

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.**

Veterans Day Parade & Remembrance Program

Veterans Day parade/program. **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 Parade & free counseling 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 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.**

Helping Hands

Hosts Walt Harper & KeeKee Truesdale: Covenant Baptist member Eddie Leaphart on efforts to build church in Haiti. Second Baptist's Catherine Horton & Diane Gay & director Lana Lamkin on The Clothes Closet. Katherine's Camp director Kelly Hall & camp participant Hannah Knight on the camp. **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: Lancaster coach Bennie McMurray recaps last week's football game. **12, 3, 6, 9 a.m./p.m.**

Get Fit Kids

Hosts Madison & Skylar Thraillkill: Lancaster High senior Laney Lyles on living with diabetes. Hosts making strawberry shortcake & leading exercises. **12:30, 3:30, 6:30, 9:30 a.m./p.m.**

Adrenalin Rush

Host Sedona Smith: Motocross track owner Barbara Parrish on how she got her tracks & trails started. The host learns to ride a dirt bike with help from trainer Jeremy Price. **1, 4, 7, 10 a.m./p.m.**

Hometown Heroes

Hosts Laney Lyles & Jaquel Stanback: Iraqi veteran Bryan Walton on his training, his war experiences & his return home. **1:30, 4:30, 7:30, 10:30 a.m./p.m.**

Reel Review

Hosts Stephen Killingsworth & Jonathan Stephens: Host review four movies – *Inception*, *Eat, Pray, Love*, *Alice in Wonderland* & *Hot Tub Time Machine*. **2, 5, 8, 11 a.m./p.m.**

Thursday

Great Things Happening

Host Laney Lyles & Gene Moore: South science teacher Justin Thomas & principal Joyce Criminger on his winning District Celebrate Great Teaching Award. Heath Springs principal Sheri Watson & teachers Meredith Kirk, & Christine Newsom on winning ABC Arts Award & Exemplary Writing Award. Lancaster High soccer coach Bo Sylvia & players Sedona Smith & Kola George on winning State Academic Achievement Award. **12, 3, 6, 9 a.m./p.m.**

Helping Hands

Hosts Kelsey Carter & Sindarous Wells: Christian Services director Jody Miles on Angel Tree. Angel Tree family members Kenny Williams & Lynn Williams on what help meant to them. HOPE director Elaine Atkins on Christmas Basket. **12:30, 3:30, 6:30, 9:30 a.m./p.m.**

I Do

Hosts Heather Atkinson & KeShawn Wade: Owner Bill Coker on what Coker Ranch offers. First Methodist organist Margaret Monroe

on music for ceremony. Wedding & electronic DJ Derek Buchanan & wedding coordinator Brooke Buchanan on choosing a DJ. **1, 4, 7, 10 a.m./p.m.**

Read With Me

Hosts Megan Faulkenberry & Brenda Parker: Hosts read *Sometimes I'm a Bombaloo*, *My Many Colored Days*, *Today I Feel Silly and Other Moods That Make My Day*, *Sometimes I Feel Like a Mouse* & *My Friend is Sad*. Our friends from McDonald Green Katrina Woods' kindergarten join us. **1:30, 4:30, 7:30, 10:30 a.m./p.m.**

Entrepreneurs

Host Brittany Scott: Café Taylor owner Charles Vann on how he started his restaurant business, operating Café Taylor & his future goals for his business. **2, 5, 8, 11 a.m./p.m.**

Police Perspectives

Hosts Naja Barnes & Skylar Thraillkill: 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 Harlane Howard

on being the first female African American chief & on her previous jobs. **2:30, 5:30, 8:30, 11:30 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, 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.**

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