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VB STRONG CENTER OPENING NEXT WEEK

As a permanent place for continued help and healing for all individuals impacted by the tragedy on May 31, 2019 at the Virginia Beach Municipal Center, the **VB Strong Center** will open for the community next Wednesday, Oct. 30. In partnership with **Sentara**, it is designed to be a hub of support and resources to ensure anyone needing or wanting assistance can receive personalized care.

VB Strong Center staff are trained and available to help identify the services needed for individual recovery. Services at the center will include group therapy, counseling, alternative therapies such as art, yoga and meditation, mental health counseling, intake and case coordination, and others as directed by a licensed mental health clinician.

The VB Strong Center will be open on the following dates and times to provide opportunities for the community to tour the space, learn about available services and meet staff:

- Wednesday, Oct. 30, 10 a.m. to 6 p.m.
- Thursday, Oct. 31, noon to 8 p.m.
- Friday, Nov. 1, 10 a.m. to 6 p.m.

The VB Strong Center is located in the second floor of The Offices at Landstown Commons, 3388 Princess Anne Road, Suite 2001. For more information, visit thevbstrongcenter.org.



OCT. 29 COUNCIL MEETING WILL BRIEF DOME SITE DEVELOPMENT AGREEMENT; NOV. 5 MEETING RESCHEDULED TO NOV. 12 DUE TO ELECTIONS

Now that a draft agreement has been reached on proposed terms for the development of Atlantic Park, City staff and Venture representatives will provide a briefing on the project and details of the agreement at the special session of the City Council on Tuesday, Oct. 29, starting at 2 p.m. As a reminder, due to elections, the Tuesday, Nov. 5 City Council meeting is rescheduled for Nov. 12.

OPPORTUNITIES

JOIN VBPD'S EFFORTS TO REDUCE PRESCRIPTION DRUG ABUSE

Opioid abuse is at epidemic levels and is a top public health concern. In an effort to reduce prescription drug abuse, the **Virginia Beach Police Department** is participating in the Drug Enforcement Administration (DEA)'s **National Prescription Drug Take Back Day**. VBPD already has permanent drug take back receptacles at each of the four precinct lobbies, but on Saturday, Oct. 26, there will be four additional temporary locations for citizen convenience where prescription drugs can be safely deposited.



The following temporary locations will be available from 10 a.m. to 2 p.m.

- Walmart – 2021 Lynnhaven Parkway (Salem Crossing Shopping Center)
- Kroger Marketplace – 3901 Holland Road
- Walmart – 657 Phoenix Drive
- Wegmans – 4721 Virginia Beach Boulevard

Items such as needles, asthma inhalers, mercury thermometers and illicit drugs are generally not accepted. The disposal service is free and anonymous with no questions asked.

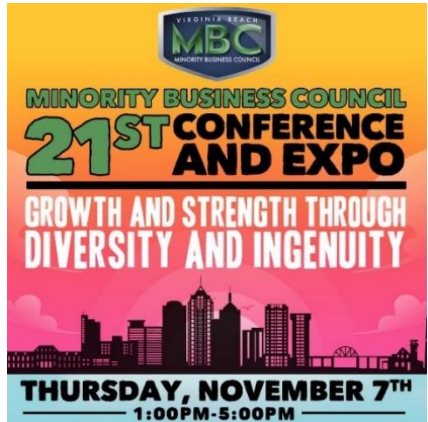
REMINDER: PUBLIC INPUT WANTED ON TWO TOPICS

- **Bow Creek Stormwater Park: Public Works and Parks & Recreation** are seeking citizen input to help transform the Bow Creek Golf Course into a 100-acre, multifaceted park facility that will provide significant flood mitigation for the area, while providing recreational opportunities for the public. The Bow Creek Recreation Center will remain and be integrated into the future uses of the park. The survey will be open through Oct. 30 and can be found at publicinput.com/5352. For more information, visit VBgov.com/BowCreekSWPark.
- **Comprehensive Plan Update:** The Comprehensive Plan is due for an update and **Planning and Community Development** wants to know what City improvements residents would like to see in the future. A survey is now open to get citizen feedback that will be used to shape the City's Comprehensive Plan and strategic planning for other City services that shape where we live, work, shop and play. The plan is revised every five years to reflect the values and vision of the community as it grows and develops. It is seen as a guide to ensure that the community's desired future is realized as decisions are made that impact areas like transportation, utilities, land use, recreation and housing. The survey will be open until Nov. 27 to provide citizens an opportunity to attend and participate in upcoming outreach events. It can be found at publicinput.com/VBCompPlan.



REGISTER FOR MBC CONFERENCE AND EXPO ON NOV. 7

The theme of the **Virginia Beach Minority Business Council's 21st Annual Conference and Expo** is "Growth and Strength Through Diversity and Ingenuity." Hear from keynote speakers Darla Vaughn and Robby Wells, members of i am OTHER, Pharrell Williams' team of creatives and strategists responsible for implementing a wide variety of Pharrell-led projects, including the Something In The Water festival. This year's event promises to be an exciting opportunity for education, inspiration, and one-on-one interaction with key Hampton Roads resource partners



and procurement professionals. It also offers prime opportunities to connect with businesses looking for resources to help in their quests for business excellence. The expo will provide opportunities for small, women, and minority-owned businesses, including veteran-owned businesses, to speak with procurement officials from across the state.

The Minority Business Council Conference and Expo will be held Thursday, Nov. 7 from 1 to 5 p.m. at the Virginia Beach Convention Center. The event is free and open to the public, but space is limited. Register online at VBgov.com/mbc. Contact: Keith Lee or Lavera Tolentino, (757) 385-4438.

FREE FLU VACCINATIONS AVAILABLE OCT. 30

The **Virginia Beach Department of Public Health** will host a **FREE** flu vaccination clinic at the Virginia Beach Department of Public Health office, 4452 Corporation Lane, on Wednesday, Oct. 30, from 4 to 7 p.m. Public Health nurses and volunteer Medical Reserve Corps nurses will administer 200 doses free of charge on a first-come, first-served basis to adults and children, ages 3 years and older. Contact: VBDPH at (757) 518-2700 weekdays from 8:30 a.m. and 5 p.m.

EMS CAN TRAIN YOU TO "STOP THE BLEED"

Virginia Beach Emergency Medical Services, in partnership with Sentara, will conduct free "Stop the Bleed" training classes to teach people how to stop uncontrolled bleeding in emergency situations until first responders arrive. Every second counts when it comes to



**STOP
THE BLEED**

stopping a bleed. If you are interested in scheduling "Stop the Bleed" training for your organization or business, email vbems.stopthebleed@gmail.com. Classes are approximately 1.5 hours. For more information, contact Captain Mike Brown, msbrown@vb.gov.

AWARDS & RECOGNITIONS

HUMAN RIGHTS COMMISSION HOLDS ANNUAL AWARDS PROGRAM

Nearly 150 people attended the **Virginia Beach Human Rights Commission's 25th Annual Human Rights Awards Program** at the Virginia Beach Convention Center on Thursday, Oct. 10. I joined **Mayor Bobby Dyer, Council Members Jessica Abbott, Michael Berlucchi, Aaron Rouse, Guy Tower and Rosemary Wilson**, and several City and state leadership and



staff to help honor individuals, community groups and organizations for their efforts to promote cultural diversity, social awareness, equal opportunity and human rights in our community.

This year's honorees are **Elizabeth Henley-Baumann, Steve Lawson, Arnetta Spikes, Bruce Smith, Mark Stevens & StandUP for Kids – Hampton Roads, the ViBe Creative Districts and Pharrell Williams & "Something In The Water" Implementation Team**. The HRC presented the **Virginia Beach Sheriff's Department** with the ninth Meyera E. Oberndorf Human Rights Achievement in Government Award. The program was dedicated in memory of the late **Father James Parke** who served as an HRC Commissioner since 2008.

AQUARIUM'S 2018 ANNUAL REPORT WINS FIRST PLACE AWARD

The **Virginia Aquarium & Marine Science Center** was recently named the first prize winner in the annual reports category for the **2019 Museum Publications Design Competition** hosted by the American Alliance of Museums (AAM). The Aquarium won for the 2018 annual report, **A Year of: Transformation | FY18 Annual Report**. The AAM received approximately 350 submissions in 12 print categories from institutions of all types and sizes in the United States and around the world.



UPCOMING EVENTS

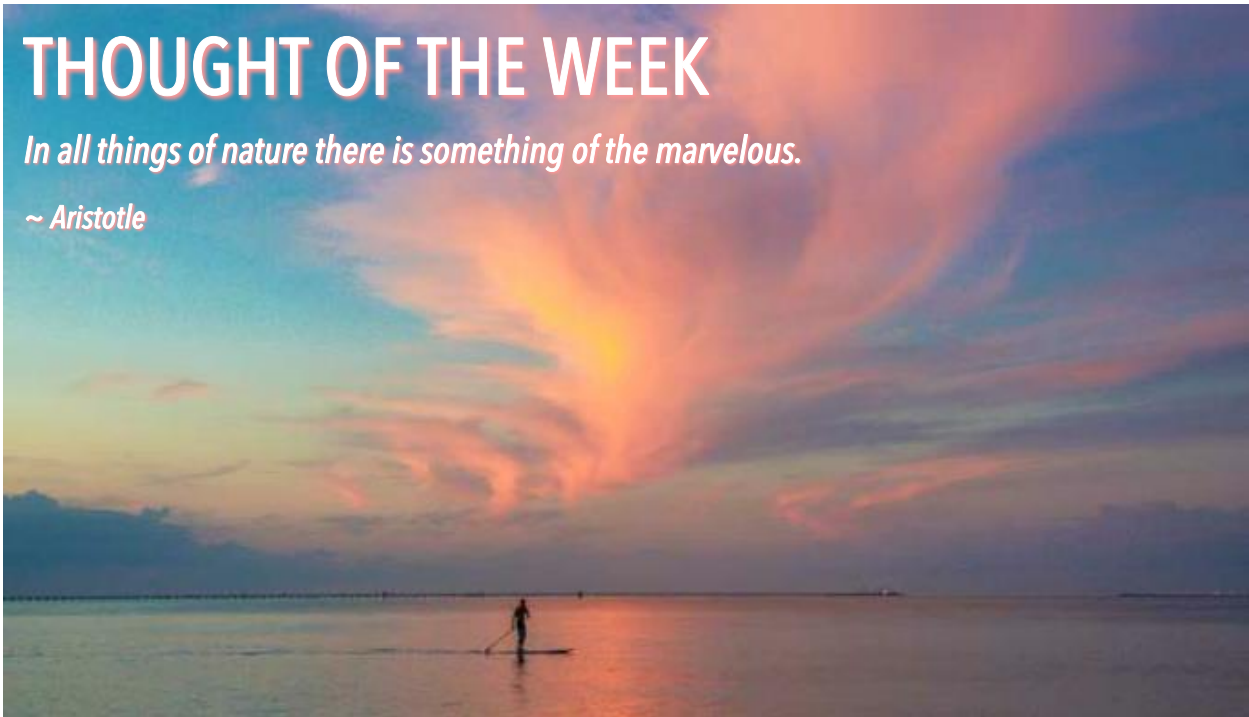
- **PARTY! ON ATLANTIC:** This year's event is bigger than ever with three parties instead of one! Party! On Atlantic will be held over the course of three Saturdays, Oct. 26, Nov. 2 and Nov. 9. The party on Oct. 26 will take place at the 31st Street Stage from 3 to 7 p.m. Enjoy live music, a sidewalk sale, featured specials from Atlantic Avenue merchants and more. This event is FREE and open to the public.



THOUGHT OF THE WEEK

In all things of nature there is something of the marvelous.

~ Aristotle



ATTACHMENTS

- ◆ Virginia Beach Television (VBTV) Program Schedule | Oct. 27 through Nov. 2, 2019

REMINDER: APPLICATIONS FOR MAIL ABSENTEE BALLOTS DUE OCT. 29; IN-PERSON ABSENTEE VOTING ENDS NOV. 2

Voters wishing to participate in the Nov. 5 General and Special Elections via absentee ballot have until 5 p.m. on Tuesday, Oct. 29 to request a ballot through the Voter Registration & Elections Office or the Virginia Department of Elections Citizen Portal at vote.virginia.gov.

Absentee voters have until Nov. 2 to appear in-person at their local voter registration office to vote in-person absentee. The local offices will be open Saturdays, Oct. 26 and Nov. 2, except for the Kempsville Treasurer's Office – Fairfield Shopping Center, for individuals wishing to cast their absentee ballots in person. Voters may visit the Voter Registration & Elections Office (2449 Princess Anne Rd.) during regular business hours through the Nov. 2 deadline to vote absentee in-person.

VIRGINIA BEACH TELEVISION

Cox Cable Channels 46, 47 & 48
Verizon Cable Channels 46, 47 & 45


PROGRAM SCHEDULE


OCTOBER 27 – NOVEMBER 2, 2019

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.

 e-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 SPECIAL SESSION (Cox 48 / Verizon 45)** — *Recablecast of the October 22 workshop*: Sun 9am. **LIVE**: Tue 2pm. Recablecast: Thu 7pm; Fri 9am.

 **VIRGINIA BEACH CITY SCHOOL BOARD MEETING (Cox 47 / Verizon 47)** — *Recablecast of the October 22 meeting*: Mon 2pm; Recablecast: Wed 7pm; Sat 9am.

VIRGINIA BEACH TELEVISION – COX 48 / VERIZON 45

A BIOGRAPHY OF AMERICA: AMERICA AT ITS CENTENNIAL — 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.

A PLACE OF OUR OWN: HOW BABIES LEARN PART 2 — 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 and school topics & issues.

- City Council Retreat – September 2019
- VB 411: Volume 2 #11 Sand Replenishment
- Housing Resource Center celebrates first anniversary
- Rudee Loop Mural - Prismatic Play
- Butterfly Eco-Art Installation at Lake Lawson-Smith
- Sports Center Quiz #2
- VB 411: Volume 2 #12 Stormwater Infrastructure
- VBCPS Compass Keeper: September Edition

Mon 12am, 11am & 9pm; Tue 5am; Wed 12am, 11am & 6pm; Thu 5am & 6pm; Fri 6pm; Sat 5am, 11am & 9pm.

AGAINST ALL ODDS: DESCRIBING 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: FILM NOIR — Explore film history and American culture through the eyes of Hollywood insiders. Sun 10:30pm; Mon 9:30am & 4:30pm; Thu 1:30am; Fri 4:30pm.

ART HISTORY: IMPRESSIONISM — Sun 4:30pm; Tue & Sat 9:30am; Wed 6:30am & 4:30pm.

DISCOVERING PSYCHOLOGY: *THE MIND HIDDEN AND DIVIDED* — 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.

ENCOURAGING WORDS: *ENRICHING EXPRESSIVE LANGUAGE* — Explore language development milestones relating to the growth of a child's expressive language. Sun 7:30pm; Mon 6:30am; Tue & Fri 10:30pm; Wed 9:30am; Sat 1:30am & 4:30pm.

ESSENTIAL SCIENCE FOR TEACHERS: *CLASSIFYING LIVING THINGS* — Sun 1pm; Fri 8am; Sat 2pm.

FOCUS NNS — Explore current events at Newport News Shipbuilding. 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.

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.

GETTING ALONG: *DON'T MAKE ME STOP THIS CAR!* — Character development and conflict management for ages five through eight. Sun 4:15pm; Tue & Sat 9:15am; Wed 6:15am & 4:15pm.

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

HOW IN THE WORLD — Hop aboard the Airship Curiosity for an adventure of fun and discovery. Learn how photosynthesis works; how butterflies get their colors; how ancient artifacts are preserved; and enjoy the ups and downs of roller coasters. Sun 7pm; Mon 6am; Tue 10pm; Wed 9am; Thu 6:30pm; Fri 10pm; Sat 1am & 4pm.

IN SEARCH OF THE NOVEL: *WHAT'S THE STORY?* — Covering ten of the most commonly taught novels, learn how middle and high school teachers demonstrate ways to effectively teach the novel to students. Sun 9:30pm; Mon 8:30am & 3:30pm; Thu 12:30am; Fri 3:30pm.

KENNEDY CENTER PERFORMING ARTS - *ELLINGTON VOICES: CLASSICAL TO JAZZ* — Two of today's top vocalists explore how classical sounds intertwine with improvisational jazz in the music of Duke Ellington, one of DC's native sons. Sun & Tue 2am; Mon & Sat 8pm; Wed 11pm; Thu 10am & 5pm; Fri 7am.

LAUNCHING YOUNG READERS: *THE ROOTS OF READING* — Learn how parents, childcare providers, and kindergarten teachers can get children started on the road to literacy. Sun 8:30am; Mon, Tue, Wed & Fri 2:30pm; Thu 11:30pm.

LEARNING MATH: *SIMILARITY* — 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.

MATH MONSTERS — Designed for pre-kindergarten children, this animated series provides an amusing and enlightening introduction to mathematical concepts. Sun 4pm; Tue & Sat 9am; Wed 6am & 4pm.

MEET THE AUTHOR: *JANET LISLE* — Sun 5pm; Tue & Sat 10am; Wed 7am & 5pm.

MOM ALWAYS SAID: *STARVE A FEVER, FEED A COLD* — 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: MYTHBUSTERS — Learn how to make your money work for you, and keep your investments on track so you can retire in style and enjoy the good life. Mon 2am, 1pm & 11pm; Tue & Thu 7am; Wed 2am, 1pm & 8pm; Fri 8pm; Sat 7am, 1pm & 11pm.

NEWSWRITING: BEYOND THE SUMMARY LEAD — Explore techniques to become a better writer through traditional and emerging journalistic styles. Sun 8am; Mon, Tue, Wed & Fri 2pm; Thu 11pm.

ON THE OTHER HAND — Learn American Sign Language. Sun 8:30pm; Mon 7:30am; Tue & Fri 11:30pm; Wed 10:30am; Sat 2:30am & 5:30pm.

READ-ALEE-DEED-ALEE: THE HOT DOT — 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.

SHAMU TV: SAVING A SPECIES - THE ORANGUTAN STORY — Within the disappearing forests of Borneo and Sumatra live the gentle, tree-dwelling orangutans. Can these apes survive as deforestation threatens their habitat? Meet conservationists working to protect the remaining populations of orangutans, and explore ways that you can help - right from your own home - to preserve these fascinating primates and their forest homes. Sun 3pm; Tue & Sat 8am; Wed 5am & 3pm.

SIGNING TIME: HELPING OUT AROUND THE HOUSE — An introduction to American Sign Language for children. Sun 5:30pm; Tue & Sat 10:30am; Wed 7:30am & 5:30pm.

SWITCH — What will it take to go from the energy that built our world to the energy that will shape our future? Explore the world's leading energy sites - from coal to solar, and oil to biofuels – as geologist Dr. Scott Tinker interviews global energy leaders. Sun & Tue 12am; Mon & Sat 6pm; Wed 9pm; Thu 8am & 3pm; Fri 5am.

THE MATH DUDE: POINT-SLOPE FORM OF A LINE — 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.

 **THE SENIOR SOURCE** — Hosted by Sandra Parker, this bi-monthly program highlights city services, opportunities, and resources available to our senior population. This month's show focuses on the importance of keeping active while we age, going "on-the-road" to learn about benefits of personal training, discover Virginia Beach's trails, and dive deeper into the Forever Young Senior Centers. Sun 8:30am; Mon 2:30am, 1:30pm & 11:30pm; Tue & Thu 7:30am; Wed 2:30am, 1:30pm & 8:30pm; Fri 8:30pm; Sat 7:30am, 1:30pm & 11:30pm.

THE WESTERN TRADITION: THE DECLINE OF ROME — Journey from ancient, pre-western civilizations to the age of technology and beyond. Sun 5:30am; Tue & Thu 11:30am; Fri 12:30am.

VBPD CLASS SIX-TWO: EPISODES 1 THROUGH 5 — Meet members of the Virginia Beach Police Department Training Academy staff and the recruits of Class 62 as they begin their 26-week journey to become sworn officers of the VBPD. Sun 6pm; Mon 5am; Tue & Fri 9pm; Wed 8am; Sat 12am & 3pm.

VOICES AND VISIONS: WALLACE STEVENS — The works of poets are interpreted through dramatic readings, archival photographs, and interviews. Sun 7am; Tue & Thu 1pm; Fri 2am.

VIRGINIA BEACH TELEVISION – COX 47 / VERIZON 47

A BIOGRAPHY OF AMERICA — Thu 8pm.

A HISTORY OF BLACK ACHIEVEMENT IN AMERICA: *THE FIGHT FOR FREEDOM* — 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 PLACE OF OUR OWN — Wed 3pm.

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

AGAINST ALL ODDS — Thu 9pm.

AMERICAN CINEMA — Wed 4:30pm.

ART HISTORY: *IMPRESSIONISM* — Tue 6am; Thu 6am & 5:30pm.

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.

DEATH: A PERSONAL UNDERSTANDING: *THE DYING PERSON* — Gain a greater understanding of death and dying through case studies and moving personal stories of people facing their own death or the death of a loved one. Mon & Wed 11:30am; Tue & Thu 7:30am.

DISCOVERING PSYCHOLOGY — Wed 5:30pm.

EMERGENCY PREPAREDNESS - *PROJECT SAFESIDE: KEEPING AHEAD OF THE STORM* — Learn how to plan and assemble a disaster preparedness supplies kit, and determine the need for updating, renewing or applying for the proper insurance coverage. 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.

FIT FOR DUTY: *KICKBOXING* — 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.

FOCUS NNS — Sun 10:30pm.

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

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

GETTING ALONG — Thu 5:15pm.

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.

IN SEARCH OF THE NOVEL — Wed 3:30pm.

INSIDE THE GLOBAL ECONOMY: *TRADE LIBERALIZATION AND REGIONAL TRADE BLOCS* — Mon 11pm; Tue & Fri 12pm & 4pm; Thu 12pm.

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

KENNEDY CENTER PERFORMING ARTS — Fri 9pm.

LAUNCHING YOUNG READERS — Tue & Fri 10:30pm; Thu 3:30pm.

LEARNING MATH — Thu 9:30pm.

MATH MONSTERS — Thu 5pm.

MEET THE AUTHOR: JANET LISLE — Thu 6pm.

MONEYTRACK — Sun 11pm.

NATIONAL GALLERY OF ART - LEONARDO: TO KNOW HOW TO SEE — Discover the genius and accomplishments of this Renaissance artist and inventor. Tue & Thu 6:30am.

NEWSWRITING — Tue & Fri 10pm.

OUT OF THE PAST: THE SPIRIT WORLD — Explore new insight into the evolution of human societies by following archaeologists as they examine physical evidence from ancient civilizations. Mon 9:30pm; Fri 2:30pm; Thu 10:30am.

READ-ALEE-DEED-ALEE — Thu 4:45pm.

REAL VIRGINIA — Sun 9:30pm.

SHAMU TV — Thu 4pm.

SIGNING TIME — Mon & Wed 12:30pm; Tue 8:30am; Thu 8:30am & 6:30pm.

SWITCH — Fri 7pm.

THE MATH DUDE — Thu 4:30pm.

THE PATH TO ENERGY EFFICIENCY — For over 20 years, the Virginia Beach Visitors Center has served as a gateway to fun in the sun. Now, the building serves as a visible commitment to a city-wide energy savings initiative. This video follows the process as the building goes through an energy audit. Sun 8:30pm; Mon 8:30am & 8:30pm; Wed, Fri & Sat 8:30am.

THE WESTERN TRADITION: THE DECLINE OF ROME — Journey from ancient, pre-western civilizations to the age of technology and beyond. Thu 8:30pm.

THE WORLD OF CHEMISTRY: CHEMICAL BONDS — Mon 9pm; Fri 2pm; Thu 10am.

VOICES AND VISIONS — Thu 10pm.

VIRGINIA BEACH TELEVISION – COX 46 / VERIZON 46

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.

Visit our web site at
www.VBgov.com/VBTV

For more information regarding VBTV programming please contact the Multimedia Services Division at 385-1868 or multimedia@vbgov.com