

## Program Guide

Time	08/14/2017	08/15/2017	08/16/2017	08/17/2017	08/18/2017	08/19/2017	08/20/2017
06:00:00 AM	<b>Jazz Cardio</b> Episode 19 28 minutes	<b>Jazz Cardio</b> Episode 2 29 minutes	<b>Jazz Cardio</b> Episode 20 28 minutes	<b>Jazz Cardio</b> Episode 21 28 minutes	<b>Jazz Cardio</b> Episode 22 28 minutes	<b>Jazz Cardio</b> Episode 23 28 minutes	<b>jazz Cardio</b> Episode 24 28 minutes
07:00:00 AM	<b>Fit for Duty</b> Excessive Force 23 minutes	<b>Fit for Duty</b> Operation Heavy or Not 24 minutes	<b>Fit for Duty</b> Operation Hold for Effect 24 minutes	<b>Fit for Duty</b> Operation Pushing for Power 23 minutes	<b>Fit for Duty</b> Operation Rapid Response 22 minutes	<b>Fit for Duty EXTREME</b> 27 minutes	<b>Fit for Duty EXTREME</b> 23 minutes
07:30:00 AM	<b>Sit and Be Fit</b> Episode 23 28 minutes	<b>Sit and Be Fit</b> Episode 24 28 minutes	<b>Sit and Be Fit</b> Episode 25 28 minutes	<b>Sit and Be Fit</b> Episode 26 29 minutes	<b>Sit and Be Fit</b> Episode 3 26 minutes	<b>Sit and Be Fit</b> Episode 4 26 minutes	<b>Sit and Be Fit</b> Episode 5 26 minutes
08:00:00 AM	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute
	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds
	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes
	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes
	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes
08:30:00 AM							



	<p><b>Alumni Series</b> Corrine Clinch 3 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Christopher Hutton 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Christopher Hutton 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Christina Parrish 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Dr. Christopher Batten 4 minutes</p>	<p>2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Christopher Hutton 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Corrine Clinch 3 minutes</p>	<p>2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Christopher Hutton 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Corrine Clinch 3 minutes</p>	<p>2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Christopher Hutton 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Corrine Clinch 3 minutes</p>	<p>2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Christopher Hutton 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Corrine Clinch 3 minutes</p>	<p>2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Christopher Hutton 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Corrine Clinch 3 minutes</p>	<p>2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Christopher Hutton 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Corrine Clinch 3 minutes</p>
10:30:00 AM	<hr/> <p><b>Shining Stars Alumni Series</b> Howard White 6 minutes</p> <hr/>	<hr/> <p><b>Shining Stars Alumni Series</b> Ramona Gray Amaro 3 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Shaun Gayle 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Dr. Christopher Batten 4 minutes</p> <hr/> <p><b>ID</b> 13 seconds</p> <hr/>	<hr/> <p><b>Shining Stars Alumni Series</b> Ramona Gray Amaro 3 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Shaun Gayle 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Dr. Christopher Batten 4 minutes</p> <hr/> <p><b>ID</b> 13 seconds</p> <hr/>	<hr/> <p><b>Shining Stars Alumni Series</b> Ramona Gray Amaro 3 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Shaun Gayle 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Dr. Christopher Batten 4 minutes</p> <hr/> <p><b>ID</b> 13 seconds</p> <hr/>	<hr/> <p><b>Shining Stars Alumni Series</b> Ramona Gray Amaro 3 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Shaun Gayle 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Dr. Christopher Batten 4 minutes</p> <hr/> <p><b>ID</b> 13 seconds</p> <hr/>	<hr/> <p><b>Shining Stars Alumni Series</b> Ramona Gray Amaro 3 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Shaun Gayle 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Dr. Christopher Batten 4 minutes</p> <hr/> <p><b>ID</b> 13 seconds</p> <hr/>	<hr/> <p><b>Shining Stars Alumni Series</b> Ramona Gray Amaro 3 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Shaun Gayle 2 minutes</p> <hr/> <p><b>Shining Stars Alumni Series</b> Dr. Christopher Batten 4 minutes</p> <hr/> <p><b>ID</b> 13 seconds</p> <hr/>
11:00:00 AM	<hr/> <p><b>Grill Sergeants</b> Grill It Safe! 46 minutes</p> <hr/>	<hr/> <p><b>Grill Sergeants</b> Sandwiches 28 minutes</p> <hr/>	<hr/> <p><b>Grill Sergeants</b> Family Favorites 25 minutes</p> <hr/>	<hr/> <p><b>Grill Sergeants</b> Soul Food 24 minutes</p> <hr/>	<hr/> <p><b>Grill Sergeants</b> Pies 21 minutes</p> <hr/>	<hr/> <p><b>Grill Sergeants</b> Comfort Foods 23 minutes</p> <hr/>	<hr/> <p><b>Grill Sergeants</b> Autumn Meals 20 minutes</p> <hr/>
11:30:00 AM	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
12:00:00 PM	<hr/> <p><b>For The Record</b> Crime in Hampton 1 minute</p> <hr/> <p><b>Hampton</b></p>	<hr/> <p><b>For The Record</b> Crime in Hampton 1 minute</p> <hr/> <p><b>Hampton</b></p>	<hr/> <p><b>For The Record</b> Crime in Hampton 1 minute</p> <hr/> <p><b>Hampton</b></p>	<hr/> <p><b>For The Record</b> Crime in Hampton 1 minute</p> <hr/> <p><b>Hampton</b></p>	<hr/> <p><b>For The Record</b> Crime in Hampton 1 minute</p> <hr/> <p><b>Hampton</b></p>	<hr/> <p><b>For The Record</b> Crime in Hampton 1 minute</p> <hr/> <p><b>Hampton</b></p>	<hr/> <p><b>For The Record</b> Crime in Hampton 1 minute</p> <hr/> <p><b>Hampton</b></p>

	<b>Currents</b> Week of August 14, 2017 56 seconds	<b>Currents</b> Week of August 14, 2017 56 seconds	<b>Currents</b> Week of August 14, 2017 56 seconds	<b>Currents</b> Week of August 14, 2017 56 seconds	<b>Currents</b> Week of August 14, 2017 56 seconds	<b>Currents</b> Week of August 14, 2017 56 seconds	<b>Currents</b> Week of August 14, 2017 56 seconds	
	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes
	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes
	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes
12:30:00 PM	<b>Round Robin</b> Kevin Myers- Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers- Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers- Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers- Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers- Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers- Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers- Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers- Parks Director 12 minutes
01:00:00 PM	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute
	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute
	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute
	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds
01:30:00 PM	<b>Jazz Cardio</b> Episode 19 28 minutes	<b>Jazz Cardio</b> Episode 2 29 minutes	<b>Jazz Cardio</b> Episode 20 28 minutes	<b>Jazz Cardio</b> Episode 21 28 minutes	<b>Jazz Cardio</b> Episode 22 28 minutes	<b>Jazz Cardio</b> Episode 23 28 minutes	<b>jazz Cardio</b> Episode 24 28 minutes	<b>jazz Cardio</b> Episode 24 28 minutes
02:30:00 PM	<b>Fit for Duty</b> Excessive Force	<b>Fit for Duty</b> Operation Heavy or Not	<b>Fit for Duty</b> Operation Hold for Effect	<b>Fit for Duty</b> Operation Pushing for	<b>Fit for Duty</b> Operation Rapid	<b>Fit for Duty EXTREME</b> 27 minutes	<b>Fit for Duty EXTREME</b> 23 minutes	<b>Fit for Duty EXTREME</b> 23 minutes





	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes
06:30:00 PM	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes
07:00:00 PM	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute
	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute
	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute
	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds
08:00:00 PM	<b>Fuzion Fitness</b> Episode 21 25 minutes	<b>Fuzion Fitness</b> Episode 22 28 minutes	<b>Fuzion Fitness</b> Episode 23 27 minutes	<b>Fuzion Fitness</b> Episode 24 25 minutes	<b>Fuzion Fitness</b> Episode 26 26 minutes	<b>Fuzion Fitness</b> Episode 39 27 minutes	<b>Fuzion Fitness</b> Episode 7 27 minutes
09:00:00 PM	<b>ID</b> 14 seconds	<b>History of Hampton</b> Hampton Crabbers 1 minute	<b>History of Hampton</b> Hurricane Isabelle 2 minutes	<b>Ad Council - Child Passenger Safety</b> Cinderella 30 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>History of Hampton</b> Hampton YMCA 2 minutes
	<b>Police Tribute</b> Why I Wear The Badge 2 minutes	<b>History of Hampton</b> Pasture Point 1 minute	<b>History of Hampton</b> Growing Up in Hampton 1 minute	<b>ID</b> 10 seconds	<b>History of Hampton</b> Blackbeard 2 minutes	<b>Choose Hampton</b> M2 Pictures 2 minutes	<b>History of Hampton</b> American Theatre 1 minute
	<b>Friends in Discovery</b> 43 minutes	<b>History of Hampton</b> Fox Hill Softball 1 minute	<b>History of Hampton</b> Life in Phoebus 3 minutes	<b>Waterway Management</b> 56 minutes	<b>History of Hampton</b> Ronald Curry 3 minutes	<b>Choose Hampton</b> Old Point National Bank 1 minute	<b>History of Hampton</b> Arts Center 3 minutes
		<b>History of Hampton</b> Blackbeard	<b>History of Hampton</b> Wayne Gomes		<b>History of Hampton</b> NASA History 2 minutes	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>History of Hampton</b> Cumming
					<b>History of Hampton</b> Fox Hill	<b>Choose</b>	

2 minutes

**History of Hampton**

Ronald Curry  
3 minutes

**History of Hampton**

NASA History  
2 minutes

**History of Hampton**

Crash of Roma  
2 minutes

**History of Hampton**

Jewish Community  
2 minutes

**History of Hampton**

Burrell  
2 minutes

**History of Hampton**

Banking  
1 minute

**History of Hampton**

WWII David Wallace  
3 minutes

**History of Hampton**

Hampton Waterfront  
3 minutes

**History of Hampton**

Peggy Jackson  
1 minute

1 minute

**History of Hampton**

1st African Americans  
1 minute

**History of Hampton**

Buckroe Carousel  
1 minute

**History of Hampton**

Boo Williams  
1 minute

**History of Hampton**

WWII Edwin Horton  
2 minutes

**History of Hampton**

Volunteer Fire Department  
2 minutes

**History of Hampton**

Billy Mitchell Trials  
2 minutes

**History of Hampton**

Patricks Hardware  
2 minutes

**History of Hampton**

Graham & Rollins Seafood  
2 minutes

**History of Hampton**

Hampton's Live Music  
2 minutes

**History of Hampton**

Mike Smith  
1 minute

Softball

1 minute

**History of Hampton**

Pasture Point  
1 minute

**History of Hampton**

Fort Monroe  
3 minutes

**Friends in Discovery**

43 minutes

**Hampton**

Crossfit

1 minute

**Choose Hampton**

Francena McCorory  
1 minute

**Choose Hampton**

Hampton House Auctions  
2 minutes

**ID**

13 seconds

**HCS HS Academies**

2 minutes

**HCS Global Video**

5 minutes

**HCS Academy Partners**

4 minutes

**Katherine Johnson**

Hidden Figures  
4 minutes

**History of Hampton**

Mike Smith  
1 minute

WW2

1 minute

**History of Hampton**

Fullers  
1 minute

**History of Hampton**

NASA  
3 minutes

**History of Hampton**

Mary Christian  
2 minutes

**History of Hampton**

Fort Wool  
3 minutes

**History of Hampton**

Hampton Coliseum  
3 minutes

**History of Hampton**

Amory Seafood  
2 minutes

**History of Hampton**

Hampton Crabbers  
1 minute

**History of Hampton**

Chamberlin  
3 minutes

**History of Hampton**

HRBT  
2 minutes



**ID**  
10 seconds

**History of Hampton**  
Langley AFB  
2 minutes

**History of Hampton**  
Benton Knight  
2 minutes

**History of Hampton**  
Jazz Festival  
1 minute

**History of Hampton**  
WVEC  
3 minutes

**History of Hampton**  
Virginia National Guard  
2 minutes

**History of Hampton**  
Hampton Crabbers  
1 minute

**History of Hampton**  
Virginia Duals  
3 minutes

**History of Hampton**  
Virginia National Guard  
2 minutes

**History of Hampton**  
Chief Minetti  
3 minutes

**History of Hampton**  
Allen Iverson  
3 minutes

**History of Hampton**  
Hampton University  
3 minutes

**History of Hampton**  
WGH Radio  
3 minutes

**History of Hampton**  
Elvis in Hampton  
1 minute

**History of Hampton**  
Old Point Comfort  
2 minutes

**History of Hampton**  
Olde Wythe  
3 minutes

**History of Hampton**  
1st African Americans  
1 minute

**History of Hampton**  
Lillian Epps Johnson  
3 minutes

**History of Hampton**  
Phoebus Days  
2 minutes

**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**  
Swimming at the Chamberlin  
1 minute

**History of Hampton**  
Lakeisha Frett  
1 minute

**History of Hampton**  
Fox Hill Men in Civil War  
3 minutes

**History of Hampton**  
Virginia National Guard  
2 minutes

**History of**

**Police Tribute**  
Why I Wear The Badge  
2 minutes

**ID**  
14 seconds

**ID**  
14 seconds

**History of Hampton**  
Graham & Rollins Seafood  
2 minutes

**History of Hampton**  
Drummond  
1 minute

**History of Hampton**  
WWII Edwin Horton  
2 minutes

**History of Hampton**  
Buckroe Carousel  
1 minute

**History of Hampton**  
Boo Williams  
1 minute

**History of Hampton**  
Oystering Along The Waterfront  
1 minute

**History of Hampton**  
Phoebus Days  
2 minutes

**History of Hampton**  
Lillian Epps Johnson  
3 minutes

**History of Hampton**  
Hampton's Live Music  
2 minutes

**Ad Council - Adoption**  
Cookies  
30 seconds

**History of Hampton**  
NASA

**Choose Hampton**  
Francene McCorory  
1 minute

**History of Hampton**  
Mayor Eason  
4 minutes

**History of Hampton**  
Daily Press  
3 minutes

**History of Hampton**  
Fort Monroe  
3 minutes

**History of Hampton**  
NASA History  
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**  
Native Americans  
2 minutes

**History of Hampton**  
Francene McCorory  
1 minute

**History of Hampton**  
Mayor Eason  
4 minutes

**History of Hampton**  
Daily Press  
3 minutes

**History of Hampton**  
Fort Monroe  
3 minutes

**History of Hampton**  
NASA History  
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**  
Native Americans  
2 minutes

			<b>Hampton</b> Crash of Roma 2 minutes			Research 3 minutes	
						<b>History of Hampton</b> Old Point Comfort 2 minutes	
						<b>History of Hampton</b> Fox Hill Women 2 minutes	
						<b>History of Hampton</b> Turkey Day Game 1 minute	
10:00:00 PM	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute
	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds	<b>Hampton Currents</b> Week of August 14, 2017 56 seconds
	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes	<b>Round Robin</b> Virginia Tech Research and Aquaculture 21 minutes
	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes	<b>Round Robin</b> Solar Eclipse at the Library 6 minutes
	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes	<b>Buckroe Development Luncheon</b> Episode 1 21 minutes
10:30:00 PM	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes	<b>Round Robin</b> Kevin Myers-Parks Director 12 minutes
11:00:00							

PM

<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute	<b>For The Record</b> Crime in Hampton 1 minute
<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute	<b>Choose Hampton</b> Francene McCorory 1 minute
<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute	<b>Choose Hampton</b> Patricks Hardware 1 minute
<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds	<b>ID</b> 14 seconds