

	Alumni Series Shaun Gayle 2 minutes	Alumni Series Shaun Gayle 2 minutes	Alumni Series Shaun Gayle 2 minutes	Alumni Series Shaun Gayle 2 minutes	Alumni Series Shaun Gayle 2 minutes	Alumni Series Shaun Gayle 2 minutes	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	FOCUSNNS Episode 45 14 minutes	Focus NNS 13 minutes	Focus NNS 13 minutes	
11:00:00 AM	Grill Sergeants German Cuisine 23 minutes	Grill Sergeants Italian Cuisine 26 minutes	Grill Sergeants Mexican Cuisine 24 minutes	Grill Sergeants Korean Cuisine 24 minutes	Grill Sergeants Rustic Cuisine 24 minutes	Grill Sergeants Hawaiian Asian Cuisine 23 minutes	Grill Sergeants Indian Cuisine 23 minutes
11:30:00 AM	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes
12:00:00 PM	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds
	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes
	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes
	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes
12:30:00 PM	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes
	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes
01:00:00 PM							

	Alumni Series Leonard Sledge 2 minutes	Alumni Series Leonard Sledge 2 minutes	Alumni Series Leonard Sledge 2 minutes	Alumni Series Leonard Sledge 2 minutes	Alumni Series Leonard Sledge 2 minutes	Alumni Series Leonard Sledge 2 minutes	Alumni Series Leonard Sledge 2 minutes
	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes	Shining Stars Alumni Series Margot Lee Shetterly 7 minutes
	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes	Shining Stars Alumni Series Mary Burcham Bunting 3 minutes
05:30:00 PM	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series Ramona Gray Amaro 3 minutes	Shining Stars Alumni Series 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	
06:00:00 PM	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds	Hampton Currents Week of January 14, 2019 57 seconds
	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes	Round Robin Love Your City II 11 minutes
	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes	Round Robin 2019 Job Fair 16 minutes
	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes	Round Robin Library Programs 12 minutes
06:30:00 PM							

	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes
	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes
07:00:00 PM							
08:00:00 PM	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	Fuzion Fitness Episode 26 26 minutes	Fuzion Fitness Episode 39 27 minutes
08:30:00 PM	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes	Real Virginia Episode 276 24 minutes
09:00:00 PM	History of Hampton Virginia Squires 3 minutes	Police Tribute Why I Wear The Badge 2 minutes	32 seconds	ID 10 seconds	ID 10 seconds	History of Hampton Wayne Gomes 1 minute	History of Hampton Hampton University 3 minutes
	History of Hampton Snow Bike Shop 1 minute	Waterway Management 56 minutes	Jamestown Legacy 9 minutes	HHD Presents Prostate Cancer and Local Resources 32 minutes	Vasculitis PSA Every 24 hours... 1 minute	History of Hampton Boo Williams 1 minute	History of Hampton Chief Minetti 3 minutes
	History of Hampton WVEC 3 minutes		Jamestown The English 6 minutes		Friends in Discovery 43 minutes	History of Hampton Buckroe Carousel 1 minute	History of Hampton WWII Phil Routten 3 minutes
	History of Hampton Olde Wythe 3 minutes		Jamestown The Powhatan Indians 8 minutes			History of Hampton Pasture Point 1 minute	History of Hampton Civil Rights 2 minutes
	History of Hampton Old Point Comfort 2 minutes		Jamestown The West Central Africans 7 minutes			History of Hampton Fox Hill Softball 1 minute	History of Hampton Turkey Day Game 1 minute
	History of Hampton NASA Research 3 minutes					History of Hampton Blackbeard 2 minutes	History of Hampton Mary Christian 2 minutes
	History of Hampton Fox Hill Women 2 minutes					History of Hampton Ronald Curry 3 minutes	History of Hampton Fullers 1 minute
						History of Hampton	History of

	<p>History of Hampton Archeology 2 minutes</p> <p>History of Hampton Early African Americans 2 minutes</p> <p>History of Hampton Hampton U in NCAA 2 minutes</p> <p>History of Hampton USO in Hampton 2 minutes</p>					<p>NASA History 2 minutes</p> <p>History of Hampton Aberdeen Gardens 3 minutes</p> <p>History of Hampton Mayor Eason 4 minutes</p> <p>History of Hampton Fort Monroe 3 minutes</p> <p>History of Hampton Daily Press 3 minutes</p>	<p>Hampton Fort Wool 3 minutes</p> <p>History of Hampton Hampton Coliseum 3 minutes</p> <p>History of Hampton Cumming WW2 1 minute</p> <p>History of Hampton Hampton YMCA 2 minutes</p> <p>History of Hampton NASA 3 minutes</p>
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09:30:00 PM	<p>History of Hampton Mayor Bickford 3 minutes</p> <p>History of Hampton First Christmas 3 minutes</p> <p>History of Hampton Wayne Gomes 1 minute</p> <p>History of Hampton Life in Phoebus 3 minutes</p> <p>History of Hampton Growing Up in Hampton 1 minute</p> <p>History of Hampton Hurricane Isabelle 2 minutes</p>		<p>Jamestown Voyage to Virginia 5 minutes</p> <p>Hampton Tourism Video 6 minutes</p> <p>HCS Academy Partners 4 minutes</p> <p>HCS Global Video 5 minutes</p> <p>HCS HS Academies 2 minutes</p>	<p>I Choose L.D. Amory 1 minute</p> <p>I Choose Graham & Rollins 3 minutes</p> <p>ID 13 seconds</p> <p>Choose Hampton Hampton House Auctions 2 minutes</p> <p>Choose Hampton M2 Pictures 2 minutes</p> <p>Choose Hampton N.I.A. 2 minutes</p> <p>Choose Hampton Old Point National Bank</p>	<p>Ad Council - Adoption Cookies 30 seconds</p> <p>History of Hampton Swimming at the Chamberlin 1 minute</p> <p>History of Hampton Lakeisha Frett 1 minute</p> <p>History of Hampton Contraband Movement to Old Hampton 1 minute</p> <p>History of Hampton Providing Oil in Tough Times 2 minutes</p> <p>History of Hampton Phoebus Days</p>	<p>History of Hampton VA Hospital 2 minutes</p> <p>History of Hampton Burrell 2 minutes</p> <p>History of Hampton Banking 1 minute</p> <p>History of Hampton WWII David Wallace 3 minutes</p> <p>History of Hampton Virginia Duals 3 minutes</p> <p>History of Hampton Hampton Waterfront 3 minutes</p> <p>History of Hampton</p>	<p>History of Hampton Arts Center 3 minutes</p> <p>History of Hampton Virginia Squires 3 minutes</p> <p>History of Hampton American Theatre 1 minute</p> <p>History of Hampton WVEC 3 minutes</p> <p>History of Hampton Jazz Festival 1 minute</p> <p>History of Hampton Snow Bike Shop 1 minute</p>
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	<p>History of Hampton Senator Andrews 3 minutes</p> <p>History of Hampton Patricks Hardware 2 minutes</p> <p>History of Hampton Billy Mitchell Trials 2 minutes</p> <p>History of Hampton Boo Williams 1 minute</p> <p>History of Hampton WWII Edwin Horton 2 minutes</p>			<p>1 minute</p> <p>Choose Hampton Hampton Alternatives Inc. 2 minutes</p> <p>Choose Hampton Appomattox River Company 2 minutes</p> <p>Choose Hampton Patricks Hardware 1 minute</p> <p>Choose Hampton Drucker and Falk 2 minutes</p> <p>Choose Hampton Hampton Neighborhood Commission 2 minutes</p> <p>Choose Hampton Landmark Hotel Group 2 minutes</p>	<p>2 minutes</p> <p>History of Hampton Oystering Along The Waterfront 1 minute</p> <p>History of Hampton Golf Course History 3 minutes</p>	<p>Hampton Peggy Jackson 1 minute</p> <p>History of Hampton Virginia National Guard 2 minutes</p> <p>History of Hampton Real Estate 2 minutes</p> <p>History of Hampton WGH Radio 3 minutes</p>	<p>History of Hampton Gloria Dei School 2 minutes</p> <p>History of Hampton Langley AFB 2 minutes</p> <p>History of Hampton Ronald Curry 3 minutes</p> <p>History of Hampton NASA History 2 minutes</p>
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10:00:00 PM	<p>Hampton Currents Week of January 14, 2019 57 seconds</p> <p>Round Robin Love Your City II 11 minutes</p> <p>Round Robin 2019 Job Fair 16 minutes</p> <p>Round Robin Library Programs 12 minutes</p>	<p>Hampton Currents Week of January 14, 2019 57 seconds</p> <p>Round Robin Love Your City II 11 minutes</p> <p>Round Robin 2019 Job Fair 16 minutes</p> <p>Round Robin Library Programs 12 minutes</p>	<p>Hampton Currents Week of January 14, 2019 57 seconds</p> <p>Round Robin Love Your City II 11 minutes</p> <p>Round Robin 2019 Job Fair 16 minutes</p> <p>Round Robin Library Programs 12 minutes</p>	<p>Hampton Currents Week of January 14, 2019 57 seconds</p> <p>Round Robin Love Your City II 11 minutes</p> <p>Round Robin 2019 Job Fair 16 minutes</p> <p>Round Robin Library Programs 12 minutes</p>	<p>Hampton Currents Week of January 14, 2019 57 seconds</p> <p>Round Robin Love Your City II 11 minutes</p> <p>Round Robin 2019 Job Fair 16 minutes</p> <p>Round Robin Library Programs 12 minutes</p>	<p>Hampton Currents Week of January 14, 2019 57 seconds</p> <p>Round Robin Love Your City II 11 minutes</p> <p>Round Robin 2019 Job Fair 16 minutes</p> <p>Round Robin Library Programs 12 minutes</p>
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10:30:00 PM	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes	Round Robin Influenza Prevention and Handwashing 12 minutes
	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes	Round Robin Governor's School 11 minutes
11:00:00 PM							