

	Ramona Gray Amaro 3 minutes	Ramona Gray Amaro 3 minutes	Ramona Gray Amaro 3 minutes	Ramona Gray Amaro 3 minutes	Ramona Gray Amaro 3 minutes	Ramona Gray Amaro 3 minutes	Ramona Gray Amaro 3 minutes
	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes	Shining Stars Alumni Series Shaun Gayle 2 minutes
	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes	Shining Stars Alumni Series Christina Parrish 2 minutes
	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes
11:00:00 AM	Grill Sergeants Easy Desserts 20 minutes Build The City 1 minute	Build The City 1 minute	Build The City 1 minute	Build The City 1 minute	Build The City 1 minute	Build The City 1 minute	Build The City 1 minute
11:30:00 AM	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes
12:00:00 PM	Hampton Currents Week of February 4, 2019 53 seconds Round Robin Movie Talks 13 minutes Round Robin Community Knights 18 minutes	Hampton Currents Week of February 4, 2019 53 seconds Round Robin Movie Talks 13 minutes Round Robin Community Knights 18 minutes	Hampton Currents Week of February 4, 2019 53 seconds Round Robin Movie Talks 13 minutes Round Robin Community Knights 18 minutes	Hampton Currents Week of February 4, 2019 53 seconds Round Robin Movie Talks 13 minutes Round Robin Community Knights 18 minutes	Hampton Currents Week of February 4, 2019 53 seconds Round Robin Movie Talks 13 minutes Round Robin Community Knights 18 minutes	Hampton Currents Week of February 4, 2019 53 seconds Round Robin Movie Talks 13 minutes Round Robin Community Knights 18 minutes	Hampton Currents Week of February 4, 2019 53 seconds Round Robin Movie Talks 13 minutes Round Robin Community Knights 18 minutes
12:30:00 PM	Round Robin Medicaid Expansion 18 minutes Round Robin Empty Bowls 15 minutes	Round Robin Medicaid Expansion 18 minutes Round Robin Empty Bowls 15 minutes	Round Robin Medicaid Expansion 18 minutes Round Robin Empty Bowls 15 minutes	Round Robin Medicaid Expansion 18 minutes Round Robin Empty Bowls 15 minutes	Round Robin Medicaid Expansion 18 minutes Round Robin Empty Bowls 15 minutes	Round Robin Medicaid Expansion 18 minutes Round Robin Empty Bowls 15 minutes	Round Robin Medicaid Expansion 18 minutes Round Robin Empty Bowls 15 minutes
01:00:00 PM							

	Round Robin Movie Talks 13 minutes	Round Robin Movie Talks 13 minutes	Round Robin Movie Talks 13 minutes	Round Robin Movie Talks 13 minutes	Round Robin Movie Talks 13 minutes	Round Robin Movie Talks 13 minutes	Round Robin Movie Talks 13 minutes
	Round Robin Community Knights 18 minutes	Round Robin Community Knights 18 minutes	Round Robin Community Knights 18 minutes	Round Robin Community Knights 18 minutes	Round Robin Community Knights 18 minutes	Round Robin Community Knights 18 minutes	Round Robin Community Knights 18 minutes
06:30:00 PM	Round Robin Medicaid Expansion 18 minutes	Round Robin Medicaid Expansion 18 minutes	Round Robin Medicaid Expansion 18 minutes	Round Robin Medicaid Expansion 18 minutes	Round Robin Medicaid Expansion 18 minutes	Round Robin Medicaid Expansion 18 minutes	Round Robin Medicaid Expansion 18 minutes
	Round Robin Empty Bowls 15 minutes	Round Robin Empty Bowls 15 minutes	Round Robin Empty Bowls 15 minutes	Round Robin Empty Bowls 15 minutes	Round Robin Empty Bowls 15 minutes	Round Robin Empty Bowls 15 minutes	Round Robin Empty Bowls 15 minutes
07:00:00 PM	Round Robin First African American to Attend Va. Tech 26 minutes	Round Robin First African American to Attend Va. Tech 26 minutes	Round Robin First African American to Attend Va. Tech 26 minutes	Round Robin First African American to Attend Va. Tech 26 minutes	Round Robin First African American to Attend Va. Tech 26 minutes	Round Robin First African American to Attend Va. Tech 26 minutes	Round Robin First African American to Attend Va. Tech 26 minutes
07:30:00 PM							
08:00:00 PM	Fuzion Fitness Episode 2 26 minutes	Fuzion Fitness Episode 20 26 minutes	Fuzion Fitness Episode 21 25 minutes	Fuzion Fitness Episode 22 28 minutes	Fuzion Fitness Episode 23 27 minutes	Fuzion Fitness Episode 24 25 minutes	Fuzion Fitness Episode 25 26 minutes
08:30:00 PM	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes	Real Virginia Episode 278 24 minutes
	Hampton Heroes 1 minute	Hampton Heroes 1 minute	Hampton Heroes 1 minute	Hampton Heroes 1 minute	Hampton Heroes 1 minute	Hampton Heroes 1 minute	Hampton Heroes 1 minute
	Build The City 1 minute	Build The City 1 minute	Build The City 1 minute	Build The City 1 minute	Build The City 1 minute	Build The City 1 minute	Build The City 1 minute
09:00:00 PM	Police Tribute Why I Wear The Badge 2 minutes	Police Tribute Why I Wear The Badge 2 minutes	Ad Council - Adoption Handy Dad 30 seconds	History of Hampton Virginia Squires 3 minutes	History of Hampton Elvis in Hampton 1 minute	History of Hampton 78 MLB 1 minute	History of Hampton Fox Hill Softball 1 minute
	Waterway Management 56 minutes	Friends in Discovery 43 minutes	Ad Council - Adoption Ice Cream 30 seconds	History of Hampton Snow Bike Shop 1 minute	History of Hampton Allen Iverson 3 minutes	History of Hampton Patrick's Hardware 2 minutes	History of Hampton Blackbeard 2 minutes
			Katherine Johnson		History of	History of	History of

Hidden Figures
4 minutes

1 minute

I Choose
L.D. Amory
1 minute

I Choose
Graham &
Rollins
3 minutes

ID
14 seconds

Jamestown
Legacy
9 minutes

Jamestown
The English
6 minutes

Jamestown
The Powhatan
Indians
8 minutes

History of Hampton
WVEC
3 minutes

History of Hampton
NASA
3 minutes

History of Hampton
Arts Center
3 minutes

History of Hampton
Fort Monroe
3 minutes

History of Hampton
Daily Press
3 minutes

History of Hampton
Mayor Eason
4 minutes

History of Hampton
Banking
1 minute

History of Hampton
Burrell
2 minutes

Hampton
Chief Minetti
3 minutes

History of Hampton
WWII Phil
Routten
3 minutes

History of Hampton
Civil Rights
2 minutes

History of Hampton
Hardy Cash
2 minutes

History of Hampton
Turkey Day
Game
1 minute

History of Hampton
Olde Wythe
3 minutes

History of Hampton
Old Point
Comfort
2 minutes

History of Hampton
NASA
Research
3 minutes

History of Hampton
Fox Hill
Women
2 minutes

History of Hampton
Archeology
2 minutes

Hampton
Billy Mitchell
Trials
2 minutes

History of Hampton
Volunteer Fire
Department
2 minutes

History of Hampton
Boo Williams
1 minute

History of Hampton
Buckroe
Carousel
1 minute

History of Hampton
WWII Edwin
Horton
2 minutes

History of Hampton
Drummond
1 minute

History of Hampton
Mike Smith
1 minute

History of Hampton
Graham &
Rollins
Seafood
2 minutes

History of Hampton
Hampton's Live
Music
2 minutes

History of Hampton
Lillian Epps
Johnson
3 minutes

History of Hampton
Phoebus Days
2 minutes

Hampton
Ronald Curry
3 minutes

History of Hampton
NASA History
2 minutes

History of Hampton
Aberdeen
Gardens
3 minutes

History of Hampton
Mayor Eason
4 minutes

History of Hampton
Fort Monroe
3 minutes

History of Hampton
Daily Press
3 minutes

History of Hampton
VA Hospital
2 minutes

History of Hampton
Jewish
Community
2 minutes

09:30:00
PM

Choose Hampton
Mooyah Burgers
1 minute

Choose Hampton
Old Point National Bank
1 minute

Choose Hampton
Nekocon
1 minute

Choose Hampton
Peninsula Town Center
1 minute

Choose Hampton
Landmark Hotel Group
2 minutes

Choose Hampton
Kate Lawrence
1 minute

Choose Hampton
Drucker and Falk
2 minutes

Ad Council - Adoption
Mom-ents
30 seconds

Jamestown
The West Central Africans
7 minutes

Jamestown
Voyage to Virginia
5 minutes

Police Tribute
Why I Wear The Badge
2 minutes

Choose Hampton
Patricks Hardware
1 minute

Choose Hampton
Francene McCorory
1 minute

Choose Hampton
M2 Pictures
2 minutes

Choose Hampton
Old Point National Bank
1 minute

History of Hampton
Crash of Roma
2 minutes

History of Hampton
Jewish Community
2 minutes

History of Hampton
Fox Hill Men in Civil War
3 minutes

History of Hampton
Virginia National Guard
2 minutes

History of Hampton
Peggy Jackson
1 minute

History of Hampton
Hampton Waterfront
3 minutes

History of Hampton
Virginia Duals
3 minutes

History of Hampton
Indian River Park
3 minutes

History of Hampton
WGH Radio
3 minutes

History of Hampton

History of Hampton
Early African Americans
2 minutes

History of Hampton
Hampton U in NCAA
2 minutes

History of Hampton
USO in Hampton
2 minutes

History of Hampton
Mayor Bickford
3 minutes

History of Hampton
First Christmas
3 minutes

History of Hampton
Wayne Gomes
1 minute

History of Hampton
Life in Phoebus
3 minutes

History of Hampton
Growing Up in Hampton
1 minute

History of Hampton
78 MLB
1 minute

History of Hampton
Senator

History of Hampton
Oystering Along The Waterfront
1 minute

History of Hampton
Buckroe Neighborhood
3 minutes

History of Hampton
Golf Course History
3 minutes

History of Hampton
Contraband Movement to Old Hampton
1 minute

History of Hampton
Providing Oil in Tough Times
2 minutes

History of Hampton
Lakeisha Frett
1 minute

History of Hampton
Swimming at the Chamberlin
1 minute

Ad Council - Adoption
Cookies
30 seconds

History of Hampton
Benton Knight
2 minutes

History of Hampton
Langley AFB
2 minutes

History of Hampton

History of Hampton
Fox Hill Men in Civil War
3 minutes

History of Hampton
HRBT
2 minutes

History of Hampton
Chamberlin
3 minutes

History of Hampton
Hampton Crabbers
1 minute

History of Hampton
Amory Seafood
2 minutes

History of Hampton
Hampton Coliseum
3 minutes

History of Hampton
Fort Wool
3 minutes

History of Hampton
Mary Christian
2 minutes

History of Hampton
Fullers
1 minute

History of Hampton
Cumming WW2
1 minute

