

Sunday

Volleyball:
Andrew Jackson High vs. Indian Land High:
 Announcer Justin Ashby: Andrew Jackson vs. Indian Land. 12, 3, 6, 9 a.m./p.m.

Volleyball:
Lancaster High vs. Rock Hill High:
 Announcer Chance Bowers: Lancaster vs. Rock Hill. 1:30, 4:30, 7:30, 10:30 a.m./p.m.

Monday

Rec Room
 Hosts Jonah Crenshaw & Hal Hiott: Youth Basketball Director Ryan Wilson on registration for upcoming season. Lancaster County Rec Department Director Sherry Wilson on her role with the Rec Department. Youth Wrestling Director Bernie Kuebler on upcoming season. 12, 3, 6, 9 a.m./p.m.

Future Soldiers
 Hosts Tianae Massey & Stephen Killingsworth: National Guard Sgt. Jerry Palmer on process to enlist, benefits & everyday life. 12:30, 3:30, 6:30, 9:30 a.m./p.m.

Serving Our Veterans
 Hosts Kelsey Carter & Marcus Robinson: Veteran's Affairs Director Robin Helms on Veteran's Day Parades & on the free counseling services for veterans. Helms & assistant Dena Adams on collecting coupons for veterans. 1, 4, 7, 10 a.m./p.m.

Get Fit Teens
 Host Ariana Stephens: South Middle P.E. teacher Kim Perry on eating disorders & on eating healthy snacks. She

also shows Zumba with South Middle students Breanna Sullivan, Lei'anna Gladden, Ol'andra Hood, Jace Revells. 1:30, 4:30, 7:30, 10:30 a.m./p.m.

Health Waves
 Hosts KeeKee Truesdale & Ashley Shannon: Springs Memorial Hospital mammographer Libby Morris on digital mammograms. Breast cancer survivors Morris & Jimbo Howey on their experiences with cancer. Springs Memorial registered nurse Sandra Collins & chief quality officer Judy Robinson on awards hospital has won. 2, 5, 8, 11 a.m./p.m.

Discover Science
 Hosts Stephen Killingsworth: USCL professor Bob Bundy on unique world of the USCL nature trail. 2:30, 5:30, 8:30, 11:30 a.m./p.m.

Tuesday

The Raw Foodist
 Hosts Staci Jones & Sedona Smith: Raw Foods Chef Saai Shalom making Live Stir Dish. 12, 3, 6, 9 a.m./p.m.

Writer's Cafe
 Hosts Anita Harris & Robert Hinson: Author Rev. Katherine Cooper on her book *It's Time Out for Hiding*. 12:30, 3:30, 6:30, 9:30 a.m./p.m.

Serving Our Veterans
 Hosts Kelsey Carter & Marcus Robinson: Veteran's Affairs Director Robin Helms on Veteran's Day Parades & on the free counseling services for veterans. Helms & assistant Dena Adams on collecting coupons for veterans. 1, 4, 7, 10 a.m./p.m.

Generations
 Hosts Bobby Collins & Emily Fitzpatrick: Lancaster native Rev. Fred Small on his book *Destiny By Design*, a memoir of growing up in Rich Hill & Elgin, of his military service & of his life as a minister after the service. 1:30, 4:30, 7:30, 10:30 a.m./p.m.

USCL Today
 Hosts Qua Hilton & Amanda English: Professor Michael Bonner on his first year at USCL. Coordinators Matt Williamson & Antonio Mackey on Omega Scholars. Counselor Andrea Campbell on career services offered at USCL. 2:30, 5:30, 8:30, 11:30 a.m./p.m.

Wednesday

The Playbook
 Host Sandy Gilliam: Andrew Jackson coach David Moore, Buford coach Mike Wells, Indian Land coach Mike Mayer & Lancaster coach Bennie McMurray recap last week's football games & preview this week's games. 12, 4, 8 a.m./p.m.

Andrew Jackson vs. Central of Pageland
 Announcers Hammond Knight, Mac Thompson: Andrew Jackson vs. Central. 1, 5, 9 a.m./p.m.

Thursday

The Playbook
 Host Sandy Gilliam: Andrew Jackson coach David Moore, Buford coach Mike Wells, Indian Land coach Mike Mayer & Lancaster coach Bennie McMurray recap last week's football games & preview this week's games. 12, 4, 8 a.m./p.m.

Andrew Jackson vs. Central of Pageland
 Announcers Hammond Knight, Mac Thompson: Andrew Jackson vs. Central. 1, 5, 9 a.m./p.m.

Friday

Nurture Your Child
 Hosts Tanesha Benson & Sherrie Bailey: Rhonda Gibson from St. Luke Child Care on nurturing your child's creativity & curiosity. 12, 4, 8 a.m./p.m.

See Lancaster
 Hosts Emily Fitzpatrick & Ariana Stephens: See Lancaster's Carolina Hasty on Halloween festival. See Lancaster's Jimola Wade on performing arts series & on

this year's City of Lancaster Christmas Ornament. 1, 4, 7, 10 a.m./p.m.

Baby Talk
 Host Ke'Ahshia Foster & Tianae Massey: Springs Memorial nurse Micheal Ann Crenshaw on birth defects, preparing for pregnancy & the delivery room. 1:30, 4:30, 7:30, 10:30 a.m./p.m.

Bon Appétite
 Brittany Scott & Stephen Killingsworth: Lancaster High Culinary Arts teacher Greg Shipston prepares delicious Redneck Sushi 2, 5, 8, 11 a.m./p.m.

Health Waves

- Springs Memorial Hospital's new digital mamography
 - Two breast cancer survivors
 - Awards SMH has won
- **Monday on LearnTV**

Living With
 Hosts Sindarous Wells & Emily Fitzpatrick: Lancaster resident Dwight Barrio on dealing with a car accident that almost ended his life, what his life was like before his accident, events leading to his accident & how he's coping with his accident. 2:30, 5:30, 8:30, 11:30 a.m./p.m.

Saturday

Andrew Jackson vs. Indian Land
 Announcers Hammond Knight, Mac Thompson: Andrew Jackson vs. Indian Land. 12 a.m./p.m.

Lancaster vs. Rock Hill
 Announcers Dylan Knight, Mac Thompson: Andrew Jackson vs. Buford. 3 a.m./p.m.

Buford vs. Lee Central
 Announcers Robert Moore, Mac Thompson: Andrew Jackson vs. Buford. 6 a.m./p.m.

Andrew Jackson vs. Central of Pageland
 Announcers Hammond Knight, Mac Thompson: Andrew Jackson vs. Central. 9 a.m./p.m.

Serving Our Veterans

- How to enter Veteran's Day Parade
 - How to collecting coupons for veterans
 - How to get FREE counseling services for veterans
- **Monday on LearnTV**