each other!

Thursday, Aug. 29 (OAD: 5/27/24) Little Dreamers, Big Dreams 3: EXCLUSIVE - TikTok sensation, 5-year-old rapper VANVAN and daughter of rapper/singer T.I. and Tiny, 8-year-old HEIRESS HARRIS, give a show-stopping performance of their song "Be You" for the first time on national TV! Plus, one of the pioneers in female rap, MC LYTE, joins to discuss her collaboration with the rising stars. And 8-year-old self-taught dance sensation BRODY HUDSON SCHAFFER steals the stage with his boss dance moves. Spelling Bee Champ SARV DHARAVANE takes on the Tamron Hall Spelling Bee. Then, 7-year-old music prodigy ZOË ERIANNA, who went viral for her ability to play a song after hearing it once. And, 12-year-old karate kid JAIDEN BUSBY on receiving an adult-level black belt and shows off those skills to the Tam Fam.

Friday, Aug. 30: (OAD: 10/18/24) Tamron's Tasting Table: What Are You in the Mood For?: Tamron welcomes some of today's most notable chefs to share their family recipes, kicking off with New York Times bestselling author and chef ERIC KIM serving up his mom's Kimchi fried rice. Then, the BBQ King of Brooklyn, RUBEN SANTANA, returns with 11-year-old daughter Evani to share a family recipe from their restaurant, Bark Barbeque. And, renowned chef LISH STEILING joins the Tam Fam to share how she helped develop recipes for Tamron's upcoming cookbook. Plus, Lish and Tamron whip up their biggest and best crab cake recipe!

"Tamron Hall" is distributed in national syndication by Disney Entertainment. Broadcast from New York City, the show is executive produced by Hall and Quiana Burns. The show broadcasts from New York City and features a dynamic mix of live and taped shows.

For times and channels, go to www.TamronHallShow.com and follow the show on social media @TamronHallShow.

ABC Media Relations

Lauri Hogan

(212) 456-6358

lauri.l.hogan@abc.com

###