



CONTENT	
COVID-19 Updates & Resources	1
Opportunities	2
Awards & Recognitions	3
Upcoming Events	3
Attachments	4

FACE MASKS AND SANITIZER AVAILABLE FOR VB RESIDENTS IN NEED

We are partnering with the **Virginia Department of Emergency Management (VDEM)** and the **Commonwealth’s Health Equity Taskforce** to distribute personal protective equipment in Virginia Beach. This partnership is designed to increase equitable access to PPE and public health information in underserved and historically disadvantaged communities that have been disproportionately impacted by COVID-19. As part of the Health Equity Pilot Program, 20,000 face masks and bottles of hand sanitizer will be distributed in the Western Bayside, Green Run, Rosemont and Seatack communities.

The first distribution event was held this morning in conjunction with a free COVID-19 testing hosted by the Virginia Beach Department of Health. **The next event will take place on Saturday, Aug. 8 from 10 a.m. to noon at Level Green Park off Level Green Boulevard** (between Commonwealth Drive and Clear Springs Court). Additional distribution events will be held throughout August and will be announced as plans are finalized.

Communities in the program were identified using indicators such as chronic diseases, household income, age, disability status and other important health factors. More than 40 localities statewide have been identified for participation. To date, the commonwealth has partnered with 32 localities with more than 390,000 cloth masks and 350,000 bottles of hand sanitizer have been delivered to municipalities across the state.



As COVID-19 cases are rising in the Hampton Roads area, it is important to ensure citizens have access and are equipped with the supplies they need to keep their families safe. Bags for distribution will contain two cloth masks, two bottles of hand sanitizer and literature from the Health Equity Taskforce on COVID-19 and mask washing instructions. They will also include a reminder to complete the 2020 Census and important hurricane preparedness information.

The Health Equity Pilot Project is a collaborative effort with local governments that provides municipalities with timely health equity and public safety training and residents with much needed personal protective equipment.

OPPORTUNITIES

VBFD TO OFFER VIRTUAL LEARNING FOR FIRE SAFETY EDUCATION

As it appears that there may be a delay in students returning to the classroom this upcoming school year, the **Virginia Beach Fire Department** has taken a proactive approach to fire and life safety education for children. The Office of Life Safety Education created a new fire safety and injury prevention program to engage students and their families in a virtual learning environment. Starting this fall, VBFD firefighters and Sparky the Fire Dog will provide digital lessons through updated video content which include story time readings, fire safety animations and even a virtual field trip to Station #21.



Parents and teachers will receive information about the free digital resources that are available from Sparky's website to encourage fire prevention at home. With children and older adults spending more time at home, the Life Safety Education Office will focus more attention on social media safety messaging, home safety webinars and instructional videos for parents, caregivers, and seniors to reduce the risk of injury and fire in the community.



REMINDER: TAKE ADVANTAGE OF VIRGINIA'S TAX-FREE HOLIDAY

Beginning Friday, Aug. 7 at 12:01 a.m., Virginia consumers will be able to purchase qualifying school supplies, clothing and footwear as well as hurricane and emergency preparedness items such as generators, flashlights and batteries tax free during the Commonwealth's annual three-day tax holiday. Energy Star and WaterSense products will also be sold with no sales tax until 11:59 p.m. on Sunday, Aug. 9. The tax exemption applies to purchases made in-store, online, by mail or over the phone. Many retailers will also offer additional discounts. For more info, visit www.tax.virginia.gov.

AWARDS & RECOGNITIONS

VB RECEIVES 41ST GFOA AWARD FOR CAFR

For the 41st time, the **Government Finance Officers Association (GFOA)** presented a “**Certificate of Achievement for Excellence in Financial Reporting**” to the City of Virginia Beach for the [Comprehensive Annual Financial Report \(CAFR\)](#). The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment by a government and its management. An **Award of Financial Reporting Achievement** has been awarded to the individual(s) or department designated by the government as primarily responsible for preparing the award-winning CAFR.



The comprehensive annual financial report is one of the most complex and “comprehensive” financial documents that the City completes. In order to obtain the award, an 80-page technical questionnaire is completed by staff, and then the CAFR and the questionnaire are submitted to GFOA for review by three independent judges to ensure that the stringent requirements are met. It is truly a team effort and enthusiastic applause is warranted to all City employees involved in its timely completion. Citizens may view the CAFR online at VBgov.com/finance or at any Virginia Beach Public Library location.

UPCOMING EVENTS

NATIONAL NIGHT OUT 2020 TO BE CELEBRATED IN OCTOBER

Neighborhoods typically participate in **National Night Out (NNO)** on the first Tuesday in August, but this year, COVID-19 has caused the National Association of Town Watches, national sponsor of NNO, to recommend that all NNO 2020 areas move events to October 6.

This year is the NNO’s 37th annual event. It provides a great opportunity to bring police and neighbors together under positive circumstances to enhance their relationships while bringing back a true sense of community. It is designed to heighten crime and drug prevention awareness; generate support for, and participation in, local anti-crime efforts; strengthen neighborhood spirit and police-community partnerships; and send a message to criminals letting them know neighborhoods are organized and fighting back. For more info, contact MPO Jim McElligott, program coordinator, at (757) 385-1330, jmcellig@vbgov.com.



THOUGHT OF THE WEEK



Rather than focusing on the obstacle in your path, focus on the bridge over the obstacle.

~ Mary Lou Retton

ATTACHMENTS

- ◆ July 29, 2020 – Copy of an article from [Yahoo News](#) titled, “Why some Americans say they’ll never wear a mask — and what that says about the U.S.”
- ◆ Virginia Beach Television (VBTV) Program Schedule | Aug. 2 through Aug. 8, 2020.

Why some Americans say they'll never wear a mask — and what that says about the U.S.



[Follow](#) Crystal Hill Reporter, Yahoo News • July 29, 2020

While the vast majority of public health experts now agree that wearing face masks could halt the worsening coronavirus pandemic in its tracks, some Americans continue to resist that guidance.

More than two dozen states now have rules requiring residents to wear masks in stores and public areas. Big-box retailers like Target and Walmart have mandated that shoppers don a face covering to frequent their establishments. But the more that masks become embedded in everyday life, the more some people continue to push back. Fueled by mistrust of mainstream information, inconsistent messaging and concerns over the legality of mask mandates, there are some groups across the country that are organizing in protest of mask orders.

Broadcast on social media, [confrontations over mask orders](#) continue to erupt inside local businesses, with some turning violent.

“The majority of people seem to be following the recommendation, but research [shows] that there’s a small group of people who, when they feel like they’re being controlled, will respond by acting out,” Vaile Wright, senior director of Health Care Innovation at the American Psychological Association, told Yahoo News. “That might look like breaking the law or, in this case, not following medical recommendations.”

This behavior, Wright says, is influenced by a sense of distress and a lack of understanding of why the masks are necessary. It was also made worse by the fact that officials at the World Health Organization, in an effort to ensure that face masks went first to frontline health care workers, declared that masks were [not recommended](#) for everyone.

“You’ve got this huge sense of distrust of the government,” Wright said, “whether it’s local or federal. You’ve got distrust in the science. And then you have this really unfortunate situation where the science changed — science does that, especially in certain situations that are so novel and uncertain, but that’s really confusing for people.”

By a large margin, the U.S. has more confirmed COVID-19 cases (4.3 million) and deaths from it (nearly 150,000) than any other country, according [to data](#) from Johns Hopkins University. Yet for months, as the number of cases and the death toll have continued to rise, public health experts have issued more unified guidance that [wearing a mask](#) can help the country contain the pandemic.

Still, some Americans — like Kansas resident Daniel Dieker, who avoids wearing masks except at doctors’ offices — aren’t entirely convinced that masks work.

“I don’t think the masks are effective at all,” Dieker, 34, told Yahoo News via Facebook. He said he knows of only one person with a confirmed case of the coronavirus. That person had mild symptoms, Dieker said. “I’m not concerned about COVID-19 because everything I see adds up to inflated numbers and overhyped panic. I believe it’s no worse than a new influenza strain.”

Dieker didn't identify specific sources for that view, and the Centers for Disease Control and Prevention says influenza and COVID-19 are caused by [different viruses](#). Instead, Dieker pointed to what he described as misreported case numbers, inaccurate tests and mainstream news articles he believes are untrue.

"If I'm lied to several times," he said, "why would I continue to believe the source of the lie, especially when the narrative doesn't add up?"

Masks are also uncomfortable, Dieker said.

Dr. Steven Taylor, a psychiatrist at the University of British Columbia and the author of the 2019 book "The Psychology of Pandemics," attributes the aversion to masks to several factors. Covering your face is not the norm in American culture, Taylor said, so it can be difficult for people to adjust to wearing one all the time. Also, he noted, some political leaders have taken the virus more seriously than others, sending mixed messages to the public.

President Trump, for instance, falsely said on Tuesday that large portions of the country are "corona-free," and has vacillated between telling citizens to wear masks and sharing [misinformation](#) that downplays the importance of face coverings.

Rep. Louie Gohmert, R-Texas, tested positive for COVID-19 on Wednesday. Having often resisted wearing a mask, Gohmert said in an interview that he "can't help but wonder" if wearing a mask and trying to keep it in place caused him to breathe in the virus.

This is not the first time Americans have resisted wearing masks during a public health crisis.

"In 1919 in San Francisco, there was an attempt by the authorities to make masks mandatory" during the so-called Spanish flu, Taylor said. "That caused the creation of the Anti-Mask League. The reasons they offered back then to not wearing masks are the same as the ones we're seeing today. The people in the Anti-Mask League said, 'We're not going to wear masks because we don't think they're effective. And they're an infringement on our civil liberties.' So everything old is new again."

The resistance to wearing masks may stem from America's culture of individualism, which prioritizes personal freedom above practically everything else.

Michele Gelfand, a cross-cultural psychologist and professor at the University of Maryland, says the country's response to the pandemic has much to do with what she calls its "loose" culture, compared with "tight" countries, such as Germany and Singapore, with a stricter adherence to social norms.

In a Boston Globe [op-ed](#) in March, Gelfand described U.S. culture's "decentralized, defiant, do-it-your-own-way norms that make our country so entrepreneurial and creative and also deepen our danger during the coronavirus crisis."

"It's harder for people to accept when you have to become more strict," Gelfand, the author of "Rule Makers, Rule Breakers: How Tight and Loose Cultures Wire Our World," told Yahoo News.

Her article, published before the number of COVID-19 cases would skyrocket here, warned that the U.S. must "tighten up" to survive the coronavirus.

“I was trying to nudge the American public about the fact that our loose entrepreneurial spirit is really important and we don’t want to give that up,” she said, “but that under times of threat, we really need to start becoming more strict in terms of social rules in order to survive.”

For John Bruski, a 47-year-old pastor from St. Paul, Minn., the mask mandates and COVID-19 restrictions are about submission.

“It is a symbol of your silence,” he told Yahoo News via Facebook. “This whole thing has been about shutting down our voice. No gathering, essentially attacking churches, no family gatherings. Close the restaurants so you can’t gather. Close or control everything that has to do with our voices and relationships.”

Bruski said he believes the mandates are “wrong and unconstitutional,” a claim echoed by mask opponents and some attorneys general. But state laws generally give governors broad powers to make decisions in the interest of public health, despite whether residents believe them to be necessary.

“No one’s saying you have to believe that this is real,” Gerard Magliocca, a constitutional scholar and law professor at Indiana University, told Yahoo News. “You just have to wear a mask. I don’t think any court is going to say a mask requirement is invalid unless you go the route of saying, ‘There’s nothing in state law that says that you can require people to wear masks at all.’”

Experts warn that the same issues surrounding mask compliance could create problems for promoting a vaccine.

“We know that vaccination nonadherence is already a big problem for seasonal influenza,” said Taylor, who has been conducting public surveys on the topic. “It’s going to be even worse for getting the vaccine against SARS-CoV-2. And that’s because it’s an unknown virus. The vaccine doesn’t have a track record yet. People are concerned about the safety and efficacy of a vaccine and worry that the whole process is being rushed. So that’s the next big challenge ahead.”

Dieker echoed those concerns, saying he would not get a vaccine until it was widely tested and approved for effectiveness and safety. “The rushed process makes it easier for issues to be missed,” he said. Bruski told Yahoo News he is not an “anti-vaxxer” but would not take the vaccine because he believes it’s “totally unnecessary” and probably wouldn’t work anyway.

“I think it’s the same psychological process that you see for masks,” Wright said. “Again, this sense of not wanting to feel controlled by others in what already feels like an uncontrollable situation.”

Public health experts have said that the way to effectively promote mask use is to offer consistent messaging that persuades, not forces, people to take precautions for themselves and their community.

“It’s really about depoliticizing masks in general,” Wright said, “and instead making the messaging about doing this as a way to protect your country, to protect you and to protect your community. And that as citizens, that comes with a certain amount of freedoms and price, but it also comes with responsibility. And in this case, that responsibility is to protect the public health.”



VIRGINIA BEACH TELEVISION

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

PROGRAM SCHEDULE

AUGUST 2 – AUGUST 8, 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

 **CHESAPEAKE BAY PRESERVATION AREA BOARD MEETING (Cox 48 / Verizon 45) — LIVE:**
Monday 9am. *Recablecast:* Wed 9am; Thu Noon; Sat 6pm.

 **VIRGINIA BEACH CITY COUNCIL MEETING (Cox 48 / Verizon 45) — *Recablecast of the July 28 meeting:*** Sun 9am. **LIVE:** Tue, Special Session 1pm; Informal Session 4pm; Formal Session 6pm.
Recablecast: Thu 7pm; Fri 9am.

 **VIRGINIA BEACH CITY SCHOOL BOARD MEETING (Cox 47 / Verizon 47) — *Recablecast of the July 28 meeting:*** Mon 2pm; Wed 7pm; Sat 9am.

VIRGINIA BEACH TELEVISION – COX 48 / VERIZON 45

A BIOGRAPHY OF AMERICA: THE CIVIL WAR — 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 9pm; Mon 8am & 3pm; Thu 12am; Fri 3pm.

A PLACE OF OUR OWN: POTTY TRAINING — 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.

- Virginia Beach City Council Retreat
- Energy Conservation for Employees
- Virginia Beach Sportscenter Update #7
- Journey Home: Keon's Story
- VBCPS Compass Keeper

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

AGAINST ALL ODDS: COMPARING TWO MEANS — 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.

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

ART OF THE WESTERN WORLD: *THE CLASSICAL IDEAL* — From the restrained classical tradition to energetic and spontaneous modern art, masterpieces of the Western world are interpreted through major paintings. Sun 1pm; Fri 8am; Sat 2pm.

DEMOCRACY IN AMERICA - *CIVIL RIGHTS: DEMANDING EQUALITY* — Sun & Thu 2pm; Fri 1pm.

DISCOVERING PSYCHOLOGY: *THE RESPONSIVE BRAIN* — 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.

ECONOMICS USA: *FISCAL POLICY* — Explore fundamentals of economic history, theory, and practice. Sun 7am; Tue & Thu 1pm; Fri 2am.

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

FLIGHT SCHOOL: *HIGHER, FASTER, FARTHER* — From propellers to jet engines, from subsonic to supersonic speeds, explore revolutionary innovations in flight speed, distance, and aviation technology. 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.

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 electro magnets. Sun 7pm; Mon 6am; Tue 10pm; Wed 9am; Thu 6:30pm; Fri 10pm; Sat 1am & 4pm.

KENNEDY CENTER PERFORMING ARTS: *FISK JUBILEE SINGERS* — A landmark of Tennessee's artistic heritage and instrumental in preserving the musical tradition now known as Negro spirituals, the Fisk Jubilee Singers perform both contemporary and traditional songs that bring together the past and the present. Sun & Tue 12am; Mon & Sat 6pm; Wed 9pm; Thu 8am & 3pm; Fri 5am.

LEARNING MATH: *SYMMETRY* — 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: *JOHN McCUTCHEON* — Sun 5pm; Tue & Sat 10am; Wed 7am & 5pm.

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 - *REAL ESTATE: IS IT REALLY YOUR BEST INVESTMENT* — 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.

NASA X — See how NASA researchers are testing revolutionary aircraft designs that have the potential to change the way we all fly. Sun 5am; Tue & Thu 11am; Fri 12am.

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: A DAY ON THE BAY — 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 - THE WILL TO GROW — 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 10:30pm; Mon 9:30am & 4:30pm; Thu 1:30am; Fri 4:30pm.

SEA LEVEL RISE: HIGH WINDS & RISING WATER — In part one of a series held at Tidewater Community College, Kurt McCoy, a hydrologist for the U.S. Geological Survey, and William Sammler, a meteorologist with the National Weather Service, discuss what citizens and business owners can expect from increased storm frequency, wind tides and sea level rise. Sun & Tue 1am; Mon & Sat 7pm; Wed 10pm; Thu 9am & 4pm; Fri 6am.

SHAMU TV: THE RHINO STORY — How do you save the rhinoceros, a species so close to extinction? Learn about the hard work, dedication, and commitment needed to protect and conserve this rare animal. Sun 3pm; Tue & Sat 8am; Wed 5am & 3pm.

SIGNING TIME: ONCE UPON A TIME — An introduction to American Sign Language for children. Sun 5:30pm; Tue & Sat 10:30am; Wed 7:30am & 5:30pm.

THE MATH DUDE: ABSOLUTE VALUE — 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 POWER OF PLACE: THE BOOMING MARITIME EDGE — Explore the physical, human, political, historical, economic, and cultural factors that affect people and natural environments. Sun 8am; Mon, Tue, Wed & Fri 2pm; Thu 11pm.

THE WHOLE CHILD CAREGIVER GUIDE: IT'S THE LITTLE THINGS — 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: WALT WHITMAN — The works of poets are interpreted through dramatic readings, archival photographs, and interviews. Sun 9:30pm; Mon 8:30am & 3:30pm; Thu 12:30am; Fri 3:30pm.

X-POWER: DENIAL — Foster the development of algebraic thinking through visualization of concepts rather than abstract symbolic manipulation. Sun 4:15pm; Tue & Sat 9:15am; Wed 6:15am & 4:15pm.

VIRGINIA BEACH TELEVISION – COX 47 / VERIZON 47

A BIOGRAPHY OF AMERICA — Wed 3pm.

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 — Sun 11:30pm.

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.

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

ART OF THE WESTERN WORLD — Mon 7pm; Tue 11pm; Wed 2pm; Fri 5pm & 11pm.

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 - *CRIME AND INSANITY* — 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 — Tue 5pm; Wed & Fri 6pm; Thu & Sat 7pm.

DISCOVERING PSYCHOLOGY — Wed 5:30pm.

ECONOMICS U\$A — Thu 10pm.

EMERGENCY PREPAREDNESS: *WHEN DISASTER STRIKES* — See how government, private-sector groups and citizens work together to prepare for and respond to disasters of all kinds. Tue & Thu 7am.

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: *DYNAMIC STRETCHING* — 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.

HIGH WINDS & RISING WATER — Fri 8pm.

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.

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 7pm.

LAUNCHING YOUNG READERS: EMPOWERING PARENTS — Learn how parents, childcare providers, and kindergarten teachers can get children started on the road to literacy. Mon 10pm; Fri 3pm; Thu 11am.

LEARNING MATH — Thu 9:30pm.

MATH MONSTERS — Thu 5pm.

MEET THE AUTHOR: JOHN McCUTCHEON — Thu 6pm.

MONEYTRACK — Sun 11pm.

NASA X —Thu 8pm.

NATIONAL GALLERY OF ART - WINSLOW HOMER: THE NATURE OF THE ARTIST — Explore the development of Homer's art from his early illustrations of the Civil War to the powerful images of nature that characterize his mature and later work. Tue & Thu 6:30am.

READ-ALEE-DEED-ALEE — Thu 4:45pm.

REAL VIRGINIA — Sun 9:30pm.

RURAL COMMUNITIES: LEGACY & CHANGE — Wed 4:30pm.

SHAMU TV — Thu 4pm.

SIGNING TIME: ONCE UPON A TIME — An introduction to American Sign Language for children. Thu 6:30pm.

SIGNING TIME: ONCE UPON A TIME — An introduction to American Sign Language for children. Mon & Wed 12:30pm; Tue 8:30am; Thu 8:30am & 6:30pm.

TEACHING FOREIGN LANGUAGES: MEANINGFUL INTERPRETATION — Learn about the connection between the national standards for foreign language learning and current research in foreign language education. Mon & Wed 11:30am; Tue & Thu 7:30am.

THE HABITABLE PLANET: ATMOSPHERE — Explore environmental science through a study of the Earth's natural systems. Mon 9:30pm; Fri 2:30pm; Thu 10:30am.

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 POWER OF PLACE — Tue & Fri 10pm.

THE WHOLE CHILD CAREGIVER GUIDE — Thu 8:30pm.

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

VOICES AND VISIONS — Wed 3:30pm.

X-POWER — Thu 5:15pm.

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 Creative Services Division at 385-1868 or multimedia@vbgov.com