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## 'TIS THE SEASON OF GIVING

As we prepare for the holiday season, let us remember that this is both a time to be thankful and a time for giving. Here are some ways we can help give back.

### SAVE LIVES AND DONATE AT THE VB SO WINTER BLOOD DRIVE

The **Virginia Beach Sheriff's Office** will host a community blood drive for the American Red Cross on Thursday, Dec. 2 from 10 a.m. to 3 p.m. at the Law Enforcement Training Academy, 411 Integrity Way. The event is open to the public. Schedule your life-saving donation online at [redcrossblood.org](http://redcrossblood.org) and use sponsor code **VBSheriff** to make an appointment.



### DROP OFF A TOY FOR KIDS 5 AND UNDER AT VB LIBRARIES

The **Virginia Beach Public Library's Teen Advisory Group** is collecting new toys for kids ages five and under with its annual holiday toy drive. Every year, these teen volunteers and this service project supports the **Department of Human Services** and the families that rely on them to deliver toys and brighten spirits. Consider donating unwrapped toys in the creatively decorated boxes at all open library locations by Dec. 10.

### DONATE A TOY AT THE VIRGINIA AQUARIUM AND RECEIVE A DISCOUNT IN THE GIFT SHOP

The **Virginia Aquarium & Marine Science Center** has collection boxes for donations for Toys for Tots again this year. Now through Dec. 11, place a new unwrapped toy in the collection box at the entrance of the Aquarium Store and receive 20% off an in-store purchase or the same discount if you choose to purchase your donation at the store.

### HELP THOSE IN NEED THROUGH THE "GET & GIVE HELP" CAMPAIGN

**Housing & Neighborhood Preservation** launched a new "Get & Give Help" campaign last week to connect people to community resources and opportunities to get involved. For those who want to help, [BEACHCommunityPartnership.org](http://BEACHCommunityPartnership.org) has a list of partners and where to donate or volunteer. A community toolkit that includes flyers, cards and a resource list is available for organizations, businesses and others to download, print and distribute to help raise awareness.



If you are homeless or in danger of losing your home, call the

**Regional Housing Crisis Hotline**  
**(757) 227-5932**

Monday – Friday | 8 a.m. – 7 p.m.

Join the community effort to end homelessness and help people in need in Virginia Beach.

Donate
 Partner

Learn
 Volunteer



For resources and information, visit [BEACHCommunityPartnership.org](http://BEACHCommunityPartnership.org)  
Supported by the City of Virginia Beach

## OPPORTUNITIES

### 'IGNITE' PITCH COMPETITION POSTPONED TO MARCH 2022

The first **Ignite Business Series Pitch competition** hosted by **Council Member Sabrina Wooten** originally scheduled for Nov. 20, 2021 is rescheduled for March 12, 2022 to allow more prospective participants an opportunity to submit their applications. This is an opportunity for young adult entrepreneurs to apply to pitch for a dedicated time slot to present new business concepts to a panel of judges for critique and feedback while vying for a customized coaching and mentorship package courtesy of Economic Development's The Hive business center.

The event will be held at the Virginia Beach Convention Center. Interested participants can apply online at [yesvirginiabeach.com/hive](https://yesvirginiabeach.com/hive), email [thehive@vbgov.com](mailto:thehive@vbgov.com) or call (757) 385-6453 for an application. Final entry deadline is Friday, Jan. 14, 2022.

## NEW & NOTEWORTHY

### VBFD RESCUES BEYOND THE SHORE

When you operate in a resort city, calls for service extend way beyond the shorelines. After an unsuccessful water rescue, Chief Dave Hutcheson made it a top priority to implement a water rescue training program for the **Virginia Beach Fire Department** to ensure all firefighters, himself included, are well trained in surf water rescues.

Currently, more than 80 fire rescue swimmers have attended the four-day Surf Rescue Course and conducted numerous rescues under a myriad of hazardous conditions. They have responded off fire boats in the dead of night, conducted rescues in heavy surf and rip currents, searched for missing swimmers, and even helped extricate exhausted kayakers stuck in thick mud in Back



Bay. So far this year, the VBFD Marine Team has responded to 1,596 incidents, including about 96 drowning incidents with 10 specifically being surf water rescues.

The program has expanded and now has swimmers

assigned to the three primary oceanfront stations (North End/Fort Story, Beach Borough and Sandbridge), within the marine stations, and spread across the City. Although the team is still in its infancy, the hope is to have all Beach firefighters properly trained in water rescues and procure the proper equipment needed to access victims quicker and save lives.

# THOUGHT OF THE WEEK

*Acknowledging the good that you already have  
in your life is the foundation for all abundance.*

*~ Eckhart Tolle*



## ATTACHMENTS

- ◆ Virginia Beach Television (VBTV) Program Schedule | Nov. 28 through Dec. 4, 2021.

**Note: Solid waste and recycling collection will not be provided Thanksgiving Day, Nov. 25. Residents who would normally receive city trash and recycling services on Thursday, Nov. 25 will instead receive service on Saturday, Nov. 27. Friday collections will occur as scheduled.**



# VIRGINIA BEACH TELEVISION

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

## PROGRAM SCHEDULE


**NOVEMBER 28 – DECEMBER 4, 2021**

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 November 23 workshop*: Sun 9am; Thu 7pm; Fri 9am.

 **VIRGINIA BEACH CITY SCHOOL BOARD MEETING (Cox 47 / Verizon 47)** — *Recablecast of the November 23 meeting*: Mon 2pm; Wed 7pm; Sat 9am.

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

**A PLACE OF OUR OWN: AUDITORY PROCESSING DISORDER** — 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.

**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 11:30pm; Mon 10:30am & 5:30pm; Thu 2:30am; Fri 5:30pm.

**AMERICAN CINEMA: THE COMBAT FILM** — Explore film history and American culture through the eyes of Hollywood insiders. Sun & Tue 1am; Mon & Sat 7pm; Wed 10pm; Thu 9am & 4pm; Fri 6am.

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

**ART OF THE WESTERN WORLD: IN OUR OWN TIME** — From the restrained classical tradition to energetic and spontaneous modern art, masterpieces of the Western world are interpreted through major paintings. Sun 9pm; Mon 8am & 3pm; Thu 12am; Fri 3pm.

**BRIDGING WORLD HISTORY: CONNECTIONS ACROSS LAND** — Explore global patterns through time, seeing history as an integrated whole. Sun 10pm; Mon 9am & 4pm; Thu 1am; Fri 4pm.

**DEATH: A PERSONAL UNDERSTANDING - WHAT IS DEATH?** — Gain a greater understanding of death and dying through case studies and moving personal stories of people facing their own death or the death of a loved one. Sun 7am; Tue & Thu 1pm; Fri 2am.

**DEMOCRACY IN AMERICA - THE COURTS: OUR RULE OF LAW** — Sun 10:30pm; Mon 9:30am & 4:30pm; Thu 1:30am; Fri 4:30pm.

**DESERT VISION** — A monthly newscast highlighting training, events, and ceremonies in the Army's Central Command area of responsibility. Mon 1am, 12pm & 10pm; Tue & Thu 6am; Wed 1am, 12pm & 7pm; Fri 7pm; Sat 6am, 12pm & 10pm.

**DISCOVERING PSYCHOLOGY: SENSATION AND PERCEPTION** — Explore historic and current theories of human behavior through demonstrations, classic experiments and simulations, current research, documentary footage, and computer animation. Sun & Thu 2pm; Fri 1pm.

**EFFECTIVE CLASSROOM MANAGEMENT** — Through a series of improvisational skits, teachers discover and discuss strategies to solve similar issues faced in the classroom. Sun 7:30pm; Mon 6:30am; Tue & Fri 10:30pm; Wed 9:30am; Sat 1:30am & 4:30pm.

**ENGAGING WITH LITERATURE: RESPONDING TO LITERATURE** — See teachers who are successfully guiding students toward becoming more active and involved readers of literature. Sun 11pm; Mon 10am & 5pm; Thu 2am; Fri 5pm.

**ESSENTIAL SCIENCE FOR TEACHERS - ORDER OUT OF CHAOS: OUR SOLAR SYSTEM** — Sun 1pm; Fri 8am; Sat 2pm.

**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.

**GEOGRAPHY IN U.S. HISTORY - JEFFERSON DECIDES TO PURCHASE LOUISIANA: 1801-1813** — Explore the interrelated content of history and geography through geographic learning, using perspectives, information, concepts and skills essential to viewing and understanding historical events and developments. Sun 5am; Tue & Thu 11am; Fri 12am.

**GETTING ALONG: GRRRR!** — Character development and conflict management for ages five through eight. Sun 3:45pm; Tue & Sat 8:45am; Wed 5:45am & 3:45pm.

**HOW IN THE WORLD** — Hop aboard the Airship Curiosity for an adventure of learning and fun. Explore how helicopters fly; how glassblowers shape glass; and Professor Omnibus reveals how to make carbon dioxide from vinegar and baking soda. Sun 7pm; Mon 6am; Tue 10pm; Wed 9am; Thu 6:30pm; Fri 10pm; Sat 1am & 4pm.

**KENNEDY CENTER PERFORMING ARTS: UNDERSTANDING ARAB MUSIC** — Master musician and composer Simon Shaheen, along with his ensemble Qantara, demonstrates the unique sounds of Arabic instruments and performs traditional Arabic music with jazz and classical influences. Sun & Tue 2am; Mon & Sat 8pm; Wed 11pm; Thu 10am & 5pm; Fri 7am.

**LEARNING MATH: DESCRIBING DISTRIBUTIONS** — 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: CHRISTOPHER PAUL CURTIS** — Sun 5pm; Tue & Sat 10am; Wed 7am & 5pm.

**MOM ALWAYS SAID: SURVIVING AFTER SCHOOL ACTIVITIES** — 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 - MR. EARL: IF HE CAN DO IT, SO CAN YOU** — 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.

**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.

**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 5:30am; Tue & Thu 11:30am; Fri 12:30am.

**SHAMU TV: ANIMALS IN PERIL** — 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: 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 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 8am; Mon, Tue, Wed & Fri 2pm; Thu 11pm.

**UNION KEMPSVILLE HIGH SCHOOL MUSEUM VIRTUAL TOUR** — Princess Anne County Training School was the first high school for African Americans in what is now known as Virginia Beach. Today the legacy of the school continues with the establishment of a museum to share stories of family, community, sacrifice, and the importance of education. Mon 12am & 11am; Tue 5am; Wed 12am, 11am & 6pm; Thu 5am; Fri 6pm; Sat 5am, 11am & 9pm.

**VBPD ACADEMY CLASS #62 PART 2** — 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 & Tue 12am; Mon & Sat 6pm; Wed 9pm; Thu 8am & 3pm; Fri 5am.

**VIRGINIA BEACH COLD CASE FILES: WHATEVER HAPPENED TO BARBARA JEAN?** — See if you can help solve perplexing disappearances, tragic murders and unsolved crimes from VBPD's cold case files. 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 4:15pm; Tue & Sat 9:15am; Wed 6:15am & 4:15pm.

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

**A PLACE OF OUR OWN** — Sun 11:30pm.

**AGAINST ALL ODDS** — Wed 5:30pm.

**AMERICAN CINEMA** — Fri 8pm.

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

**ART OF THE WESTERN WORLD** — Wed 3pm.

**BRIDGING WORLD HISTORY** — Wed 4pm.

**CENTURY: THE MILITARY IN HAMPTON ROADS** — Witness personal accounts and perspectives from people who lived in Hampton Roads during pivotal events of the 20th century. Mon & Wed 11:30am; Tue & Thu 7:30am.

**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: FEDERALISM** — Key political, legal, and media professionals engage in spontaneous and heated debates on controversial issues. Mon 11pm; Tue & Fri 12pm & 4pm; Thu 12pm.

**DEATH: A PERSONAL UNDERSTANDING** — Thu 10pm.

**DEMOCRACY IN AMERICA** — Wed 4:30pm.

**DESERT VISION** — Sun 10pm.

**DISCOVERING PSYCHOLOGY** — Tue 5pm; Wed & Fri 6pm; Thu & Sat 7pm.

**EARTH REVEALED: INTRUSIVE IGNEOUS ROCKS** — Explore how scientific theories are developed and how our activities today affect earth's continuing evolution. Mon 10:30pm; Tue & Fri 11:30am & 3:30pm; Thu 11:30am.

**EMERGENCY PREPAREDNESS: DANGER'S EDGE** — Significant storms of the past are used to extract memorable lessons on the structure of hurricanes and how each might have been less damaging with better preparation. Tue & Thu 7am.

**ENGAGING WITH LITERATURE** — Wed 5pm.

**ESSENTIAL SCIENCE FOR TEACHERS** — Mon 7pm; Tue 11pm; Wed 2pm; Fri 5pm & 11pm.

**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.

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

**GEOGRAPHY IN U.S. HISTORY** — Thu 8pm.

**GETTING ALONG** — Thu 4:45pm.

**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 9pm.

**LEARNING MATH** — Thu 9:30pm.

**MATH MONSTERS** — Thu 5pm.

**MEET THE AUTHOR: *CHRISTOPHER PAUL CURTIS*** — 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.

**REAL VIRGINIA** — Sun 9:30pm.

**RURAL COMMUNITIES: LEGACY & CHANGE** — Thu 8:30pm.

**SHAMU TV: *ANIMALS IN PERIL*** — Thu 4pm.

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

**TEACHING FOREIGN LANGUAGES: *ROOTED IN CULTURE*** — Learn about the connection between the national standards for foreign language learning and current research in foreign language education. Mon 10pm; Fri 3pm; Thu 11am.

**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 COLD WAR*** — Journey from ancient, pre-western civilizations to the age of technology and beyond. Mon 9:30pm; Fri 2:30pm; Thu 10:30am.

**THE WORLD OF ABNORMAL PSYCHOLOGY** — Tue & Fri 10pm.

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

**UNION KEMPSVILLE HIGH SCHOOL MUSEUM VIRTUAL TOUR** — Sun 9pm; Mon 7:30am & 6pm; Tue & Thu 1:30pm; Wed 7:30am & 11:30pm; Fri 7:30am; Sat 6pm.

**VBPD ACADEMY CLASS #62 PART 2** — Fri 7pm.

**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)