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## TO CBDA: WE ARE VB STRONG

In my first — and my last — **Central Business District Association** speech on Thursday, I highlighted the events of the past year and the outlook for the future, including a favorable economic climate, the **Something in the Water Festival**, the Sports Center and the success of Town Center and the Central Business District. It was an honor to address business leaders, members of City Council and the School Board, and several City leaders during the annual luncheon at the Westin Virginia Beach Town Center.



The affirmative findings of the citizen satisfaction survey and the Member survey speak to our high quality of life in Virginia Beach, and reflect the leadership of City Council and the dedication of more than 7,400 City employees who I have the privilege to work with and lead. “If there is one common denominator that I have seen in City Council and the workforce in my 40-year tenure, it is the belief in the greatness of this City and the pride they take in making it such a wonderful place to live, work, and raise a family – and visit too,” I told the audience.

No year-in-review would be complete without reflecting on the incredible tragedy we suffered last year. “Make no mistake, the shooting on May 31, 2019 rocked us to our very core. And we are still grappling with the aftermath eight months later. There are no words to adequately convey the devastation, the trauma, the tragedy of that day — and the impacts we continue to feel today. Still, in the aftermath, I couldn’t be prouder of the way that the workforce pulled together. These departments are staffed and led by people who themselves were significantly impacted by the senseless and tragic events of that day. So, this is what I know to be true.... We are resilient. We are dedicated. We are committed to making this city better. We will get through this — one day at a time.”

I recognized our partner, Sentara Healthcare, which didn’t hesitate to jump in and help stand up the VB Strong Center, which is funded for three years by a \$3 million grant from the Virginia Department of Criminal Justice Services. I also relayed how lessons from the Lake Gaston pipeline project, arguably the most significant project in our City’s history at that time, are relevant to our greatest challenge today — sea level rise and recurrent flooding. Just like the Lake Gaston project, solutions will be difficult — even controversial, and will take a long time even in “government years” — and they will be costly. “The unwavering support of City Council and the community is what ultimately made the Gaston project a reality – and it is what will ultimately allow us to prevail in our fight against sea level rise. And that will allow us to continue to grow.”

Thanks to CBDA Executive Director Jeanne Evans-Cox, Program Director Kim Nickerson and President Mark Slaughter for providing me with this opportunity.

## - CALENDAR REMINDERS -

- **WEDNESDAY, FEB. 5:** Council Member **John Moss** will host the third meeting in his series of town halls to discuss the FY21 budget and other important issues. The meeting will take place at Kempsville Recreation Center, 800 Monmouth Lane, and start at 6:30 p.m.
- **THURSDAY, FEB. 6:** Council Member **Michael Berlucchi** will host a community conversation for residents in the Rose Hall district. Topics of discussion include the FY21 budget, City Manager search, mental health services, public safety and flood control projects/stormwater maintenance and operations. The meeting will start at 6:30 p.m. on Thursday, Feb. 6, at Bow Creek Recreation Center, 3427 Club House Rd.

## OPPORTUNITIES

### MEETINGS ON SEA LEVEL RISE AND FLOODING BEGIN NEXT WEEK

A draft of the **Virginia Beach Sea Level Wise Adaptation Strategy report** to address flooding and future flood risk is complete. The public is encouraged to attend one of several upcoming meetings to provide final input on the report. Two meetings will be held next week from 6 to 8 p.m.

- **TUESDAY, JAN. 28:** Kempsville High School, 5194 Chief Trail
- **THURSDAY, JAN. 30:** Princess Anne High School, 4400 Virginia Beach Blvd.



For more information about “Sea Level Wise,” visit [VBgov.com/pwslr](http://VBgov.com/pwslr). Email questions and comments to [SLR-comment@vb.gov](mailto:SLR-comment@vb.gov).

### REMINDER: PUBLIC INPUT WANTED ON ACCESSIBILITY IN VB

The **Mayor’s Committee for Persons with Disabilities** is seeking input about accessibility and access to public services and facilities in Virginia Beach. The committee will use the feedback to focus its efforts over the next year. The survey will be open until Friday, Jan. 31 and is available online at [publicinput.com/VBAccessibility](http://publicinput.com/VBAccessibility). For more information about the Mayor’s Committee for Persons with Disabilities, visit [VBgov.com/government/departments/city-clerk/mayor/Pages/persons-with-disabilities.aspx](http://VBgov.com/government/departments/city-clerk/mayor/Pages/persons-with-disabilities.aspx).

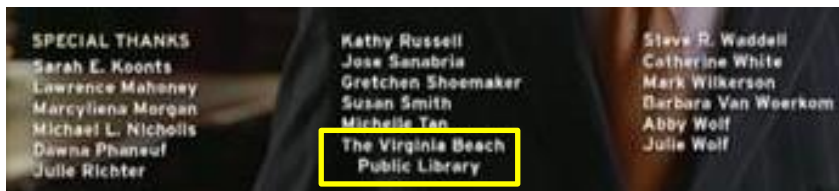
## AWARDS & RECOGNITIONS

### LIBRARIES RECOGNIZED FOR GENEALOGICAL RESEARCH ASSISTANCE

**Virginia Beach Public Library (VBPL)** is credited in the Jan. 14, 2020 episode of the PBS show, **Finding Your Roots**, with **Dr. Henry Louis Gates**, for research assistance provided by library staff. **Special Collections Librarian Mary Lovell Swetnam** assisted the producers with research for celebrity guest Queen Latifah who found she has roots in Princess Anne County.



“The producers had identified an ancestor named Juggy,” Swetnam said. She had seen the name before, but not often. By using Ancestry.com Swetnam was able to see that many



women, both black and white were named Jug or Juggy. That led her to the Oxford English Dictionary on the Reference shelves at Central Library where she found that

Juggy is an archaic pet-name or nickname for Joan or Joanna. VBPL has assisted with research for two other episodes of the show which have not yet aired. VBPL and reference staff are frequently called upon to assist with research for a variety of media and historical projects.

## NEW & NOTEWORTHY

### VBPD'S NEW HISPANIC CITIZEN POLICE ACADEMY GRADUATES FIRST CLASS

The **Virginia Beach Police Department's Citizen Engagement Unit** recently created a new program for the Latino community. The **Hispanic Citizen Police Academy** was designed to help participants develop a better understanding of the procedures, guidelines, demands and duties performed by police officers on a day-to-day basis. **MPO David Nieves** and other VBPD officers fluent in Spanish facilitated the classes that began in October 2019 with graduation in December. Over the 10-week period, 61 participants learned about their rights as an individual in the United States, basic law, detective work, traffic and safety compliance, recruitment, volunteer opportunities and more.

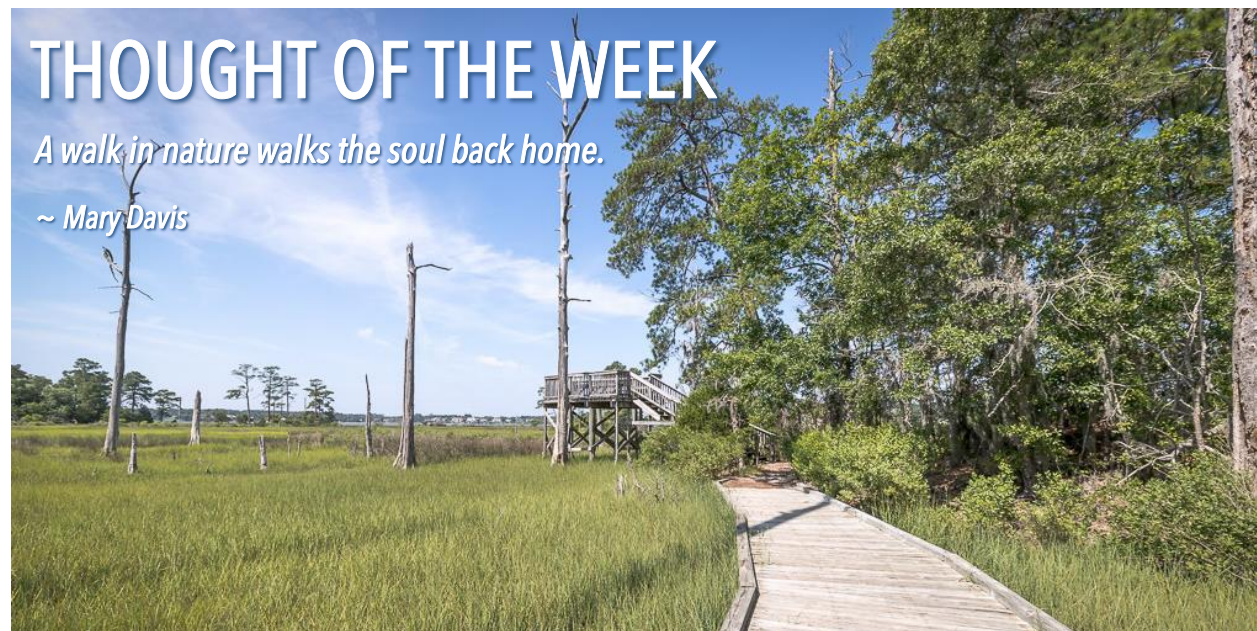




## UPCOMING EVENTS

- **E-CYCLING AT THE AQUARIUM:** Bring your old electronics and household hazardous waste to the Aquarium for recycling on Saturday, Jan. 25, from 9 a.m. to noon at the Aquarium's East Parking Lot. You can drop off these items as part of the semi-annual E-Cycling event. There is no fee to drop off items. A full list of accepted items is available at [virginiaaquarium.com](http://virginiaaquarium.com).
- **PEACE POLE DEDICATION:** To start the International Season for Nonviolence, a dedication of a Peace Pole at the Oceanfront Library will take place on Thursday, Jan. 30 from 5-6 p.m. Mayor Bobby Dyer and Superintendent Aaron Spence will provide remarks followed by a guided moment of meditation for peace. The public is also invited to a community meeting at 5:30 p.m. in the Oceanfront Library public meeting room, as part of the preparation for the annual Art of Humanity event planned for April 4, 2020. Local citizens, students and community organizations interested in participating in the 2020 Art of Humanity can also sign up online at [vibecreativedistrict.org/events/art-of-humanity-2020](http://vibecreativedistrict.org/events/art-of-humanity-2020).

The Season for Nonviolence is celebrated annually from Jan. 30 to April 4 as a national 64-day educational, media, and grassroots campaign dedicated to demonstrating that non-violence is a powerful way to heal, transform, and empower our lives and our communities.



## ATTACHMENTS

- ◆ Virginia Beach Television (VBTV) Program Schedule | Jan. 26 through Feb. 1, 2020



# VIRGINIA BEACH TELEVISION


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

## PROGRAM SCHEDULE JANUARY 26 – FEBRUARY 1, 2020

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 WORKSHOP (Cox 48 / Verizon 45)** — *Recablecast of the January 21 meeting*: Sun 9am. **LIVE**: Tue 3pm. Recablecast: Thu 7pm; Fri 9am.

 **VIRGINIA BEACH CITY SCHOOL BOARD MEETING (Cox 47 / Verizon 47)** — *Recablecast of the January 14 meeting*: Mon 2pm. **LIVE**: Tue, Workshop 4pm; Formal Session 6pm. Recablecast: Wed 7pm; Sat 9am.

### VIRGINIA BEACH TELEVISION – COX 48 / VERIZON 45

**A BIOGRAPHY OF AMERICA: THE REDEMPTIVE IMAGINATION** — 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: PREVENTING CHILDHOOD INJURIES** — Insight and advice for solving issues related to parenting and child rearing. 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.

 **ACCESS VIRGINIA BEACH** — Monthly news magazine highlighting city and school topics & issues.

- VBPD 4<sup>th</sup> Precinct grand opening
- NAS Oceana thanks the City of Virginia Beach
- Sportscenter Update #5
- Thalia Creek Greenway ribbon cutting
- Community Conversations Mental Health Forum
- VBPD Academy Graduation

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

**AGAINST ALL ODDS: INFERENCE FOR ONE MEAN** — 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 1pm; Fri 8am; Sat 2pm.

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

**CAREER DAY: SUSTAINABILITY** — See how a varied disciplines work together on a green building renovation of a community library, and glimpse top secret research being conducted at Virginia Polytechnic Institute. Sun 7:30pm; Mon 6:30am; Tue & Fri 10:30pm; Wed 9:30am; Sat 1:30am & 4:30pm.

**DISCOVERING PSYCHOLOGY: PAST, PRESENT, AND FUTURE** — 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: HEAT AND TEMPERATURE** — Sun 10:30pm; Mon 9:30am & 4:30pm; Thu 1:30am; Fri 4:30pm.

**EXPLORING THE WORLD OF MUSIC: THE TRANSFORMATIVE POWER OF MUSIC** — Explore basic elements of music and how music is an expression of culture. Sun & Thu 2:30pm; Fri 1:30pm.

**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: LEFT OUT!** — Character development and conflict management for ages five through eight. Sun 4:15pm; Tue & Sat 9:15am; Wed 6:15am & 4:15pm.

**HOW IN THE WORLD** — Hop aboard the Airship Curiosity to discover the importance of estuaries; learn how Native Americans constructed canoes using fire; see how a windmill works; and find out how Edgar Allan Poe wove literary tools all through his famous poem, The Raven. Sun 7pm; Mon 6am; Tue 10pm; Wed 9am; Thu 6:30pm; Fri 10pm; Sat 1am & 4pm.

**INSIGHTS INTO ALGEBRA: LINEAR FUNCTIONS AND INEQUALITIES** — Explore strategies for improving typical teaching tactics of Algebra 1. Sun 7am; Tue & Thu 1pm; Fri 2am.

**KENNEDY CENTER PERFORMING ARTS: WAITING FOR GODOT** — Two tramps meet by the roadside, and endlessly wait for someone - or something - named Godot. Samuel Beckett's most popular work masterfully examines the tedium and hope of human existence. Sun & Tue 2am; Mon & Sat 8pm; Wed 11pm; Thu 10am & 5pm; Fri 7am.

**LAUNCHING YOUNG READERS: EMPOWERING PARENTS** — 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: ANGLE MEASUREMENT** — 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: JAMES HOWE** — Sun 5pm; Tue & Sat 10am; Wed 7am & 5pm.

**MOM ALWAYS SAID: BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY** — 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: ARE THE RICH REALLY DIFFERENT?** — What do the super-wealthy do with their money, and are they really better investors than the rest of us? Explore whether the financial advice they can afford is better than what average investors can find – and how we can beat those “exclusive” hedge funds at their own game. Mon 2am, 1pm & 11pm; Tue & Thu 7am; Wed 2am, 1pm & 8pm; Fri 8pm; Sat 7am, 1pm & 11pm.

**NEWSWRITING: BROADCAST NEWS WRITING** — 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: MORE AT THE CORE** — 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.

**RURAL COMMUNITIES: LEGACY & CHANGE - CAPACITY TO CARE** — Examine why some rural areas in America are thriving while others are in decline. The social, political, and economic issues these communities face have far-reaching implications for individuals and the country as a whole. Sun & Tue 12am; Mon & Sat 6pm; Wed 9pm; Thu 8am & 3pm; Fri 5am.

**SEASONS OF LIFE: LATE ADULTHOOD** — From conception through old age, explore the biological, psychological, and social "clocks" that are the essence of life-span education. Psychologists, sociologists, biologists, and anthropologists present theory, methods, and research, while real individuals from diverse backgrounds talk about the significant events in their lives. Sun & Tue 1am; Mon & Sat 7pm; Wed 10pm; Thu 9am & 4pm; Fri 6am.

**SHAMU TV: SAVING A SPECIES - THE ORANGUTAN STORY** — 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: MY SCHOOL** — An introduction to American Sign Language for children. Sun 5:30pm; Tue & Sat 10:30am; Wed 7:30am & 5:30pm.

**THE MATH DUDE: SLOPE AND DIRECT VARIATION** — 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 WESTERN TRADITION: THE RENAISSANCE AND THE NEW WORLD** — Journey from ancient, pre-western civilizations to the age of technology and beyond. Sun 5:30am; Tue & Thu 11:30am; Fri 12:30am.

**THE WHOLE CHILD CAREGIVER GUIDE: EVERYBODY'S SPECIAL** — Sun 9pm; Mon 8am & 3pm; Thu 12am; Fri 3pm.

**THE WORLD OF ABNORMAL PSYCHOLOGY: MOOD DISORDERS** — See how people with diagnosed psychological disorders actually behave. Case studies, enriched with commentary from experts, help demystify the biological, psychological, and environmental causes of dysfunctional behavior. Sun 9:30pm; Mon 8:30am & 3:30pm; Thu 12:30am; Fri 3:30pm.

**UNSEEN LIFE ON EARTH: THE UNITY OF LIVING SYSTEMS** — Peer into the microbial world and discover how microorganisms affect everything from medicine to environmental issues to global politics. Dynamic visuals and case studies, including DNA testing and dramatic battles against dangerous viruses, illustrate the work and effects of microorganisms. Sun & Thu 2pm; Fri 1pm.

**VBPD CLASS SIX-TWO: EPISODES 6 THROUGH 10** — 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.

**X-POWER: A SECRET CODE** — Foster the development of algebraic thinking through visualization of concepts rather than abstract symbolic manipulation. Sun 4pm; Tue & Sat 9am; Wed 6am & 4pm.

**VIRGINIA BEACH TELEVISION – COX 47 / VERIZON 47**

**A BIOGRAPHY OF AMERICA** — Thu 8pm.

**A HISTORY OF BLACK ACHIEVEMENT IN AMERICA: A NEW AGE** — 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.

**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** — Mon 7pm; Tue 11pm; Wed 2pm; Fri 5pm & 11pm.

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

**BRIDGING WORLD HISTORY: TRANSMISSION OF TRADITIONS** — Explore global patterns through time, seeing history as an integrated whole. Mon 9:30pm; Fri 2:30pm; Thu 10:30am.

**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.

**CONSTITUTION: THAT DELICATE BALANCE: CRIMINAL JUSTICE AND A DEFENDANT'S RIGHT TO A FAIR TRIAL** — Key political, legal, and media professionals engage in spontaneous and heated debates on controversial issues. Mon 11pm; Tue & Fri 12pm & 4pm; Thu 12pm.

**DEMOCRACY IN AMERICA - CIVIL RIGHTS: DEMANDING EQUALITY** — Mon & Wed 11:30am; Tue & Thu 7:30am.

**DISCOVERING PSYCHOLOGY** — Wed 5:30pm.

**EARTH REVEALED: MINERALS: THE MATERIALS OF THE EARTH** — 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 INFORMATION GUIDE FOR COASTAL RESIDENTS** — Learn about the need for early hurricane preparation, basic storm information, ways to protect your home, and evacuation to safe areas. Tue & Thu 7am.

**ESSENTIAL SCIENCE FOR TEACHERS** — Wed 4:30pm.

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

**EXPLORING THE WORLD OF MUSIC** — Tue 5:30pm; Wed & Fri 6:30pm; Thu & Sat 7:30pm.

**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.

**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.

**INSIGHTS INTO ALGEBRA** — Thu 10pm.

**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.

**MEET THE AUTHOR: JAMES HOWE** — Thu 6pm.

**MONEYTRACK** — Sun 11pm.

**NATIONAL GALLERY OF ART - WILLIAM DE KOONING: PAINTINGS** — De Kooning's life and work - from his origins in the Netherlands to his mature Long Island period - are presented through his paintings, vintage photographs of the artist and his contemporaries, and footage of his studio. Tue & Thu 6:30am.

**NEWSWRITING** — Tue & Fri 10pm.

**READ-ALEE-DEED-ALEE** — Thu 4:45pm.

**REAL VIRGINIA** — Sun 9:30pm.

**RURAL COMMUNITIES: LEGACY & CHANGE** — Fri 7pm.

**SEASONS OF LIFE** — Fri 8pm.

**SHAMU TV** — Thu 4pm.

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

**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 RENAISSANCE AND THE NEW WORLD** — Journey from ancient, pre-western civilizations to the age of technology and beyond. Thu 8:30pm.

**THE WHOLE CHILD CAREGIVER GUIDE: EVERYBODY'S SPECIAL** — Wed 3pm.

**THE WORLD OF ABNORMAL PSYCHOLOGY** — Wed 3:30pm.

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

**UNSEEN LIFE ON EARTH** — Tue 5pm; Wed & Fri 6pm; Thu & Sat 7pm.

**X-POWER** — Thu 5pm.

**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](http://www.VBgov.com/VBTV)

For more information regarding VBTV programming please contact the Creative Services Division at 385-1868 or [multimedia@vbgov.com](mailto:multimedia@vbgov.com)