

## 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 Tianac 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.

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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, 7, 8 a.m./3, 4, 11 p.m.

### Buford vs. Indian Land

Announcers Hammond Knight, Robert Moore: Andrew Jackson vs. Central. 1, 9 a.m. & 5 p.m.

### Lancaster vs. Spartanburg

Announcers Hammond Knight, Mac Thompson: Andrew Jackson vs. Central. 4 a.m., 12 noon/8 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

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## Friday

### Nurture Your Child

Hosts Tanesha Benson & Sherrie Bailey: Rhonda Gibson from St. Luke Child Care on nurturing your child's creativity & curiosity. 12, 3, 6, 9 a.m./p.m.

## Creative Kids

Hosts Dierick Montiel & David Platts: Andrew Jackson drama director Joe Timmons III & students Dixon Hill & Michaela Debruhl on AJ's upcoming productions. Marian Hagins Art contest winner Samantha Rollings & LCCA Executive Director Debbie Jaillette on the contest. Jaillette on the Nutcracker. Beauty & Beast director Eric Grace & Rocky Horror Show director Joe Timmons on Community Playhouse productions. 12:30, 3:30, 6:30, 9:30 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 & Tianac 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.

## 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 & 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.