

WEEKLY
NEWSLETTER

HEART AND HAND

ISSUE 20
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YOUR WEEKLY HEART AND HAND NEWSLETTER



HELLO AND WELCOME!

HELLO AND WELCOME TO YOUR WEEKLY HEART AND HAND NEWSLETTER! MUCH MORE LIKE IT FROM RANGERS ON FRIDAY EVENING AS WE GOT BACK TO WINNING WAYS AGAINST STIRLING ALBION, WITH THE STANDOUT PREFORMANCE COMING FROM YOUNG ALEX LOWRY WHO CAME ON TO SCORE HIS FIRST GOAL FOR THE CLUB. THERE'S ANOTHER BUSY WEEK COMING UP WITH FIXTURES FOR THE MENS, WOMENS AND ACADEMY SIDES AND FULL COVERAGE IS HERE AS EVER.

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Your Heart and Hand Week

Monday

7am	Who Are You?
12pm	Ashes
3:30-5pm	Daily Update
7pm	Flagship

Wednesday (League vs Livingston)

7am	McCoist the Manager
3:30-5pm	Daily Update
7pm	Pre-Match Show
Post-Match	Post-Match Press Conference CarPod Executive Report (Chief Execs Only)

Friday

7am	RBR
12pm	Ross County Preview
3:30-5pm	Daily Update
7pm	Extra
9pm	Rangers Women

Sunday

7am	Blue Scarves On
12pm	Gaming Show
7pm	AFCON
9pm	SPFL Roundup Show

Tuesday

7am	Dominant - Rangers 1986-98
12pm	Livingston Preview
3:30-5pm	Daily Update
7pm	Fantasy Football

Thursday

7am	Seagulls
3:30-5pm	Daily Update
7pm	Transfer Talk
9pm	Strips

Saturday (League vs Ross County)

7am	Rangers Then, Rangers Now
Pre-Match	Pre-Match Show
Post-Match	Post-Match Press Conference Executive Report (Chief Execs Only)
7pm	Rangers B Team
9pm	Simpsons

THIS WEEK ON HEART AND HAND

A packed schedule this week with full coverage of both our fixtures against Livingston and Ross County respectively, alongside all your other favourite shows. The AFCON show coming out on Sunday evening will review all the group stage and R16 action from Cameroon.

LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, the third episode of *Evolution* came out as Steven and David chart the evolution of Alfredo Morelos while *Transfer Talk* came out last Thursday as myself, Simon, Andy Barnett and Zander discussed all the latest Rangers transfer hot topics. David Marshall and Laura Clarke reviewed *Rangers Women's* demolition of Hearts and finally, Daryl returned with episode 2 of *Rangers Top Trumps* with a debate between Klos and McGregor.

YOUR WEEKLY RECOMMENDATION

This is the part of the newsletter that is used to suggest some pods or pieces of writing.

A non-football one this week but arguably one of the most popular non-football shows to ever grace the site, this weeks recommendation is the first episode of *Hail to the Chief*, the US Presidents show.

From everyone at Heart and Hand, we hope both you and your team have a great week.

WATP.