



The logo for the City of Virginia Beach, featuring a large blue 'VB' with a wave underneath. Below the logo, the text 'City of Virginia Beach' is written in a smaller font, and 'AUGUST 7, 2020' is written at the bottom.

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## CITY CREWS MANAGED A SPEEDY RECOVERY AFTER ISAIAS ROLLED THROUGH

City crews worked before, during and after Tropical Storm Isaias arrived in our area to prepare and then to recover. Crews cleared roadways blocked by downed trees and debris. Several comments on social media were very complimentary of the work our crews put in to keep the city moving.



## COVID-19 UPDATES & RESOURCES

### FREE COVID-19 TESTING, FACE MASKS AND SANITIZER AVAILABLE FOR VB RESIDENTS IN NEED

The **Virginia Beach Department of Public Health (VBDPH)** will hold another **FREE COVID-19** community-based testing event on **Saturday, Aug. 8 from 10 a.m. to noon** at Level Green Park (1520 Level Green Boulevard). Public Health staff and volunteer Medical Reserve Corps (MRC) nurses will administer the testing for adults and children ages 13 years and older, while supplies last. VBDPH will provide testing only during the event and not medical care or treatment. For those with medical emergencies or severe COVID-19 symptoms, seek immediate medical attention and do not wait for this event. Participants in this free walk-up testing event must wear a face covering.

As part of the Health Equity Pilot Program, personal protective equipment will be distributed at the testing event as well. 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 Task Force on COVID-19 and mask washing instructions. They will also include a reminder to complete the 2020 Census and important hurricane preparedness information.



Additional distribution and COVID testing will occur throughout the month of August and more will be announced as plans are finalized:

**Saturday, Aug. 15 – Free PPE only, no testing**

9 a.m. – noon | Outside Grand Mart International Foods, 649 Newtown Road

**Saturday, Aug. 22 – Free PPE and COVID testing**

10 a.m. – noon | Lake Edward Park, 704 Hampshire Lane

**Saturday, Aug. 29 – Free PPE only, no testing**

9 a.m. – noon | Outside Grand Mart International Foods, 649 Newtown Road

#### REMINDER: VIRGINIA'S TAX-FREE HOLIDAY HAPPENING NOW

As of 12:01 a.m. today, Aug. 7, Virginia consumers can 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 are also 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 also offer additional discounts. For more info, visit [www.tax.virginia.gov](http://www.tax.virginia.gov).

## DELAYED REOPENING FOR SOME LIBRARIES AND PLANNING OFFICE

### Planning & Community Development

- The Planning office will delay opening to the public. Scheduled to reopen, Monday, Aug. 10, the office is still open by appointment only for limited services. Call (757) 385-4621 to schedule an appointment.
- Staff encourages submittals be dropped off in the building vestibule drop box or online.
- Complete details are posted at [VBgov.com/planning](http://VBgov.com/planning).

### Virginia Beach Public Library

- VBPL will postpone the reopening of an additional four branches that had been planned for Monday, Aug. 10, in order to monitor operations and ensure that sufficient cleaning supplies may be procured to sustain having nine buildings open simultaneously.
- The Great Neck, Oceanfront, Pungo-Blackwater and Windsor Woods libraries will remain closed, offering only lobby-based holds pickup service, until further notice.
- The Bayside, Central, Kempsville, Princess Anne and Wahab Public Law libraries opened July 27 and will remain open to the public for limited services.
- The Joint-Use Library remains closed to the public but is offering holds pickup service. It will open on a future date to be determined by TCC. Visit [VBgov.com/libraries](http://VBgov.com/libraries) for additional details.

## AWARDS & RECOGNITIONS

### VBPD CAPTAIN RETIRES TO BECOME CHIEF OF POLICE IN WRIGHTSVILLE BEACH, NC

After 28 years of dedicated service to the Virginia Beach Police Department and City of Virginia Beach, **Captain David Squires** is retiring to take the position of chief of police for the City of Wrightsville Beach, NC. After graduating from the College of William and Mary, Capt. Squires joined the VBPD in September 1992 and served in various assignments as an officer at the Second Precinct and Special Investigations' Narcotics Unit until being promoted to the rank of sergeant in 2000. He was promoted to lieutenant in 2007 and to the rank of captain in 2012. As a captain, he served as the command duty officer, commanding officer of the First Precinct and the commanding officer of Professional Development & Training as his final assignment.



Capt. Squires has been awarded several awards including the VBPD Humanitarian Award Ribbon and the FBI's Award for Exceptional Service in the Public Interest and has nearly 100 letters of recognition and appreciation. He has been credited for his innovative work on the department's Professional Development program as well as several other programs and initiatives that have reduced crime and increased public safety. He is a published author on the topics of domestic preparedness, strategic management and gang intervention. Congratulations and best wishes.

## OPPORTUNITIES

### SIGN UP FOR FREE SMART911 SERVICE

Residents are strongly encouraged to sign up and create a safety profile with **Smart911**. This service allows individuals to establish a profile for their household at [smart911.com](http://smart911.com) or on the Smart911 app that includes key information they want 9-1-1 and response teams to have in the event of an emergency. When a citizen makes an emergency call, their safety profile is automatically displayed to the 9-1-1 call taker, allowing them to send the right emergency response teams to the exact location with the correct information.



Safety profiles can include the number of people living in the household, medical conditions, medications or any type of physical or mental disability. Additional information including pets in the home, vehicle details in the event of an accident, and even emergency contacts can all be included and lets first responders know exactly where to go and who to look for in a house fire or at the scene of an accident. All info is optional, and residents can choose what to provide.

Smart911 is private and secure, is only used for emergency responses and only made available to the 9-1-1 system in the event of an emergency call. For more information, visit [Smart911FAQs](#).

### LEARN MORE ABOUT THE GREAT NECK WATER TANK REPLACEMENT PROJECT VIRTUALLY OR IN-PERSON

**Virginia Beach Public Utilities** is inviting residents to learn about the **Great Neck Water Tank Replacement** project at a meeting on **Thursday, Aug. 13**. Staff will provide an overview of the project and answer any questions residents may have. The informal meeting will take place at the Virginia Beach Convention Center, Suite 1, starting at 6:30 p.m. To attend virtually, register at: <https://vbgov.webex.com/vbgov/onstage/g.php?MTID=e9bede564ce084e9181365a03750c219b>. Residents living in the surrounding neighborhoods of the water tank have been informed of this meeting through Nextdoor and their civic leagues.

### SHARE YOUR TALENTS WITH SCF IN A GAME OF TAG

The Sandler Center Foundation (SCF) invites residents to share their talents via a game of safe and physically distanced “Tag” – **SCF Talent Tag**, that is. And residents, you’re it! Upload a video or photo of yourself and/or your family performing any talent (singing, dancing, playing music, etc.) to the Virtual Stage Coastal Virginia Facebook Page: [facebook.com/groups/VirtualStageCoastalVirginia](https://facebook.com/groups/VirtualStageCoastalVirginia). Be sure to “tag” someone else to challenge them to do the same and keep the game going!



## NEW & NOTEWORTHY

### NEW PUBLIC ART INSTALLATION COMING TO 17<sup>TH</sup> STREET

A new art installation will ride the waves to the Virginia Beach oceanfront starting Aug. 10-14. **“Barreled”** celebrates Virginia Beach’s surfing culture and takes inspiration from one of the most sought out and short-lived experiences in surfing, riding through the barrel of a wave. The



installation is constructed out of a tubular steel system and acrylic panels that represent the ocean’s oscillating balance of power and fragility. Each steel “wave” in “Barreled” is also spaced out perfectly for a socially distanced selfie opportunity.

Thanks to generous donations from the Virginia Beach business community, the installation will be accompanied by **“Broken Current,”** a mural by local artist Navid Rahman, which illustrates powerful rip currents and tidal currents created by ocean waves. Last year, Rahman created another mural for the City located in the main lobby of the Bayside Recreation Center. A formal unveiling ceremony will be scheduled when it is safe to do so.

## THOUGHT OF THE WEEK



*Life’s roughest storms prove the strength of our anchors. ~ Unknown*

## ATTACHMENTS

- ◆ Virginia Beach Television (VBTV) Program Schedule | Aug. 9 through Aug. 15, 2020.



# VIRGINIA BEACH TELEVISION

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

## PROGRAM SCHEDULE AUGUST 9 – AUGUST 15, 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 MEETING (Cox 48 / Verizon 45)** — *Recablecast of the July 28 meeting: Sun 9am. LIVE: Tue 3pm. Recablecast: Thu 7pm; Fri 9am.*

 **VIRGINIA BEACH CITY PLANNING COMMISSION MEETING (Cox 48 / Verizon 45)** — **LIVE: Wed 9am. 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 July 28 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: RECONSTRUCTION** — 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: SUPPORTING PARENTS AND SIBLINGS OF A CHILD WITH SPECIAL NEEDS** — 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: INFERENCE FOR PROPORTIONS** — 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: POP** — Sun 4:30pm; Tue & Sat 9:30am; Wed 6:30am & 4:30pm.

**ART OF THE WESTERN WORLD: A WHITE GARMENT OF CHURCHES - ROMANESQUE AND GOTHIC** — 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 - LEGISLATURES: LAYING DOWN THE LAW** — Sun & Thu 2pm; Fri 1pm.

**DISCOVERING PSYCHOLOGY: THE DEVELOPING CHILD** — 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: INFLATION** — Explore fundamentals of economic history, theory, and practice. Sun 7am; Tue & Thu 1pm; Fri 2am.

**EXPLORING THE WORLD OF MUSIC: MELODY** — 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.

**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 - TELLING STORIES: BRYAN COLLIER** — Sun & Tue 12am; Mon & Sat 6pm; Wed 9pm; Thu 8am & 3pm; Fri 5am.

**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: JENNIFER HOLM** — Sun 5pm; Tue & Sat 10am; Wed 7am & 5pm.

**MOM ALWAYS SAID: HEALTHY EATING** — 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: THE FINANCIAL MAKEOVER SHOW** — 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** — The NASA fundamental aeronautics Subsonic Fixed Wing program is testing new, revolutionary designs that will dramatically change the future of aircraft. This project addresses the comprehensive challenge of enabling energy-efficiency improvements in subsonic transport aircraft combined with dramatic reductions in harmful emissions and perceived noise to allow sustained growth of the air transportation system. 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 - VALENTINE: BE MINE** — 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 10:30pm; Mon 9:30am & 4:30pm; Thu 1:30am; Fri 4:30pm.

**SEA LEVEL RISE: AQUATIC & TERRESTRIAL VEGETATION** — Learn about submerged aquatic vegetation in Back Bay and its impact on the Albemarle-Pamlico estuary system. Sun & Tue 1am; Mon & Sat 7pm; Wed 10pm; Thu 9am & 4pm; Fri 6am.

**SHAMU TV: THE MANATEE STORY** — The Florida manatee swims on the brink of extinction. Join Seaworld as they rescue, rehabilitate, and release one of these extraordinary animals. Learn about the manatee's biology, threats to its survival, and ways humans can help save this special species for future generations. Sun 3pm; Tue & Sat 8am; Wed 5am & 3pm.

**SHAPING THE PRESIDENCY** — Learn how George Washington had a profound impact on defining the office of the president, and how campaigning, the election process, and the role of the media affected early presidential candidacies, and how those influences have evolved. Sun 7:30pm; Mon 6:30am; Tue & Fri 10:30pm; Wed 9:30am; Sat 1:30am & 4:30pm.

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

**THE MATH DUDE: RELATIONS** — 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: A CHALLENGE FOR TWO OLD CITIES** — 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: BY LEAPS AND BOUNDS** — Sun 5:30am; Tue & Thu 11:30am; Fri 12:30am.

**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.

**VOICES AND VISIONS: WILLIAM CARLOS WILLIAMS** — 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: ABDUCTION** — 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: *BLACKS ENTER THE GILDED 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.

**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.

**AQUATIC & TERRESTRIAL VEGETATION** — Fri 8pm.

**ART HISTORY** — 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 PUNISHMENT*** — 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 - *HURRICANE: IT'S NOT JUST ANOTHER STORM*** — Learn how to assess personal risk, plan for hurricanes, and avoid hazards that emerge following a storm. 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: *STEP AEROBICS*** — 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.

**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: *BECOMING BILINGUAL*** — 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: *JENNIFER HOLM*** — Thu 6pm.

**MONEYTRACK** — Sun 11pm.

**NASA X** — Thu 8pm.

**NATIONAL GALLERY OF ART - *AN AMERICAN IMPRESSIONIST: WM. M. CHASE AT SHINNECOCK*** — Highlights Chase's years at Shinnecock, on Long Island, New York. 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: *GOING OUTSIDE*** — An introduction to American Sign Language for children. Mon & Wed 12:30pm; Tue 8:30am; Thu 8:30am & 6:30pm.

**TEACHING FOREIGN LANGUAGES: *PERSON TO PERSON*** — 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: *OCEANS*** — 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 - *PROTEINS: STRUCTURE AND FUNCTION*** — 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](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)