



Oct. 4, 2024

HIGHLIGHTS FOR ABC NEWS' 'GMA3: WHAT YOU NEED TO KNOW,' OCT. 7-11

The following report highlights the programming of ABC's "GMA3: What You Need to Know" during the week of Oct. 7-11. "GMA3: What You Need to Know" is a one-hour program co-anchored 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, Oct. 7 – Actor **Andrew Garfield** ("We Live in Time"); chef **Caroline Choe**; small business owner **Josh Copus** from Marshall, North Carolina, discusses Hurricane Helene's impact on his town and how the community is coming together to help each other; journalist **Lee Yaron** joins "GMA3" on the one-year anniversary of the horrific terrorist attack at the Nova Music Festival in Israel and shares the survivor stories she has collected, including survivor **Raz Perry**

Tuesday, Oct. 8 – Actress **Nafessa Williams** ("Rivals"); lifestyle expert **Milly Almodovar** shares some of the best of Amazon Prime's Big Deal Days; NBA champions and podcast hosts **Matt Barnes** and **Stephen Jackson** ("All The Smoke")

Wednesday, Oct. 9 – Actress **Sheryl Lee Ralph** ("Abbott Elementary"); Deals & Steals with ABC e-commerce editor **Tory Johnson**; a panel discussion about breast cancer with **Dr. Elizabeth Comen** and ABC News medical correspondent **Dr. Darien Sutton**

Thursday, Oct. 10 – Attorney and ABC News legal contributor **Brian Buckmire** discusses the latest legal stories in the news; lifestyle expert **Milly Almodovar** shares shoppable products inspired by Hispanic Heritage Month; bestselling author **Yvette Manassis Corporon** ("Daughter of Ruins")

Friday, Oct. 11 – Chef and TV host **Tom Colicchio** ("Why I Cook"); **Pastor Eric Williamson** discusses ongoing efforts to help get necessities to the survivors of Hurricane Helene

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