

# TAMRON HALL

Feb. 18, 2022

## HIGHLIGHTS FOR 'TAMRON HALL,' WEEK OF FEB. 21-25

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

*Following are highlights for "Tamron Hall" for the week of Feb. 21, 2022. Please note: Lineup is subject to change.*

**Monday, Feb. 21:** Inspiring stories that prove it can get greater later, including a 50-year-old mom who graduated medical school at the same time as her daughter; a late-in-life model; and a childhood love story 20 years in the making for Broadway star Christy Altomare. Plus, journalist Lisa Ling on her new HBO Max show, "Take Out With Lisa Ling." And, actor Joe Morton, host of the new Crackle series, "Inside the Black Box."

**Tuesday, Feb. 22:** Tamron is back in the kitchen cooking up some favorite nostalgic go-to dishes you can create at home. "Top Chef" and truTV's "Fast Foodies" host Kristen Kish puts her twist on a classic. Singing chef and author Kenny Minor with his spin on a delicious fried chicken sandwich. And, bestselling cookbook author and host of "Bigger Bolder Baking" Gemma Stafford with a 10-minute tasty tiramisu.

**Wednesday, Feb. 23:** Actor and comedian Kel Mitchell opens up about his unexpected journey to become a pastor and his new book, "Blessed Mode," and new music. Plus, Olympic legend Apolo Ohno on life after competition as described in his new book, "Hard Pivot." And, fitness guru Joey Thurman discusses why the body means nothing without a fit mind. Also, a truly modern family.

**Thursday, Feb. 24:** The power of friendships: actor Taye Diggs talks about why his lifelong friend was the right person to collaborate with on a series of children's books. Plus, friendship experts on making friends later in life. And, the heartwarming story of the relationship between a man in need of a kidney and the woman who gave it to him.

**Friday, Feb. 25:** Author Julia Quinn returns to the Tam Fam for a look at season two of "Bridgerton." Plus, business guru Emma Grede who created fashion obsessions with Khloe and Kim Kardashian. And, ABC News award-winning journalist and anchor Linsey Davis on her new children's book, "How High Is Heaven."

"Tamron Hall" is produced by ABC News and is distributed in national syndication by Disney Media & Entertainment Distribution. 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.

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