

Daily Flash Show Synopsis - Week Of 7/22/24

Monday, 7/22/24

Former Harlem Globetrotter Herbert "flight time" Lang is sharing his story to motivate and inspire people across the globe, plus, Registered Dietitian and Nutritionist, Gisela Bouvier joins us with ways to encourage healthy habits at home during the summer break.

Tuesday, 7/23/24

It's the 20-year anniversary of the blockbuster film "School of Rock" with child star Brian Falduto as the aspiring stylist "Billy". He's now an accomplished country singer, and he joins the show promoting his new album and nationwide tour. Also, see why passengers boarded a plane on a flight to nowhere.

Wednesday, 7/24/24

Parenting Expert Katherine Sellery shares tips on ways to keep kids entertained and engaged this summer. Also, Rob Souriall, Vice President of Marketing and Branded Entertainment for Disney Music Group, shares the perfect solution to your sleepless nights, thanks to Disney!

Thursday, 7/25/24

She's the number one bestselling author of "The Mexican Food Diet," Chef Maru Davila and says that if you really want to impress your friends then you should host a party with some of her favorite dishes. Also, author Heide Abelli, focuses on workplace challenges and offers tips on how to land your first job.

Friday, 7/26/24

Shocking footage captured the moment two suspected package thieves were duking it out over a delivery just seconds after a Fed-Ex driver dropped it off, and at the "Pearl And The Beast," jewelry store in NY, shoppers can fish for mussels, crack them open and keep the shiny pearls they find inside.

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