

## WHDO-CD

### Most Significant Issues Programs List

January, February, March 2024

During the first quarter of 2024, WHDO-CD broadcast the following Issue Responsive programming:

#### **American Roundtable**

**Description:** American Roundtable with host Al Spry, locally produced, features weekly, half hour, in-depth roundtable-style discussion of state, national, and international issues and events affecting the country. "Roundtable" features the sharpest minds in the political, historical and cultural spheres, as well as world-famous authors, political and business leaders from around the state. WHDO-CD Main, .2 & .4 Channels, Monday, Wednesday, Friday, 9:00am/30 minutes.

#### **Daily Flash**

**Description:** Daily Flash is locally produced in Orlando and offers a fresh look at today's news, entertainment and lifestyle trends, keeping viewers informed and entertained. Hosts DeAnn MacCloskey and Mitch English offer a daily look at what audiences need to know.

WHDO .2 & .4 Monday to Friday, 8:30am/30 minutes

#### **Coffee With America**

**Description:** Coffee with America is a weekly half-hour series that will bring you up to speed on "what's brewing" in news, social media and pop culture.

WHDO .2 & .4, Monday, 7:00am/30 minutes.

#### **Hiring America**

Hiring America is a weekly 30 minute series that features U.S. companies offering real jobs to America's veterans. Career counselors and HR specialists share uniquely tailored insights on how to find suitable employment, as well as valuable PTSD information to help vets and their families ease their transition on to civilian life.

WHDO.2 & .4, Monday, 9:30am/30 minutes

#### **Community Calendar**

One minute feature broadcast Monday to Friday 1x daily highlighting and publicizing events in the City of License, Orlando, as well as the surrounding areas.

WHDO .2 Monday to Friday, 6:25am - 9:28am, 1x/day 1minute each  
WHDO .4 Monday to Friday, 7:26am -7:56am, 1x/day 1 minute each

### **Public Service Announcements**

Address problems, needs, and interests facing the community.

Complete program descriptions follow.

**American Roundtable**  
**WHDO-CD Main, .2 & .4**  
**Monday, Wednesday, Friday 9:00am**  
**30 minutes**

1/1/24

#### **American Roundtable**

Spry & Strickler: Interview with Al Spry and his new book - Your Abundant Now: Embracing Gratitude, Alignment, and the Present Moment for a Life of Joyful Abundance. From Scarcity and Stress to Abundance and Joy. The Power of the Present Moment Chapter 2

1/3/24

#### **American Roundtable**

Spry & Strickler: Today at Starbucks, a 'Red Cup Rebellion'. '3 Miracles' Saved This Texas Hiker. Rescuers Spot 'Unusual' Rock: It Was Their Lost Hiker. Drinking Soda Changes How Kids' Brains Work. 'Wrong Number' Crew to Celebrate 8th Thanksgiving Together.

1/5/24

#### **American Roundtable**

Spry & Strickler: Interview with Al Spry and his new book - Your Abundant Now: Embracing Gratitude, Alignment, and the Present Moment for a Life of Joyful Abundance. From Scarcity and Stress to Abundance and Joy. The Power of the Present Moment Chapter 2

1/8/24

#### **American Roundtable**

Spry & Strickler: Interview with Al Spry and his new book - Your Abundant Now: Embracing Gratitude, Alignment, and the Present Moment for a Life of Joyful Abundance. From Scarcity and Stress to Abundance and Joy. The Power of the Present Moment Chapter 2

1/10/24

#### **American Roundtable**

Spry & Strickler: Today at Starbucks, a 'Red Cup Rebellion'. '3 Miracles' Saved This Texas Hiker. Rescuers Spot 'Unusual' Rock: It Was Their Lost Hiker. Drinking Soda Changes How Kids' Brains Work. 'Wrong Number' Crew to Celebrate 8th Thanksgiving Together.

1/12/24

**American Roundtable**

Spry & Bogert: Interview with Ted Bogert, host of “The Ted Show” and Mortgage Loan Officer with Dart Bank. Biography of Ted. What makes Ted tick. How Ted created “The Ted Show”. Ted’s real estate outlook for 2024 and beyond.

1/15/24

**American Roundtable**

Spry & Bogert: Interview with Ted Bogert, host of “The Ted Show” and Mortgage Loan Officer with Dart Bank. Biography of Ted. What makes Ted tick. How Ted created “The Ted Show”. Ted’s real estate outlook for 2024 and beyond.

1/17/24

**American Roundtable**

Spry & Bogert: ‘Holy Grail’ of Clean Energy Was No Fluke. Judge: Man Who Spent 48 Years in Prison Is Innocent. – Bahamas Cruise Rerouted to Boston, Maine, Canada. Home Alone 2 Townhouse Has a Hefty Asking Price. – Dad, Daughter Discover Shipwreck.

1/19/24

**American Roundtable**

Spry & Bogert: ‘Holy Grail’ of Clean Energy Was No Fluke. Judge: Man Who Spent 48 Years in Prison Is Innocent. – Bahamas Cruise Rerouted to Boston, Maine, Canada. Home Alone 2 Townhouse Has a Hefty Asking Price. – Dad, Daughter Discover Shipwreck.

1/22/24

**American Roundtable**

Spry & Bogert: Interview with Ted Bogert, host of “The Ted Show” and Mortgage Loan Officer with Dart Bank. Biography of Ted. What makes Ted tick. How Ted created “The Ted Show”. Ted’s real estate outlook for 2024 and beyond.

1/24/24

**American Roundtable**

Spry & Bogert: ‘Holy Grail’ of Clean Energy Was No Fluke. Judge: Man Who Spent 48 Years in Prison Is Innocent. – Bahamas Cruise Rerouted to Boston, Maine, Canada. Home Alone 2 Townhouse Has a Hefty Asking Price. – Dad, Daughter Discover Shipwreck.

1/26/24

**American Roundtable**

Spry & Strickler: Today at Starbucks, a ‘Red Cup Rebellion’. ‘3 Miracles’ Saved This Texas Hiker. Rescuers Spot ‘Unusual’ Rock: It Was Their Lost Hiker. Drinking Soda Changes How Kids’ Brains Work. ‘Wrong Number’ Crew to Celebrate 8th Thanksgiving Together.

1/29/24

**American Roundtable**

Spry & Bogert: Interview with Ted Bogert, host of “The Ted Show” and Mortgage Loan Officer with Dart Bank. Biography of Ted. What makes Ted tick. How Ted created “The Ted Show”. Ted’s real estate outlook for 2024 and beyond.

1/31/24

### **American Roundtable**

Spry & Bogert: ‘Holy Grail’ of Clean Energy Was No Fluke. Judge: Man Who Spent 48 Years in Prison Is Innocent. – Bahamas Cruise Rerouted to Boston, Maine, Canada. Home Alone 2 Townhouse Has a Hefty Asking Price. – Dad, Daughter Discover Shipwreck.

2/2/24

### **American Roundtable**

Spry & Strickler: Today at Starbucks, a ‘Red Cup Rebellion’. ‘3 Miracles’ Saved This Texas Hiker. Rescuers Spot ‘Unusual’ Rock: It Was Their Lost Hiker. Drinking Soda Changes How Kids’ Brains Work. ‘Wrong Number’ Crew to Celebrate 8th Thanksgiving Together.

2/5/24

### **American Roundtable**

Spry & Strickler: Who Owns the Most Land in the US? Don’t Call Them Truant Officers Anymore. Crazy Number of Japanese People Under 50 Never Dated. Mountain Lions Are Rarer Than We Thought. Bottled Water Has Much More Plastic Than Thought. Kansas City Game

2/7/24

### **American Roundtable**

Spry & Strickler: Who Owns the Most Land in the US? Don’t Call Them Truant Officers Anymore. Crazy Number of Japanese People Under 50 Never Dated. Mountain Lions Are Rarer Than We Thought. Bottled Water Has Much More Plastic Than Thought. Kansas City Game

2/9/24

### **American Roundtable**

Spry & Strickler: Who Owns the Most Land in the US? Don’t Call Them Truant Officers Anymore. Crazy Number of Japanese People Under 50 Never Dated. Mountain Lions Are Rarer Than We Thought. Bottled Water Has Much More Plastic Than Thought. Kansas City Game

2/12/24

### **American Roundtable**

Spry & Strickler: Who Owns the Most Land in the US? Don’t Call Them Truant Officers Anymore. Crazy Number of Japanese People Under 50 Never Dated. Mountain Lions Are Rarer Than We Thought. Bottled Water Has Much More Plastic Than Thought. Kansas City Game

2/14/24

### **American Roundtable**

Spry & Strickler: Woman Finds Lifesaving Kidney on TikTok. These Are America’s Top 10 Big Employers. – Mark Zuckerberg Says He’s Now a Cattle Rancher, In This Microsoft vs. Apple Battle, Microsoft Notches a Win. Teen Aims to Be First Female in Elite Bull.

2/16/24

**American Roundtable**

Spry & Strickler: Woman Finds Lifesaving Kidney on TikTok. These Are America's Top 10 Big Employers. – Mark Zuckerberg Says He's Now a Cattle Rancher, In This Microsoft vs. Apple Battle, Microsoft Notches a Win. Teen Aims to Be First Female in Elite Bull.

2/19/24

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Spry & Strickler: Who Owns the Most Land in the US? Don't Call Them Truant Officers Anymore. Crazy Number of Japanese People Under 50 Never Dated. Mountain Lions Are Rarer Than We Thought. Bottled Water Has Much More Plastic Than Thought. Kansas City Game

2/21/24

**American Roundtable**

Spry & Strickler: Woman Finds Lifesaving Kidney on TikTok. These Are America's Top 10 Big Employers. – Mark Zuckerberg Says He's Now a Cattle Rancher, In This Microsoft vs. Apple Battle, Microsoft Notches a Win. Teen Aims to Be First Female in Elite Bull.

2/23/24

**American Roundtable**

Spry & Strickler: Who Owns the Most Land in the US? Don't Call Them Truant Officers Anymore. Crazy Number of Japanese People Under 50 Never Dated. Mountain Lions Are Rarer Than We Thought. Bottled Water Has Much More Plastic Than Thought. Kansas City Game

2/26/24

**American Roundtable**

Spry & Strickler: Trump Appeared to Have a Great Day at Supreme Court. FCC Outlaws AI-Generated Voices in Robocalls. This Wasn't a Theft Anyone Was Expecting. Man Climbs Las Vegas Orb to Make Point on Abortion. Christian Bale Breaks Ground on Commune.

2/28/24

**American Roundtable**

Spry & Strickler: Trump Appeared to Have a Great Day at Supreme Court. FCC Outlaws AI-Generated Voices in Robocalls. This Wasn't a Theft Anyone Was Expecting. Man Climbs Las Vegas Orb to Make Point on Abortion. Christian Bale Breaks Ground on Commune.

3/1/24

**American Roundtable**

Spry & Strickler: Trump Appeared to Have a Great Day at Supreme Court. FCC Outlaws AI-Generated Voices in Robocalls. This Wasn't a Theft Anyone Was Expecting. Man Climbs Las Vegas Orb to Make Point on Abortion. Christian Bale Breaks Ground on Commune.

3/4/24

**American Roundtable**

Spry & Strickler: Special Counsel Won't Charge Biden, Uses 'Elderly' Reference. Longtime Rep Pays Tribute to Misunderstood' Toby Keith. Colorado Woman: I Didn't Want to Run for President, Don't Vote for Me. Gina Carano Sues Over Mandalorian Firing.

3//6/24

### **American Roundtable**

Spry & Strickler: Trump Appeared to Have a Great Day at Supreme Court. FCC Outlaws AI-Generated Voices in Robocalls. This Wasn't a Theft Anyone Was Expecting. Man Climbs Las Vegas Orb to Make Point on Abortion. Christian Bale Breaks Ground on Commune.

3/8/24

### **American Roundtable**

Spry & Strickler: Special Counsel Won't Charge Biden, Uses 'Elderly' Reference. Longtime Rep Pays Tribute to Misunderstood' Toby Keith. Colorado Woman: I Didn't Want to Run for President, Don't Vote for Me. Gina Carano Sues Over Mandalorian Firing.

3/11/24

### **American Roundtable**

Spry & Strickler: Special Counsel Won't Charge Biden, Uses 'Elderly' Reference. Longtime Rep Pays Tribute to 'Misunderstood' Toby Keith. Colorado Woman: I Didn't Want to Run for President, Don't Vote for Me. Gina Carano Sues Over Mandalorian Firing.

3-13-24

### **American Roundtable**

Spry & Strickler: Special Counsel Won't Charge Biden, Uses 'Elderly' Reference. Longtime Rep Pays Tribute to

'Misunderstood' Toby Keith. Colorado Woman: I Didn't Want to Run for President, Don't Vote for Me. Gina Carano Sues Over Mandalorian Firing.

3/15/24

### **American Roundtable**

Spry & Strickler: Special Counsel Won't Charge Biden, Uses 'Elderly' Reference. Longtime Rep Pays Tribute to 'Misunderstood' Toby Keith. Colorado Woman: I Didn't Want to Run for President, Don't Vote for Me. Gina Carano Sues Over Mandalorian Firing.

3/18/24

### **American Roundtable**

Spry & Strickler: Trump Appeared to Have a Great Day at Supreme Court. FCC Outlaws AI-Generated Voices in Robocalls. This Wasn't a Theft Anyone Was Expecting. Man Climbs Las Vegas Orb to Make Point on Abortion. Christian Bale Breaks Ground on Commune.

3/20/24

### **American Roundtable**

Spry & Strickler: Special Counsel Won't Charge Biden, Uses 'Elderly' Reference. Longtime Rep Pays Tribute to 'Misunderstood' Toby Keith. Colorado Woman: I Didn't Want to Run for President, Don't Vote for Me. Gina Carano Sues Over Mandalorian Firing.

3/22/24

### **American Roundtable**

Spry & Strickler: Special Counsel Won't Charge Biden, Uses 'Elderly' Reference. Longtime Rep Pays Tribute to 'Misunderstood' Toby Keith. Colorado Woman: I Didn't Want to Run for President, Don't Vote for Me. Gina Carano Sues Over Mandalorian Firing.

3/25/24

### **American Roundtable**

Spry & Strickler: Musk, Bezos Agree: We Need More People. Elon Musk Does Not Like MacKenzie Scott's Billions to Charity. Poor Elon Musk Is No Longer the World's Richest Guy. Moving to Florida Has Saved Bezos a Lot of Money. World's Biggest Cruise Ship M

3/27/24

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Spry & Strickler: Musk, Bezos Agree: We Need More People. Elon Musk Does Not Like MacKenzie Scott's Billions to Charity. Poor Elon Musk Is No Longer the World's Richest Guy. Moving to Florida Has Saved Bezos a Lot of Money. World's Biggest Cruise Ship M

3/29/24

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Spry & Strickler: Musk, Bezos Agree: We Need More People. Elon Musk Does Not Like MacKenzie Scott's Billions to Charity. Poor Elon Musk Is No Longer the World's Richest Guy. Moving to Florida Has Saved Bezos a Lot of Money. World's Biggest Cruise Ship M

## **Daily Flash**

**WHDO .2 & .4**

**Monday to Friday, 8:30am**

**30 minutes**

### **Daily Flash Show Synopsis - Week Of 4/3/23**

#### **Monday, 4/3**

Author Greg Lindberg's shares what he discovered about the aging process during a challenging time in his life. Plus, Executive Coach Barbie Winterbottom shares tips to empower women to be their best. And Leadership Consultant Ebony Butler talks about the current job market.

#### **Tuesday, 4/4**

Mark Neff and Neva Rogersour joined forces to co-author a new book reflecting beauty from the inside out. Plus Katherin Sellery talks parenting tips and how to handle arguments with your teen. Plus an engineering guru has come up with an AI which is now on beta testing.

### **Wednesday, 4/5**

Callie Truelove talks her latest film "Truelove: The Film." Also, the reason a girls team was denied a trophy after beating the boys team. Plus, actor Seth Rogan has a few choice words for critics.

### **Thursday, 4/6**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 4/7**

See if your favorite furry friend made the list of animals we love. ##

### **Daily Flash Show Synopsis - 4/10/23**

#### **Monday, 4/10**

Dr. Joe Alton gives tips on what to do during a medical emergency in which there's a power outage. Also, parenting expert Kathwerin Sellery has tips on how to better communicate with your teen. And, Astrologer Kim Allen gives insights on what's in store for the zodiac.

#### **Tuesday, 4/11**

People Magazine Senior Writer Steve Helling gives an awards show recap. Plus, get ready for the perfect Turkish Tea. Also, makeup artist and lifestyle expert Michelle Phillips talks lip fillers.

#### **Wednesday, 4/12**

Lifestyle Expert Lisa Leigh Kelly joins us with her new puppy and some great ideas to "puppy proof" your home. Also, Dr. Frieda Birnbaum tells us why we should forget about the traditional prenup and think of the emotional prenup. And, Tina Kadolph and Heather Tabers of "Love Missions," talk about the pitfalls of human trafficking and what we can do about it.

#### **Thursday, 4/13**



Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 4/14**

See if your favorite furry friend made the list of animals we love. ##

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## **Daily Flash Show Synopsis - Week Of 4/17/23**

### **Monday, 4/17**

Founder of Academic Innovations Mindy Bingham talks about how AI is affecting kids at school. Plus, mentalist and illusionist Alain Nu talks about his Vegas show and also performs some magic, and retired baller turned author CJ Watson talks about his latest book.

### **Tuesday, 4/18**

Comedian Dustin Chafin talks about his career and latest projects, plus, what's old is new again as a fashion staple returns. And, after almost 20 years, Ben Affleck and Jennifer Lopez are making a movie.

### **Wednesday, 4/19**

Founder of Perspective Developers, Tola Kasali explains some new words and phrases that we probably have not heard of. Plus, see why some people have started the dog food diet..

### **Thursday, 4/20**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 4/21**

See if your favorite furry friend made the list of animals we love. ##

## **DAILY FLASH SHOW SYNOPSIS - WEEK OF 4/24/23**

### **Monday, 4/24**

Actor and radio personality Carlos Navarro talks about the highs and lows of his career and what he's got coming up. Also, Dr. Dawn Sherling is in the kitchen with some great

recipes and advice on how you can eat everything. Plus, find out the ultimate defining moments in a relationship.

### **Tuesday, 4/25**

Elizabeth Thorne Kemp talks about being born with a genetic disorder and how she cured herself. Plus, human connection expert Dr. Jody Carrington talks about her new book and how to reconnect again in a disconnected world. And financial analyst Anessa Allen talks about the risk of banks nowadays.

### **Wednesday, 4/26**

The emotional moment a news reporter finds her son on live TV after a school shooting. Also, comedic rapper Afroman is in hot water with the police department after producing an parody song using the police image.

### **Thursday, 4/27**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 4/28**

See if your favorite furry friend made the list of animals we love. ##

## **DAILY FLASH SHOW SYNOPSIS - WEEK OF 5/1/23**

### **Monday, 5/1**

Master Business Coach Christina Curtis has tips on cleaning up habits that hijack happiness. Also, the wig pharmacist Callene Pennant talks about the fascination with wigs. Plus, Senior Finance Reporter Jennifer Streaks talks about the steps to take if you are laid off.

### **Tuesday, 5/2**

Licensed Clinical Social Worker Deborah Fox talks about the latest phenomenon that has men leaving the U.S. to find love abroad. Also, find out how a miniature horse lead police on a chase.

### **Wednesday, 5/3**

Author Greg Lindberg's shares what he discovered about the aging process during a challenging time in his life. Plus, Executive Coach Barbie Winterbottom shares tips to empower women to be their best. And Leadership Consultant Ebony Butler talks about the current job market.

**Thursday, 5/4**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

**Friday, 5/5**

See if your favorite furry friend made the list of animals we love. ##

**Daily Flash Show Synopsis - Week Of 5/8/23****Monday, 5/8**

The Party Princess Alisha Allen gives great tips on hosting the perfect party. Also parenting expert Katherin Sellery shares tips on how to talk to your kids about death, and Senior Finance editor Kaja Whitehouse talks about the banking situation in the U.S.

**Tuesday, 5/9**

Host Mitch English gives a behind the scenes look at MegaCon, also, see how Snoop Dogg caused a news anchor to be fired, and we'll tell you about a klepto cats last heist.

**Wednesday, 5/10**

Executive Coach Barbie Winterbottom develops a new way to help women in the workforce. Plus find out why Spring Fever is a real thing.

**Thursday, 5/11**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

Friday, **5/12**

See if your favorite furry friend made the list of animals we love.

### **Daily Flash Show Synopsis - Week Of 5/15/23**

**Monday, 5/15**

Author Florence Ann Romano explains what a "Friendship Recession" is all about. Plus, Broadway actress Jessica Hendy talks about her one woman show which tackles mental health. Also, in the KSA Cares segment, Executive Director Evan Feinberg talks about the Stand Together Foundation.

**Tuesday, 5/16**

Dr. Joe Alton gives tips on what to do during a medical emergency in which there's a power outage. Also, parenting expert Kathwerin Sellery has tips on how to better communicate with your teen. And, Astrologer Kim Allen gives insights on what's in store for the zodiac.

**Wednesday, 5/17**

"Snowfall" actress Christine Horn talks about her latest work, also, see why a "Babe" star adopted a baby pig, and it's Harrison Ford's final adventure.

**Thursday, 5/18**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 5/19**

See if your favorite furry friend made the list of animals we love. ##

### **Daily Flash Show Synopsis - Week Of 05/22/23**

#### **Monday, 5/22**

Author Greg Godek explains the relevance to loving relationships as it relates to prisoners of war. Also, podcaster Katie Krimitos talks about her popular Women's Meditation Network, plus, learn about the growing future of Artificial Intelligence from the Insider's Tekendra Parmar.

#### **Tuesday, 5/23**

Chef Donna is in the kitchen making a special treat promoting the movie "Renfield," also, the Dalai Lama apologizes for an incident with a child caught on camera, plus get ready for Spring cleaning tips.

#### **Wednesday, 5/24**

Founder of Academic Innovations Mindy Bingham talks about how AI is affecting kids at school. Plus, mentalist and illusionist Alain Nu talks about his Vegas show and also performs some magic, and retired baller turned author CJ Watson talks about his latest book.

#### **Thursday, 5/25**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 5/26**

See if your favorite furry friend made the list of animals we love. ##

### **Daily Flash Show Synopsis - Week Of 5/29/23**

#### **Monday, 5/29**

CEO of "Metabolism Makeover" Registered Dietitian Megan Hansen sheds light on how to achieve optimal health. Also, see how keeping up with the Joneses are leading many people to suffer financially, and it's Jay Z's paternity battle.

### **Tuesday, 5/30**

Singer Chris Ruggiero talks about his career with hits from the golden age of rock and roll, also, a 93-year-old gives dating advice, and it's the Jeremy Renner update following his accident.

### **Wednesday, 5/31**

Actor Eric Hanson talks about his latest movie on boxing legend George Foreman, plus, Matthew McConaughey talks about aging gracefully, and Heather Graham opens up about the comparison to the new class of Hollywood compared to the older.

### **Thursday, 6/1**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 6/2**

See if your favorite furry friend made the list of animals we love. ##

### **Daily Flash Show Synopsis - Week Of 6/5/23**

#### **Monday, 6/5**

Hank the Bee Guy talks about the investment strategies from watching bees, plus, etiquette expert Zane Carson Carruth talks about the new tooth fairy book, also, it's Bud Lights latest strategy to get beer lovers back.

#### **Tuesday, 6/6**

Actor and radio personality Carlos Navarro talks about the highs and lows of his career and what he's got coming up. Also, Dr. Dawn Sherling is in the kitchen with some great recipes and advice on how you can eat everything. Plus, find out the ultimate defining moments in a relationship.

#### **Wednesday, 6/7**

See how scientists and military are turning dead birds into drones, plus, park goes at California's Disney get evacuated after a fire on a ride, and it's the must-watch movie based on Anna Nicole.

## **Thursday, 6/8**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

## **Friday, 6/9**

See if your favorite furry friend made the list of animals we love. ##

## **Daily Flash Show Synopsis - Week Of 6/12/23**

### **Monday, 6/12**

Skin Care Specialist Monina Wright talks anti-aging tips, plus, Dr. Lori Davis joins us with the importance of self-care, and, it's the touching moment a chimp is reunited with its handlers.

### **Tuesday, 6/13**

Musical guest Jessica Willis Fisher talks about her latest album, plus, an eagle is catching attention for protecting a rock, and it's the urgent call to adopt larger pets.

### **Wednesday, 6/14**

Master Business Coach Christina Curtis has tips on cleaning up habits that hijack happiness. Also, the wig pharmacist Callene Pennant talks about the fascination with wigs. Plus, Senior Finance Reporter Jennifer Streaks talks about the steps to take if you are laid off.

### **Thursday, 6/15**

Veteran and advocate Jay Belanger talks about the problem of homeless veterans and what we can do to help, also. Disney continues making headlines and this time it's cutting its workforce.

### **Friday, 6/16**

The latest headline making stories delivered. ##

## **Daily Flash Show Synopsis - Week Of 6/19/23**

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### **Monday, 6/19**

Parenting Expert Katherin Sellery shares tips to help parents avoid Summer burnout, also Insider's Global Tech Expert talks about Apple's latest vision pro and if it's worth the price tag, and get ready to learn seven simple relationship exercises.

### **Tuesday, 6/20**

COO of TD Jakes Enterprises, Michael Phillips talks "The Good Will Movement," also, Shaq gifts teen sneakers for life! Plus, see how "The Little Mermaid" lyrics have been updated.

### **Wednesday, 6/21**

The Party Princess Alisha Allen gives great tips on hosting the perfect party. Also parenting expert Katherin Sellery shares tips on how to talk to your kids about death, and Senior Finance editor Kaja Whitehouse talks about the banking situation in the U.S.

### **Thursday, 6/22**

It's the latest celebrity interviews with film critic Tony Toscano.

### **Friday, 6/23**

The latest headline making stories delivered. ##

### **Daily Flash Show Synopsis - Week Of 6/26/23**

### **Monday, 6/26**

Nutritionist and health specialist Sarah Baker talks the most common diet myths, plus, speech pathologist Janine Stiene gives unique tips on improving your quality of sleep, and Matt Hope with Elder Guide talks about caring for aging parents and grandparents.

### **Tuesday, 6/27**

Comedian Shereen Kassam talks about her career and her stand-up show, plus, a Wheel Of Fortune contestant fail, also, see who is Jedi Training in the new Star Wars video game.

### **Wednesday, 6/28**

Radio and TV personality Angela. Lee talks about TD Jakes new project titled Good soil, also, McDonald's is facing child labor issues, and it's the Laura Bush sex talk before her wedding.

### **Thursday, 6/29**



Could a Pat Sajack replacement be announced for Wheel Of Fortune? Also, it's Elon Musk versus Mark Zuckerberg, see who comes out on top, and film critic Tony Toscano shares the latest must watch movies.

### **Friday, 6/30**

See which chef is banning vegans from his restaurant and the real reason Mark Hamill never hosted Saturday Night Live.

### **Daily Flash Show Synopsis - Week Of 4/3/23**

#### **Monday, 4/3**

Author Greg Lindberg's shares what he discovered about the aging process during a challenging time in his life. Plus, Executive Coach Barbie Winterbottom shares tips to empower women to be their best. And Leadership Consultant Ebony Butler talks about the current job market.

#### **Tuesday, 4/4**

Mark Neff and Neva Rogersour joined forces to co-author a new book reflecting beauty from the inside out. Plus Katherin Sellery talks parenting tips and how to handle arguments with your teen. Plus an engineering guru has come up with an AI which is now on beta testing.

#### **Wednesday, 4/5**

Callie Truelove talks her latest film "Truelove: The Film." Also, the reason a girls team was denied a trophy after beating the boys team. Plus, actor Seth Rogan has a few choice words for critics.

#### **Thursday, 4/6**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

#### **Friday, 4/7**

See if your favorite furry friend made the list of animals we love. ##

### **Daily Flash Show Synopsis - 4/10/23**

#### **Monday, 4/10**

Dr. Joe Alton gives tips on what to do during a medical emergency in which there's a power outage. Also, parenting expert Kathwerin Sellery has tips on how to better

communicate with your teen. And, Astrologer Kim Allen gives insights on what's in store for the zodiac.

### **Tuesday, 4/11**

People Magazine Senior Writer Steve Helling gives an awards show recap. Plus, get ready for the perfect Turkish Tea. Also, makeup artist and lifestyle expert Michelle Phillips talks lip fillers.

### **Wednesday, 4/12**

Lifestyle Expert Lisa Leigh Kelly joins us with her new puppy and some great ideas to "puppy proof" your home. Also, Dr. Frieda Birnbaum tells us why we should forget about the traditional prenup and think of the emotional prenup. And, Tina Kadolph and Heather Tabers of "Love Missions," talk about the pitfalls of human trafficking and what we can do about it.

### **Thursday, 4/13**

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### **Friday, 4/14**

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### **Daily Flash Show Synopsis - Week Of 4/17/23**

#### **Monday, 4/17**

Founder of Academic Innovations Mindy Bingham talks about how AI is affecting kids at school. Plus, mentalist and illusionist Alain Nu talks about his Vegas show and also performs some magic, and retired baller turned author CJ Watson talks about his latest book.

#### **Tuesday, 4/18**

Comedian Dustin Chafin talks about his career and latest projects, plus, what's old is new again as a fashion staple returns. And, after almost 20 years, Ben Affleck and Jennifer Lopez are making a movie.

#### **Wednesday, 4/19**

Founder of Perspective Developers, Tola Kasali explains some new words and phrases that we probably have not heard of. Plus, see why some people have started the dog food diet..

## **Thursday, 4/20**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

## **Friday, 4/21**

See if your favorite furry friend made the list of animals we love. ##

## **DAILY FLASH SHOW SYNOPSIS - WEEK OF 4/24/23**

### **Monday, 4/24**

Actor and radio personality Carlos Navarro talks about the highs and lows of his career and what he's got coming up. Also, Dr. Dawn Sherling is in the kitchen with some great recipes and advice on how you can eat everything. Plus, find out the ultimate defining moments in a relationship.

### **Tuesday, 4/25**

Elizabeth Thorne Kemp talks about being born with a genetic disorder and how she cured herself. Plus, human connection expert Dr. Jody Carrington talks about her new book and how to reconnect again in a disconnected world. And financial analyst Anessa Allen talks about the risk of banks nowadays.

### **Wednesday, 4/26**

The emotional moment a news reporter finds her son on live TV after a school shooting. Also, comedic rapper Afroman is in hot what what the police department after producing an parody song using the police image.

### **Thursday, 4/27**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 4/28**

See if your favorite furry friend made the list of animals we love. ##

## **DAILY FLASH SHOW SYNOPSIS - WEEK OF 5/1/23**

### **Monday, 5/1**

Master Business Coach Christina Curtis has tips on cleaning up habits that hijack happiness. Also, the wig pharmacist Callene Pennant talks about the fascination with

wigs. Plus, Senior Finance Reporter Jennifer Streaks talks about the steps to take if you are laid off.

## **Tuesday, 5/2**

Licensed Clinical Social Worker Deborah Fox talks about the latest phenomenon that has men leaving the U.S> to find love abroad. Also, find out how a miniature horse lead police on a chase.

## **Wednesday, 5/3**

Author Greg Lindberg's shares what he discovered about the aging process during a challenging time in his life. Plus, Executive Coach Barbie Winterbottom shares tips to empower women to be their best. And Leadership COnsultant Ebony BUTler talks about the current job market.

## **Thursday, 5/4**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

## **Friday, 5/5**

See if your favorite furry friend made the list of animals we love. ##

## **Daily Flash Show Synopsis - Week Of 5/8/23**

## **Monday, 5/8**

The Party Princess Alisha Allen gives great tips on hosting the perfect party. Also parenting expert Katherin Sellery shares tips on how to talk to your kids about death, and Senior Finance editor Kaja Whitehouse talks about the banking situation in the U.S.

### **Tuesday, 5/9**

Host Mitch English gives a behind the scenes look at MegaCon, also, see how Snoop Dogg caused a news anchor to be fired, and we'll tell you about a klepto cats last heist.

### **Wednesday, 5/10**

Executive Coach Barbie Winterbottom develops a new way to help women in the workforce. Plus find out why Spring Fever is a real thing.

### **Thursday, 5/11**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 5/12**

See if your favorite furry friend made the list of animals we love.

### **Daily Flash Show Synopsis - Week Of 5/15/23**

#### **Monday, 5/15**

Author Florence Ann Romano explains what a "Friendship Recession" is all about. Plus, Broadway actress Jessica Hendy talks about her one woman show which tackles mental health. Also, in the KSA Cares segment, Executive Director Evan Feinberg talks about the Stand Together Foundation.

## **Tuesday, 5/16**

Dr. Joe Alton gives tips on what to do during a medical emergency in which there's a power outage. Also, parenting expert Kathwerin Sellery has tips on how to better communicate with your teen. And, Astrologer Kim Allen gives insights on what's in store for the zodiac.

## **Wednesday, 5/17**

"Snowfall" actress Christine Horn talks about her latest work, also, see why a "Babe" star adopted a baby pig, and it's Harrison Ford's final adventure.

## **Thursday, 5/18**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

## **Friday, 5/19**

See if your favorite furry friend made the list of animals we love. ##

## **Daily Flash Show Synopsis - Week Of 05/22/23**

### **Monday, 5/22**

Author Greg Godek explains the relevance to loving relationships as it relates to prisoners of war. Also, podcaster Katie Krimitos talks about her popular Women's Meditation Network, plus, learn about the growing future of Artificial Intelligence from the Insider's Tekendra Parmar.

### **Tuesday, 5/23**

Chef Donna is in the kitchen making a special treat promoting the movie "Renfield," also, the Dalai Lama apologizes for an incident with a child caught on camera, plus get ready for Spring cleaning tips.

### **Wednesday, 5/24**

Founder of Academic Innovations Mindy Bingham talks about how AI is affecting kids at school. Plus, mentalist and illusionist Alain Nu talks about his Vegas show and also performs some magic, and retired baller turned author CJ Watson talks about his latest book.

### **Thursday, 5/25**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

### **Friday, 5/26**

See if your favorite furry friend made the list of animals we love. ##

### **Daily Flash Show Synopsis - Week Of 5/29/23**

#### **Monday, 5/29**

CEO of "Metabolism Makeover" Registered Dietitian Megan Hansen sheds light on how to achieve optimal health. Also, see how keeping up with the Joneses are leading many people to suffer financially, and it's Jay Z's paternity battle.

#### **Tuesday, 5/30**

Singer Chris Ruggiero talks about his career with hits from the golden age of rock and roll, also, a 93-year-old gives dating advice, and it's the Jeremy Renner update following his accident.

#### **Wednesday, 5/31**

Actor Eric Hanson talks about his latest movie on boxing legend George Foreman, plus, Matthew McConaughey talks about aging gracefully, and Heather Graham opens up about the comparison to the new class of Hollywood compared to the older.

#### **Thursday, 6/1**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

#### **Friday, 6/2**

See if your favorite furry friend made the list of animals we love. ##

### **Daily Flash Show Synopsis - Week Of 6/5/23**

#### **Monday, 6/5**

Hank the Bee Guy talks about the investment strategies from watching bees, plus, etiquette expert Zane Carson Carruth talks about the new tooth fairy book, also, it's Bud Lights latest strategy to get beer lovers back.

## **Tuesday, 6/6**

Actor and radio personality Carlos Navarro talks about the highs and lows of his career and what he's got coming up. Also, Dr. Dawn Sherling is in the kitchen with some great recipes and advice on how you can eat everything. Plus, find out the ultimate defining moments in a relationship.

## **Wednesday, 6/7**

See how scientists and military are turning dead birds into drones, plus, park goers at California's Disney get evacuated after a fire on a ride, and it's the must-watch movie based on Anna Nicole.

## **Thursday, 6/8**

Film Critic Tony Toscano lets us know what's coming out of Hollywood and straight to your screen.

## **Friday, 6/9**

See if your favorite furry friend made the list of animals we love. ##

## **Daily Flash Show Synopsis - Week Of 6/12/23**

### **Monday, 6/12**

Skin Care Specialist Monina Wright talks anti-aging tips, plus, Dr. Lori Davis joins us with the importance of self-care, and, it's the touching moment a chimp is reunited with its handlers.

### **Tuesday, 6/13**

Musical guest Jessica Willis Fisher talks about her latest album, plus, an eagle is catching attention for protecting a rock, and it's the urgent call to adopt larger pets.

### **Wednesday, 6/14**

Master Business Coach Christina Curtis has tips on cleaning up habits that hijack happiness. Also, the wig pharmacist Callene Pennant talks about the fascination with wigs. Plus, Senior Finance Reporter Jennifer Streaks talks about the steps to take if you are laid off.

### **Thursday, 6/15**



Veteran and advocate Jay Belanger talks about the problem of homeless veterans and what we can do to help, also. Disney continues making headlines and this time it's cutting its workforce.

### **Friday, 6/16**

The latest headline making stories delivered. ##

### **Daily Flash Show Synopsis - Week Of 6/19/23**

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### **Monday, 6/19**

Parenting Expert Katherin Sellery shares tips to help parents avoid Summer burnout, also Insider's Global Tech Expert talks about Apple's latest vision pro and if it's worth the price tag, and get ready to learn seven simple relationship exercises.

### **Tuesday, 6/20**

COO of TD Jakes Enterprises, Michael Phillips talks "The Good Will Movement," also, Shaq gifts teen sneakers for life! Plus, see how "The Little Mermaid" lyrics have been updated.

### **Wednesday, 6/21**

The Party Princess Alisha Allen gives great tips on hosting the perfect party. Also parenting expert Katherin Sellery shares tips on how to talk to your kids about death, and Senior Finance editor Kaja Whitehouse talks about the banking situation in the U.S.

### **Thursday, 6/22**

It's the latest celebrity interviews with film critic Tony Toscano.

### **Friday, 6/23**

The latest headline making stories delivered. ##

### **Daily Flash Show Synopsis - Week Of 6/26/23**

### **Monday, 6/26**

Nutritionist and health specialist Sarah Baker talks the most common diet myths, plus, speech pathologist Janine Stiene gives unique tips on improving your quality of sleep, and Matt Hope with Elder Guide talks about caring for aging parents and grandparents.

## **Tuesday, 6/27**

Comedian Shereen Kassam talks about her career and her stand-up show, plus, a Wheel Of Fortune contestant fail, also, see who is Jedi Training in the new Star Wars video game.

## **Wednesday, 6/28**

Radio and TV personality Angela Lee talks about TD Jakes new project titled Good soil, also, McDonald's is facing child labor issues, and it's the Laura Bush sex talk before her wedding.

## **Thursday, 6/29**

Could a Pat Sajack replacement be announced for Wheel Of Fortune? Also, it's Elon Musk versus Mark Zuckerberg, see who comes out on top, and film critic Tony Toscano shares the latest must watch movies.

## **Friday, 6/30**

See which chef is banning vegans from his restaurant and the real reason Mark Hamill never hosted Saturday Night Live.

### **Coffee With America**

**WHDO .2 & .4**

**Mondays 7:00am**

**30 minutes**

4-3-23

#### **Coffee With America**

This week on an all-new Coffee with America, join Sasha Rionda as she shares the Best New Product Award winners that you'll find on store shelves right now. Plus, a sneak peek at gifts for Mother's Day

4-10-23

#### **Coffee With America**

This week on an all-new Coffee with America, host Sasha Rionda helps you plan that spring getaway. Plus, expert secrets for perfect Easter desserts and improve your mood and master your mind with some keys to brain health.

4-17-23

#### **Coffee With America**

New this week on Coffee with America, Sasha Rionda gets you ready for Easter with delicious treats and time-saving hacks. Plus, fun ways to celebrate National Brunch Month. And, want to talk to your dog and have them talk back – see the tools to get i

4-24-23

**Coffee With America**

Coming up this week on Coffee with America, it's the final countdown to the tax deadline so host Sasha Rionda has last-minute tips to help you file. Plus, an inside look at the New York Auto Show

5-1-23

**Coffee With America**

This week on an all-new Coffee with America, join Sasha Rionda as she learns more about Earth Day. Plus, tips for a healthier and brighter smile

5-8-23

**Coffee With America**

Coming up this week on Coffee with America, host Sasha Rionda celebrates Arbor Day. Plus spring and summer travel inspiration

5-15-23

**Coffee With America**

This week on an all-new Coffee with America, whether it's vet visits or clean up host Sasha Rionda helps you take care of your pet. Plus, helpful products and information for Women's Health Month. And, gift options for Mother's Day.

5-22-23

**Coffee With America**

New this week on Coffee with America, Sasha Rionda shares information about Small Business Week and has tools to help entrepreneurs. Plus, how to upgrade or create backyard living spaces to spend more quality time outside.

5-29-23

**Coffee With America**

New this week on Coffee with America, Sasha Rionda gets you ready for award season with some ready carpet beauty looks. Plus, it's National Nutrition Month AND Frozen Food Month so she's got plenty of ways to make tasty and easy meals for the whole fa

6-5-23

**Coffee With America**

This week on an all-new Coffee with America, join Sasha Rionda as she shares the Best New Product Award winners that you'll find on store shelves right now. Plus, a sneak peek at gifts for Mother's Day

6-12-23

**Coffee With America**

This week on an all-new Coffee with America, join Sasha Rionda as she learns more about Earth Day. Plus, tips for a healthier and brighter smile.

6-19-23

**Coffee With America**

This week on an all-new Coffee with America, host Sasha Rionda learns about the latest developments and emerging trends in the world of wireless technology. Plus, she chats with the stars of some of best movies and series streaming this month.

6-26-23

**Coffee With America**

Coming up this week on Coffee with America, host Sasha Rionda has some last minute Father's Day gift ideas. Plus, summer pet care tips

**Hiring America**  
**WHDO .2 & .4**  
**Monday 9:30am**  
**30 minutes**

4-3-23

**Hiring America**

This week on Hiring America, a Medal of Honor winner talks about the difficult challenges he faced transitioning from the military to civilian life. This U.S. Army hero explains why he needed help, and how he got it.

4-10-23

**Hiring America**

This week on Hiring America, how one program's unique approach is helping those struggling with PTSD. Plus, resume tips and an Education Moment

4-17-23

**Hiring America**

This week on Hiring America, one of college basketball's winningest coaches says everything he's accomplished is due to what he learned in the Army. Duke University's Mike Krzyzewski, a five-time NCAA champion, says it all started with his education.

4-24-23

**Hiring America**

This week Hiring America speaks with National University's head of military affairs about their commitment to provide higher education to veterans. Plus, the founder of KC Cattle raises the quality of beef by using lessons learned in the military

5-1-23

**Hiring America**

This week Hiring America speaks with National University's head of military affairs about their commitment to provide higher education to veterans. Plus, the founder of KC Cattle raises the quality of beef by using lessons learned in the military

5-8-23

### **Hiring America**

This week Hiring America speaks with the co-owner of Grunt Style, a successful veteran-founded clothing company. Plus, an interview with celebrity chef Robert Irvine

5-15-23

### **Hiring America**

This week on Hiring America, a cutting-edge program provides military spouses with networking, training and hands-on experience in the civilian workforce. Plus, how a golf game inspired a US Marine to start a successful business.

5-22-23

### **Hiring America**

This week on Hiring America, a cutting-edge program provides military spouses with networking, training and hands-on experience in the civilian workforce. Plus, how a golf game inspired a US Marine to start a successful business.

5-29-23

### **Hiring America**

This week on Hiring America, how one program's unique approach is helping those struggling with PTSD. Plus, tips for military spouses and an Education Moment.

6-5-23

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This week on Hiring America, how one program's unique approach is helping those struggling with PTSD. Plus, tips for military spouses and an Education Moment.

6-12-23

### **Hiring America**

This week on Hiring America, how one program's unique approach is helping those struggling with PTSD. Plus, tips for military spouses and an Education Moment.

6-19-23

### **Hiring America**

This week on Hiring America, military spouses storm capitol hill to fight for military spouse unemployment. Plus, how one veteran's military travels led to a game that's fun for the whole family

6-26-23

### **Hiring America**

This week, Hiring America spotlights DAV Patriot Boot Camp, a free program that helps veterans take their business to the next level. Plus, an Education Moment and more

**Orlando, FL**  
**Community Calendar**  
**WHDO-CD .2 & .4**

**WHDO-CD.4**  
**Daily, Monday to Friday, 7:24:44am – 7:59:05am,1x/day 1 minute each**

**Public Service Announcements**  
**WHDO-CD .2**

**Public Service Announcements**  
**WHDO-CD .4**

**Daily Flash**  
**WHDO .2 & .4**  
**Monday to Friday, 8:30am**  
**30 minutes**

**Daily Flash Show Synopsis - Week Of 1/1/24**

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**Monday, 1/1/24**

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It's a New Year's Day celebration! Hollywood Director Steve Stockman shares tips on posting videos online that will stand out. Also, Boss Lady Maria Baltazzi talk about her new book and how to take a shot at happiness, plus, we've got the hangover cures to start the New Year fresh!

**Tuesday, 1/2/24**

Media Mogul and Director of "Strat America" Seth Schachner talks about the change in streaming service income for actors, also, parenting expert Katerine Sellery tackles meal prep for picky eaters, and it's Disney's latest cruise and what to expect.

### **Wednesday, 1/3/24**

Nutritionist and Health Expert Sarah Baker talks Fall wellness tips, plus, who's buying and who's selling? It's the latest in celebrity real estate.

### **Thursday, 1/4/24**

Country crooner Zach Bryan explains what led to his arrest, plus the morbid pregnancy photoshoot.

### **Friday, 1/5/24**

Tech guru Dr. Frank talks about the latest must-have gadgets for better living, plus it's the host picks on what to stream for the weekend.

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### **Daily Flash Show Synopsis - Week Of 1/8/24**

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#### **Monday, 1/8/24**

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Miami based celebrity Chef Adrienne talks about tipping culture, also Boss Lady Dr. Romie talks about her wellness journey, and it's a Labor Day delivery caused by the Beyonce concert.

#### **Tuesday, 1/9/24**

Relationship Trauma Expert Janie Lacy explores the Kirk Franklin family drama, also, Dennis Gillan from "Half A Sorrow Foundation" talks about mental health and how to avoid suicidal thoughts.

#### **Wednesday, 1/10/24**

Author and Motivational Speaker Judy Wilkins is talks bed rotters, plus, a man earns the title with the most tatted names, and it's national crush-a-can day.

#### **Thursday, 1/11/24**

Dr. Christian Rahm talks her new book "Be Your Own Inspiration," which focuses on self-awareness, plus, see why rocker Tommy Lee is shocked at his bill of health, and it's one of the latest TikTok trends which can be a health hazard.

### **Friday, 1/12/24**

Insider's Senior Trends Reporter Jennifer Dawkins shares the latest TikTok wedding trends, also, see what happens when hundreds of red wine gallons spills into the streets of a small town, and see why Britney Spears is staying clear of social media brand deals.

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### **Daily Flash Synopsis - Week Of 1/15/24**

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### **Monday, 1/15/24**

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"Insider" Senior Reporter for VC and start up's Darius Rafieyan explains Googlw Barb and its effects, plus Mindy Machock from "Zen Dogs Therapy" explains the effects of therapy dogs, and accountant Shantal Williams walks us through holiday budgeting.

### **Tuesday, 1/16/24**

Speech Pathologist Toni-Ann Antoniato shares the causes and effects of infants thumb-sucking, plus, author Florence Ann Romano talks people-pleasing.

### **Wednesday, 1/17/24**

Registered dietitian and author Rachel Beller shares healthy recipes for breast health, plus, a plus size influencer is on a mission for hotels to be inclusive.

### **Thursday, 1/18/24**

Founding Director of "Moms Across America," Zen Honeycutt talks fast food toxicity and kids, plus, it's a wild-west style robbery on a Los Angeles freeway caught on tape, and, a wind surfer escapes death after being body slammed by a whale.

### **Friday, 1/19/24**



Daily Flash Latino host Fabian Marcana holds the Relationship Refresh round table talk, plus, see which shows or movies the hosts suggest to stream for the weekend.

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## **Daily Flash Show Synopsis - Week Of 1.22.24**

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### **Monday, 1/22/24**

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Senior Reporter for Autos at Insider.com Nora Naughton talks what missing car payments can mean, also, author Kristin Harmel talks about her latest book, and Daily Flash Latino's Jessica Reyes highlights the best Halloween cities, plus, it's the latest in celebrity real estate.

### **Tuesday, 1/23/24**

Media Mogul and Director of "Strat America" Seth Schachner talks about the change in streaming service income for actors, also, parenting expert Katerine Sellery tackles meal prep for picky eaters, and it's Disney's latest cruise and what to expect.

### **Wednesday, 1/24/24**

Parenting Expert Katherin Sellery shares tips on cultivating cultural curiosity in kids, plus, Chiropractic Neurologist Dr. Spencer Zimmerman talks about ways to prevent Alzheimer's.

### **Thursday, 1/25/24**

Nutritionist Amy Fox explains how what we eat affects on how we feel, plus, Happiness Expert Dannie DeNovo shows us how kids mirror their parents behavior, and, one of Bravo housewives takes the first ever Wife-Time Achievement Award.

### **Friday, 1/26/24**

Insider's Senior Reporter Dominick Reuter talks about common complaints from Walmart shoppers when it comes to self-check out lanes, plus, actress Goldie Hawn shares her extraterrestrial experience, and Jay-Z says to take the money instead of lunch with him.

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## Daily Flash Show Synopsis - Week Of 1/29/24

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### Monday, 1/29/24

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"Insiders' Cork Gaines explains how baby boomers can keep the U.S. economy out of a recession, plus, see how entrepreneur Chauniqua Major took her love of business and popcorn to a new level.

### Tuesday, 1/30/24

Media Mogul and Director of "Strat America" Seth Schachner talks about the change in streaming service income for actors, also, parenting expert Katerine Sellery tackles meal prep for picky eaters, and it's Disney's latest cruise and what to expect.

### Wednesday, 1/31/24

Dream Expert Dr. Michael Lennox explains how dreams can manifest your desires, also, Daily Flash Latino's Fabian Marcano gives an insight on the week in music, and it's the latest toilet paper trend which involves the refrigerator.

### Thursday, 2/1/24

Health Industry Expert Annarose Mongiello-Ciminera shares tips on how to control your kids candy intake, plus, a man jumps into the 9/11 Memorial Site, and it's the unusual art of gurning, as the daily Flash hosts try it out!

### Friday, 2/2/24

Brothers Kevin and Sam Sorbo talk their latest movie "Miracle In East Texas", also, it's a new wedding trend where bridesmaids pass out alcohol shots while walking down the aisle, and, find out the worst baby name ever!

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## Daily Flash Show Synopsis - Week Of 1/1/24

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ss and popcorn to a new level.

### **Tuesday, 1/30/24**

Media Mogul and Director of "Strat America" Seth Schachner talks about the change in streaming service income for actors, also, parenting expert Katerine Sellery tackles meal prep for picky eaters, and it's Disney's latest cruise and what to expect.

### **Wednesday, 1/31/24**

Dream Expert Dr. Michael Lennox explains how dreams can manifest your desires, also, Daily Flash Latino's Fabian Marcano gives an insight on the week in music, and it's the latest toilet paper trend which involves the refrigerator.

### **Thursday, 2/1/24**

Health Industry Expert Annarose Mongiello-Ciminera shares tips on how to control your kids candy intake, plus, a man jumps into the 9/11 Memorial Site, and it's the unusual art of gurning, as the daily Flash hosts try it out!

### **Friday, 2/2/24**

Brothers Kevin and Sam Sorbo talk their latest movie "Miracle In East Texas", also, it's a new wedding trend where bridesmaids pass out alcohol shots while walking down the aisle, and, find out the worst baby name ever!

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## **Daily Flash Show Synopsis - Week Of 2/5/24**

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### **Monday, 2/5/24**

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Miami based celebrity Chef Adrienne talks about tipping culture, also Boss Lady Dr. Romie talks about her wellness journey, and it's a Labor Day delivery caused by the Beyonce concert.

### **Tuesday, 2/6/24**

Relationship Trauma Expert Janie Lacy explores the Kirk Franklin family drama, also, Dennis Gillan from "Half A Sorrow Foundation" talks about mental health and how to avoid suicidal thoughts.

### **Wednesday, 2/7/24**

Author and Motivational Speaker Judy Wilkins is talks bed rotters, plus, a man earns the title with the most tatted names, and it's national crush-a-can day.

### **Thursday, 2/8/24**

We're in the kitchen for some great pizza-dips, also some bacon wrapped pickles. Also, see why Reba McEntire is getting corny.

### **Friday, 2/9/24**

Twitch guru Dr. Frank talks about the latest must-have gadgets for better living, plus it's the host picks on what to stream for the weekend.

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## **Daily Flash Show Synopsis - Week Of 2/12/24**

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### **Monday, 2/12/24**

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Miami based celebrity Chef Adrienne talks about tipping culture, also Boss Lady Dr. Romie talks about her wellness journey, and it's a Labor Day delivery caused by the Beyonce concert.

### **Tuesday, 2/13/24**

Relationship Trauma Expert Janie Lacy explores the Kirk Franklin family drama, also, Dennis Gillan from "Half A Sorrow Foundation" talks about mental health and how to avoid suicidal thoughts.

### **Wednesday, 2/14/24**

Author and Motivational Speaker Judy Wilkins is talks bed rotters, plus, a man earns the title with the most tatted names, and it's national crush-a-can day.

## **Thursday, 2/15/24**

It's the Must Watch Movie of the week, plus the latest in celebrity and entertainment news.

## **Friday, 2/16/24**

It's the host picks on what to stream for the weekend.

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## **Daily Flash Show Synopsis - Week Of 2/19/24**

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### **Monday, 2/19/24**

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Award winning journalist Amy Sweeey talks about reinvention at any age, plus, it's the lifestyle of the rich and famous with celebrity real estate, and a heiress is giving away her fortune.

### **Tuesday, 2/20/24**

The Sassy Accountant Shantel Williams walks through the in's and out's of this tax season, plus, author Michelle Lawton gives insight on what's next for people who abstained from drinking in dry January, and, author and marriage expert Arlene Peliane explains Marriage Week.

### **Wednesday, 2/21/24**

Author Brittany Gowan gives insight on how to look to nature to help relieve stress and anxiety, plus, Senior Economic Advisor for Business Insider, Ayelet Sheffey talks about the latest developments when it comes to student loans, and, Katy Perry quits American Idol and explains what's next for her,

### **Thursday, 2/22/24**

It's the Must Watch Movie of the week, plus the latest in celebrity and entertainment news.

### **Friday, 2/23/24**

It's the host picks on what to stream for the weekend. ##

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## **Daily Flash Show Synopsis - Week Of 2/26/24**

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### **Monday, 2/26/24**

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Business Insider's Juliana Kaplan shares details on which part of the country it's easier to find love, plus, Elite Engineering Founder Robert Kay has tips on how to turn an idea into something and bring it to market, and see which celebrity is having a hard time selling a house.

### **Tuesday, 2/27/24**

Speech Pathologist Toni-Ann Antoniato shares the causes and effects of infants thumb-sucking, plus, author Florence Ann Romano talks people-pleasing.

### **Wednesday, 2/28/24**

Registered dietitian and author Rachel Beller shares healthy recipes for breast health, plus, a plus size influencer is on a mission for hotels to be inclusive.

### **Thursday, 2/29/24**

It's the Must Watch Movie of the week, plus the latest in celebrity and entertainment news.

### **Friday, 3/1/24**

It's the host picks on what to stream for the weekend.

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## **Daily Flash Show Synopsis - Week Of 3/4/24**

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### **Monday, 3/4/24**

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It's Women's History Month and accountant Melinda Sandoval talks about her journey and how she broke barriers as a minority female, also, the top ten female inventors are highlighted.

**Tuesday, 3/5/24**

Director of Training for Attitudes, Harmony and Achievement Melissa Lynn Lowenstein talks about teen mental health crisis, plus, see why Dr. Aditi Nerurkar says that stress can be a healthy way to tackle life's demands.

**Wednesday, 3/6/24**

Freedom transformation Specialist Bob Gardner offers a fresh view on how to conquer stress, addiction and anxiety, also, Insider's Senior Real Estate Reporter James Rodriguez talks the housing bubble.

**Thursday, 3/7/24**

It's the Must Watch Movie of the week, plus the latest in celebrity and entertainment news.

**Friday, 3/8/24**

It's the host picks on what to stream for the weekend. ##

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**Daily Flash Show Synopsis - Week Of 3/11/24**

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**Monday, 3/11/24**

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Business Insider's James Rodriguez talks about how home purchasing is diminishing, also, the real reason Oprah quit WeightWatchers, and Don Lemon gets a huge CNN payout after his firing.

**Tuesday, 3/12/24**

Business Insider's Jennifer Streaks shares grocery shopping money saving tips, also, author Heide Abelli talks about her latest book for the modern professional, and it's the Ricki Lake weight loss, which she attributes to hard work.

### **Wednesday, 3/13/24**

Life Coach Maggie Maris joins us from The Netherlands with tips on self-awareness, growth and lasting happiness, plus, Business Insider's Senior Investing Correspondent Kathleen Elkins talks about financial independence and who to retire early, and Neuroscientist Dr. Nicole Avena shares seven steps to change our body for the better.

### **Thursday, 3/14/24**

It's the Must Watch Movie of the week, plus the latest in celebrity and entertainment news.

### **Friday, 3/15/24**

It's the host picks on what to stream for the weekend.

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### **Daily Flash Show Synopsis - Week Of 3/18/24**

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#### **Monday, 3/18/24**

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It's a round-table discussion on whether couples should follow certain rules, plus, the latest in music news with host Fabian Marcano, and, see how science is following a man who has been vaxxed over 200 times.

#### **Tuesday, 3/19/24**

Author Taanvi Arepudi shares tips on the key to happiness, plus, Dr. Frieda Birnbaum talks about having kids later in life, and we take a look at main character syndrome.

#### **Wednesday, 3/20/24**

Author Melissa Cade Garcia talks about how to work through the pain of rejection, also, it's Nutrition Monday and Chef Gisela Bouvier some great recipe alternatives for healthy life.

#### **Thursday, 3/21/24**

It's the Must Watch Movie of the week, plus the latest in celebrity and entertainment news.



**Friday, 3/22/24**

It's the host picks on what to stream for the weekend. ##

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**Daily Flash Show Synopsis - Week Of 3/25/24**

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**Monday, 3/25/24**

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NBA Star Steph Curry talks about a possible political run, plus, Rosie The Riveter is the highlight for Women's History, and it's the lifestyle of the rich and famous on the Celebrity Real Estate market.

**Tuesday, 3/26/24**

Grocery Shopping Expert Andrea Woroch shares tips for cutting your grocery bill while still eating healthy, plus, find out why Disney has cut all ties with Will Smith, and a man is trying to get back his 750 pound pet alligator.

**Wednesday, 3/27/24**

Health and Wellness Coach and Culinary Nutritionist Karuna Khera explains how changing your mindset around food is the most important in making important food choices, plus, Feline Furcrew Pet Adoption talks about the rules for pet adoption and what to expect.

**Thursday, 3/28/24**

It's the Must Watch Movie of the week, plus the latest in celebrity and entertainment news.

**Friday, 3/29/24**

It's the host picks on what to stream for the weekend. ##

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**Coffee with America**  
**WHDO .2 & .4**  
**Mondays 7:00am**

## 30 minutes

1-1-24

### **Coffee With America**

Coming up this week on Coffee with America, the countdown to Thanksgiving is on so host Sasha Rionda is getting holiday hacks and hosting tips.

1-8-24

### **Coffee With America**

This week on an all-new Coffee with America, host Sasha Rionda shares some of the Best New Product Award nominees for 2024. Plus, some great charity options for those end-of-the-year donations.

1-15-24

### **Coffee With America**

This week on an all-new Coffee with America, if you love to travel and love to read, host Sasha Rionda shares a vacation deal that combines them both. Plus, if you're giving up alcohol for Dry January learn how to make it less about restriction and mo

1-22-24

### **Coffee With America**

New this week on Coffee with America, how are you doing with those New Year's resolutions? Whether you're on track or need a reset, host Sasha Rionda has tips to help you manage your 2024 goals.

1-29-24

### **Coffee With America**

Coming up this week on Coffee with America, host Sasha Rionda shares a winter vacation adventure destination. Plus, all the coolest and newest tech on display at the Consumer Electronics Show in Las Vegas.

2-5-24

### **Coffee With America**

This week on an all-new Coffee with America, host Sasha Rionda shares some mealtime hacks and healthy snacks. Plus, it's ever too early to plan your spring and summer travel so she's got inspiration for a great vacation.

2-12-24

### **Coffee With America**

This week on an all-new Coffee with America, host Sasha Rionda is sharing how keeping your pantry stocked with healthy essentials is the key to better eating. Plus, if you're planning a party for Big Game Sunday, get hosting tips that are sure to make.

2-19-24

### **Coffee With America**

New this week on Coffee with America, the Big Game and Mardi Gras are about to collide! Host Sasha Rionda has tips to help make both events a success – even from home. Plus, some gift and travel inspiration to celebrate Valentine’s Day.

2-26-24

**Coffee With America**

Coming up this week on Coffee with America, host Sasha Rionda shares what you need to know about pet obesity and how you can help your furry friend manage their weight and stay healthy. Plus, heart health tips for women.

3-4-24

**Coffee With America**

This week on an all-new Coffee with America, join Sasha Rionda as she shows you some of the coolest new tech for 2024 and looks at trends on the way. Plus, helping people with mobility issues stay independent in their own homes.

3-11-24

**Coffee With America**

This week on an all-new Coffee with America, it’s National Nutrition Month so host Sasha Rionda is sharing how dairy milk can keep you healthy and help you reach your fitness goals. Plus, we’re talking with Oscar winner Hilary Swank about her latest.

3-18-24

**Coffee With America**

New this week on Coffee with America... Host Sasha Rionda has the celebrity beauty tips so you can get Red Carpet glam at home. Plus, helping you make smarter snacking and meal choices for National Nutrition Month.

3-25-24

**Coffee With America**

Coming up this week on Coffee with America, host Sasha Rionda shares some of the cool new tech products designed to make your life easier. Plus, with the filing deadline around the corner, learn simple ways to save time and money on your taxes.

**Hiring America**  
**WHDO .2 & .4**  
**Mondays 9:30am**  
**30 minutes**

1-1-24

**Hiring America**

This week on Hiring America, a cutting-edge program provides military spouses with networking, training and hands-on experience in the civilian workforce. Plus, how a golf game inspired a US Marine to start a successful business.

1-8-24

### **Hiring America**

This week, Hiring America visits a Museum in Belgium dedicated to honoring the America soldiers who fought back against Hitler's surprise attack near the end of World War II.

1-15-24

### **Hiring America**

This week Hiring America highlights a powerful online tool that helps veterans and military spouses translate military skills into job opportunities. Plus, veterans suffering from PTSD can get back on their feet with the help of a new program.

1-22-24

### **Hiring America**

This week Hiring America highlights a powerful online tool that helps veterans and military spouses translate military skills into job opportunities. Plus, veterans suffering from PTSD can get back on their feet with the help of a new program.

1-29-24

### **Hiring America**

This week on Hiring America, you'll learn about an app built specifically for veterans to help them find career mentors and grow their network. Plus, how an elite U.S. special operations unit in Afghanistan came home and built a thriving business.

2-5-24

### **Hiring America**

This week on Hiring America, the founder of Operation Childcare reveals how her organization is solving the military child care crisis, one family at a time. Plus, how to find military friendly companies when job searching

2-12-24

### **Hiring America**

This week on Hiring America, a new program connects veterans to sport coaching. Plus, US Army Green Beret Nate Boyer reveals his path from Afghanistan to pro football and to Hollywood

2-19-24

### **Hiring America**

This week, Hiring America focuses on how DAV provides crucial services to military spouses. Plus, more helpful tips for military spouses including scholarship information

2-26-24

### **Hiring America**

This week, Hiring America spotlights Wells Fargo and their special team dedicated to helping veterans transition into meaningful careers.

3-4-24

### **Hiring America**

This week on Hiring America, how an online university's forward-thinking culture empowers students to succeed. This story plus tips for veteran entrepreneurs and an Education Moment

3-11-24

### **Hiring America**

This week, Hiring America spotlights a free program helping veterans and military spouses prepare for civilian work. Plus, an interview with celebrity chef Robert Irvine

3-18-24

### **Hiring America**

This week on Hiring America, one of college basketball's winningest coaches says everything he's accomplished is due to what he learned in the Army. Duke University's Mike Krzyzewski, a five-time NCAA champion, says it all started with his education.

3-25-24

### **Hiring America**

This week on Hiring America, a look at the opportunities available for service members, veterans, and their families who live in rural America. A Marine veteran helps revitalize the main street of his small town by opening a brewery and more.

**Orlando, FL Community Calendar**  
**WHDO .2 & .4**  
**ORLANDO COMMUNITY CALENDAR**  
January 2024

#### **AUDUBON PARK COMMUNITY MARKET**

**Dates:** January, 1 2024 | 05:00 PM to 08:00 PM

**LOCATION:**

Audubon Park Garden District, 1842 Winter Park Road, Orlando, FL 32803

The Audubon Park Community Market is a weekly gathering of growers, ranchers, fishermen, chefs, artists, handicrafters, musicians and neighbors.

Since 2009, the [Audubon Park Market](#) has been Central Florida's source for the best selection of local food; from freshly picked produce to fully prepared meals. This pet- and family-friendly celebration of food, friends, art, and live music takes place in the Stardust Video & Coffee parking lot at 1842 E. Winter Park Road every Monday (rain or shine) from 5 p.m. to 8 p.m.

The Audubon Park Community Market works hard to ensure they're offering only the finest of foods that have been grown, raised, caught, or carefully made right here in Florida, emphasizing freshness and encouraging sustainable practices.

They have freshly picked produce; cow milk; goat milk; cheese; eggs; yogurt; breads; pies; honey; seafood; grass-fed beef; grass-fed lamb; pastured chicken and pork; cupcakes; vegan desserts; jams and jellies; salsa; pickles; dips; dressings; sauces; snacks; and much more!

Ample parking is available at the Audubon Park K-8 School behind Shell. It's free and walking is good for you.

## **MAHJONG OPEN PLAY**

Monday, January 08, 15,22, 29 2024, 11:00am-1:00pm

### **Location**

Leesburg Public Library- Meeting Room A

### **Description**

Mahjong is a traditional Chinese game that has gained immense popularity around the world. If you're a fan of this game, then you'll be pleased to know that there is an open play every Monday from 11:00 am to 1:00 pm - so mark your calendars!

## **MORNINGS WITH MOMMY IN OXFORD**

### **Additional Dates**

Tuesday, January 16, 2024, 9:30am-11:00am

### **Location**

4671 Bellwether Ln  
Oxford, FL

## **AMERICAN ARTS & CRAFTS MOVEMENT**

### **Additional Dates**

Friday, January 05, 2024, 9:30am-4:00pm

Saturday, January 06, 2024, 9:30am-4:00pm

Sunday, January 07, 2024, 1:00pm-4:00pm

### **Location**

The Charles Hosmer Morse Museum of American Art  
445 North Park Avenue  
Winter Park, FL

### **Price**

\$1.00 to \$6.00—<https://morsemuseum.org/plan-your-visit/>

Get Tickets - 2 Sites

### **Description**

This exhibition focuses on the variety of materials created within the Arts & Crafts genre that helped to create uniform and warm environments. Distinctive furniture, metalwork, and design created during the turn of last century will be on view alongside a selection of Grueby Pottery (1897–1913), including a pairing of a Grueby lamp base with a Tiffany Studios (1902–32) leaded-glass lamp shade.

## **COMMUNITY CONNECTIONS - HOA & CONDO BOARDS CERTIFICATION TRAINING**

**Dates:** January 13<sup>th</sup>, 09:00 AM to 12:00 PM

**Location:** Internal Operations Center 1, 450 East South Street, Orlando, FL 32801

### **HOA & Condo Board of Directors Certification Training**

Serving on a HOA or condominium association board requires Florida's certification compliance within 90 days of being elected. This workshop will provide an overview of the many responsibilities and areas of oversight required by condominium and homeowners' association board of directors. You will learn about condominium and HOA operations, records maintenance and owner access to records, dispute resolution options, budgets and reserves, election requirements and financial reporting.

### **READY FOR THE FUTURE: WORKPLACE CHARGING 101**

Join the City of Orlando for this free event to get plugged in to tools and resources to power up your employee electric vehicle charging program! This event will feature local experts to help employers navigate from planning to implementation. Gain valuable insights on the advantages of workplace charging and how it can positively impact your business.

#### **Free to attend.**

Reserve your seat through [Eventbrite](#).

Location:

Orlando City Hall

400 South Orange Avenue

9th Floor Fairview Room

Registration Required. Lunch Provided

## **ORLANDO COMMUNITY CALENDAR**

February 2024

### **COOPER QUILTERS GROUP**

2525 Oakley Seaver Dr. Clermont, FL

Tuesday, February 06, 2024 , 9:00am-2:00pm

Calling all quilters! Bring your current project and quilt with us! The Cooper Quilters.

Group meets every Tuesday/Thursday from 9 AM to 2 PM. Registration not required.

### **STUDENT LOUNGE AT WESLEY AT UCF**

University of Central Florida

4000 Central Florida Blvd

Orlando, FL

Tuesday, February 06, 2024 , 10:00am-4:00pm

Join us for a free place to study, work and hangout! We also have free coffee and tea.

Open Monday through Thursday from 10 a.m. to 4 p.m. NOTE: Closed during Spring Break (March 18-21)

Join us and learn some amazing papercrafts, there will be classes on origami, book folding, paper flower making, and much much more!

### **STRAWBERRY FESTIVAL**

Tuesday, February 06, 2024 , 11:00am-11:00pm

#### **Location**

Jaleo Disney Springs  
1482 E Buena Vista Dr  
Orlando, FL  
(321) 348-3211

**Price** \$5.00 to \$13.00—Dishes ranges from \$5 to \$13

#### **Description**

Strawberry season is here, and to celebrate, **Jaleo Disney Springs** is bringing back its **Festival de Fresas**, in partnership with Central Florida's beloved local farm, **Southern Hill Farms**. From Jan. 29 to Feb. 18, guests can enjoy a menu of sweet and savory specials curated by Head Chef Kristoffer Anderson, all featuring locally grown strawberries from Clermont, FL. Spanish-style eats include a bright strawberry gazpacho, scallop crudo accented with sweet berries and a special strawberries and cream dessert. This year, guests who indulge in the Strawberry Festival at Jaleo will receive an exclusive offer for a "U-Pick Strawberries" experience at Southern Hill Farms.

### **FESTIVAL OF TREES AT THE LADY LAKE LIBRARY**

Friday, February 09, 2024 , 9:00am-6:00pm

Lady Lake Public Library  
225 W Guava St  
Lady Lake, FL

The holidays are here, and The Lady Lake Library is excited to have our first Festival of Trees. Patrons can walk around the library to visit all the wonderful decorative trees, provided by local businesses, schools and civic organizations. Visitors will have the opportunity to vote for their favorite tree. Votes will be tallied with an award given for best design. The trees will be showcased from November 20 to January 3, available for viewing during regular library hours. For additional information, visit [ladylake.org](http://ladylake.org)

### **POP-UP PARK PICNIC: COUPLE DATE NIGHT (SELF-GUIDED) - MOUNT DORA AREA**

Friday, February 09, 2024 , 10:00am-4:00pm

Trimble Park- Recommended Park Venue or another park choice (YOU MUST USE PDF TICKETS EMAILED FOR EVENT- NO MOBILE APP OR QR CODES ACCEPTED)

5802 Trimble Park Road  
Mount Dora, FL

#### **Description**

Pop-Up Picnic in the Park Couple Date Night (Self-Guided) Watch sunset with fun digital activities over picnic!



### **DESSERT IN THE DIRT OPEN FARM EVENT**

Saturday, February 10, 2024 , 10:00am-2:00pm

#### **Location**

LIL' BIT OF LIFE FARMS  
2920 Robie Avenue  
Mount Dora, FL

#### **Description**

Description LIL' BIT OF LIFE PRESENTS Dessert in the Dirt OPEN FARM EVENT SATURDAY, FEBRUARY 10 AT 10AM-2PM PONY RIDES PHOTOS WITH OUR 4-LEGGED VALENTINES KIDS CREATE YOUR OWN VALENTINE'S CARDS VALENTINE DECOR & ATMOSPHERE COMPLEMENTARY GLASS OF CHAMPAGNE DESSERT BOX PROVIDED DAHLER SWEET SOUTHERN TREATS FOR \$10 EACH FARM TOURS AND MORE

### **CHAIR YOGA WITH CONNIE**

Wednesday, February 14, 2024 , 3:00pm-4:00pm

Wednesday, February 28, 2024, 3:00pm-4:00pm

#### **Location**

Hugh Embry at Meeting Room  
Zephyrhills, FL

Come try chair yoga in a safe, fun environment. For more information, please call Hugh Embry Library at 352-567-3576.

### **JAZZ ON THE TERRACE: VALENTINE'S DAY WITH JAZZFIRE!**

Wednesday, February 14, 2024 , 5:00pm-7:00pm

#### **Location**

Bok Tower Gardens, 1151 Tower Blvd, Lake Wales, FL

Spend Valentine's Day under the stars with JAZZFIRE! live on The Terrace. The Blue Palmetto Cafe will be open with dining specials and full menu. Stop by The Shop at Bok for amazing gifts for your sweetheart.

Price: Free for members / \$20 non-member adult, \$10 non-member child (ages 6-17)  
(Includes admission for the day)

No registration required

### **THE LOVE LANGUAGES MESSAGE CLASS**

Wednesday, February 14, 2024 , 6:00pm-8:00pm

#### **Location**

The Well, 114 E Parker Street, Lakeland, FL

#### **Price**

\$0.00 to \$90.00 Pricing is per couple

#### **Description**

A new fun way to experience Valentine's Day! This massage class will focus on how to teach couples new techniques to massage each other at home. Teaching is 12 years experienced massage therapist Tia Baker. There will be food, fun and hands on training, also a chance to win a free 1 hour session! Let's do Valentine's day a new way this year sign up today!

### **FONDUE AT ALTIRA POOL + LOUNGE**

Wednesday, February 14, 2024 , 6:00pm-9:00pm

#### **Location**

Grand Bohemian Hotel Orlando, Autograph Collection  
325 South Orange Avenue, Orlando, FL

Where love takes center stage with lavish sleeps, enchanting stays, and exquisite dining experiences that redefine romance.

### **DADE BIRD WALK**

Tuesday, February 20, 2024 , 10:00am-11:30am

#### **Location**

Dade Battlefield Historic State Park  
7200 County Road 603, Bushnell, FL

#### **Description**

Fall bird migrants have moved into Dade for their wintering grounds. Bring binoculars or borrow some from the park to see these avian visitors as well as our resident birds. Contact [dadeprogram@floridadep.gov](mailto:dadeprogram@floridadep.gov)

## **CELEBRATE BLACK HISTORY MONTH:**

### **CRAFTERNOONS**

902 Lee Rd Ste 26 Orlando, FL 32810

**Dates:** February 24, 2024

**Price:** Free

**Time:** 3 p.m. - 4 p.m.

Learn how to create new crafts in celebration of Black History Month. Use creativity and collaboration for an hour-long crafting event.

### **WINTER GARDEN MUSIC FESTIVAL 2024**

426 W Plant St. Winter Garden, FL 34787

**Dates:** February 24, 2024

**Price:** Free

**Time:** 11 a.m. - 10 p.m.

## MOVIE SCREENING: MARVEL'S 'BLACK PANTHER'

501 Maitland Avenue South Maitland, FL 32751

**Dates:** February 27, 2024

**Price:** Free

**Time:** 2 - 4:30 p.m.

Join us for a FREE showing of Marvel's Black Panther. Popcorn and lemonade will be served. No registration required. Recommended for ages 13 and up.

## ORLANDO COMMUNITY CALENDAR

MARCH 2024

### STRAWBERRY FESTIVAL ADULT DAY TRIP

Friday, March 01, 2024 , 8:30am-7:30pm

#### Location

St. Cloud Civic Center

3001 17th Street

St. Cloud, FL

#### Description

Fee includes round trip transportation, admission into the festival, free entertainment throughout the park, a slice of strawberry shortcake, concert admission to see The Beach Boys, dinner at Fred's Market (gratuity included) and a goody bag. Pre-registration is required. Space is limited. Deadline for registration is February 16.

### FIRST FRIDAY WINTER HAVEN

Friday, March 01, 2024 , 5:00pm-9:00pm

#### Location

Downtown Winter Haven

W Central Avenue

Winter Haven, FL

#### Description

First Friday is a monthly can't-miss event that brings the community out to downtown Winter Haven for dinner, drinks, vibes and shopping! Centered around our downtown corridor, patrons can enjoy food and drink specials from downtown restaurants while dining al fresco under market lights or at our new sidewalk cafes. They can shop with downtown businesses who stay open late for the event, and we'll have live musicians and other entertainment at multiple venues.

### PANCAKE BREAKFAST

Saturday, March 02, 2024 , 8:00am-10:00am

#### Location

7101 Wright Avenue, Tangerine, FL

**Price** \$8.00

### **Description**

Description Join our community for a delicious Pancake Breakfast. We serve pancakes, French toast, link sausage, eggs, biscuits and amazing gravy, coffee, tea, hot chocolate, juice and whatever surprise a member might donate. Sometimes it's star fruit, sometimes it's coffee cake. It's always a surprise. We have this event the first Saturday of every month. Everyone is welcome!

### **ADULT PAPERCRAFTING**

Tuesday, March 05, 2024, 10:00am-11:30pm

#### **Location**

Astor County Library, 54905 Alco Rd, Astor, FL

#### **Description**

Join us and learn some amazing papercrafts, there will be classes on origami, book folding, paper flower making, and much much more!

### **SOLAR ECLIPSE 101**

**Dates:** March 5, 2024

**Price:**Free

**Time:**5:30 p.m.

101 E. Central Blvd. Orlando, FL 32801

Join Emil Buehler Planetarium director Derek Demeter for an exploration of all you need to know about the upcoming solar eclipse on Monday, April 8.

### **LAKELAND DOWNTOWN FARMERS CURB MARKET**

Saturday, March 02, 2024, 8:00am-2:00pm

Saturday, March 09, 2024, 12:00am

Saturday, March 16, 2024, 12:00am

Downtown Lakeland, FL

#### **Description**

Lakeland Downtown Farmers Curb Market brings locals and visitors alike to the downtown area every Saturday. The Market is a stage for our talented local artisans and growers, selling fresh produce, plants and locally handcrafted items.

### **65TH WINTER PARK SIDEWALK ART FESTIVAL**

**Dates:** March 15, 2024 - March 17, 2024

**Recurrence:** Recurring daily

**Price:** Free

150 W Morse Blvd, Winter Park, FL 32789

The Winter Park Sidewalk Art Festival is one of the nation's oldest, largest and most prestigious outdoor art festivals. The festival debuted in March 1960 as a community project to bring local artists and art lovers together. It's produced by an all-volunteer board and draws up to 250,000 visitors each year. More than 1000 artists from around the world applied for this year's event. An independent panel of three judges select the artists that will exhibit their works. The festival consistently ranks among the top juried fine-art festivals in the country. National accolades include #3 in Art Fair SourceBook's 2020 festival rankings and #6 in Sunshine Artist's Top 200 from 2010-2020, a 10-year

ranking of the nation's most profitable art shows. In ArtFairCalendar's list of Best Art Fairs we rank #6 in America and #1 in the South. Stay tuned for more details as they are announced.

## DOGTOBERFEST

[Krush Brau Park](#) 2198 Four Winds Blvd, Kissimmee, FL 34746

We are excited to announce the second annual Dogtoberfest 2024 at Krush Brau Park, an exceptional celebration that harmoniously blends our love for dogs, great beer, and the enduring spirit of our community.

Dogtoberfest 2024 will feature the Florida Wiener Dog Derby Race, the presence of the Osceola Animal Services as well as a Special Pup Demonstration from the Osceola County Sheriff's Office. Enjoy delectable German food, refreshing German beer, and a host of other exciting activities, Dogtoberfest promises to be a paw-some event!

Set within the scenic beauty of Krush Brau Park, this event is more than a day out – it's an experience meant to build enduring memories and enrich the bond with your beloved furry friends.

Starting at 10am on March 16, you'll be greeted with a smorgasbord of fun and interactive activities tailored for both you and your dog.

## ST. PATRICK'S DAY BLOCK PARTY AT HAMLIN

14111 Shoreside Way Winter Garden, FL 34787

**Dates:** March 16, 2024

**Price:** Free

**Time:** 4 - 8 p.m.

Celebrate St. Patrick's Day at Hamlin's Block Party, where the luck of the Irish comes alive, and admission doesn't cost a pot of gold—it's FREE!

Experience the culture with enchanting bagpipers, high-energy Irish dancers, and live music to stir the soul. Gather your family for various activities, including kid-friendly crafts, while enjoying a spread of local food trucks and vendors. Raise a glass to good cheer with beer and wine available for purchase.

Don your best green attire, bring your festive spirit, and join us for a day filled with laughter, music, and community. Here's to a St. Patrick's Day brimming with tradition and fun at Hamlin!

## ST. PATRICK'S DAY FESTIVAL

299 Center Lake Lane, Oviedo, FL 32765

**Dates:** March 16, 2024

**Price:** Free

**Time:** 4 - 9 p.m.

Oviedo's St Patrick's Day Festival is a family friendly celebration of all things Irish.

Featuring live Irish entertainment by Colin Farrell and The Byrne Brothers, fresh Guinness, Smithwicks and Harp on draft, food trucks featuring unique Irish cuisine, and more!

For the kids we will have Irish Step Dancers, stilt-walker balloon artists, and face painting. Kids are also encouraged to dress up!

This is a free festival to attend, but beer punch cards must be purchased for Guinness, Smithwicks, and Harp beer on tap. For ages 21 and over only.

**KIDS YOGA & CALM CORNER CRAFTS: SENSORY AND S.T.E.A.M.**

1211 E. Semoran Blvd. Apopka, FL 32703

**Dates:** March 22, 2024

**Price:** Free

**Time:** 10:30 - 11:30 a.m.

Silly and fun yoga poses designed for kids! Go on an imaginative journey filled with puppets, games, rest time and a take-home sensory S.T.E.A.M. craft. Recommended for families with children ages 0–8.

**SPRING FLING**

Rollins Museum of Art Rollins College,  
1000 Holt Avenue Winter Park, FL 32789

**Dates:** March 30, 2024

**Price:** Free

**Time:** Normal Operating Hours

Join us for a day of family fun at the Rollins Museum of Art! Engage with various topics relating to RMA's permanent and rotating collection with art activities, performances, and docent-led exhibition highlights tours at 1 p.m. and 3 p.m. This event will be outdoors on the RMA's back patio. This program is generously funded by the Winifred Johnson Clive Foundation.

For questions or accessibility accommodations prior to the event, please contact [rma\\_schoolprograms@rollins.edu](mailto:rma_schoolprograms@rollins.edu)

**WHDO-CD.2**

**Daily, Monday to Friday, 6:25am – 9:28am, 1x/day, 1 minute each**

Log Date	Log Time
2024-01-01	07:25:00
2024-01-02	06:26:00
2024-01-03	06:25:00
2024-01-04	06:26:00
2024-01-05	09:17:40
2024-01-08	09:04:15
2024-01-09	06:56:00
2024-01-10	06:55:00
2024-01-11	06:56:00
2024-01-12	09:10:31
2024-01-15	09:28:10
2024-01-16	06:26:00
2024-01-17	09:10:24

2024-01-18	06:26:00
2024-01-19	06:55:00
2024-01-22	09:17:37
2024-01-23	06:26:00
2024-01-24	09:17:30
2024-01-25	06:26:00
2024-01-26	09:10:19
2024-01-29	09:10:31
2024-01-30	06:56:00
2024-01-31	09:17:30
2024-02-01	06:56:00
2024-02-02	09:28:10
2024-02-05	07:25:00
2024-02-06	06:56:00
2024-02-07	09:10:21
2024-02-08	06:26:00
2024-02-09	06:25:00
2024-02-12	07:25:00
2024-02-13	06:26:00
2024-02-14	09:10:28
2024-02-15	06:26:00
2024-02-16	09:17:34
2024-02-19	06:25:00
2024-02-20	06:26:00
2024-02-21	09:17:34
2024-02-22	06:56:00
2024-02-23	09:28:00
2024-02-26	06:55:00
2024-02-27	06:56:00
2024-02-28	06:25:00
2024-02-29	06:56:00
2024-03-01	06:55:00
2024-03-04	09:17:19
2024-03-05	06:56:00
2024-03-06	09:04:13
2024-03-07	06:26:00
2024-03-08	09:10:11
2024-03-11	09:10:11
2024-03-12	06:56:00
2024-03-13	09:04:13
2024-03-14	06:56:00
2024-03-15	09:10:11
2024-03-18	06:25:00

2024-03-19	06:56:00
2024-03-20	06:25:00
2024-03-21	06:56:00
2024-03-22	06:55:00
2024-03-25	06:55:00
2024-03-26	06:26:00
2024-03-27	09:17:01
2024-03-28	06:56:00
2024-03-29	06:25:00

**WHDO-CD.4**  
**Daily, Monday to Friday, 7:26am – 7:56am,1x/day, 1 minute each**

Log Date	Log Time
2024-01-01	07:26:00
2024-01-02	07:26:00
2024-01-03	07:56:00
2024-01-04	07:26:00
2024-01-05	07:56:00
2024-01-08	07:26:00
2024-01-09	07:56:00
2024-01-10	07:56:00
2024-01-11	07:26:00
2024-01-12	07:56:00
2024-01-15	07:26:00
2024-01-16	07:56:00
2024-01-17	07:56:00
2024-01-18	07:56:00
2024-01-19	07:56:00
2024-01-22	07:56:00
2024-01-23	07:26:00
2024-01-24	07:26:00
2024-01-25	07:56:00
2024-01-26	07:26:00
2024-01-29	07:26:00
2024-01-30	07:26:00
2024-01-31	07:26:00
2024-02-01	07:56:00
2024-02-02	07:26:00
2024-02-05	07:56:00
2024-02-06	07:26:00
2024-02-07	07:26:00



2024-02-08	07:26:00
2024-02-09	07:56:00
2024-02-12	07:26:00
2024-02-13	07:26:00
2024-02-14	07:56:00
2024-02-15	07:26:00
2024-02-16	07:56:00
2024-02-19	07:26:00
2024-02-20	07:26:00
2024-02-21	07:56:00
2024-02-22	07:56:00
2024-02-23	07:26:00
2024-02-26	07:26:00
2024-02-27	07:26:00
2024-02-28	07:56:00
2024-02-29	07:56:00
2024-03-01	07:56:00
2024-03-04	07:56:00
2024-03-05	07:26:00
2024-03-06	07:56:00
2024-03-07	07:26:00
2024-03-08	07:26:00
2024-03-11	07:56:00
2024-03-12	07:56:00
2024-03-13	07:26:00
2024-03-14	07:56:00
2024-03-15	07:56:00
2024-03-18	07:56:00
2024-03-19	07:26:00
2024-03-20	07:26:00
2024-03-21	07:26:00
2024-03-22	07:56:00
2024-03-25	07:56:00
2024-03-26	07:56:00
2024-03-27	07:26:00
2024-03-28	07:26:00
2024-03-29	07:26:00

**Public Service Announcements**  
**WHDO .2**

	<b>ISSUE</b>	<b>DATES</b>	<b>RUNS</b>
	Alzheimer's Awareness	1-1-24 to 3-29-24	34
	Best Friends Animal Society	1-1-24 to 3-29-24	38
	Buzzed Driving Prevention	1-1-24 to 3-29-24	112
	Convoy of Hope	1-5-24 to 1-31-24	19
	CTIA	1-1-24 to 3-29-24	44
	Dave Thomas Foundation	1-1-24 to 3-29-24	39
	Donors Choose	1-1-24 to 2-26-24	9
	Emergency Preparedness	1-1-24 to 3-25-24	13
	Eyecare America	1-30-24 to 3-29-24	44
	Flu Vaccination	1-1-24 to 3-29-24	38
	Girl Scouts	1-1-24 to 1-29-24	5
	Gun Safety	1-1-24 to 3-25-24	26
	Heifer International	1-1-24 to 3-29-24	39
	High School Equivalency	1-1-24 to 3-29-24	45
	Live Free 999	3-11-24 to 3-29-24	15
	Lymphatic Education & Research	2-1-24 to 3-29-24	73
	Middle School Mental Health	3-4-24 to 3-29-24	39
	Milton Hershey School	1-1-24 to 3-25-24	13
	National Association for Hearing & Speech Action	3-25-24 to 3-29-24	5
	National Foundation for Infectious Disease	1-1-24 to 3-29-24	27
	Saving for Retirement	1-1-24 to 3-29-24	41
	Smile Train	1-1-24 to 3-25-24	23
	Susan G Komen	1-1-24 to 3-29-24	40
	TEACH	1-1-24 to 3-29-24	47
	The Non- Profit Alliance	1-5-24 to 1-31-24	13
	The V Foundation for Cancer Research	1-1-24 to 3-25-24	32
	Type 2 Diabetes Prevention	1-1-24 to 1-29-24	5

	U.S. Air Force	1-1-24 to 3-25-24	14
	Wildfire Prevention	1-29-24 to 3-29-24	40
	YMCA	1-10-24 to 3-29-24	51
	Wildfire Prevention	1-29-24 to 3-29-24	40
	YMCA	1-10-24 to 3-29-24	51

**Public Service Announcements**  
**WHDO-CD .4**

	<b>ISSUE</b>	<b>DATES</b>	<b>RUNS</b>
	Best Friends Animal Society	1-1-24 to 1-2-24	2
	Buzzed Driving Prevention	1-1-24 to 3-8-24	71
	Convoy of Hope	1-5-24 to 1-31-24	20
	CTIA	1-9-24 to 3-8-24	32
	Eyecare America	1-30-24 to 3-29-24	44
	Flu Vaccination	1-1-24 to 3-8-24	5
	Live Free 999	3-11-24 to 3-29-24	15
	Lymphatic Education & Research	2-1-24 to 3-28-24	53
	Middle School Mental Health	3-4-24 to 3-29-24	40
	National Association for Hearing & Speech Action	3-25-24 to 3-29-24	5
	Saving for Retirement	1-10-24 to 3-8-24	17
	Susan G Komen	1-1-24 to 2-29-24	11
	TEACH	1-4-24 to 3-8-24	37
	The Non- Profit Alliance	1-3-24 to 1-31-24	17
	Wildfire Prevention	1-29-24 to 3-29-24	44
	YMCA	1-10-24 to 3-29-24	44

