CONSTRUCTION IS NOW UNDERWAY ON ONE OF THE CITY’S TRANSATLANTIC SUBSEA CABLE PROJECTS. WORK ON THE MAREA CABLE, BEING BUILT IN PARTNERSHIP WITH MICROSOFT AND FACEBOOK, WILL CONTINUE FOR THE NEXT SEVERAL MONTHS. SCHEDULED TO BE OPERATIONAL THIS FALL, THE MAREA CABLE WILL BE THE HIGHEST-CAPACITY SUBSEA CABLE EVER TO CROSS THE ATLANTIC, AND THE FIRST TO CONNECT THE U.S. TO SOUTHERN EUROPE. IT WILL RUN FROM VIRGINIA BEACH TO BILBAO, SPAIN. THIS CABLE WILL HELP MEET THE GROWING CUSTOMER DEMAND FOR HIGH SPEED, RELIABLE CONNECTIONS FOR CLOUD AND ONLINE SERVICES FOR MICROSOFT, FACEBOOK AND THEIR CUSTOMERS.

On the heels of the MAREA cable installation, the Spanish multinational broadband and telecommunications provider Telefonica is building another subsea cable, BRUSA. The BRUSA cable will connect Virginia Beach to Fortaleza and Rio de Janeiro, Brazil and on to San Juan, Puerto Rico. The BRUSA cable installation is scheduled for mid-year 2018. The Department of Information Technology and the City are hard at work on both of these projects which will be transformational for the city and will establish Virginia Beach as the Mid-Atlantic hub for transoceanic fiber communications.

CENTERVILLE/KEMPSVILLE JOINT TOWN HALL MEETING

*RESCHEDULED*

Wednesday, April 19, 2017
Location and Time: TBD

The joint town hall meeting planned for Monday, March 6, at Tallwood High School with Councilmembers Bob Dyer and Jessica Abbott has been rescheduled to next month, April 19. Meeting location and time is yet to be determined.
The Virginia Beach Fire Department received the Governor’s Award for Excellence in Virginia Fire Service Training for its development and delivery of the Command Simulation Lab. VBFD was able to utilize hardware, software and communications systems capable of interacting with Chesapeake and Norfolk Fire and Rescue Departments to create a fully functional Incident Command Simulation Lab. The lab can combine the actual time-motion data collected from actual high-rise training burns and other large-scale events that include multiple role players and dozens of responding units to create realistic training that involves unique command challenges not possible in non-simulation training. The innovative design of the IC Simulation Lab allows the system to be deployed in the field.

“IC simulation training has permeated all levels of our organization and we are seeing system-wide improvements in decision making and fire ground effectiveness,” said Interim Fire Chief Dave Hutcheson. “This training will also improve our ability to work with our partners in Chesapeake and Norfolk when responding to mutual, automatic aid incidents.” The award was presented to Interim Chief Hutcheson at the 2017 Virginia Fire Rescue Conference held at the Virginia Beach Convention Center last weekend.

Join us in taking the next step toward improving public transportation in Virginia Beach and connecting throughout our region. We will take the information gained from over 560 survey responses in January-February and provide participants with interactive ways to provide additional insight on what is most important to them. The community’s feedback will be used in helping improve mobility moving forward.
NOTE: TEMPORARY CHANGE OF WATER TREATMENT PROCESS

Beginning March 7, Virginia Beach’s public water supply will temporarily switch to chlorine instead of chloramine for disinfection. Virginia Beach water will be treated with chlorine through March 28, at which point the system will switch back to chloramine disinfection. This temporary change will also occur in Norfolk and Chesapeake and has been coordinated with the Virginia Department of Health, Office of Drinking Water. Customers may notice slight taste and odor changes in the water; however, customers do not need to make any changes to their water-use routines. More information is available at www.VBgov.com/dpu.

LIBRARY DEDICATES NEW SPACE IN MEMORY OF TEEN

On Friday, Feb. 24, Virginia Beach Public Library Director Eva Poole; Deputy City Manager Ken Chandler and Councilman and Virginia Beach Library Foundation board member Ben Davenport joined Dr. Ramani Rangavajhula in dedicating the remodeled teen center at the Meyera E. Oberndorf Central Library in memory of her daughter, Saipriya Rangavajhula. Working with the Virginia Beach Library Foundation, Dr. Rangavajhula and her family and friends raised more than $32,000 to fund the space to honor Saipriya, a 2013 graduate of Princess Anne High School who had a deep passion for reading and frequently visited the Central Library. Saipriya attended the College of William & Mary until her passing in 2015. The space will feature a plaque and photo honoring her memory.

The donations helped fund the relocation of Central Library’s existing teen space from the second floor of the library to a much larger space on the first floor. New features were added including a large screen TV, Wii U Console and controllers, new paint - including a “green screen” wall, new carpet, seating options and shelves to hold teen books and materials, and Wii and board games for use in the space. The vibrant teen hangout is the first of its kind in the Virginia Beach Public Library system.
CITY STAFF LEAD PUBLIC BEACH EFFORTS

The American Shore and Beach Preservation Association (ASBPA) held its Coastal Summit earlier this week in Washington, D.C. Phil Roehrs (Public Works), current executive vice president of ASBPA, developed the program for this year’s conference and moderated a panel on “Rising Seas and Lowering Expectations – The Lay of the Land with D.C. Lobbyists.” This was one of many panels and activities over the three-day conference that looked at issues such as retreat from public beaches, briefings on Capitol Hill, creating a national Coastal Research Program, and Stakeholder Perspectives: Getting Sand on the Beaches – Cheaply, Quickly, and Regionally.

Phil, along with Bob Matthias, also visited with officials from the Corps of Engineers on the Lynnhaven Restoration Project, staff from Senator Warner’s and Senator Kaine’s offices, and the Chief of Staff to Congressman Scott Taylor.

PLANNING COMMISSION DEVELOPING VOLUNTARY DESIGN GUIDELINES FOR SEAPINES STATION

Over 40 citizens attended the Planning Commission’s public meeting on Jan. 30 regarding the draft voluntary design guidelines for the area between Old Beach and North Beach, now identified as Seapines Station. These guidelines are in response to one of the 2016 Comprehensive Plan’s “Agenda for Future Actions.” The guidelines will provide recommendations to property owners, builders, and developers considering development opportunities within Seapines Station, and address design components, such as site layout, architectural elements, scale and massing, parking, and plantings. The Planning Commission will consider the guidelines as an amendment to the Comprehensive Plan at the public hearing on March 8. Additional information on the draft guidelines can be found online at www.vbgov.com/government/departments/planning/Pages/Seapines-Station.aspx.

ANNE MILLER NAMED HISTORY MUSEUMS COORDINATOR

Congratulations to Anne Miller who has accepted the History Museums Coordinator position with the Department of Aquarium and Museums. Anne joined the City of Virginia Beach in 2009 as an Exhibits Technician for the History Museums, and rose to the role of Curator of the History Museums in 2012. In her new role, Miller will oversee the construction of the new Thoroughgood Education Center and will be in charge of the day-to-day operations of all the Virginia Beach History Museums.
LIBRARY DIRECTOR PARTICIPATES IN NATIONAL PANEL ABOUT DIGITAL INCLUSION

Virginia Beach Public Library Director Eva Poole was one of 23 library representatives from around the country invited to participate in a two-day working group session about digital inclusion hosted by the Urban Libraries Council (ULC) in Washington, D.C. last week. “Digital inclusion” refers to the ability of individuals and groups to access and use information and communication technologies. The ULC group discussed the roles and responsibilities libraries have in their communities to support digital inclusion, opportunities and challenges, data-gathering and future action plans for the library profession and the Urban Libraries Council support of digital inclusion.

UPCOMING EVENTS

ATTEND FREE LECTURE ON SEA LEVEL RISE AT THE AQUARIUM

Hear bestselling author John Englander explain the latest science on the “Rising Sea Level and the Coming Coastal Challenge,” where he will share sea level rise projections for the coming decades, and elaborate on ways communities, business and individuals can start planning and adapting. This engagement, part of the Eleanor and Henry Watts Conservation Speaker Series, will take place on Sunday, March 12, at 2 p.m. in the Virginia Aquarium’s National Geographic 3D Theater. Admission is free, although seating is limited. Mr. Englander will be available to sign books immediately following the presentation.

REMINDER: VIRGINIA BEACH PUBLIC LIBRARIES WILL BE CLOSED ON MARCH 8

All Virginia Beach Public Library locations, except for the TCC/City Joint-Use Library, will be closed Wednesday, March 8, so that library staff may attend an in-service training day. The TCC/City Joint-Use Library, on the corner of South Rosemont Road and Faculty Boulevard, will be open from 7:30 a.m. to 5 p.m. Pick-up and due dates for books and materials have been adjusted so they will not occur on March 8. Library cardholders may still access their account information online, as well as a variety of research tools and resources, including e-books, digital audiobooks and magazines, streaming music, movies and more.
February 2, 2017 – Copy of an article from Property Shark titled, “The Housing Gender Gap: Where Can Single Men and Women Afford a Home?”

February 2017 – Copy of an article from the Virginia Cooperative Extension titled, “New name, more programs, and diverse group of presenters attracts largest crowd in the 17 year history of the Virginia Beach Strawberry School.”

Virginia Beach Television (VBTV) Program Schedule | March 5 through March 11.
The housing market across America has been accelerating over the past few years, and most cities have managed to pick themselves up and thrive after the recession of the last decade. The other side of the coin, however, shows a harshly competitive urban landscape where new-comers and long-time residents race neck and neck for a place to live in their city of choice.

People in some demographics have a tougher time finding a home than others, though. Being single and looking to live independently limits your choices, that’s simple math, but being a single woman can make matters worse.

Despite much controversy on the issue, study after study has shown women earn significantly less than men, no matter the industry or education level. Likewise, annual incomes are also lower for women, according to the Census Bureau. So when it comes to housing, the largest monthly expenditure, the income gap can potentially translate into a housing gap – making it disproportionately harder for women to afford living alone.

Can we see this taking place in today’s major residential markets? And if so, what’s the extent of the housing gap? This is what we set out to discover. Together with our sister company RENTCafé, we gathered data on home prices and rents across the 50 largest cities in the US and compared them to the average incomes of both genders in each city.

Based on the industry’s rule of thumb that no more than 30% of monthly income should go to either mortgage payments or rent, we labeled each city as either housing-friendly or
unaffordable to single men and women. We also narrowed our definition of “home” to include only starter units – studios and one-bedroom rentals, condos or houses, as larger homes are beyond the budget of all singles almost everywhere we looked.

What resulted was a rather bleak picture of the urban housing market for all single people, but especially for women. With single women’s median income considerably lower than that of men in all the cities we looked at, and the trend of real estate prices outpacing income gains in recent years, there are a host of cities that are now effectively out of reach of potential female buyers and renters.
9 cities keep single ladies off the home buying market, but not men

Women still make far less than men in all the cities we looked at, so as home prices rise in urban American, single women are the first to get priced out of the market. Below, we’ve highlighted the 9 cities that are now too expensive for single women to buy an apartment in, but not for single men. Should the price growth keep ahead of incomes, though, men too will likely find themselves priced out of these cities.

Several cities in Texas have managed to stay affordable to both genders despite the rapid growth in demand and prices of the last few years. Houston and Fort Worth, however, are not among them – women have been left out of the home buying market in these two cities, but men can still make the average monthly payment on a small apartment. For a city like Houston – that’s already struggling with rising unemployment and a possible recession – the rising home prices leaving women behind spell out a drag on the city’s future growth.

In contrast, California is a sea of unaffordable urban homes for both genders. One notable exception is Sacramento, where single men would need to spend “only” 25% of their monthly income on the bank payment for an apartment, while the average woman makes less than what she needs in order to secure a bank loan for a new home.

Despite reports on the market in Chicago claiming homes are undervalued and prices are far below incomes, our study found that this does not hold true for both genders. In fact, it is out of the reach of most women to live independently in a home they own. However, it’s not that cheap for men, either, as they spend 27% of their income on mortgage rates, on average.

In the two largest cities in Tennessee – Nashville and Memphis – and in Denver, single men already feel the burden of housing on their budgets, spending close to 30% on monthly payments, while for single women the typical one-bedroom is already out of reach. The Nashville market has experienced strong gains in 2016, with prices showing no signs of slowing down according to the Nashville Post, putting more pressure on would-be buyers of both genders looking to settle in the city.

Among these 9 cities, the biggest difference in the average income between genders was seen in Houston, Fort Worth and Seattle, ranging from 70 to 73 cents on the dollar for women compared to men. Since single men already spend over 20% of their monthly income on mortgage payments, this difference alone is enough to explain why these cities are now unaffordable to single women.
14 cities have priced out all singles looking to buy a home

Notoriously competitive markets like Manhattan, Boston, Miami and most of California have long priced the majority of their residents out of the home market. The monthly payment on a one-bedroom in these hot spots now far exceeds 30% of the average incomes of both single men and single women.

Once again, Manhattan and LA are in a league of their own in terms of mortgage cost – it actually takes more than the entire monthly income of a single woman to cover the mortgage on a small apartment in these cities, and close to a man’s full salary to do so. Elsewhere, things aren’t much better; for example, the average mortgage payment in Boston or San Francisco would take up over 90% of a woman’s income – and 85% of it in Miami.

Home prices in Washington, Philadelphia and Portland may be significantly lower than in other cities on the two coasts, but here too single residents of both genders now earn too little to be able to afford the average one-bedroom on their own. As for the South, the largest cities to become unaffordable for the single population are New Orleans and Austin – the latter, the only Texan city too expensive for men to buy a home in, by a landslide.
Curious to see which of these cities are the least affordable for single women looking to buy a home? Take a look below:

**Top 10 Least Affordable Cities for Single Women to Buy a Home**

<table>
<thead>
<tr>
<th>#</th>
<th>CITY</th>
<th>MONTHLY PAYMENT AS % OF INCOME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Manhattan, NY</td>
<td>119%</td>
</tr>
<tr>
<td>2</td>
<td>Los Angeles, CA</td>
<td>104%</td>
</tr>
<tr>
<td>3</td>
<td>San Francisco, CA</td>
<td>95%</td>
</tr>
<tr>
<td>4</td>
<td>Boston, MA</td>
<td>91%</td>
</tr>
<tr>
<td>5</td>
<td>Miami, FL</td>
<td>85%</td>
</tr>
<tr>
<td>6</td>
<td>San Jose, CA</td>
<td>77%</td>
</tr>
<tr>
<td>7</td>
<td>Oakland, CA</td>
<td>74%</td>
</tr>
<tr>
<td>8</td>
<td>Long Beach, CA</td>
<td>55%</td>
</tr>
<tr>
<td>9</td>
<td>Philadelphia, PA</td>
<td>54%</td>
</tr>
<tr>
<td>10</td>
<td>New Orleans, LA</td>
<td>54%</td>
</tr>
</tbody>
</table>

*Cities were ranked based on percentage of monthly income women would need to spend on mortgage*
The best cities to buy in for both genders

There’s also good news out there. **In just over half of the cities we analyzed the average one-bedroom or studio apartment is still affordable for single people of both genders.** Even pricey California offers would-be home buyers a refuge in Fresno, where both men and women would have to spend less than 20% of their monthly income on mortgage – a rate unheard of elsewhere in the state.

Urban Texas fares pretty well, by comparison. Mortgage payments on small apartments in **Dallas, El Paso, San Antonio** and **Arlington** are within budget for single-person households. However, home prices in Texas have been rising fast over the past year, and Dallas is starting to look extra-costly for single women, who currently have to pay an average of 29% of their income if they wish to own a one-bedroom or studio apartment.

Some of the lowest costs of housing can be found in **Wichita** and **Indianapolis** – single women here pay an average of 10% of their income on mortgage. Several other Midwestern cities give a green light to single women buyers – **Minneapolis, Omaha, Kansas City** and **Columbus** – as do **Baltimore, Virginia Beach and Jacksonville** on the East Coast.

**Atlanta** remains affordable to both genders, though barely – women pay a full 30% of their income on mortgage. However, the pay gap here is wide, with women making $10,000 less than men on average.

**Las Vegas** and the three largest cities in Arizona – **Phoenix, Tucson** and **Mesa** – also score well on gender equality, and have home prices that are balanced with the income levels of both men and women. As elsewhere, though, the larger the city the higher home prices go, while income doesn’t rise as fast – therefore, residents of Phoenix and Las Vegas pay proportionally more on housing than those living in smaller cities, whatever their gender.

Renting market fares much worse – only 2 cities affordable for single-women renters

One finding of our joint study
with RENTCafé reinforces what’s becoming the norm in America: it is much harder for the average person to rent a home in most of these cities than it is to buy – and singles are no exception. Provided that they manage to save up for the down payment, single men can afford to pay the mortgage on a typical one-bedroom apartment or studio in 35 of the 50 cities we analyzed. When it comes to renting, however, men can afford to rent the same type of apartment in only 18 cities.

For the female single population, it’s in fact much worse. Only 2 of the 50 cities – Wichita, KS and Tulsa, OK – haven’t locked women out of renting a one-bedroom on their own. And in one final bout of irony, the only cities where rents are cheaper than mortgage payments – Austin, New Orleans, San Francisco, LA and Manhattan – are also too expensive for singles to buy OR rent in, anyway.
See chart for how all cities in our study fare in terms of mortgage and rent affordability, for both single men and single women:

**Methodology:**

Home prices were based off of median asking prices for starter homes (studios and one-bedrooms). Average monthly payments were calculated on the assumption of a standard 30-year mortgage, with a 20% down payment and a fixed yearly interest rate of 4%. We defined affordability in the starter-home market based on the industry standard that sets the upper limit on monthly mortgage payments at 30% of monthly income. Everything above this threshold was labeled unaffordable.

Median rents on starter units in each city were compiled by RENTCafé using data provided by sister company Yardi Matrix – an apartment market intelligence source which researches and reports on all multifamily properties of 50+ units across 124 markets in the United States. Rental rate coverage is for market rate properties only. Fully affordable properties are not included in the Yardi Matrix rental surveys and are not reported in rental rate averages.

Data on median incomes for men and women comes from the US Census Bureau database for 2015.

We analysed the top 50 largest cities in the US, excluding St. Louis where we had incomplete data on rents and home prices.
New name, more programs, and diverse group of presenters attracts largest crowd in the 17 year history of the Virginia Beach Strawberry School.

This year’s program saw growth for many reasons, the main one might have been the new name. Growth over the last few years lead us to rename the Virginia Beach Strawberry School and Trade Show to the Mid-Atlantic Strawberry Program. There were attendees as far away as Spring, Texas and Danville, Illinois, as well as growers from Tennessee, Kentucky, Maryland, Pennsylvania, North Carolina, and of course Virginia.

Monday, Feb. 27, started with our Field Walk Programs touring two you-pick strawberry farms in Chesapeake. Production methods, weed identification and control, disease identification and control, along with varietal decisions, row cover management, and fertility were discussed by Virginia Cooperative Extension (VCE) Specialists, Doctors Cahoon, Johnson, Samtani, and Straw, along with Dr. Pattison from Driscolls of California. The host farms, Brookdale Farms and Hickory Ridge Farms were gracious in allowing us access to their fields. The 67 growers, agents, specialist and industry representatives spent the day interacting and learning from each other with beneficial results for all.

Programs continued until after 9 p.m. with a New Growers/Back to Basics Workshop held at the Virginia Beach Department of Agriculture, attracting 53 attendees. At this workshop, VCE Specialists Drs. Johnson, Samtani, and Straw along with VCE Agriculture and Natural Resources Agent Roy D. Flanagan III, presented on Proper Site selection, equipment needs, irrigation basics, fertility, varietal choices, and marketing considerations to name a few.

On Tuesday, Feb. 28, the Strawberry School was held at the TCC’s Advanced Technology Center in Virginia Beach where 95 attendees received presentations on all aspects of plasticulture strawberry productions from VCE Specialists Doctors Johnson, Samtani, and Straw, along with Regional experts Dr. Pattison from Driscolls in California, Dr. Burrack from North Carolina State University (NCSU), Dr. Perez from University of Florida, and Doctoral Candidate Sanghamitra Das of Virginia Tech. Along with legal updates from Robert Christian with VDACS, a Grower Spotlight from Danny Vanmeter of Vanmeter Family Farms in Kentucky, updates from the Southeast Strawberry Consortium from Dr. Barclay Poling, Professor Emeritus from NCSU, as well as the Annual Meeting for the Virginia Strawberry Association were held. This Program was funded through sponsorships from regional and local agribusinesses and the Virginia Dare Soil and Water Conservation District.

The Programs concluded on March 1 at the Advanced Technology Center with a Food Safety Modernization Act, Produce Safety Rule Grower Training and Certification Program. Dr. Laura Straw of Virginia Tech along with VCE agents Ursula Deitch and Theresa Long presented on important information to assist growers understand the mandated changes to reduce risk of foodborne illness in fresh produce.
VIRGINIA BEACH TELEVISION
Cox Cable Channels 46, 47 & 48
Verizon Cable Channels 46, 47 & 45

PROGRAM SCHEDULE
MARCH 5 – MARCH 11, 2017

VIRGINIA BEACH TELEVISION provides locally produced and other specialty programming to support the mission of the Virginia Beach Municipal Government and the Virginia Beach City Public School System. Program listings reflect expected airtimes but may be preempted by public meetings, hearings, and special events.

Streaming is available at https://www.vbgov.com/media for all LIVE public sessions of Virginia Beach City Council and Planning Commission meetings, archives of previous meetings, and original VBTV programming. LIVE meetings and previous sessions of the Virginia Beach City School Board can be accessed at http://www.vbschools.com/schoolboard/archive.

PUBLIC MEETINGS

virginia beach city council meeting (cox 48 / verizon 45) — recablecast of the february 28 workshop: sun 9am. live: tue, informal session 2:30pm; formal session 6pm. recablecast: thu 7pm; fri 9am.

virginia beach city planning commission meeting (cox 48 / verizon 45) — live: wed 12pm. recablecast: thu 9am. also recablecast on cox 47 / verizon 47, fri 7pm.

virginia beach city school board meeting (cox 47 / verizon 47) — recablecast of the february 28 meeting: mon 2pm. live: tue, workshop 4:30pm; formal session 6pm. recablecast: wed 7pm; sat 9am.

virginia beach television — cox 48 / verizon 45

2017 daughters of the american revolution history awards — recorded february 23, 2017. sun & tue 12am; mon & sat 6pm; wed 9pm; thu 8am & 3pm; fri 5am.

a place of our own#n/a: learning to care for the earth — insight and advice for solving issues related to parenting and child rearing. sun 9pm; mon 8am & 3pm; thu 12am; fri 3pm.

access virginia beach — monthly news magazine highlighting city & school topics and issues.

- city council retreat: 2017 goal setting ideas
- kempsville recreation center construction update
- point in time homeless count
- fire department hosts international robotics event
- green run collegiate art students visit the museum of contemporary art
- tenth annual african american male summit held at princess anne high school
- advanced technology center welcomes students for annual middle school stem day
- compass keeper: adriana rice, pet shelter volunteer
- students put their entrepreneurial skills to the test at third annual maker expo
- student response team: independence middle school
- student response team: kempsville meadows elementary school
- student response team: renaissance academy
- performing arts salem high school, rosemont forest elementary school

mon 12am, 2:30am, 11am, 1:30pm, 9pm & 11:30pm; tue 5am & 7:30am; wed 12am, 2:30am, 11am, 1:30pm, 6pm & 8:30pm; thu 5am, 7:30am & 6pm; fri 6pm & 8:30pm; sat 5am, 7:30am, 11am, 1:30pm, 9pm & 11:30pm.
AD/HD TEENS TALK — Six high school seniors, diagnosed with AD/HD, participate in a panel discussion to share specific strategies used to learn and cope with stressors accompanying teenage life. Topics include organizing, time management, memory, and focusing and sustaining attention. Sun 4pm; Tue & Sat 9am; Wed 6am & 4pm.

AGAINST ALL ODDS: INFERERENCE FOR RELATIONSHIPS — Discover statistical solutions to the puzzles of everyday life. Learn how data collection and manipulation - paired with intelligent judgement and common sense - can lead to more informed decision making. Sun 6am; Tue & Thu 12pm; Fri 1am.

AMERICAN CINEMA: WRITING AND THINKING ABOUT FILM — Explore film history and American culture through the eyes of Hollywood insiders. Sun 10pm; Mon 9am & 4pm; Thu 1am; Fri 4pm.

BIOGRAPHY OF AMERICA: THE COMING OF INDEPENDENCE — View history as a living narrative rather than a series of irrefutable facts to be memorized. Prominent historians present America’s story as something that is best understood from a variety of perspectives. Sun 5am; Tue & Thu 11am; Fri 12am.

BRIDGING WORLD HISTORY: EARLY ECONOMIES — Explore global patterns through time, seeing history as an integrated whole. Sun 5:30am; Tue & Thu 11:30am; Fri 12:30am.

DEMOCRACY IN AMERICA - CIVIL LIBERTIES: SAFEGUARDING THE INDIVIDUAL — Sun & Tue 1am; Mon & Sat 7pm; Wed 10pm; Thu 9am & 4pm; Fri 6am.

DISCOVERING PSYCHOLOGY: MOTIVATION AND EMOTION — Explore historic and current theories of human behavior through demonstrations, classic experiments and simulations, current research, documentary footage, and computer animation. Sun 11:30pm; Mon 10:30am & 5:30pm; Thu 2:30am; Fri 5:30pm.

ESSENTIAL SCIENCE FOR TEACHERS: RISING AND SINKING — Sun 1pm; Fri 8am; Sat 2pm.

FOCUS NNS — Explore current events at Newport News Shipbuilding. Sun 8:30pm; Mon 7:30am; Tue & Fri 11:30pm; Wed 10:30am; Sat 2:30am & 5:30pm.

FRONTLINE FIREFIGHTER — Produced by the City of Virginia Beach Fire Department to explore current training trends and report news of interest to firefighters and citizens alike. Mon 1am, 12pm & 10pm; Tue & Thu 6am; Wed 1am, 12pm & 7pm; Fri 7pm; Sat 6am, 12pm & 10pm.

GROWING OLD IN A NEW AGE: ILLNESS AND DISABILITY — A realistic and positive picture of older adults challenges the common misconceptions and fears that surround the aging process. Sun & Thu 2pm; Fri 1pm.

HISTORY OF THE U.S. CONSTITUTION: THE CONSTITUTION IS EXPANDED — Learn how the Constitution has protected the American people from abuses of power and tyranny and has empowered them to excel in art, literature, science, and technology. Sun 4:30pm; Tue & Sat 9:30am; Wed 6:30am & 4:30pm.

HOW IN THE WORLD — Join Pilot Lindy aboard the Airship Curiosity and learn about flame working; how K-9 officers are trained; and watch Professor Omnibus make a chicken in a cup. Sun 7pm; Mon 6am; Tue 10pm; Wed 9am; Thu 6:30pm; Fri 10pm; Sat 1am & 4pm.

HUMAN GEOGRAPHY: GLOBAL TOURISM — Economic and cultural geography are combined to explore the relationships between humans and their natural environment, and to track the broad social patterns that shape human societies. Sun 7am; Tue & Thu 1pm; Fri 2am.

I HEARD THAT! LISTENING TO CLASSICAL MUSIC — Major works by Mozart, Bach, and Haydn, performed by the critically acclaimed Virginia Chamber Orchestra, are interspersed with students’ spirited discussions. Mon 2am, 1pm & 11pm; Tue & Thu 7am; Wed 2am, 1pm & 8pm; Fri 8pm; Sat 7am, 1pm & 11pm.

IMAGES OF AMERICA: DRESS — Sun 8:30am; Mon, Tue, Wed & Fri 2:30pm; Thu 11:30pm.
KENNEDY CENTER PERFORMING ARTS: maximum INDIA — The music and dance of India provide students with a window to the vibrant culture and traditions of one of the world’s largest countries. Sun & Tue 2am; Mon & Sat 8pm; Wed 11pm; Thu 10am & 5pm; Fri 7am.

LEARNING MATH: STATISTICS AS PROBLEM SOLVING — Designed for elementary and middle school teachers, and organized according to standards developed by the National Council of Teachers of Mathematics, this series explores topics in measurement, number operations, statistics, geometry, and algebra. Sun 6:30am; Tue & Thu 12:30pm; Fri 1:30am.

MEET THE AUTHOR: CARMEN AGRA DEEDY — Sun 8am; Mon, Tue, Wed & Fri 2pm; Thu 11pm.

MOM ALWAYS SAID: EXTENDED FAMILIES — Discussion between real moms with real experiences and real tips on raising a family. Mon 12:30am, 11:30am & 9:30pm; Tue & Thu 5:30am; Wed 12:30am & 6:30pm; Fri 6:30pm; Sat 5:30am, 11:30am & 9:30pm.

MONEYTRACK: TEACHING KIDS ABOUT MONEY — Explore a hands-on classroom that teaches kids how to deal with money in the real world. They can’t leave school until they have a balanced budget. You’ll get a whole new appreciation for why it’s so important to get kids ready to make financial decisions they’ll be facing a lot sooner than they think. Sun 9:30pm; Mon 8:30am & 3:30pm; Thu 12:30am; Fri 3:30pm.

NEWSWRITING: NEWS WRITING LANGUAGE AND STYLE — Explore techniques to become a better writer through traditional and emerging journalistic styles. Sun 11pm; Mon 10am & 5pm; Thu 2am; Fri 5pm.

ON THE OTHER HAND — Sun 8pm; Mon 7am; Tue & Fri 11pm; Wed 10am; Sat 2am & 5pm.

POLICE PROMOTION/RETIREMENT CEREMONY — Recorded January 20, 2017 Sun 6pm; Mon 5am; Tue & Fri 9pm; Wed 8am; Sat 12am & 3pm.

RAILROADS IN U.S. HISTORY — Sun 5pm; Tue & Sat 10am; Wed 7am & 5pm.

READ-ALEE-DEED-ALEE: LOST AND FOUND — An early reading series introducing sounds and rhyming patterns that unlock words and the meaning of words. Sun 3:45pm; Tue & Sat 8:45am; Wed 5:45am & 3:45pm.

REAL VIRGINIA — Agricultural news and family-oriented stories presented by the Virginia Farm Bureau. Mon 12:30am, 11:30am & 9:30pm; Tue & Thu 5:30am; Wed 12:30am, 11:30am & 6:30pm; Fri 6:30pm; Sat 5:30am, 11:30am & 9:30pm.

ROAD TO RECOVERY: KICK OFF SHOW — In 2017, we will encourage communities across the nation to include people and families in recovery and hear inspiring stories of how they have been welcomed in and contributed to those communities. Sun 7:30pm; Mon 6:30am; Tue & Fri 10:30pm; Wed 9:30am; Sat 1:30am & 4:30pm.

SHAMU TV: ANIMALS IN PERIL — Sun 3pm; Tue & Sat 8am; Wed 5am & 3pm.

THE 4ORCE — A monthly newscast featuring the latest happenings throughout the United States military. Mon 1:30am, 12:30pm & 10:30pm; Tue & Thu 6:30am; Wed 1:30am, 12:30pm & 7:30pm; Fri 7:30pm; Sat 6:30am, 12:30pm & 10:30pm.

THE MATH DUDE: SOLVING MULTI-STEP EQUATIONS — Middle and high school students can improve their algebra skills with these fast-paced programs devoted to Algebra I as it is taught in the classroom today. Sun 3:30pm; Tue & Sat 8:30am; Wed 5:30am & 3:30pm.
A BIOGRAPHY OF AMERICA — Thu 8pm.

A HISTORY OF BLACK ACHIEVEMENT IN AMERICA: SETTLING THE NEW WORLD — Explore the contributions of Black Americans to have influenced our culture, enriched our society, and shaped the history of the United States. Mon 10:30pm; Tue & Fri 11:30am & 3:30pm; Thu 11:30am.

A HISTORY OF THE U.S. CONSTITUTION — Thu 5:30pm.

A PLACE OF OUR OWN — Wed 3pm.

ACCESS VIRGINIA BEACH — Sun 9pm & 11:30pm; Mon 7:30am & 6pm; Tue & Thu 1:30pm; Wed 7:30am & 11:30pm; Fri 7:30am; Sat 6pm.

AD/HD TEENS TALK — Thu 5pm.

AGAINST ALL ODDS — Thu 9pm.

AMERICAN CINEMA — Wed 4pm.

ART HISTORY: CHATEAUX OF THE LOIRE — Tue & Thu 6am.

ART OF THE WESTERN WORLD: THE HIGH RENAISSANCE — From the restrained classical tradition to energetic and spontaneous modern art, masterpieces of the Western world are interpreted through major paintings. Mon 11pm; Tue & Fri 12pm & 4pm; Thu 12pm.

BRIDGING WORLD HISTORY — Thu 8:30pm.

CLASSIC ARTS SHOWCASE — Enjoy the classic arts by experiencing short video clips of film and music. Sat 12am through 8am, 1:30pm through 6pm, and 8pm through Sun 8pm.

DISCOVERING PSYCHOLOGY — Wed 5:30pm.

EARTH REVEALED: THE RESTLESS PLANET — Explore how scientific theories are developed and how our activities today affect earth’s continuing evolution. Mon 10pm; Fri 3pm; Thu 11am.

EMERGENCY PREPAREDNESS: HURRICANE SURVIVAL TEST — Essentials of preparing yourself and your property for a hurricane. Tue & Thu 7am.

ESSENTIAL SCIENCE FOR TEACHERS — Mon 7pm; Tue 11pm; Wed 2pm; Fri 5pm & 11pm.

EXERCISE HORIZONS — Mon, Wed, Fri 10:30am; Tue & Thu 2:30pm.

EXPLORING THE WORLD OF MUSIC: TIMBRE: THE COLOR OF MUSIC — Explore basic elements of music and how music is an expression of culture. Mon 9:30pm; Fri 2:30pm; Thu 10:30am.

FIT FOR DUTY: PILATES — An exercise program spanning several disciplines, such as kickboxing, Pilates, aerobics, weight training, and more. Produced by The Pentagon Channel. Mon & Wed 12pm; Tue & Thu 8am.

FRONTLINE FIREFIGHTER — Sun 10pm; Mon through Fri 9am; Mon, Wed, & Fri 1pm; Thu 11pm.

FUZION FITNESS — Mon & Wed 11am; Tue & Thu 3pm; Fri 11am.

GROWING OLD IN A NEW AGE — Tue 5pm; Wed & Fri 6pm; Thu & Sat 7pm.

HOMEBOUND EXERCISE — Mon, Wed, Fri 10am; Tue & Thu 2pm.
HOW IN THE WORLD — Mon, Wed, & Fri 9:30am; Mon & Sat 6:30pm; Thu 11:30pm.

HUMAN GEOGRAPHY — Thu 10pm.

I HEARD THAT! LISTENING TO CLASSICAL MUSIC — Sun 11pm.

IMAGES OF AMERICA: DRESS — Tue & Fri 10:30pm; Thu 3:30pm.

JURY ORIENTATION — A helpful guide for anyone called to jury duty. Sun 8pm; Mon 8pm & 8pm; Wed, Fri & Sat 8am.

LEARNING MATH — Thu 9:30pm.

MEET THE AUTHOR: CARMEN AGRA DEEDY — Tue & Fri 10pm.

MONEYTRACK — Wed 3:30pm.

NATIONAL GALLERY OF ART: THE LANDSCAPES OF FREDERICK EDWIN CHURCH — Trace Church's career in the Hudson Valley through his years of depicting the natural wonders of the Americas. Tue & Thu 6:30am.

NEWSWRITING — Wed 5pm.

READ-ALEE-DEED-ALEE — Thu 4:45pm.

REAL VIRGINIA — Sun 9:30pm.

SHAMU TV: ANIMALS IN PERIL — Thu 4pm.

SIGNING TIME: HELPING OUT AROUND THE HOUSE — An introduction to American Sign Language for children. Mon & Wed 12:30pm; Tue & Thu 8:30am.

THE 4ORCE — Sun 10:30pm.

THE MATH DUDE — Thu 4:30pm.

THE PATH TO ENERGY EFFICIENCY — Sun 8:30pm; Mon 8:30am & 8:30pm; Wed, Fri & Sat 8:30am.

THE WHOLE CHILD CAREGIVER GUIDE: I'M GLAD I'M ME — Mon & Wed 11:30am; Tue & Thu 7:30am.

THE WORLD OF CHEMISTRY: CHEMISTRY AND THE ENVIRONMENT — Mon 9pm; Fri 2pm; Thu 10am.
General information about the City of Virginia Beach, plus current events and late-breaking news of interest to local citizens, cablecasts 24 hours a day with audio provided by NOAA Weather radio.

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