In the week following Tropical Storm Hermine, Public Works/Waste Management collected 3,000 tons of yard debris. Typically, they collect 600-700 tons, a fivefold increase. On average, crews stop at one out of four homes, but following the storm, 100 percent of homes had waste at the curb for collection. The majority of the debris was hand collected with crews working 12-hour shifts, six days a week before returning to normal operations.

There are 365,276 Virginia Beach Public Library cardholders using the City’s 10 public libraries, including 4,816 non-resident library cards and 93,799 TCC cards via our Joint-Use Library partnership.

The City operates seven municipal parking lots and three garages at the oceanfront, including the 25th street garage, which is now open (located behind iFly). All locations and meters accept major credit and debit cards, or you can pay by phone for on-street parking by using GoPassport. Additionally, parking is free at Town Center. There are five garages totaling over 4,380 spaces available for public use and 86 on-street spaces. Be mindful of time restrictions.

For the fifth consecutive year, Virginia Beach City Public Schools (VBCPS) students outperformed the nation on all three components of the SAT, according to results released by the College Board. Virginia Beach also led all other school divisions in Hampton Roads in scores for reading, math and writing. The 2016 scores are also the highest for the division since 2005, the last time the SAT was revised. A total of 2,875 VBCPS Class of 2016 graduates took the SAT through January 2016. In critical reading, the division’s mean score was 514, or 27 points higher than the national average. In math, the division’s mean score was 511, or 17 points higher than the national average. Finally, for writing, the division’s mean score was 490, or 18 points higher than the national average.

As of the end of FY16, there were 50,513 members using Virginia Beach’s six recreation centers. Soon enough, members will get to enjoy seven with the completion of the Kempsville Recreation Center in Spring 2017.
NEW & NOTEWORTHY

OCTOBER IS NATIONAL CYBER SECURITY AWARENESS MONTH: CITY LAUNCHES “PRACTICE SAFE CYBER” CAMPAIGN

Earlier this week, the City partnered with the Department of Homeland Security’s Stop.Think.Connect cyber security initiative and the National Cyber Security Alliance to kick off a year-long campaign to give people the tools, tips and steps they can take to stay safe online.

Virginia Beach City Councilmember Rosemary Wilson spearheaded the formation of the campaign along with members of a newly created Cyber Security Advisory Group (CSAG). The CSAG will work with schools, law enforcement and military partners, local community groups, business associations and media outlets to help spread the word. A newly created webpage, www.VBgov.com/practicesafecyber, will be updated regularly with new information and each month it will feature a different cyber security theme.

In addition, the Department of Economic Development is sponsoring the 2016 Virginia Cyber Convention & Expo, taking place on Oct. 6, at the Virginia Beach Convention Center. City of Virginia Beach Chief Information Officer and member of the CSAG, Matt Arvay will be among the guest speakers who will share information on the Transatlantic Subsea Fiber Optic Cable projects that are currently in the works and what that will mean for the city. This major industry event is expected to draw up to 300 cyber leaders in the private sector, military and government, elected officials, academia and other key industry stakeholders.

OPPORTUNITIES

“REVIVE” TRAINING COURSE

A free training course for families and friends of Virginia Beach residents at risk for an opioid overdose, or individuals interested in becoming lay rescuers, is scheduled for Tuesday, Oct. 18, from 5:30 to 7 p.m. at the Virginia Beach Department of Emergency Medical Services. Presented by the Departments of Human Services, Police, Public Health and EMS, “REVIVE!” trains individuals to recognize and respond to an opioid overdose emergency with the administration of Naloxone, a prescription medication. This will be the sixth REVIVE! training course and includes a free kit with supplies. Space is limited and registration is required. Contact: (757) 385-0800 to register.
MYLA INVITES VB YOUTH TO DISCUSS ISSUES AT UPCOMING FORUM

Members of the Mayor’s Youth Leaders in Action (MYLA) invite young adults of Virginia Beach to the upcoming Youth I.D.E.A. Political Forum on Saturday, Oct. 29, from 10 a.m. to 3 p.m. at Salem Middle School. Young adults between 14 and 21 will have the chance to speak with local political candidates about the issues that matter most to them. The goal of this forum is for high school and college-age students to interact and get involved with the local elections taking place in November.

The forum is limited to the first 150 participants and registration is required. The deadline to register is Friday, Oct. 21. For more information, visit www.VBgov.com/MYLA.

PARKS & RECREATION WANTS YOU TO JOIN THEIR TEAM

Virginia Beach Parks & Recreation is seeking new team members for a variety of positions including lifeguards, water safety instructors, and activity center leaders/assistants. Interested applicants should apply online at VBgovcareers.com to be considered. Part-time team members enjoy the benefits of a flexible schedule, competitive pay, and a great work environment.

Virginia Beach Parks & Recreation's Human Resources staff will be at a variety of career fairs and hiring events over the coming weeks if you would like to learn more.
**UPCOMING EVENTS**

- **COFFEE WITH A COP:** Enjoy a cup of Joe with members of the VBPD on Friday, Oct. 7, at three different locations. From 9 a.m. to noon, Second Precinct officers will be at Dunkin Donuts, 208 Birdneck Road. Officers from the Third Precinct will meet at the Panera Bread in Town Center (300 Constitution Drive) from 10 a.m. to noon. Fourth Precinct officers will be at the Providence Square Grill in Kempsville (941 Providence Road) from 2 to 4 p.m. Citizens are encouraged to ask questions, voice concerns and get to know the officers in your neighborhood.

- **THE ALUMINUM SHOW AT THE SANDLER CENTER:** The Aluminum Show, a unique show combining visual theater, dance, and humor, is coming to the Sandler Center for the Performing Arts on Tuesday, Nov. 15. Tickets are on sale starting today at the Sandler Center box office or [www.ynottix.com](http://www.ynottix.com). Contact: Sandler Center, (757) 385-2787.

- **“RAIN: A TRIBUTE TO THE BEATLES” AT THE SANDLER CENTER:** “RAIN: A Tribute to the Beatles” makes its debut at the Sandler Center for the Performing Arts on Wednesday, Apr. 12, 2017. Tickets are on sale starting today at the Sandler Center box office or [www.ynottix.com](http://www.ynottix.com). Contact: Sandler Center, (757) 385-2787.

**PARKS & RECREATION OCTOBER EVENTS**

Virginia Beach Parks & Recreation has so much fun packed for October, it’s scary.

**FREE AND OPEN TO THE PUBLIC**

- **Archery Demo Day:** Saturday, Oct. 1, 1 to 3 p.m., Bayside Recreation Center. Ages 6 & up, 6-16 must have a parent or guardian present. Contact: outdoors@vbgov.com, (757) 385-2990.

- **Treasures at the Farm:** Saturday, Oct. 8, 9 a.m. to 2 p.m., Williams Farm Park. Community yard sale, no admission fee for shoppers.

- **The Great Halloween Hunt:** Saturday, Oct. 29, 11 a.m. to 1 p.m., Bayville Farms Park. Rain location will be at Bayside Recreation Center. RSVP on [Facebook](https://www.facebook.com).

For more information, visit [www.VBgov.com/specialevents](http://www.VBgov.com/specialevents).

Several events are planned at city recreation centers for citizens of all ages, such as the Forever Young Citywide Hawaiian Luau on Wednesday, Oct. 19, at Williams Farm Recreation Center, and the Family Nite Hike at the Stumpy Lake Natural Area on Friday, Oct. 21. For a full listing, visit [www.VBgov.com/recevents](http://www.VBgov.com/recevents). A membership or day pass is required.

Registration for youth basketball will take place Oct. 29 through Nov. 5. Games will be played January through March 2017. For more information on your area recreation association and locations, visit [www.VBgov.com/sports](http://www.VBgov.com/sports). Details may not be posted until closer to the registration date.
VIRGINIA BEACH CONVENTION CENTER OCTOBER EVENTS

More than 50,000 people are expected to attend one or more of the 37 public and private events at the Virginia Beach Convention Center for the month of October. Public events include:

- Qi Revolution Seminar – Learn about spirituality, healthy living and eating | Oct. 1 and 8
- Cyber Protection Resources Conference | Oct. 6
- Resort Advisory Commission | Oct. 6
- Tidewater Division Train Show | Oct. 8 – 9
- Treasures of the Earth Gem & Jewelry Show | Oct. 14 – 16
- LulaRoe Clothing Boutique Show | Oct. 15
- Boat and RV Sale | Oct. 15
- Virginia Beach Coin Show | Oct. 15
- SGK Gun Show | Oct. 15 – 16
- Corporate Gray Job Fair | Oct. 19
- Virginia Beach Schools Academy Night | Oct. 19
- Military Family Fest | Oct. 23
- Paxton Company Marine Expo – Paxton Expo for marine industry professionals | Oct. 27
- Virginia Beach Public Schools College Night | Oct. 27
- Wicked 10k Race Registration | Oct. 27
- Anti-Bully Rally | Oct. 28

For more information on how you can book your organization’s event, and for a complete list of all upcoming events, visit www.visitvirginiabeach.com/conventioncenter.

Lynnhaven Parkway, between Albright and Dalrymple Street, reopened to traffic this week following construction work as part of the Lynnhaven Parkway widening project. Traffic can now access all side streets between Albright Drive and Sidney Circle via Lynnhaven Parkway.
THOUGHT OF THE WEEK

“If we all did the things we are capable of doing, we would literally astound ourselves.”

~ Thomas Edison

ATTACHMENTS

♦ September 27, 2016 - Copy of a letter from Councilmember Amelia Ross-Hammond expressing appreciation for the tremendous support for the “Blessing of the Land” ceremony on Sept. 24.

♦ September 28, 2016 - Copy of a Virginia Beach news release titled, “October is National Cyber Security Awareness Month: City Launches “Practice Safe Cyber” Campaign.”

♦ Virginia Beach Television (VBTV) Program Schedule | Oct. 2 through Oct. 8.
Dear Colleagues:

This comes to convey my heartfelt appreciation for the tremendous City-wide support I received for the “Blessing of the Land” ceremony on Saturday, September 24, 2016.

First, we thank the City for their vision and sharing ours to provide the land for the future African-American Culture Center. Then, so many energized their skills and efforts to ensure this was a successful new beginning for the Community:

Michael Kalvort and Amy Woodson – Parks and Recreation
Rick Rowe – Parks and Recreation, who coordinated and prepared the grounds
Emily Lebows and her Sandler Center Staff working through the Arts and Humanities Commission helped with the young Artist who created the Mural and contacted Teens with a purpose for one of the performances
Julie Hill for our Photographer, Craig McClure, and the VB TV Staff who will provide a pictorial and electronic “history” of the event
And, especially, the amazing attendance of our Mayor, Representative Officials from the Offices of Senators John Warner and Kaine, State Representatives and other elected officials of City Council and the School Board, the City Manager and Deputies, City Clerk, Chief and other Police Officers as well as Retired Chief Deputy Bell.

A community leader commented that he had never seen so much media, video and newspaper coverage for such an event. My response was “we have a great City with a great team that believe in showcasing the best Virginia Beach has to offer”.

On behalf of the African American Cultural Center, the Executive Board and the Advisory Committee, WE THANK YOU!

Gratefully,

Amelia Ross-Hammond
Kempsville District
Virginia Beach City Council
October is National Cyber Security Awareness Month: City Launches “Practice Safe Cyber” Campaign

Staying safe in our cyber-connected world is a constant challenge. Threats are everywhere: scammers, hackers, predators and thieves are actively working to steal personal information, access accounts and take advantage of people.

According to research by the National Cyber Security Alliance, 93% of Americans believe their online actions can help make the web safer for everyone. And while 28% of Americans say they lack knowledge about ways to stay safer online, 90% said they want to learn more about keeping safer on the Internet.

The City of Virginia Beach has partnered with the Department of Homeland Security’s Stop.Think.Connect cyber security initiative and the National Cyber Security Alliance to kick off a year-long campaign designed to give people the tools, tips and steps they can take to stay safe online.

The new website, www.vbgov.com/practicesafecyber, will be updated regularly with new information and each month it will feature a different cyber security theme. We also will use social media, VBTV, and other avenues to provide tips, news and advice.

“Fundamentally, this is a public safety issue,” said Virginia Beach City Councilmember Rosemary Wilson, who spearheaded the formation of the campaign. “There is a lot of information out there, but it can be overwhelming. This project is designed to help give people the tools they need to increase their safety. “Virginia Beach is safest in crime, we can be safest online.”

A Cyber Security Advisory Committee has been established to help guide the campaign. Members include:

- Rosemary Wilson, Virginia Beach City Council
- Colin Stolle, Virginia Beach Commonwealth’s Attorney
- Matthew Arvay, City of Virginia Beach Chief Information Officer
- Scott Philpott, Cyber Protection Resources
- Elizabeth Dietzmann, Cyber Protection Resources
- Mercedes Holland, Joint Expeditionary Base, Little Creek-Fort Story
- Special Agent Randy W. Bowling, FBI InfraGard
As technology evolves, we're faced with the challenge of keeping criminals not just out of our homes, but out of our computers and devices as well," Stolle said. "From online bullying to theft of personal information, accounts and money, we are increasingly vulnerable. The good news is, there are steps people can take to increase their safety, and that's what this campaign will help people learn."

The City will work with schools, law enforcement and military partners, local community groups, business associations and media outlets to help spread the word. There will be something here for everyone: young and not-so-young, parents, teens, and small business owners. In fact, cyber security is a growing industry and according to Rep. Davis, Virginia has the highest ratio of unfilled cyber security jobs available per capita than any other state in the nation. "We must meet that need and make Virginia the cornerstone for cyber security business and companies," said Davis. He plans to introduce legislation to prepare our students for this industry by, for example, allowing them to study coding as a way to fulfill a foreign language requirement.

"Students today are virtually always connected and getting them involved early is key," said McDonald. "When we teach them how to be responsible digital citizens, introduce them to coding, and offer pathways to becoming cybersecurity professionals, we give them the skills and resources they need to improve not just their own safety but also create a safer community. We create a circle of safety that will give us our best opportunity to decrease chances of becoming victims of online crime and cyber-attacks."

# # #

News Release: VBgov.com/News
YOUTH I.D.E.A. FORUM

TO INFLUENCE • DISCOVER • EMPOWER • ACT

Hosted by The City of Virginia Beach Mayor’s Youth Leaders in Action (MYLA)
A leadership program for Virginia Beach Youth

OCT 29 10 AM - 3 PM
SALEM MIDDLE SCHOOL

Communicate your views and establish a positive force in your community!

FOR AGES 14-21

Food, giveaways, & community service hours!

Share your concerns and ideas with local candidates!

For more information:
Call 757-385-0464 or email yopps@vbgov.com

Register now at: vbgov.com/yoo

Have your voice be heard!
VIRGINIA BEACH TELEVISION

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

PROGRAM SCHEDULE
OCTOBER 2 – OCTOBER 8, 2016

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.


PUBLIC MEETINGS

- **VIRGINIA BEACH CITY COUNCIL MEETING (Cox 48 / Verizon 45)** — Recablecast of the September 27 workshop: Sun 9am. LIVE: Tue, Informal Session 3:30pm; Formal Session 6pm. Recablecast: Thu 7pm; Fri 9am.

- **VIRGINIA BEACH CITY SCHOOL BOARD MEETING (Cox 47 / Verizon 47)** — Recablecast of the September 20 meeting: Mon 2pm. LIVE: Tue, Workshop 4pm; Formal Session 6pm. Recablecast: Wed 7pm; Sat 9am.

VIRGINIA BEACH TELEVISION – COX 48 / VERIZON 45

A BIOGRAPHY OF AMERICA: THE REFORM IMPULSE — View history as a living narrative rather than a series of irrefutable facts to be memorized. Sun 5am; Tue & Thu 11am; Fri 12am.

A HISTORY OF THE U.S. CONSTITUTION: CONSTITUTIONAL REFORM AND CONTROVERSY — Sun 4:30pm; Tue & Sat 9:30am; Wed 6:30am & 4:30pm.

A PLACE OF OUR OWN: ENCOURAGING WRITING SKILLS — Insight and advice for solving issues related to parenting and child rearing. Sun 9pm; Mon 8am & 3pm; Thu 12am; Fri 3pm.

ACCESS VIRGINIA BEACH — Biweekly news magazine highlighting city and school topics & issues.
  - Storm debris cleanup – crews collect over 700 tons of yard debris after storm
  - September is National Preparedness Month; make sure your family has a plan
  - Election Day is November 8; get info on registration, absentee voting, new machines & more
  - Virginia Beach tourism revenue reached $1.4 billion in 2015
  - October is cyber security month
  - Students who aced their AP exams earn Farm Aid concert tickets
  - More than 5,000 fifth-graders to take part in NAS Oceana Air Show STEM lab day
  - Overview of the Vibe Creative District, center for arts, culture & various creative outlets
  - In-depth look at the Visual & Performing Arts Academy at Salem High School
  - Citywide academy information night is October 19 at Convention Center
  - Ping pong supports active minds and active bodies at Thalia Elementary School
  - Fun run at Malibu Elementary promotes leadership & fitness
  - Mon 12am, 2:30am, 11am, 1:30pm, 9pm & 11:30pm; Tue 5am & 7:30am; Wed 12am, 2:30am, 11am, 1:30pm, 6pm & 8:30pm; Thu 5am, 7:30am & 6pm; Fri 6pm & 8:30pm; Sat 5am, 7:30am, 11am, 1:30pm, 9pm & 11:30pm. **THE LOCKER ROOM**, weekly highlights from Virginia Beach high school football games, follows immediately after Access Virginia Beach. Mon 1:55pm, 9:25pm & 11:55pm; Tue 5:25am & 7:55am; Wed 12:25am, 2:55am, 1:55pm, 6:25pm & 8:55pm; Thu 5:25am, 7:55am & 6:25pm
AGAINST ALL ODDS: DESCRIBING DISTRIBUTIONS — 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: THE STAR — Explore film history and American culture through the eyes of Hollywood insiders. Sun 10pm; Mon 9am & 4pm; Thu 1am; Fri 4pm.

BRIDGING WORLD HISTORY: TRANSMISSION OF TRADITIONS — Explore global patterns through time, seeing history as an integrated whole. Sun 5:30am; Tue & Thu 11:30am; Fri 12:30am.

CENTURY: MEDICINE AND TECHNOLOGY — Witness personal accounts and perspectives from people who lived in Hampton Roads during pivotal events of the 20th century. Sun 8:30am; Mon, Tue, Wed & Fri 2:30pm; Thu 11:30pm.

CHECK THE TECH — Produced by students at the Virginia Beach Technical & Career Education Center to report on the school's programs and activities. Mon 2am, 1pm & 11pm; Tue & Thu 7am; Wed 2am, 1pm & 8pm; Fri 8pm; Sat 7am, 1pm & 11pm.

CONSTITUTION: THAT DELICATE BALANCE - AFFIRMATIVE ACTION VERSUS REVERSE DISCRIMINATION — Key political, legal, and media professionals engage in spontaneous and heated debates on controversial issues. Sun & Thu 2pm; Fri 1pm.

ESSENTIAL SCIENCE FOR TEACHERS: EXTENDING THE PARTICLE MODEL OF MATTER — Sun 1pm; Fri 8am; Sat 2pm.

FOCUS NNS — Explore current events at Newport News Shipbuilding. Sun 8:30pm; Mon 7:30am; Tue & Fri 11:30pm; Wed 10:30am; Sat 2:30am & 5:30pm.

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 — Join Pilot Lindy aboard the Airship Curiosity and learn about flame working; how K-9 officers are trained; and watch Professor Omnibus make a chicken in a cup. Sun 7pm; Mon 6am; Tue 10pm; Wed 9am; Thu 6:30pm; Fri 10pm; Sat 1am & 4pm.

HUMAN GEOGRAPHY: REFLECTIONS ON A GLOBAL SCREEN — 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 7am; Tue & Thu 1pm; Fri 2am.

INSIDE THE GLOBAL ECONOMY: DEVELOPING COUNTRIES — Sun & Tue 12am; Mon & Sat 6pm; Wed 9pm; Thu 8am & 3pm; Fri 5am.

KENNEDY CENTER PERFORMING ARTS: HIP HOP TO DA HEAD — Members of Full Circle Productions present a behind the scenes look at the culture and aesthetics of hip hop, its elements and dance styles, and the high-energy performance characteristics of this positive and vivacious expression of urban culture. Sun & Tue 2am; Mon & Sat 8pm; Wed 11pm; Thu 10am & 5pm; Fri 7am.

LEARNING MATH: PATTERNS IN CONTEXT — 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 4:15pm; Tue & Sat 9:15am; Wed 6:15am & 4:15pm.

MEET THE AUTHOR: DOREEN RAPPAPORT — Sun 8am; Mon, Tue, Wed & Fri 2pm; Thu 11pm.
MOM ALWAYS SAID: *BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY* — Discussion between real moms with real experiences and real tips on raising a family. Mon 12:30am, 11:30am & 9:30pm; Tue & Thu 5:30am; Wed 12:30am & 6:30pm; Fri 6:30pm; Sat 5:30am, 11:30am & 9:30pm.

MONEYTRACK: *GOOD DEBT, BAD DEBT* — 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. Sun 9:30pm; Mon 8:30am & 3:30pm; Thu 12:30am; Fri 3:30pm.

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 5pm; Tue & Sat 10am; Wed 7am & 5pm.

ON THE OTHER HAND — Sun 8pm; Mon 7am; Tue & Fri 11pm; Wed 10am; Sat 2am & 5pm.

READ-ALEE-DEED-ALEE: *THE CUB IN THE TUB* — 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: *SAVING A SPECIES - THE ELEPHANT STORY* — Embark on a trip to remote regions of Africa to see elephants surviving against the odds, and meet the conservationists working diligently to protect these giant animals and their habitats. Sun 3pm; Tue & Sat 8am; Wed 5am & 3pm.

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

TEEN KIDS NEWS — Sun 5:30pm; Tue & Sat 10:30am; Wed 7:30am & 5:30pm.

THE 4ORCE — A monthly newscast featuring the latest happenings throughout the United States military. 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.

THE HABITABLE PLANET: *ATMOSPHERE* — Explore environmental science through a study of the Earth’s natural systems. Sun 11pm; Mon 10am & 5pm; Thu 2am; Fri 5pm.

THE MATH DUDE: *POINT-SLOPE FORM OF A LINE* — 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 ROAD TO RECOVERY: *BUILDING FAMILY RESILIENCY* — Families, in their many and diverse forms, are central to our lives and well-being. This episode explores family and relationship factors that are protective and promote recovery from mental or substance use disorders. Sun 6pm; Mon 5am; Tue & Fri 9pm; Wed 8am; Sat 12am & 3pm.

VBCPS SUMMER SCHOOL CLASS OF 2016 COMMENCEMENT — Sun & Tue 1am; Mon & Sat 7pm; Wed 10pm; Thu 9am & 4pm; Fri 6am.

X-POWER: *GRIDLOCK* — Foster the development of algebraic thinking through visualization of concepts rather than abstract symbolic manipulation. Sun 4pm; Tue & Sat 9am; Wed 6am & 4pm.
A BIOGRAPHY OF AMERICA — Thu 8pm.

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 HISTORY OF THE U.S. CONSTITUTION — Thu 5:30pm.

A PLACE OF OUR OWN — Wed 3pm.

ACCESS VIRGINIA BEACH — Sun 9pm & 11:30pm; 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 — Wed 4pm.

ART HISTORY: SOUTH OF THE BORDER — Tue & Thu 6am.

BRIDGING WORLD HISTORY — Thu 8:30pm.

CENTURY — Tue & Fri 10:30pm; Thu 3:30pm.

CHECK THE TECH — Sun 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 — Tue 5pm; Wed & Fri 6pm; Thu & Sat 7pm.

DEATH: A PERSONAL UNDERSTANDING: FACING MORTALITY — 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. Mon & Wed 11:30am; Tue & Thu 7:30am.

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

EMERGENCY PREPAREDNESS: BUILDING A SAFER HOME — Three Virginia Beach area home builders describe how they design and construct hurricane resistant houses. Tue & Thu 10am.

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

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

EXPLORING THE WORLD OF MUSIC: HARMONY — Explore basic elements of music and how music is an expression of culture. Mon 9:30pm; Fri 2:30pm; Thu 10:30am.

FIT FOR DUTY — 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.

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.

HUMAN GEOGRAPHY — Thu 10pm.

INSIDE THE GLOBAL ECONOMY: DEVELOPING COUNTRIES — Fri 7pm.

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 5:15pm.

MEET THE AUTHOR: DOREEN RAPPAPORT — Tue & Fri 10pm.

MONEYTRACK — Wed 3:30pm.

NASA X — Thu 6pm.

NATIONAL GALLERY OF ART: POMPEII AND THE ROMAN VILLA — Examine the explosion of artistic activity around the Bay of Naples beginning in the first century BC. Tue & Thu 6:30am.

READ-ALEE-DEED-ALEE — Thu 4:45pm.

REAL VIRGINIA — Sun 9:30pm.

SHAMU TV — Thu 4pm.

SIGNING TIME: DAYS OF THE WEEK — An introduction to American Sign Language for children. Mon & Wed 12:30pm; Tue & Thu 8:30am.

TEACHING FOREIGN LANGUAGES — Wed 5:30pm.

TEEN KIDS NEWS — Thu 6:30pm.

THE 4ORCE — Sun 10:30pm.

THE HABITABLE PLANET — Wed 5pm.

THE MATH DUDE — Thu 4:30pm.

THE PATH TO ENERGY EFFICIENCY — Sun 8:30pm; Mon 8:30am & 8:30pm; Wed, Fri & Sat 8:30am.

THE WORLD OF ABNORMAL PSYCHOLOGY: PERSONALITY 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. Mon 11pm; Tue & Fri 12pm & 4pm; Thu 12pm.

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

VBCPS SUMMER SCHOOL CLASS OF 2016 COMMENCEMENT — Fri 8pm.

X-POWER — Thu 5pm.
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.

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