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### CVB’S NEW TOURISM CAMPAIGN DEBUTS THIS MONTH

The Convention & Visitors Bureau’s new tourism campaign, “We’re Open,” showcases Virginia Beach as a welcoming and inviting city to all. Created in partnership with Pharrell William’s creative team, I am OTHER, the campaign dials up community involvement and civic pride by conveying the hard work that the great people of this city put in to prepare for- and welcome people each spring and summer. The entire campaign is set to an original Pharrell song titled, “Virginia.”

Campaign videos and ads will be shown on TV, digital and social media starting this month through June 15 in major markets including New York, Washington, D.C., Philadelphia and Boston. To view the videos and for more information about the campaign, visit VBisOpen.com.

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### – CALENDAR REMINDERS –

- **WEDNESDAY, MARCH 11:** Mayor Bobby Dyer will give his second State of the City address at the Virginia Beach Convention Center, as the Hampton Roads Chamber hosts Virginia Beach as the second in the State of the City Series. The event begins at noon, with networking and registration beginning at 11:30 a.m. Register online at [www.hamptonroadschamber.com](http://www.hamptonroadschamber.com) or contact Anne Baumler, (757) 664-2515, abaumler@hrchamber.com.

- **WEDNESDAY, MARCH 11:** Council Member Jessica Abbott will host a town hall meeting to discuss a variety of topics of interest to residents in the Kempsville District, including sea level rise/stormwater, education, public safety, transportation, economic development and affordable housing. It will start at 6:30 p.m. at Kempsville Recreation Center, 800 Monmouth Lane.

- **WEDNESDAY, MARCH 18:** Council Member John Moss will host the last meeting in his series of town halls to discuss the FY21 budget and other important issues. The meeting will start at 6:30 p.m. at Great Neck Recreation Center, 2521 Shorehaven Dr.

- **THURSDAY, MARCH 26:** Council Member Barbara Henley will host her monthly Princess Anne District town meeting to update citizens on current City projects and issues. It is held every fourth Thursday of the month beginning at 5:15 p.m. in Building 19 at the Municipal Center.
OPPORTUNITIES

VBPD TO HOLD ACTIVE THREAT CITIZEN DEFENSE WORKSHOP

Workplace violence is an unfortunate reality too many are forced to confront as we have experienced. While it isn’t always possible to anticipate people with bad intentions, you can plan and train for what to do if you have to face someone trying to harm you or others around you. To prepare residents for such situations, the Virginia Beach Police Department will hold an Active Threat Citizen Defense workshop designed to enhance preparedness for citizens so they can recognize hostile situations, attempt to diffuse them and realize how items in an office can be used to defend oneself and more. Attendees will also be able to participate in hands-on, scenario-based training.

The workshop takes place on Saturday, March 28 from 10 a.m. to 3 p.m. at Coastal Community Church, 2800 S. Independence Blvd. It is free and open to the public. There will be a 30-minute break for lunch. Advanced registration required as seating is limited. For questions and to RSVP, contact MPO David Nieves at dnieves@vbgov.com.

“REVIVE!” TRAINING COURSE AVAILABLE

A free training course for families and friends of Virginia Beach residents at risk of an opioid overdose, or individuals interested in becoming lay rescuers, is scheduled for Tuesday, March 17, from 5:30-7 p.m. at the EMS Training Center, 4160 Virginia Beach Blvd. Presented by the departments of Human Services, Police, Public Health and Emergency Medical Services, “REVIVE!” trains individuals to recognize and respond to an opioid overdose emergency with the administration of Naloxone, a prescription medication. Seating is limited, and registration is required. Contact: (757) 385-0800 to register.

CITY IMPROVEMENTS/CLOSURES

- INDIAN RIVER ROAD: Due to utility work, the westbound outside lane of Indian River Road between Manatee Drive and Sandra Lane will close starting at 9 a.m. on Monday, March 9. Area residents will have access to their properties at all time. Weather permitting, work is expected to be complete by 3 p.m. the same day. Contact: Ernest Etheridge, (757) 353-8485.
AWARDS & RECOGNITIONS

VBFD FIREFIGHTER RECEIVES RED CROSS “HERO” AWARD

The Coastal Virginia Chapter of the American Red Cross recently observed its annual “Celebration of Heroes” on Tuesday, Feb. 25, recognizing remarkable local heroes who have saved a life, performed an act of courage, or who unselfishly serve and give inspirational leadership to the community. Virginia Beach Fire Department Firefighter Wes Arendt received the “Water Rescue Hero Award” for his rescue of four individuals caught in a rip current in October 2019.

NEW & NOTEWORTHY

NEW CITY HALL REACHES NEW HEIGHTS

Construction of new city hall has gone vertical with metal beams beginning to create the framework of the building.
THOUGHT OF THE WEEK

Life is a series of waves to be embraced and overcome.

~ Danny Meyer

ATTACHMENTS

♦ Virginia Beach Television (VBTV) Program Schedule | March 8 through March 14, 2020

TOWN CENTER RESTAURANT WEEK, MARCH 22-28

Visit Town Center of Virginia Beach for a full week of dining deals from March 22-28. This annual culinary event features specially priced breakfasts starting at $5, lunches starting at $10 and dinners starting at $20. See participating restaurants at www.vabeachtowncenter.com.
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](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](http://www.vbschools.com/schoolboard/archive).

PUBLIC MEETINGS

- **VIRGINIA BEACH CITY COUNCIL WORKSHOP (Cox 48 / Verizon 45)** — Recablecast of the March 3 meeting: Sun 9am. LIVE: Tue 2pm. 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 March 3 Special Meeting: Mon 2pm. LIVE: Tue, Workshop 4pm; Formal Session 6pm. Recablecast: Wed 7pm; Sat 9am.

VIRGINIA BEACH TELEVISION – Cox 48 / Verizon 45

**A PLACE OF OUR OWN: OBSERVATION** — 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.
- Why is completing the 2020 Census so important?
- Virginia Beach City Council Retreat – February 2020
- Energy Conservation for Employees
- City of Virginia Beach prepares for winter snowstorm
- Virginia Beach Sportscenter Update #7
- Journey Home: Keon’s Story
- VBCPS Compass Keeper- February 2020
  Mon 12am, 11am & 9pm; Tue 5am; Wed 12am, 11am & 6pm; Thu 5am & 6pm; Fri 6pm; Sat 5am, 11am & 9pm.

**AGAINST ALL ODDS: WHAT IS STATISTICS?** — 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: CLASSICAL HOLLYWOOD TODAY** — Explore film history and American culture through the eyes of Hollywood insiders. Sun 1pm; Fri 8am; Sat 2pm.

**ART HISTORY: MANNERISM** — Sun 4:30pm; Tue & Sat 9:30am; Wed 6:30am & 4:30pm.
DISCOVERING PSYCHOLOGY: LEARNING — 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: WHEN CONTINENTS COLLIDE — Sun 10:30pm; Mon 9:30am & 4:30pm; Thu 1:30am; Fri 4:30pm.

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

FLIGHT SCHOOL: FROM ABOVE — Float in a hot air balloon, hover in a helicopter, and soar to the ceiling of our atmosphere while meeting the people and vehicles that help us study the Earth from above. Sun 7:30pm; Mon 6:30am;Tue & Fri 10:30pm; Wed 9:30am; Sat 1:30am & 4:30pm.

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: IT'S MINE! — 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 how electricity works; what is the sweet spot in a baseball bat; and how clouds are formed. Plus, Pilot Lindy shows you how kids can make their own elctro magnets. Sun 7pm; Mon 6am; Tue 10pm; Wed 9am; Thu 6:30pm; Fri 10pm; Sat 1am & 4pm.

HUMAN GEOGRAPHY: POPULATION TRANSITION IN ITALY — 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 5am; Tue & Thu 11am; Fri 12am.

INSIGHTS INTO ALGEBRA: VARIABLES AND PATTERNS OF CHANGE — Explore strategies for improving typical teaching tactics of Algebra 1. Sun 7am; Tue & Thu 1pm; Fri 2am.

KENNEDY CENTER PERFORMING ARTS - TELLING STORIES: LOIS LOWRY — Sun & Tue 2am; Mon & Sat 8pm; Wed 11pm; Thu 10am & 5pm; Fri 7am.

LAUNCHING YOUNG READERS: READING FOR MEANING — 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: NUMBER SETS, INFINITY, AND ZERO — 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: WILLIAM BONIFACE — Sun 5pm; Tue & Sat 10am; Wed 7am & 5pm.

MOM ALWAYS SAID: PREPARATION AVOIDS EXASPERATION — 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: BECOMING AN EDUCATED INVESTOR — 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: THE ETHICS OF JOURNALISM — 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-ALIE-DEED-ALIE: A BALL IN THE MALL — 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: THE PENGUIN STORY — When a giant oil spill threatens a population of penguins off the coast of Africa, SeaWorld aviculturists travel halfway around the world to come to the rescue. Enjoy a tale of teamwork, determination and dedication as rescuers work to save thousands of oiled penguins and their stranded chicks. Sun 3pm; Tue & Sat 8am; Wed 5am & 3pm.

SIGNING TIME: MY FAVORITE SEASON — 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: SOLVING SYSTEMS EQUATIONS LINEAR COMBO — 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: ABSOLUTISM AND THE SOCIAL CONTRACT — 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: GROWING MINDS — Sun 9pm; Mon 8am & 3pm; Thu 12am; Fri 3pm.

THE WORLD OF ABNORMAL PSYCHOLOGY: THE NATURE OF STRESS — 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: MICROBIAL ECOLOGY — 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 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.
A HISTORY OF BLACK ACHIEVEMENT IN AMERICA: DEPRESSION AND WAR — 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: MANNERISM — Tue 6am; Thu 6am & 5:30pm.

BRIDGING WORLD HISTORY: RETHINKING THE RISE OF THE WEST — 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 - RIGHT TO LIVE, RIGHT TO DIE — 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 - PUBLIC OPINION: VOICE OF THE PEOPLE — Mon & Wed 11:30am; Tue & Thu 7:30am.

DISCOVERING PSYCHOLOGY — Wed 5:30pm.

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

EMERGENCY PREPAREDNESS: ADVENTURES OF THE DISASTER DUDES — Developed for children in the fourth through sixth grades, this program explains how to take part in disaster preparedness and how to encourage the family to develop a disaster plan. Tue & Thu 7am.

ESSENTIAL SCIENCE FOR TEACHERS: WHEN CONTINENTS COLLIDE — 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: 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.

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.
HUMAN GEOGRAPHY — Thu 8pm.

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.

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

LEARNING MATH — Thu 9:30pm.

MATH MONSTERS — Thu 5pm.

MEET THE AUTHOR: WILLIAM BONIFACE — Thu 6pm.

MONEYTRACK — Sun 11pm.

NATIONAL GALLERY OF ART: J.M.W. TURNER — One of the greatest landscape painters of all time, Joseph Mallord William Turner rendered the subtle effects of light and atmosphere in revolutionary ways. Tue & Thu 6:30am.

NEWSWRITING — Tue & Fri 10pm.

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.

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: ABSOLUTISM AND THE SOCIAL CONTRACT — Journey from ancient, pre-western civilizations to the age of technology and beyond. Thu 8:30pm.

THE WHOLE CHILD CAREGIVER GUIDE: GROWING MINDS — Wed 3pm.

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

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

UNSEEN LIFE ON EARTH — Tue 5pm; Wed & Fri 6pm; Thu & Sat 7pm.
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 Creative Services Division at 385-1868 or multimedia@vbgov.com