

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.

See Lancaster

Hosts Emily Fitzpatrick & Ariana Stephens: See Lancaster's Caroline Hasty on the Santa Train. See Lancaster's Jimola Wade on the Performing Arts series. Lancaster County Council of the Arts Whitney Williams on upcoming production of the Nutcracker. 1:30, 4:30, 7:30, 10:30 a.m./p.m.

Police Perspectives

Hosts Naja Barnes & Skylar Thrailkill: Sergeant Kristina Knight on her training & training requirements. Detective Sergeant Phillip Hall on his experience as a detective & what it takes to be a detective. Chief Harlean Howard on being the first female African American chief & on her previous jobs. 2, 5, 8, 11 a.m./p.m.

Bon Appétit

Brittany Scott & Stephen Killingsworth: Lancaster High Culinary Arts teacher Greg Shipston prepares delicious Redneck Sushi 2:30, 5:30, 8:30, 11:30 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 Revels. 1:30, 4:30, 7:30, 10:30 a.m./p.m.

Health Waves

Hosts KeeKee Truesdale & Ashley Shannon: Springs Memorial 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 Saaf 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.

Think Lancaster First

Hosts Tanesha Benson & Susan Rowell: Chamber board chair Jim Morton & president Dean Faile on Think Lancaster Campaign & how shopping in Lancaster County helps improve our quality of life & keep taxes low. 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.

Sports Legends

Hosts Mallory Blackmon & Nate Bush: Former Lancaster High & University of South Carolina football player Jerry Witherspoon on his standout high school career, his college career & what it was like being the First African American Captain in the history of USC football. 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.

Lancaster vs. Spartanburg

Announcers Hammond Knight, Mac Thompson: Lancaster vs. Clover. 1, 5, 9 a.m./p.m.

Friday

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.

Lancaster vs. Spartanburg

Announcers Hammond Knight, Mac Thompson: Lancaster vs. Clover. 1, 5, 9 a.m./p.m.

Thursday

Nurture Your Child

Hosts Tanesha Benson & Sherric 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'Ashia 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 Appétit

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 near-fatal car accident, 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. Indian Land

Announcers Hammond Knight, Robert Moore: Buford vs. Indian Land. 6, a.m./p.m.

Lancaster vs. Spartanburg

Announcers Dylan Knight, Mac Thompson: Lancaster vs. Spartanburg. 9 a.m./p.m.