



March 7, 2024

## HIGHLIGHTS FOR 'TAMRON HALL' SEASON FIVE, MARCH 11-15

### **'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 March 11, 2024. Please note: The lineup is subject to change.

Monday, March 11: Tamron's Tasting Table of Culture: All hour long, a cultural culinary adventure sharing recipes from around the globe. Founder and executive chef of Fat Fowl, SHORNE BENJAMIN, on his New Age Caribbean creations, including his famous Oxtail grilled cheese. Then, award-winning host of "MasterChef India" VIKAS KHANNA, shows the Tam Fam how to make smoked purple sweet potatoes with savory and spicy strawberry chutney and how he is honoring his late sister with his new restaurant, Bungalow. And, Pan-Asian cook and TikTok influencer CASSIE YEUNG serves up comfort food passed on from her family with a tasty version of shrimp fried rice.

Tuesday, March 12: Take Your Chance: GRAMMY®-winning musician LEDISI is here to perform "Sell Me No Dreams" from her highly anticipated new album, "Good Life," just for the Tam Fam! Then, from NFL player to becoming one of this generation's most influential motivational speakers, TRENT SHELTON discusses his new book, "Protect Your Peace: Nine Unapologetic Principles for Thriving in a Chaotic World." And pastor and thought leader TIM ROSS shares tips and tactics from his book "Welcome to the Basement." Plus, an all-new Shop Tam!

Wednesday, March 13: Legendary Status: the one and only ANGELA BASSETT is here to talk about it all! From her Academy Award® to her new Netflix film, "Damsel," and the all-new season of her hit show "9-1-1." Then, actor CARL ANTHONY PAYNE II on the recent "Martin" reunion and his NAACP nominated show, MTV's "Binged to Death." Plus, Tamron celebrates WABC's longest-serving entertainment reporter, SANDY KENYON, and shares details on his next chapter!

Thursday, March 14: Actress LA LA ANTHONY gives the Tam Fam a sneak peek into season three of the hit drama series "BMF" and what life is like being a mom to a teenager! Then, only for the Tam Fam, GRAMMY-winning legend JODY WATLEY treats her fans with two performances, including her new single "Everlasting."

Friday, March 15: Color Outside the Lines: Today, we are uncovering the fascinating psychology behind how color affects your life! Color analysis expert and founder of Outfit Curator, MARIANA MARQUES, gives tips on finding your colors. Designer and author INGRID FETELL LEE on how to find more joy in life and work through color. Celebrity hair colorist ILLEISHA LUSSIANO on how to

compliment your complexion. Creator and interior designer TAYLOR SIMON on the “Unexpected Red Theory.” Plus, what’s all the hype surrounding red-light therapy?

“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](http://www.TamronHallShow.com) and follow the show on social media @TamronHallShow.

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