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The Virginia Beach Sun

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An Independent Family Newspaper

Positive Behavior Helps Promote the Spirit of Giving

In this installment of "El Sol en Espanola," Sun Columnist Stephanie Harron discusses the significance of inheriting an accustomed spirit of giving, humility and compassion that arises for various holidays throughout the year, particularly Christmas.



Life's busy schedules can spark heavy emotions that steal precious moments to be celebrated with family and friends; however, by actively practicing positive behavior, one will enlighten the spirit of those around them throughout the year.

Reconocido el significado para cultivar un espíritu de humildad, gratitud y compasión en su vida es más importante que el materialismo económico durante las temporadas de los festivos

By Stephanie Harron
Sun Columnist

El diciembre es uno de los meses más importantes del año porque heredar el espíritu de

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Review:

Frankie's Place for Ribs

Sweet and Juicy, the Ribs Have a "Secret" Sauce

By Nathan Denny
Staff Writer

When you think "baby back ribs," a certain catchy jingle might come to mind.

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Original holiday painting by Randall Jordan.

The Christmas Season and the Gift of Art

No greater gift than a piece of original art; buying from local artists helps economy!

By Randall Jordan
Sun Columnist

This is a special time of year, traditionally serving as a time to be thankful for what you have,

and to share time with your loved ones. Hours and hours are spent looking for that gift that best illustrates your love.

Being an artist myself, I sup-



Jordan

SunArtsNews

A behind-the-scenes look at what's happening in the local arts community!

pose I'm biased in saying that no greater gift can be given than that of original art, created with love, patience and kindness! At least I'm in great company, as our entire art community will agree with me.

Buying from local artists not only helps our local economy, but it also helps your own neighbors by keeping our money here

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Big Megaplex Is Too Much For Two Blocks

"Dreamer" who thought up \$168M Atlantic Avenue project's plan still in limbo; other developers' ideas sought

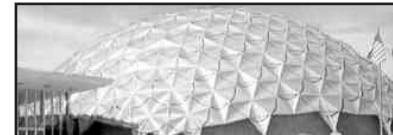
By Nathan Denny
Staff Writer

There were big expectations at the beginning of the year.

An announcement of a proposed "megaplex" entertainment center at the oceanfront was received with, not surprisingly, lots of buzz from the residents of Virginia Beach.

It was the plan for the site of the old Virginia Beach Dome, a civic center and concert hall that was torn down in 1994 and whose former real estate is now home to parking lots sitting between 18th and 20th streets.

Much anticipation surrounded



The Virginia Beach Dome, a civic center and concert hall, was torn down in 1994.

entertainment packed in, and even a bird's-eye view of the plot of land

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Cavalier's New Plans Give Local Residents Reason to Speak Up

City has to balance quality of life issues with growth

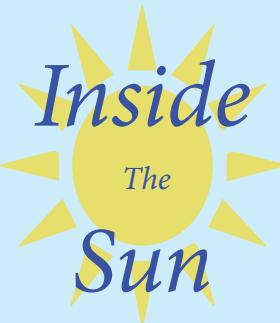
By Greg Goldfarb
Editor

Sun Commentary

After a while, it becomes predictable. Understandable, but still predictable. When one-by-one, well-dressed, dapper and articu-

late concerned citizens walk to the podium in Virginia Beach City

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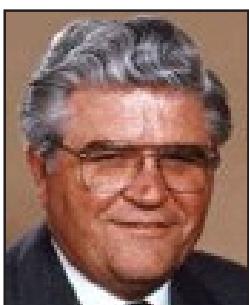
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Carrier Air Wing 11, DESRON 23 return from Nimitz deployment

By Kole E. Carpenter
Nimitz Carrier Strike Group
Public Affairs

SAN DIEGO (NNS) — The aircraft carrier USS Nimitz (CVN 68) and embarked Carrier Strike Group (CSG) 11, Carrier Air Wing (CVW) 11, and Destroyer Squadron (DESRON) 23 arrived at Naval Air Station (NAS) North Island, San Diego, Dec. 12, following an eight-and-a-half-month deployment to the U.S. 5th, 6th and 7th Fleet areas of responsibility (AOR).

CVW-11 and DESRON 23 disembarked Nimitz following the ship's arrival.

"It's great to be home and reunited with all of our loved ones," said Capt. Kevin Mannix, commander of CVW-11. "My hats off to every member of the air wing for making this a successful deployment."

During the course of Nimitz' deployment, CVW-11 tallied 9,344 aircraft launches and clocked more than 29,440 total flight hours in support of Operation Enduring Freedom and ensured the safe operation of CSG 11.

Capt. Thomas Workman, commodore, DESRON 23, led efforts to provide tactical control of 12 U.S. and coalition ships during the ex-

tended deployment.

Throughout the operations DESRON 23 ensured superior defense of USS Nimitz, robust multi-warfare area tactical proficiency and readiness, highly effective afloat and ashore theater security cooperation, as well as sound management of the operations, maintenance, training and deployment preparedness of seven San Diego-based surface assets, Workman said.

"The honors of commanding DESRON 23 and serving as a warfare commander within Nimitz Strike Group are matched only by the respect deserved by our Sailors and their families," Workman said. "Their mutual dedication to our national objectives is unparalleled and represents the cornerstone of DESRON 23, Nimitz Strike Group and U.S. Navy success."

Commander, CSG 11, Rear Adm. Michael S. White had high praise for CVW-11 and DESRON 23's

contribution.

"The air wing and the DESRON have done an outstanding job," said White. "As a team, they have been an invaluable asset to the strike group, and I wish them all a well-deserved rest."

"Nimitz Strike Group

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An F/A-18C Hornet assigned to the, "Blue Diamonds," of Strike Fighter Squadron (VFA) 146 launches from the aircraft carrier USS Nimitz (CVN 68) during the departure of Carrier Air Wing (CVW) 11. CVW-11 fixed wing aircraft flew off Nimitz to return home after more than eight months deployed to the U.S. 5th, 6th and 7th Fleet areas of responsibility. U.S. photo by Communications Specialist 3rd Class Derek A. Harkins.



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Big Megaplex Is Too Much For Two Blocks

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would keep you wondering how all of it would fit into those two cramped blocks.

Michael Jenkins of Leisure and Recreation Concepts, Inc. based out of Texas was the developer who dreamed up this project. It was unique and visionary and would serve as a model for other complexes like it in the future.

But when earlier this year, Jenkins failed to secure the necessary funds for this \$168 million project, the city had no choice but to allow other private developers the opportunity to pitch their ideas for the site, calling to a halt any further planning of the megaplex.

The fall through of these extravagant plans left many hopeful Beach residents disappointed, who were looking forward to replacing two unsightly parking lots, and after almost twenty years, fulfilling the purpose of tearing down the Dome in the first place—a better entertainment venue. The exciting new attractions and the record setting Ferris wheel would add to the

city's already famous resort area. The project would bring jobs to the city in many capacities and would surely help bring about tourist revenue to the city's businesses. In that way, there was much good to come from the project itself.

However, some residents were perhaps relieved with the project's cessation. An already crowded resort area in the summer time, a megaplex would surely attract more people throughout the year, but especially during the summer months, adding to the area's chaos. And while the give and take of tourist revenue to the city is appreciated by some, for others, the nuisance would not be worth the benefit. While the venue was advertised as a family destination, some believed a high ticket price meant it would only be a destination for those families that could afford it. Is pricey entertainment what the city really needed in the current economy?

The truth is, like the light rail, like the Cavalier, like the possible sports arena, a big decision or a big change like the one that

is likely on this two block lot at the oceanfront will have supporters and dissenters. There will be goods and bads that accompany such projects. And the question isn't always 'does this fit my personal tastes?' but rather 'is this for the overall good of the city and its future?' Maybe we're praising the entertainment worth and the novelty of it all, but ignoring the possible repercussions that it would have on existing local businesses. Or we could be focused on our own tax dollars and the price tag of city contributions and not on the inherent value found in this type of venue. The struggle might be altogether irrelevant depending on what happens next.

Despite the delay, something will eventually come of the oceanfront Dome site. The city has reopened the site for bidding to other developers. The entertainment complex is still a possibility if Jenkins is able to produce the funding. But if not, the site may see a different future, perhaps one less extravagant, or maybe one taken in a totally different direction.

For now, the site of the old Virginia Beach Dome is in limbo, waiting for a new developer or for the previous one to solidify fund-

ing. Residents and visitors of Virginia Beach will have to wait and see what will become of these two blocks at the oceanfront.

Cavalier's New Plans Give Local Residents Reason to Speak Up

Continued from Page 1

Council's public chamber at City Hall, stand before a live microphone, close circuit television cameras and directly-elected public leaders and declare their frustrations, grief and fear that their quality of life will diminish as the next, new big development project is built in their "backyard."

Most recently, it wasn't citizens from Bayside, or Indian River or Pungo venting their anger, it was North End locals giving council members a piece of their collective minds recently, in the wake of plans to build a new community around the soon-to-be-restored-and-preserved Cavalier Hotel on the hill at the Oceanfront.

It's not that they're against the saving and restoring it, exactly, it's just that all the work and increased traffic will negatively affect the quality of life and raise safety concerns in the neighborhood.

And they're probably right. New construction brings new people, jobs and congestion. If the Cavalier's new business model is correct, the 1920s-era resort and grounds will draw new visitors and new dollars to that area. And if the locals had their way, a better balance would be struck between fulfilling the developers' and the city's financial and economic development needs, with what the residents want and deserve. It all comes down to how well people accept and adapt to major and minor lifestyle changes, and if they can learn to appreciate the improvements, which should serve the city proudly, as future decades roll by and people continue moving in and out of the community.

But many people don't think much about the future or live in the future; they are much too busy struggling with living with their own personal and professional issues of the day. Their quality of life is paramount. But business people also have the right to pursue success wherever it is legal. That's where city council comes in. It has the moral and legal authority and high ground to decide and determine what is in the community's best long term interest. That is why its members are publicly-elected and financial

The Virginia Beach Sun

Virginia Beach's Hometown Newspaper Since the 1920s

Do you have questions, comments or suggestions for *The Virginia Beach Sun*? Call 757 363 SUNN (7866) during normal business hours to speak with its editor and publisher, Greg Goldfarb, or send your thoughts to *The Virginia Beach Sun*, P.O. Box 5103, Virginia Beach VA 23471. You may also e-mail: TheVirginiaBeachSun@gmail.com. If you'd like for your written comments to be considered for publication, please include your full name and phone number for personal verification.

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Prior to Governor-elect Terry McAuliffe's successful bid for the state's highest office, McAuliffe, pictured in the middle, joined Virginia Beach Mayor William Sessoms, on the left, and Norfolk Mayor Paul Fraim, on the right, for a recent tour of the Virginia Beach Advanced Technology Center where he pledged his support for the Hampton Roads region on several levels, including education. (Photo courtesy of Toni Guagenti)

Mayors proud of Governor-elect Terry McAuliffe

Virginia Beach Mayor William Sessoms and Norfolk Mayor Paul Fraim were among the first local dignitaries flying to Northern Virginia offering Governor-elect Terry McAuliffe their personal congratulations following his hard-fought victory over Ken Cuccinelli in the recent gubernatorial race for Virginia's highest office. Taking office on Jan. 14, he succeeds Governor Bob McDonnell.

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Review: Frankie's Place for Ribs

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Or you may think of a rib joint that needs no gimmick to tune you in or to catch your attention, but whose tantalizing rack of ribs has you mesmerized.

Frankie's Place for Ribs is a well-known establishment in Virginia Beach. Located in the city's Kempsville section, in the Fairfield Shopping Center, this restaurant has stood the test of time. Other eateries come and go, having tried their hand and fizzled out, but Frankie's has stuck around with the help of its legacy and loyal patrons.

Many people call it the best in town when it comes to ribs. You'll have to experience it for yourself to see why.

The comfort and familiarity of the place is something that is earned over many years of establishing your name in the community. It's a place you know you can go and be welcomed, waited on by friendly staff, and served a great meal no matter what you pick off the menu.

At this time of year, Frankie's place is all decorated up for Christmas, with colorful lights at the bar,

garland wrapping the railings, and even a tree set up in a corner of the dining room. The lighting is low and makes the restaurant feel warm and welcoming. It's the perfect place to go on a cold, winter evening.

"Best of the Beach" and "Best of Hampton Roads" signs hang over the bar area, marking what many locals diners already know. The quality of food here has not gone unnoticed by the public, not only in the city, but throughout the seven cities of Hampton Roads. And not just once, but year after year after year.

It may be hard to choose what to get from the menu, but if you want to know what all the hype is about, choose the ribs.

The ribs are what they promise to be, some of the best in the city. Their baby back pork ribs are sweet, tender and juicy. Frankie's has a "secret" barbecue sauce that they use to marinate the ribs, and it adds to the great, smoky taste. You'll want to lick your fingers after every bite and not waste any of that secret sauce.

The entrees come with a good helping of sides as well that perfectly complement those meaty

ribs, and who can "no" to complimentary cornbread? Talk about comfort food!

Even if you're not a rib fanatic, Frankie's has fantastic BBQ and steaks, as well as seafood entrees, chicken, and sandwiches. There's a lot to love.

It's smart to trust the locals when it comes to these beloved spots, and the locals got it right with Frankie's.

For more information call 757-495-7427 or visit www.frankies-ribs.com

Nathan Denny, 757-748-2898, njdenny@vt.edu



Waitress Sandra Barnes and hostess Mandi Campbell.



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Carrier Air Wing 11, DESRON 23 back from Nimitz deployment

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successfully completed almost three months of Operation Enduring Freedom close-air support to coalition ground troops, and provided a flexible and capable response option to deter Syria. I am so proud of our Sailors and Marines, who showed remarkable resiliency through several extensions with limited time in port and met all tasking," said White.

The deployment extension enabled the Nimitz Strike Group to transit the Suez Canal into the Mediterranean Sea, where the strike group conducted operations with NATO allies.

Nimitz serves as the flagship for (CSG) 11, led by White. The Nimitz Carrier Strike Group consisted of USS Nimitz, USS Princeton (CG 59), DESRON 23 guid-

ed-missile destroyers USS Shoup (DDG 76), USS Higgins (DDG 86), USS William P. Lawrence (DDG 110) and USS Stockdale (DDG 106) and CVW- 11.

CVW-11 consists of the "Black Knights" of Strike Fighter Squadron (VFA) 154, the "Argonauts" of VFA-147, the "Blue Diamonds" of VFA-146, the "Death Rattlers" of Marine Fighter Attack Squadron 323, the "Gray Wolves" of Electronic Attack Squadron 142, the "Wallbangers" of Airborne Early Warning Squadron 117, the "Indians" of Helicopter Sea Combat Squadron 6, and the "Wolf Pack" of Helicopter Maritime Strike Squadron 75. Once Nimitz departed NAS North Island, the carrier transited to its homeport of Everett, Wash.



Guest speaker, Adm. Bill Gortney, commander, U.S. Fleet Forces Command, gives a speech during a recently held Navy Expeditionary Intelligence Command change of command ceremony at Naval Air Station Oceana. Cmdr. Benjamin A. Snell relieved Capt. Joey J. Johnson as commander of NEIC. (U.S. Navy photo by Mass Communication Specialist 3rd Class Heather M. Brown/Released)

Navy Expeditionary Intelligence holds change of command

Navy Expeditionary Intelligence Command (NEIC) recently held a change of command ceremony at Naval Air Station (NAS) Oceana. Cmdr. Benjamin Snell relieved Capt. Joe J. Johnson as commanding officer of NEIC.

"Today we recognize your (NEIC's) outstanding achievements over the last few years as your new leader takes the helm," said Adm. Bill Gortney, commander, U.S. Fleet Forces, guest speaker at the ceremony.

During the ceremony, Gortney presented NEIC with the Merito-

rious Unit Commendation award for meritorious service from Jan. 1, 2010 to March 31, 2013.

Under Johnson's command, NEIC saved lives of U.S. aid personnel and Afghan government officials, halted improvised explosive device (IED) attacks, seized more than \$80 million in narcotics and 30 tons of weapons linked to terrorist organizations.

Gortney said that as commander, Johnson executed NEIC's mission with pride and professionalism, and he is confident that Snell will support the mission just as well. "I have no doubt that you'll uphold the standards that were exemplified by NEIC's outstanding outgoing commander, Joe Johnson," said Gortney. "I can think of no finer officer to take over this wonderful command."

Upon assuming command, Snell spoke highly of Johnson, as well as NEIC and its Sailors.

"You have much to be proud of; the bar has been set high," said

Snell. "I could not ask for a better command to be a part of. I'm humbled and honored to have the opportunity to lead you."

Snell joined the Navy in 1982 and was commissioned in 1995 after graduating from the Navy Officer Candidate School. He was designated as a naval intelligence officer in 1996.

Since then, Snell has spent the majority of his operational career deploying to, and operating in, the U.S. Central Command area of responsibility. He has served four tours in the U.S. Naval Forces Central Command, U.S. 5th Fleet, Combined Maritime Forces regions; served as deputy intelligence officer to Carrier Strike Group 10 aboard USS Harry S. Truman (CVN 75); as air intelligence officer aboard Patrol Squadron Four (VP) 4; and as deputy executive assistant to the director of Naval Intelligence, as well as many other leadership assignments.

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The Christmas Season and the Gift of Art

*No greater gift than a piece of original art;
buying from local artists helps economy!*

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instead of feeding some huge corporation that rewards its CEO's, and rarely the actual worker. Local artists produce their art pieces one-by-one, ensuring every detail is just right, thereby defining their love and expertise of their craft. In that way, you "pay it forward," gifting a loved one with an original, one-of-a-kind, eternal piece of art. Believe me, the big stores makes enough money without buying mass-produced art that only puts money in non-artists' pockets. Original art is more valuable and holds its worth longer.

The next greatest gift you can give is that of art supplies, and encouragement to your children, friends, spouses or relatives who choose to begin expressing themselves through their own art. The human species is relatively alone in the fact we create art to express ourselves and offer explanations for our existence. With every new human to pick up a paint brush, or sculpt some block of clay, or photograph some unreal scene in a particular way, we constantly re-define ourselves as a race.

Children, if started early in the arts, have the purist vision of our surroundings, following no rules of order or defined standards of shapes or colors. The beginner artist should first and foremost have fun as they dive head first into the endless possibilities art offers in ways we express our humanness. The numerous mediums, from painting, to pottery, to glass-blowing, photography, jewelry, whatever sparks your interest, your only limitation is your own imagination.

Art spans from reality to the abstract, with the only rules being already tried and tested ways that certain effects can be obtained



"Free Spirit," an original acrylic-on-canvas by Randall Jordan.

through various procedures of application. Art instructors can pass this knowledge of application along, but the true creativity comes from the heart of each and every artist, with each new piece they create. Copying past artists' work is generally how serious students begin, as they learn to control their medium through actual experience, watching a master work before their eyes, and through reading materials.

Years ago, we had Bob Ross, a famous artist who has passed away, perform every Sunday morning on TV and within the hour of a show, completing a whole painting right before your eyes. With today's technologies, it is possible to learn anything you want from off the internet or DVDs. A terrific venue to pick up DVD art lessons for free is from Jerry's Artarama, located in the Fairfield Shopping Center, cor-

ner of Kempsville Road and Providence Road. You can check them out just like a book at the library. They offer art classes, as do most galleries and recreation centers throughout Virginia Beach.

The gift of art, or the introduction and encouragement of creating art, is a win-win any way you look at it. Art improves critical thinking, while at the same time encourages looking outside your safe zone and new realities. I think there is an artist existing in all of us, waiting to be released. Perhaps this Christmas your greatest gift will be releasing the inner artist within your own child or loved one. Merry Christmas, and Happy New Year folks!

Randall Jordan owns and operates Artistic Creations Art Gallery, 4425 Shore Drive 23455, 363-

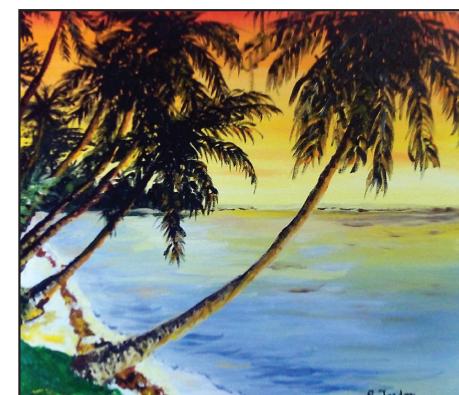
THIRD PLANET

By Linda Keener

The cosmos reveals a bright, shining star,
Whose ancient, bright light is seen from afar.
Its third of nine plants is teeming with life,
But because of misuse it is now feeling strife.
Its people have taken without giving back.
Fields that knew surplus are now feeling lack.
Many dwellers have said, "let's change, for we can.
But we need your support and we need a good plan."
If we all stick together as one humankind,
With one massive effort and one common mind,
We can save Mother Earth and live with her laws.
We should give when we take, and not take without cause.

We can recycle, plant, share and conserve,
Eliminate waste and build a reserve.
We should learn to be thankful and honor our earth.
Our children should cherish their planet of birth.
No greater gift can we give to our heirs,
Than a bountiful earth, so that when it is theirs,
They can joyfully live and peacefully roam,
On Good Mother Earth, the third planet, their home.

This poem was written by Oceanfront resident and community volunteer Linda Keener, who lives in the city's Birdneck area. She is from Pennsylvania, where she was a first grade teacher and moved to Virginia Beach because of her interest in metaphysics. In addition to being published in newspapers, she has also contributed to The Edgar Cayce Encyclopedia of Healing. She volunteers at the Association of Research and Enlightenment, The Judeo Christian Outreach Center and with Audrey Shepherd Ministries.



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Jon Wheeler honored with Corporate VOLUNTEER Leadership Award

Seven businesses also honored

By Meg Leahy

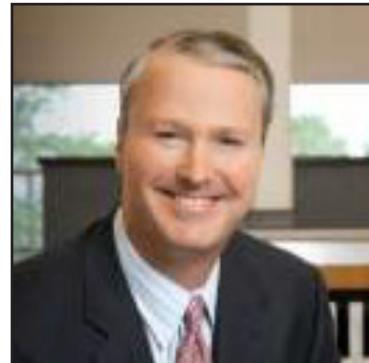
VOLUNTEER Hampton Roads, in partnership with Inside Business and the Hampton Roads Corporate VOLUNTEER Council paid tribute to the 2013 honorees of the Corporate VOLUNTEER Excellence Awards at ceremonies held recently the Westin Virginia Beach Town Center.

This year's Corporate VOLUNTEER Leadership Award recipient is Jon S. Wheeler, chairman & CEO of Wheeler Real Estate Investment Trust. He was selected amongst a pool of incredible leaders in the Hampton Roads area for his exceptional dedication and vision in leading Wheeler Real Estate Investment Trust in having an outstanding corporate social responsibility program.

Wheeler models community engagement by serv-

ing on several area boards including chairman of The Wheeler Benefit Foundation and senior vice president/president-elect of The Chesapeake Bay Wine Classic Foundation. As well, he has encouraged his employees to volunteer throughout the community and has worked to create events such as The Wheeler Dodgeball Tournament that has raised over \$150,000 in five years that has been donated to local nonprofit organizations in Hampton Roads.

In addition to recognizing Wheeler's dedication to the community, seven local businesses were also honored for their dedication to volunteer service in Hampton Roads. The other honorees for the 2013 Corporate VOLUNTEER Excellence Awards are as follows: Velocity Award recipients are Avalon-Bay Communities, Inc. and Harbor Group International;



Jon Wheeler

Good Corporate Neighbor, Large Business category recipients are Portfolio Recovery Associates, Inc. and Zim American Integrated Shipping Services, Co., Inc.; Good Corporate Neighbor, Small Business category recipients are Chubb Group of Insurance Companies; McPhillips, Roberts & Deans, PLC and PF&A Design. TowneBank were also honored as the 2013 Hampton Roads Corporate VOLUNTEER Council Member of the Year. Jon S. Wheeler is chairman & CEO of Wheeler Real Estate Investment Trust (REIT).

Contact Meg Leahy, of VOLUNTEER Hampton Roads, at 624-2400; or e-mail her at info@volunteerhr.org

School Board appoints Virginia Beach native to lead city's school division; '89 Green Run HG grad Dr. Aaron Spence

By Kathleen O'Hara

The Virginia Beach School Board has ended its five-month search for a new superintendent, appointing Dr. Aaron Spence to the post. He will assume his new duties on or before July 1. Spence is currently superintendent of education for Moore County Public Schools in Carthage, N.C.

"The opportunity to come home and serve the schools in the community I grew up in was certainly important to me. Virginia Beach is a strong school system with an impressive track record of achievement. I look forward to building on its successes and working with staff and the community to address its challenges," he said.

Spence is a 19-year veteran

of public education. He has led Moore County Public Schools since February 2012. During his tenure he and his staff worked strategically to improve the school district's End of Grade proficiency scores. His work paid off. The school system moved up considerably in state rankings, from 43rd to 22nd. Moore County Public Schools has 23 schools and serves

Shannon DS Kane and Brad Martin Appointed to Virginia Beach City Council

Businesswoman, engineer take office in January

By Mary Hancock

The City Council has appointed Shannon DS Kane and Brad Martin to fill two seats on the council currently occupied by Glenn Davis and Bill DeSteph. The appointments were made today, effective Jan. 1. Davis and DeSteph were elected last month to the state House of Delegates.

They have resigned from the City Council, effective Dec. 31, and will take office in Richmond in January. Kane was appointed to the Rose Hall District seat currently occupied by Davis. Martin was appointed to the At-Large seat currently occupied by DeSteph. Both seats will be on the November 2014 election ballot. Kane is president and founder of EWR Management Group in Virginia Beach.

She is on the board of the Alzheimer's Association of Southeast Virginia and is a

member of the Beach Leadership Council. She earned a bachelor's degree in communications and public relations from James Madison University. Martin is founder and principal engineer of Martin Engineering in Virginia Beach.

He is a former president of the Rotary Club of Cape Henry and a member of the Chesapeake Bay Preservation Area Board. He earned a bachelor's degree in physics, engineering and math from Washington and Lee University. The City Council made the appointments after interviewing 11 candidates in a televised, open session in the council chamber today. The council then discussed the candidates in a closed session and voted in open session to appoint Kane and Martin. Thirty-nine candidates had applied for the two open seats. The council narrowed down the list to 11 names on Dec. 10.

and math test scores and the number of students participating in advanced courses also increased dramatically during his tenure.

Although North Carolina and Texas have been his home in recent years, the majority of Spence's service has been in Virginia. He began his career in 1994

Continues on Page 9

New Behavioral Health Unit Open at Sentara VB General Hospital

By Dale Gauding

A 24-bed inpatient Behavioral Health unit is now open and serving patients at Sentara Virginia Beach General Hospital. The unit includes 16 beds designated for geriatric patients and eight general adult beds.

"These new inpatient beds will greatly improve access to care for patients in Virginia Beach," said Frank Gallagher, vice president for Behavioral Health Services for Sentara Healthcare. "They should reduce the amount of time that patients spend in the emergency department waiting for a bed."

The number of patients seeking psychiatric services through the ED at Sentara Virginia Beach General has increased 111 percent since 2006, with notable increases in recent years: 2010 – 1802; 2011 – 2118; 2012 – 2359; 2013 – 2522

(projected).

"Psychiatric patients waiting for a bed for days in the emergency department often deteriorate," said Matt Angelelli, MD, a psychiatrist and medical director for the inpatient unit at Sentara Virginia Beach General.

"The ED also has to commit a staff person to each patient to ensure their safety. It's hard on patients and staff and these new beds should help us speed up admissions and improve care."

A multidisciplinary Behavioral Health Task Force has been working across the Sentara system for over a year.

About Sentara Healthcare: Sentara Healthcare celebrates a 125-year history of innovation, compassion and community benefit. Based in Norfolk, VA, Sentara is a diverse not-for-profit family of 11 hospitals, an array of integrated

services and a team 26,000 strong on a mission to improve health every day. This mandate is pursued through a disciplined strategy to

achieve Top 10 percent performance in key measures through shared best practices, transformation of primary care through

clinical integration and strategic growth that adds value to the communities we serve in Virginia and North Carolina.

Free Admission to all Recreation Centers During Open House January 18 to 19

Additional free activities offered for all ages at centers and select parks

By Caryl Thompson

If you've been thinking about joining the Virginia Beach Recreation Centers but weren't sure what we had to offer, attend our free open house Saturday, January 18 and Sunday, January 19. In addition to a weekend of free access to each of the Virginia Beach Recreation Centers, we're offering many exciting activities for all ages, including:

Fitness classes, including our new LesMills BODYPUMP™ classes.

Facility tours.
Children's activities and games.
Game room challenges.
Water volleyball, water polo and swim stroke clinics.

We will also have demonstrations and clinics at several parks:

Disc golf clinics at Bayville Farms and Munden Point Parks.

Pickleball demonstrations at Bayville Farms and Woodstock Parks.

All activities are free and open to the public; youth under age 9 must attend with an adult. Activities are scheduled on Saturday between 9 a.m. and 5 p.m. and on Sunday between 11 a.m. and 5 p.m. Times vary by location. Specific schedules for each facility are posted to VBgov.com/specialevents. You can also contact each facility for site specific schedules:

Bayside Recreation Center
4500 First Court Road, Virginia Beach, VA 23455; (757) 460-7540

Bayville Farms Park, 4132 First Court Road, Virginia Beach, VA 23455; (757) 460-7569.

Great Neck Recreation Center, 2521 Shorehaven Drive, Virginia Beach, VA 23456; (757) 496-6766.

Kempsville Recreation Center, 800 Monmouth Lane, Virginia Beach, VA 23464; (757) 474-8492.

Munden Point Park, 2001 Pebley Lane, Virginia Beach, VA 23457; (757) 426-5296.

Princess Anne Recreation Center, 1400 Nimmo Parkway, Virginia Beach, VA 23456; (757) 426-0022.

Joseph V. Grimstead, Sr. Seatack Recreation Center, 141 S. Birdneck Road, Virginia Beach, VA 23451; (757) 437-4858.

Williams Farm Recreation Center, 5252 Learning Circle, Virginia Beach, VA 23462; (757) 385-2950.

Woodstock Park, 5709 Providence Road, Virginia Beach, VA

23464; (757) 366-4538.

For more information about the Virginia Beach Parks and Recreation open house, please contact any recreation center listed above or contact Shannon Moore at 385-0420 or smoore@VBgov.com. Detailed schedules can be found at www.VBgov.com/specialevents.

Virginia Beach Parks and Recreation's vision is a balanced, sustainable and value-focused system of parks, recreation and public spaces that creates a sense of community. We are accredited by CAPRA, the certifying agency of the National Recreation and Park Association.

For more information, call (757) 385-1100 (TTY: 711 Virginia Relay), visit VBgov.com/parks or sign up for our email newsletters at VBgov.com/eNews. Find us on Facebook at www.Facebook.com/VBParkRec.

School Board appoints Virginia Beach native to lead city's school division; '89 Green Run HG grad, Dr. Aaron Spence

Continued from Page 8

as a French and photojournalism teacher in Stafford County Public Schools. When he moved into administrative leadership, he served first as an assistant principal and later as a principal in Henrico County Public Schools. As principal of Deep Run High School in Henrico, he led the school from its opening to the distinction of being named one of America's Best High Schools by U.S. News and World Report. In 2008, he became chief academic officer and director of curriculum and instruction for Chesterfield County Public Schools.

Spence has also served as an adjunct professor at the University of Virginia, where he received a bachelor's degree in French stud-

ies, a master's degree in secondary education and a doctorate in educational administration and supervision.

He and his wife, Krista, have six children; Bella (Isabella), Mattingly, Christopher, Kristianna, Ian and Aaron Charles David Spence. "We selected Dr. Spence from a pool of well-qualified candidates. His passion for students and his reputation for building relationships that connect stakeholders and move public education forward were compelling factors in the decision-making process," said Daniel D. Edwards, School Board chairman. "It is particularly heartwarming that he is a native of Virginia Beach, having attended both Cox and Green Run High Schools, graduating from Green Run in 1989."

VB Clean Community Commission Meets Jan. 9

The Virginia Beach Clean Community Commission (VBCCC) will meet on Thursday, Jan. 9, at 6:30 p.m. at the Kempsville Recreation Center, 800 Monmouth Lane. VBCCC will have its newest members present and hear a brief presentation from Deputy City Attorney Rod Ingram.

The commission will discuss environmental workshops, the purchase of a shed, status of its work with Keep American Beautiful, and other related business and volunteer work to support the community in its litter reduction and beautification efforts.

For more information about VBCCC, contact Linda S. Minner with Public Works Waste Management at (757) 385-8595 or visit www.VBgov.com/VBCCC.

ATLAS North America moving SEAFOX line from Germany to VB

ATLAS focuses on remotely operated autonomous underwater vehicles

By Scott Hall
and Cindy Mackey

ATLAS North America, a manufacturer and provider of technical and logistical support to the United States defense market, will open a manufacturing facility for its SEAFOX product line in Virginia Beach. The company is a wholly owned subsidiary of ATLAS Elektronik GmbH of Bremen, Germany.

ATLAS North America focuses on remotely operated autonomous underwater vehicles such as SEAFOX, SEACAT and SEA OTTER. The staff is comprised largely of former naval officers and senior enlisted personnel with significant operational experience in all aspects of naval warfare. The com-

pany's largest clients are the U.S. Navy and Lockheed Martin, both of which have a significant presence in Virginia Beach.

ATLAS North America has eight employees located at 208 Golden Oak Court in the Lynnhaven section of Virginia Beach. The company also has an office in Panama City, Florida.

ATLAS North America will transfer the technology and move the manufacturing of the SEAFOX product line from Germany to Virginia Beach. This expansion will create five full-time jobs with average salaries of \$112,000 over the next 36 months. Additionally, the company will invest \$506,000 in capital improvements, \$392,500 in training and \$250,000 for research and development for this

new manufacturing capability.

The Virginia Beach Development Authority has awarded ATLAS North America an Economic Development Investment Program grant in the amount of \$20,000 based on the investment and number of jobs created.

"We have a spike of international businesses moving to and expanding in Virginia Beach," said Warren D. Harris, director of Virginia Beach economic development. "We have had much success in recruiting new businesses from Germany. This company will find proximity to its largest clients, a highly skilled workforce and several friends in the advanced manufacturing community to support this strategic location."

ATLAS North America serves the United States market with a specific focus on undersea warfare and unmanned vehicles. Located close to the U.S. Navy's Atlantic Fleet bases and Washington, D.C.

for enhanced customer service, the company is capable of providing any of the ATLAS Group products as well as a broad range of asso-

ciated technical and logistics support services for the entire product life cycle. For more information, visit atlas-elektronik.com.

Planning Commission names new officers

David Redmond, Jeff Hodgson and Robert Thornton

The Virginia Beach Planning Commission recently bid farewell to three members. Each began his term of service in January 2006. As of Dec. 31, the maximum of two terms will come to an end. The departing members are:

Jay Bernas, at-large representative (chair in 2012 and 2013).

Albert N. Henley, at-large representative.

Henry L. Livas, Jr., Kempsville District representative.

Each was instrumental in developing some of the most significant plans, policies and zoning regula-

tions in the city's history, including the 2009 Comprehensive Plan, eight Strategic Growth Area Plans, the Sustainability Plan, the APZ-1/Clear Zone Master Plan, the Inter-facility Traffic Area and Vicinity Master Plan, and the Oceanfront Resort District Form-Based Code.

Also at the Dec. 11 meeting, the commission elected the following members as new officers:

Chair - David S. Redmond, Bayside District representative.

Vice-chair - Jeff Hodgson, Beach District representative.

Secretary - Robert 'Bob' Thornton, Lynnhaven District representative.

The City Council has appointed two new members: Dee Oliver and Michael E. Inman. The council will appoint a third new member in 2014.

The Virginia Beach Planning Commission reviews applications submitted for changes to zoning districts, conditional use permits, street closures, zoning ordinance and plan amendments, and other land use and zoning matters.



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Positive Behavior Helps Promote the Spirit of Giving

In this installment of "El Sol en Español," Sun Columnist Stephanie Harron discusses the significance of inheriting an accustomed spirit of giving, humility and compassion that arises for various holidays throughout the year, particularly Christmas. Life's busy schedules can spark heavy emotions that steal precious moments to be celebrated with family and friends; however, by actively practicing positive behavior, one will enlighten the spirit of those around them throughout the year.

Vamos a celebrar el espíritu de los festivos durante todo el año

Reconocido el significado para cultivar un espíritu de humildad, gratitud y compasión en su vida es más importante que el materialismo económico durante las temporadas de los festivos

Continued from Page 1

festivos y también representar un cambio del calendario para acoger las recuerdos nuevas que podemos esperar en el año nuevo. Mucha gente en nuestra sociedad celebraran la Navidad del 25 de diciembre cuando se reune con familia y amigos para intercambiar los regalos, comer comida deliciosa, celebrar las recuerdos y otros rituales religiosos; pero, ¿qué ocurrió del espíritu de las personas un mes después de la celebración, o aun el día seguía? La esencia de Navidad es para celebrar el recuerdo lo que un nacimiento de un bebé; pero en realidad, podemos celebrar el nacimiento de todo cada día de los años viviendo.

La excitación de los festivos vive en el espíritu durante esta época del año pero a veces la tensión para equilibrar los horarios diferentes de la familia, los niños, el trabajo, la escuela, las fiestas, las compras y las finanzas pueden hacerse loco. Hace posible en el medio de todo el caos para perder el espíritu de Navidad cuando tratando de organizar una fiesta más especial de nuestra cultura.

Por ejemplo, cuando era adolescente, mis hermanos y yo cada teníamos muchas actividades en la escuela como los rendimientos de música y celebraciones individuales de cada clase que mis padres no tenían la capacidad para recordar todo. Los horar-

ios estaban como ocupados que estaría contenta si yo recuerde a vestir una chaqueta afuera de la casa durante los días fríos porque nadie tenía tiempo para creer si hace nieve!

Durante esta época, cuando está más ocupado de los festivos y celebraciones, es muy impera-

pasivas con un espíritu dador.

Sin embargo, imagina un estado muy optimista del mundo si celebramos el acto de dar durante todo el año. Imagina el cambio del estado del mundo si la gente dio un poco de ayuda, si como dinero o tiempo para responder a las situaciones desgraciadas del mundo. ¿Qué puede hacer para hacer el mundo un lugar más pacífico?

Después de la excitación de las celebraciones este diciembre, recuerde los recuerdos y situaciones cuando manifestó un espíritu de compasión para todos, cual quiere en tu familia, amigos o los desconocidos en las tiendas, porque no importe cual mes ni temporada del año,

toda la gente puede cultivar características benéficas de la personalidad. Sonrisa con la intención

para iluminar las vidas que te envuelven. Permite que el espíritu de la Navidad para vivir en tu corazón para todo el año.

Harron

tivo para recordar de las cosas de la vida que son más importantes como las características de la personalidad: gratitud, humildad y compasión para toda la gente. Es más fácil reaccionar muy rápido, cuando las emociones están muy altas, pero toma mucha práctica para paso atrás y reflejar sobre sus intenciones para corregir una situación.

La simpatía de humildad durante esta temporada es muy aparente porque las organizaciones benéficas y otras filantrópicas necesitan la ayuda pública para apoyo a las personas necesitadas y su habilidad para celebrar los festivos como todos los otros; y la pública responder con amplias donaciones porque son muy com-



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Stephanie R. Harron, srharron@vvc.edu, vive en la región de Rosemont y es una estudiante del segundo año a Virginia Wesleyan College en Norfolk. Ella quiere enseñar música o español como una lengua extranjera a los niños en la escuela secundaria.



Principal Paula Johnson recognized Rob Lanz as the 2015 "Teacher of the Year" for Bayside Middle School. (Information and photo by Bayside Middle School)

Rob Lanz Named Bayside MS "Teacher of the Year"

Rob Lanz has been named "Teacher of the Year" at Bayside Middle School. Lanz began his career working with children diagnosed with autism in the S.E.C.E.P program. Next he taught special education at Landstown High School for seven years. Four years ago he became a school counselor at Bayside Middle. There Lanz began a mentoring program called "C-Straight" which serves over 50 students. He not only pairs them with mentor from the school or community, but he also organizes field trips to expose student to career options and community service. Before Thanksgiving his "C-Straight" students provided complete turkey dinners for needy families; they next volunteered at the recently held Surf-n-Santa race at the oceanfront.

Cavalier's New Plans Give Local Residents Reason to Complain

Continued from Page 4

ly-compensated to make the hard, gut-wrenching decisions.

There are many people in the Oceanfront area still feeling the economic sting from the new development that has transpired over the last decade along the Laskin Road corridor.

Business owners who have been in their locations for decades will probably never get accustomed to the new, taller buildings obstructing their storefront views and eating away nearby parking spaces. But that's one of the prices

of civic progress, to feel the pinch, bite the bullet, until sunnier skies prevail.

In theory, it makes sense. On paper, it sounds good. As visionaries, city leaders and corporate millionaires can pat themselves on the back. But on a day-to-day basis, for those locals who live right next door to the commercial development, life may never be the same. Already-tight parking allowances will become even tighter, while tempers will become shorter. And undoubtedly, city council members will feel the heat. Maybe they deserve a raise.



Former "Teachers of the Year"- Mary Ellen Trivette; Linda Gerek; school counselor, Kathleen Aladj; former "Teacher of the Year" Cristina Dajero; "Teacher of the Year" Heather Brooks; principal, Jennifer Born; and former "Teacher of the Year" Jennifer Hukkeri. (Information and photo by Indian Lakes Elementary School)

Indian Lakes ES Honors Some of its "Teachers of the Year"

Congratulations to Heather Brooks on being selected as Indian Lakes Elementary's "Teacher of the Year" for the 2014-2015 school year. Brooks is currently the gifted resource teacher at the school and also serves as part of the Leadership Council, sponsor of the yearbook, sponsor of "Battle of the Books," and helps to lead the schools' professional development trainings, in addition to her many other responsibilities. Her dedication to the students and the school, combined with her leadership, is why she was recognized with this honor.



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