



Flying Squirrels Insider

Monday, April 15 at 8:00 pm

This thirty-minute bi-weekly show features behind-the-scenes coverage of the Flying Squirrels organization and covers story-lines both on the field and off.



Resilience: The Biology of Stress and the Science of Hope

Thursday, April 25, at 9:00 pm

This new documentary reveals how toxic stress can trigger hormones that wreak havoc on the brains and bodies of children, putting them at a greater risk for disease, homelessness, prison time, and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune.



Vietnam: Virginia Remembers

Monday, April 29 at 9:00 pm

Community Idea Stations visit the Virginia War Memorial and hear perspectives and stories of a variety of people in our community who experienced the War. The discussion includes a combat nurse, a South Vietnamese Veteran, a conscientious objector, Vietnamese refugees, and American veterans.

Weekends

SATURDAYS

<p>• AM • 12:00 GREAT PERFORMANCES AT THE MET 3:00 AMANPOUR & COMPANY • PM • 3:30 ASK THIS OLD HOUSE 4:00 THIS OLD HOUSE 4:30 THIS OLD HOUSE 5:00 ASK THIS OLD HOUSE 5:30 MOTORWEEK 6:00 AMANPOUR AND COMPANY 7:00 SECRETS OF THE DEAD 8:00 NATURE 9:00 NOVA 10:00 INDEPENDENT LENS 11:30 POV SHORTS</p>	<p>4/6</p>	<p>• AM • 12:00 JOSEPH PULITZER 1:30 PBS PREVIEWS: CHASING THE MOON 2:00 AMANPOUR & COMPANY 3:00 WASHINGTON WEEK 3:30 FIRING LINE 4:00 JOSEPH PULITZER: AMERICAN MASTERS 5:30 PBS PREVIEWS: CHASING THE MOON • PM • 3:30 ASK THIS OLD HOUSE 4:00 THIS OLD HOUSE 4:30 THIS OLD HOUSE 5:00 ASK THIS OLD HOUSE 5:30 MOTORWEEK 6:00 AMANPOUR & COMPANY 7:00 OZONE HOLE: SAVED PLANET 8:00 NATURE 9:00 NOVA 10:00 INDEPENDENT LENS 11:30 POV SHORTS</p>	<p>4/13</p>	<p>• AM • 12:00 GARRY WINOGRAND 1:30 PBS PREVIEWS: CHASING THE MOON 2:00 AMANPOUR & COMPANY 3:00 WASHINGTON WEEK 3:30 FIRING LINE 4:00 GARRY WINOGRAND 5:30 PBS PREVIEWS: CHASING THE MOON • PM • 4:00 THIS OLD HOUSE 4:30 THIS OLD HOUSE 5:00 ASK THIS OLD HOUSE 5:30 MOTORWEEK 6:00 AMANPOUR & COMPANY 7:00 BREAKTHROUGH: THE IDEAS THAT CHANGED THE WORLD 8:00 NATURE 9:00 NOVA 10:00 RICK STEVES EUROPEAN EASTER 11:00 INDEPENDENT LENS</p>	<p>4/20</p>	<p>• AM • 12:00 STATE OF THE ART 1:00 INTERNATIONAL JAZZ DAY FROM CUBA 2:00 AMANPOUR & COMPANY 3:00 WASHINGTON WEEK 3:30 FIRING LINE 4:00 STATE OF THE ART 5:00 INTERNATIONAL JAZZ DAY FROM CUBA • PM • 3:30 ASK THIS OLD HOUSE 4:00 THIS OLD HOUSE 4:30 THIS OLD HOUSE 5:00 VIRGINIA HOME GROWN 6:00 AMANPOUR & COMPANY 7:00 BREAKTHROUGH: THE IDEAS THAT CHANGED THE WORLD 8:00 NATURE 9:00 NOVA 10:00 INDEPENDENT LENS 11:30 POV SHORTS</p>	<p>4/27</p>
--	------------	--	-------------	---	-------------	---	-------------

SUNDAYS

<p>• AM • 12:00 MARTHA BAKES 12:30 CHEF'S LIFE 1:00 FINDING YOUR ROOTS 2:00 AUSTIN CITY LIMITS 3:00 BLUEGRASS UNDERGROUND 3:30 CHEF'S LIFE 4:00 NOVA 5:00 NATURE • PM • 3:30 TO THE CONTRARY 4:00 FIRING LINE 4:30 GREAT BRITISH BAKING SHOW 5:30 MARTHA BAKES 6:00 RICK STEVES SPECIAL ♦ 7:30 BEYOND YOUR BACKYARD 8:00 KEN BURNS: THE NATIONAL PARKS ♦ 10:00 EASY YOGA: SECRET TO STRENGTH & BALANCE ♦ 11:00 CALL THE MIDWIFE</p>	<p>4/7</p>	<p>• AM • 12:00 MARTHA BAKES 12:30 CHEF'S LIFE 1:00 FINDING YOUR ROOTS 2:00 AUSTIN CITY LIMITS 3:00 BLUEGRASS UNDERGROUND 3:30 CHEF'S LIFE 4:00 NOVA 5:00 NATURE • PM • 3:30 TO THE CONTRARY 4:00 BRIDGE OF HEARTS: ROAD TO CHINA 4:30 GREAT BRITISH BAKING SHOW 5:30 MARTHA BAKES 6:00 RHYTHM, LOVE & SOUL (MY MUSIC) ♦ 8:00 CONCERT FOR GEORGE ♦ 10:30 VIRGINIA CURRENTS 11:00 CALL THE MIDWIFE</p>	<p>4/14</p>	<p>• AM • 12:00 MARTHA BAKES 12:30 CHEF'S LIFE 1:00 FINDING YOUR ROOTS 2:00 AUSTIN CITY LIMITS 3:00 BLUEGRASS UNDERGROUND 3:30 CHEF'S LIFE 4:00 NOVA 5:00 NATURE • PM • 3:30 TO THE CONTRARY 4:00 FIRING LINE 4:30 GREAT BRITISH BAKING SHOW 5:30 MARTHA BAKES 6:00 POSTMODERN JUKEBOX - THE NEW CLASSICS ♦ 7:30 SAMANTHA BROWN'S 8:00 PERRY COMO CLASSICS ♦ 9:30 POSTMODERN JUKEBOX - THE NEW CLASSICS ♦ 11:00 CALL THE MIDWIFE</p>	<p>4/21</p>	<p>• AM • 12:00 MARTHA BAKES 12:30 CHEF'S LIFE 1:00 BREAKTHROUGH: THE IDEAS THAT CHANGED THE WORLD 2:00 AUSTIN CITY LIMITS 3:00 BLUEGRASS UNDERGROUND 3:30 CHEF'S LIFE 4:00 NOVA 5:00 NATURE • PM • 3:30 TO THE CONTRARY 4:00 FIRING LINE 4:30 GREAT BRITISH BAKING SHOW 5:30 MARTHA BAKES 6:00 CLASSICAL REWIND 7:30 SAMANTHA BROWN'S 8:00 POTOMAC BY AIR: OUR NATION'S RIVER ♦ 9:30 CLASSICAL REWIND ♦ 11:00 CALL THE MIDWIFE</p>	<p>4/28</p>
---	------------	--	-------------	--	-------------	---	-------------

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4:00 MILK STREET TELEVISION 1</p> <p>4:30 MILK STREET TELEVISION</p> <p>5:00 NATURE</p> <p>6:00 RICHARD BANGS' ADVENTURES</p> <p>7:00 BACK ROADS</p> <p>8:00 ART IN THE TWENTY-FIRST CENTURY</p> <p>9:00 ART IN THE TWENTY-FIRST CENTURY</p> <p>10:00 ART IN THE TWENTY-FIRST CENTURY</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 THIS OLD HOUSE HOUR 2</p> <p>5:00 URANIUM - TWISTING THE DRAGON'S TAIL</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 ARTICULATE w/JIM COTTER</p> <p>7:30 REEL SOUTH</p> <p>8:00 MIDSOMER MURDERS</p> <p>9:00 DOC MARTIN</p> <p>10:00 MASTERPIECE MYSTERY!</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 VIRGINIA FARMING 3</p> <p>4:30 P. ALLEN SMITH'S GARDEN TO TABLE</p> <p>5:00 DOC MARTIN</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 RUDY MAXA'S WORLD</p> <p>7:30 CHARLOTTESVILLE INSIDE-OUT</p> <p>8:00 CALL THE MIDWIFE</p> <p>9:00 MRS. WILSON</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 CRAFT IN AMERICA 4</p> <p>5:00 ANTIQUES ROADSHOW</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 SAMANTHA BROWN'S</p> <p>7:30 OVERHEARD</p> <p>8:00 BOYS OF '36: AMERICAN EXPERIENCE</p> <p>9:00 CIRCUS: AMERICAN EXPERIENCE</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 GREAT BRITISH BAKING SHOW 5</p> <p>5:00 I'LL HAVE WHAT PHIL'S HAVING</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 VCU INSIGHT</p> <p>7:30 TRAVELS w/DARLEY</p> <p>8:00 ANTIQUES ROADSHOW</p> <p>9:00 DOWNTON ABBEY S2</p> <p>10:00 MARGARET: THE REBEL PRINCESS</p> <p>11:00 PBS NEWSHOUR</p>
<p>4:00 MILK STREET TELEVISION 8</p> <p>4:30 MILK STREET TELEVISION</p> <p>5:00 VIRGINIA FARMING</p> <p>5:30 PRISCILLA'S YOGA STRETCHES</p> <p>5:45 RICHMOND CITY COUNCIL</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 THIS OLD HOUSE HOUR 9</p> <p>5:00 BODY HACK</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 ARTICULATE w/JIM COTTER</p> <p>7:30 REEL SOUTH</p> <p>8:00 MIDSOMER MURDERS</p> <p>9:00 DOC MARTIN</p> <p>10:00 MASTERPIECE MYSTERY!</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 VIRGINIA FARMING 10</p> <p>4:30 P. ALLEN SMITH'S GARDEN TO TABLE</p> <p>5:00 DOC MARTIN</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 RUDY MAXA'S WORLD</p> <p>7:30 CHARLOTTESVILLE INSIDE-OUT</p> <p>8:00 CALL THE MIDWIFE</p> <p>9:00 MRS. WILSON</p> <p>10:00 UNFORGOTTEN SEASON 3</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 MAKE48 11</p> <p>4:30 MAKE48</p> <p>5:00 ANTIQUES ROADSHOW</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 SAMANTHA BROWN'S</p> <p>7:30 OVERHEARD</p> <p>8:00 RECONSTRUCTION: AMERICA AFTER THE CIVIL WAR</p> <p>10:00 REDEEMING UNCLE TOM: THE JOSIAH HENSON STORY</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 GREAT BRITISH BAKING SHOW 12</p> <p>5:00 EGYPT BEYOND THE PYRAMIDS</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 ISLANDS WITHOUT CARS w/KIRA HESSER</p> <p>7:30 TRAVELS w/DARLEY</p> <p>8:00 ANTIQUES ROADSHOW</p> <p>9:00 MP CLASSIC</p> <p>10:00 MARGARET: THE REBEL PRINCESS</p> <p>11:00 PBS NEWSHOUR</p>
<p>4:00 MILK STREET TV 15</p> <p>4:30 MILK STREET TV</p> <p>5:00 NATURE</p> <p>6:00 RICHARD BANGS' ADVENTURES</p> <p>7:00 REEL SOUTH</p> <p>8:00 FLYING SQUIRRELS INSIDER</p> <p>8:30 VIRGINIA CURRENTS</p> <p>9:00 POETRY OUT LOUD: THE VIRGINIA FINALS</p> <p>10:30 FREEDOM WALL</p> <p>11:00 BRIDGE OF HEARTS: ROAD TO CHINA</p>	<p>4:00 THIS OLD HOUSE HOUR 16</p> <p>5:00 BODY HACK</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 ARTICULATE w/JIM COTTER</p> <p>7:30 REEL SOUTH</p> <p>8:00 MIDSOMER MURDERS</p> <p>9:00 DOC MARTIN</p> <p>10:00 MASTERPIECE MYSTERY!</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 VIRGINIA FARMING 17</p> <p>4:30 P. ALLEN SMITH'S GARDEN TO TABLE</p> <p>5:00 DOC MARTIN</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 RUDY MAXA'S WORLD</p> <p>7:30 CHARLOTTESVILLE INSIDE-OUT</p> <p>8:00 CALL THE MIDWIFE</p> <p>9:00 LES MISERABLES ON MASTERPIECE</p> <p>10:00 UNFORGOTTEN SEASON 3</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 MAKE48 18</p> <p>4:30 MAKE48</p> <p>5:00 ANTIQUES ROADSHOW</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 SAMANTHA BROWN'S</p> <p>7:30 OVERHEARD</p> <p>8:00 RECONSTRUCTION: AMERICA AFTER THE CIVIL WAR</p> <p>10:00 BACKS AGAINST THE WALL: THE HOWARD THURMAN STORY</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 GREAT BRITISH BAKING SHOW 19</p> <p>5:00 EGYPT BEYOND THE PYRAMIDS</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 VCU INSIGHT</p> <p>7:30 TRAVELS WITH DARLEY</p> <p>8:00 ANTIQUES ROADSHOW</p> <p>9:00 MASTERPIECE CLASSIC</p> <p>11:00 PBS NEWSHOUR</p>
<p>4:00 MILK STREET TELEVISION 22</p> <p>4:30 MILK STREET TELEVISION</p> <p>5:00 VIRGINIA FARMING</p> <p>5:30 PRISCILLA'S YOGA STRETCHES</p> <p>5:45 RICHMOND CITY COUNCIL</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 THIS OLD HOUSE HOUR 23</p> <p>5:00 BODY HACK</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 ARTICULATE w/JIM COTTER</p> <p>7:30 REEL SOUTH</p> <p>8:00 MIDSOMER MURDERS</p> <p>9:00 DOC MARTIN</p> <p>10:00 MASTERPIECE MYSTERY!</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 VIRGINIA FARMING 24</p> <p>4:30 P. ALLEN SMITH'S GARDEN TO TABLE</p> <p>5:00 DOC MARTIN</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 RUDY MAXA'S WORLD</p> <p>7:30 CHARLOTTESVILLE INSIDE-OUT</p> <p>8:00 CALL THE MIDWIFE</p> <p>9:00 LES MISERABLES ON MASTERPIECE</p> <p>10:00 UNFORGOTTEN SEASON 3</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 MAKE48 25</p> <p>4:30 MAKE48</p> <p>5:00 ANTIQUES ROADSHOW</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 SAMANTHA BROWN'S</p> <p>7:30 OVERHEARD</p> <p>8:00 CHESAPEAKE BAY BY AIR</p> <p>9:00 RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE</p> <p>10:00 LIVE ART: LOVE</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 GREAT BRITISH BAKING SHOW 26</p> <p>5:00 CHESAPEAKE BAY BY AIR</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 ISLANDS WITHOUT CARS WITH KIRA HESSER</p> <p>7:30 TRAVELS w/DARLEY</p> <p>8:00 ANTIQUES ROADSHOW</p> <p>9:00 MASTERPIECE CLASSIC</p> <p>11:00 PBS NEWSHOUR</p>
<p>4:00 MILK STREET TV 29</p> <p>4:30 MILK STREET TV</p> <p>5:00 NATURE</p> <p>6:00 RICHARD BANGS' ADVENTURES</p> <p>7:00 REEL SOUTH</p> <p>7:30 REEL SOUTH</p> <p>8:00 BRIDGE OF HEARTS: ROAD TO CHINA</p> <p>9:00 VIETNAM: VIRGINIA REMEMBERS</p> <p>9:30 VIETNAM: VIRGINIA REMEMBERS</p> <p>10:00 LIVE ART: LOVE</p> <p>11:00 PBS NEWSHOUR</p>	<p>4:00 THIS OLD HOUSE HOUR 30</p> <p>5:00 BODY HACK</p> <p>6:00 AMANPOUR & COMPANY</p> <p>7:00 ARTICULATE w/JIM COTTER</p> <p>7:30 REEL SOUTH</p> <p>8:00 MIDSOMER MURDERS</p> <p>9:00 DOC MARTIN</p> <p>10:00 GRANTCHESTER SEASON 2</p> <p>11:00 PBS NEWSHOUR</p>	<p>AMERICAN EXPERIENCE</p> <p>Boys of '36</p> <p>Thursday, April 4 at 8:00 pm</p>		<p>Chesapeake Bay By Air</p> <p>Thursday, April 25 at 8:00 pm</p>