

Daily Flash Show Synopsis - Week Of 8/24/26

Monday, 8/24/26

A High School Lacross team has been forced to forfeit games because of a picture, also, El Flash Latino host Gisela Bouvier is in the kitchen with Mitch English for some healthy family eating.

Tuesday, 8/25/26

"Business Insider's" Emily Stewart talks about the latest trend in family vacationing, the staycation. Also, NASA is now being dressed by PRADA fashion brand, and, learn about the latest in dating trend known as chalance.

Wednesday, 8/26/26

It's "Healthy Loving With Obi," as Celebrity Fitness & Nutrition Expert Obi Obadike clears up some health & fitness myths. Also, the reason why some parents are purposely holding back their sons in 8th grade.

Thursday, 8/27/26

Parenting Expert Katherine Sellery talks the biggest battles parents face during summer break and their kids screen time, also, it's Flash Travel with the latest in summer travel hacks and ticket prices.

Friday, 8/28/26

Business Insider Reporter Hilary Brueck shares tips on spending less and living longer, plus sandwich shop Kersey Mike's takes the tops spot

#