



HIGHLIGHTS FOR ABC NEWS' 'GMA3: WHAT YOU NEED TO KNOW,' JULY 1-5

The following report highlights a week of encore episodes of ABC's "GMA3: What You Need to Know" during the week of July 1-5. "GMA3: What You Need to Know" is a one-hour program coanchored by Eva Pilgrim and DeMarco Morgan. The news program airs weekdays at 1:00 p.m. EDT | 12:00 p.m. CDT on ABC, and 4:00 p.m. and 6:00 p.m. EDT on ABC News Live.

Highlights of the week include the following:

Monday, July 1 – Personal Finance Hour featuring money-saving tips from **Michelle Singletary** (The Washington Post); a report on "shrinkflation" with ABC News correspondent **Elizabeth Schulze**; author **Nicole Lapin** shares tips for first-time home buyers

Tuesday, July 2 – Trailblazing Women Hour featuring Blueland CEO **Sarah Paiji Yoo**; Sidus Space founder and CEO **Carol Craig**; harpist **Brandee Younger**; record breaker **Aaminah Abdrabboh**

Wednesday, **July 3** – Favorite Recipes Hour with chef and cookbook author **Chris Valdes** ("One With The Kitchen"); star of ABC's "Shark Tank" **Kevin O'Leary** shares his recipe for the perfect chicken; lobster rolls with **Jim Tselikis** and **Sabin Lomac** (Cousins Maine Lobster)

Thursday, July 4 – Favorite Segments You Might've Missed Hour featuring ABC News correspondent **Ike Ejiochi's** report on statue removal; filmmaker **Ryan Coogler** and composer **Kris Bowers** ("Anthem"); ABC News correspondent **Devin Dwyer** reports on the future of meat

Friday, July 5 – Music Interview Show Hour with ABC News' Rocsi Diaz's interview with '90s music stars CeCe Peniston, Crystal Waters, Robin S., Martha Wash and Thea Austin; GRAMMY® Awardwinning artist Kim Petras; country music star Darius Rucker and singer/songwriter Jason Mraz

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