

Happy Memorial Day! Stay Cool! Stay Safe!

Read "On the Sunny Side" in English y en español - Page 7

The Virginia Beach Sun.com

Vol. I No. 17, May 9, 2013

Virginia Beach's Hometown Newspaper

Free - Free - Free - Free

G. R. Collegiate opens in Sept.

One of only five in the state; on track to be the largest; in Green Run High School

By Nathan Denny
Sun Writer

It is only the fifth of its kind in the Commonwealth of Virginia and starting in the upcoming 2013-2014 school year, Virginia Beach will officially open Green Run Collegiate - the city's first public charter school.

Held to the same state standards as public schools, charter schools have the freedom to be more innovative with its curriculum, its classes and its calendar. Joe Burnsworth, VBCPS Assistant Superintendent of Instruction and Curriculum, said the new school will provide flexibility that other schools cannot offer.

The "Hot" Story

Education: Charter Schools
Offer New Opportunities

"The charter school has an opportunity for flexible funding," Burnsworth said. "They can accept donations, which is not available to the school division. If they wanted to offer Saturday sessions or longer school days or summer intercessions, the charter school could seek donations for that."

Governor Robert F. McDonnell and the General Assembly in 2010

Please see Green, Page 6



The event, which attracted competitors from across the country, was open to all healthy dogs. (Photo by Nathan Denny)

"Flying" Dogs

By Nathan Denny
Sun Writer

The long jump. The high jump. The sprint.

They may sound like Olympic track and field events, but these are three of the competitions that hundreds of our four-legged friends took part in at the 6th annual Care-A-Lot Pet Supply DockDogs special sports event, held recently at the Care-A-Lot headquarters on Diamond Springs Road, featuring dogs and their owners from all over the country competing in three entertaining competitions.

The "big air" event is a long jump contest, where dogs jumping as far as they can off of a dock and into a pool. The "extreme vertical" is a high jump contest. And the "speed retrieve" competition

times how quickly a dog can retrieve a toy from the end of a pool.

Allana Lewis, a Care-A-Lot spokes-

In the Sunshine

Thousands watch local sports dogs getting 'big air' at Care-A-Lot/DockDogs special event

person, said they enjoyed another big crowd this year.

"Last year we had almost 8,000 attendees," she said. "This year, we antici-

Please see "Flying," Page 3

Kempsville meeting

City and school leaders come together; new Kellam High School, dredging, fire and emergency services discussed

By Nathan Denny
Sun Writer

The city government has many neighborhood and community projects lined up for the next several years, many of which fall within the Kempsville district. To better understand the local residents' views on them, Councilwoman Amelia Ross-Hammond recently held an informational public budget meeting for her Kempsville district last month.

As part of that meeting, Catheryn Whitesell, the city's director of management services, gave a presentation on the proposed Fiscal Year 2013-2014 budget, focusing on projects that were pertinent to residents of Kempsville.

Whitesell began the presentation with a vision for 2040. The premise centers on the idea of picturing Virginia Beach in the year 2040, and planning the necessary steps to achieve that vision of the city.

"We need a foundation to begin moving forward," Whitesell said. "If you don't have good public safety, good neighborhoods, good transportation, good education - then you will not be able to move forward."

Some of the projects addressed and discussed included the new Kellam High School, the Indian River-Kempsville Road intersection project, the modern-

ization of the Kempsville Recreational Center, the ongoing project of Historic Kempsville at the Kempsville-Princess Anne-Witchduck intersection, fire safety and EMS facilities, dredging projects and the Phase II Witchduck project from I-264 to Virginia Beach Boulevard.

School Board Chairman Dan Edwards, Deputy City Manager Dave Hanson, Councilwoman Ross-Hammond and several other representatives of the city were in attendance, offering their knowledge on some of the projects discussed.

Other topics included educational funding, taxes and fees, and a move toward sustainability. An ongoing question-and-answer ran throughout the meeting to address concerns from the public.

For those who were unable to attend the public meeting, a copy of the FY 2013-2014 Proposed Operating Budget, as well as the presentation given by Whitesell, can be found on the city's website (www.vbgov.com) by clicking on the "City Budget" link from the homepage.

The budget will come to a vote by City Council on Tuesday, May 14.

For more information, visit the Budget & Management Services page at www.vbgov.com

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

\$130,000 for libraries; new board elected

Friends of the Library approve library grants

By Nathan Denny
Sun Writer

The Friends of Virginia Beach Public Library recently approved \$130,000 in library grants for its new fiscal year, April 2013 to March 2014.

Among the grants is \$30,000 for the Summer Reading Challenge for children, teens and adults; \$20,000 for staff training and development; \$18,000 for youth and family programs and services; \$16,600 to create an early literacy activity center at Kempsville Area Library and \$4,000 toward digitizing and preserving local history materials.

The volunteer group also elected Amy Simpson as its president; Lisa Behun, vice president; Kathy Gompers, secretary, and Talbot Jordan, treasurer.

"We are so grateful for the Friends' continued commitment and support," said Mary Sims, director of Virginia Beach Public Library. "They help the library provide our citizens with the best possible services." Many Friends members also volunteer time working in libraries and in the Friends Book Shop at Meyera E. Oberndorf Central Library.

For more information call Christine Brantley at 757-385-4354.

3-Week Beach Weather Watch

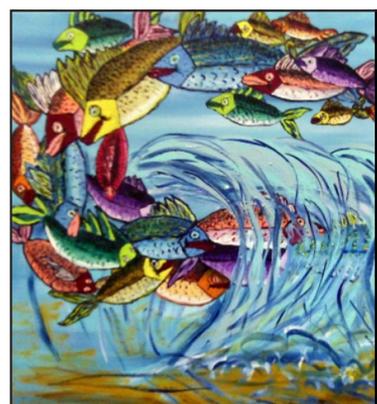
The extended Virginia Beach weather forecast calls for seasonal temperatures and weather patterns, for the three-week watch period of May 9, to May 30 with highs reaching the 90s and lows falling into the 40s. Off-and-on rain and wind, along with cloudy skies are expected. Mother's Day is May 12. Memorial Day is May 27. Father's Day is June 16.



Virginia Beach Schools: You're the best!

Please enjoy the following compilation of Virginia Beach Public School media liaison reports, provided courtesy of Virginia Beach City Public Schools. They're informal and casual, yet fun and informative and appear here as submitted, with little editing.

Please see pages 4 and 5



Artist Creations
Art Gallery & Classroom
4425 Shore Drive
Virginia Beach, VA 23455
757-363-3464
1fineartist-randalljordan.com



PLAZA AZTECA
RESTAURANTES MEXICANOS
\$5 OFF DINNER
2 MEALS & 2 DRINKS
MIN \$5 Entree Purchase
Dinner Only

Valid Sun-Thurs ONLY. Limit one coupon per table/party. Valid at all Hampton Roads Locations. Dine-In only. Not valid with any other offer. Expires 04/18/13.

In the Sunshine

“Flying” Dogs

Thousands watch local sports dogs getting ‘big air’ at Care-A-Lot/DockDogs event

Continued from Page 1

pate between 7,500 and 8,000 people to attend throughout the weekend.”

A weekend of beautiful spring weather helped the cause, as thousands of people showed up to watch and participate over the three day-occasion. Hundreds of dogs of all breeds, big and small, roamed the busy event area with their owners - with much less barking than you might expect - some ready to compete, others just coming to be in the company of their fellow canines.

The competitions are open to all healthy dogs.

“All you need is a dog and a toy,” said Bobby Clark, owner of Care-A-Lot.

One local participant, Gwen Mowrey of Norfolk, began participating with her dog, Autumn, after last year’s event and has been addicted ever since.

“We love it,” Mowrey said. “It gives Autumn something to do that she loves and it’s fun for the both of us. It’s a great outlet for her.”

Mowrey found Autumn as an abandoned puppy near her home. Autumn had bite wounds all over her body and a scared, distrustful reaction to people - all indicators of being used as a bait dog in dog fights. Mowrey slowly trained and rehabilitated her.

“It took me about two weeks to get close to her,” she said. “It took a lot of patience and respecting her space. Then I started taking her to dog parks and walking her.”

Now, according to Mowrey, Autumn is “crazy” and full of energy. She watched the dogs participating at last year’s event and knew it would be the perfect outlet for Autumn. She now participates in the “big air” event and has a best jump of 9 feet 8 inches, which got her 3rd place in the

novice category last year.

“But we’re not really in it to be the best,” Mowrey said. “Because of her past, Autumn was so leery of people; and participating has built her confidence and trust so much and it’s something she has fun doing.”

After this year’s event, Mowrey says Autumn is making great progress with her confidence in large crowds and her friendliness with other people.

Mowrey, who is a marine biology student at Old Dominion University in Norfolk, owns several other dogs that are rescues from the Norfolk SPCA. Lewis says Care-A-Lot is partnering with the Norfolk SPCA to promote animal adoption.

“We have just launched this new partnership with the Norfolk SPCA,” Lewis said. “For those who adopt a dog or cat from the SPCA, Care-A-Lot will offer them a package, which includes things that pet owners need - collars, beds, crates, and food. Owning a pet is a large responsibility so we want to help them out getting started.”

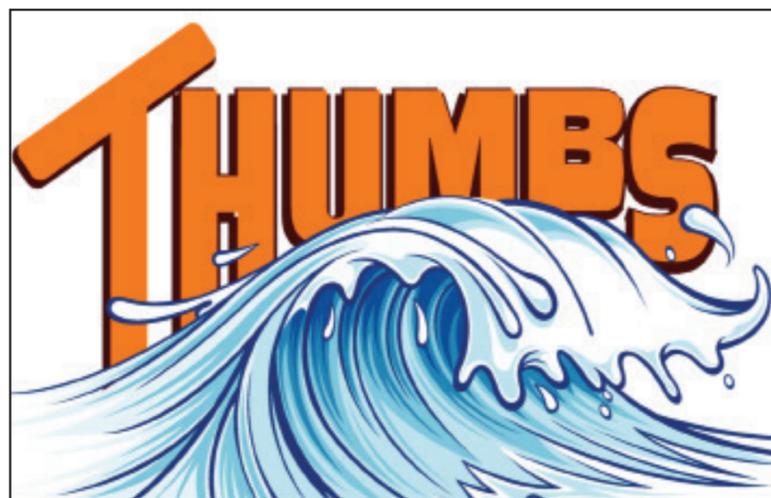
Mowrey and many other local DockDogs participants are members of a Tidewater DockDogs organization. The group holds practices, puts on dog events in the Tidewater area and helps support the rescue program. At this year’s competition, the organization helped two shelter dogs, Stella and Patch, jump for the first time. They are hoping that this exposure will help the dogs be adopted from the shelter.

The big winners of the weekend came from all over the country. Wilson and his owner Andrew Fink from New Tripoli, PA won the “big air” with a jump of 22’ 8”. And Tom Dropik of New Prague, MN

Please see “Flying,” Page 2



Gwen Mowrey and Autumn. (Photo by Nathan Denny)



Surf Grill

Open Daily 11am- 2 am

Breakfast served on weekends 8am- 2pm

Catering on and off premises

Mon: Meatloaf

Tue: Wing Night

Wed: Mexican Night

Thurs: Tapas Night

Free Parking • Kids Menu

(757) 422- 0367

605 Virginia Beach Blvd.

Corner of 17th st. and Mediterranean Ave.




GREAT DEALS

AND COMMUNITY GIVEBACKS

WHEN TIRED OF THE REST, COME ENJOY THE BEST!

18" one topping \$11.99

\$5 OFF

WHEN YOU MENTION VIRGINIA BEACH SUN. ON ALL ORDERS OVER \$20. CAN NOT BE COMBINED WITH ANY OTHER SPECIALS OR OFFERS. EXPIRES 6/30/13

FREE DELIVERY 757-491-0810

1940 Laskin Rd, Ste 313
Virginia Beach, VA 23454
Mon-Thur 11am-11pm // Fri-Sun 11am-Midnight

VIEW FULL MENU ONLINE
WWW.HARKEYSPIZZA.COM



In the Sunshine



The event featured rescued dogs that are now World Champion Frisbee catchers.

“Flying” Dogs

Continued from Page 2

won the “extreme vertical” with his dog RJ with a jump of 7’2”, as well as the “speed retrieve” with his dog Remi with a time of 5.301 seconds.

Aside from the competitions, there was much to see and do at the event. Over 50 pet supply vendors were present, not only offering their products, but also offering their expertise to dog owners.

K9’s in Flight featured rescued dogs that are now World Champion Frisbee catchers. Dogs and dog owners also participated in other daily contests, including

cutest pet, best dressed pet, best pet kiss, and owner/per look-a-like.

The event was also celebrating 25 years of Care-A-Lot being in business in Virginia Beach. And once again, Beach residents came out in numbers to show their support.

“We have really strived to get the community involved,” Lewis said. “We love seeing all the people coming out and enjoying the event.”

*For more information, call Allana Lewis, 757-457-9453
Nathan Denny, 757-748-2898, njden-ny@vt.edu.*



How should your child spend their day?

Healthy, nutritionally balanced meals!

Daily music, reading & dancing!

Kindergarten prepping environment!

Safe, Clean, Friendly, Fun!

Offering daily and weekly rates. Drop-ins welcome!

Now enrolling 6 weeks- 4 yrs old

10 years of happy clients. ECE educated.

Between Princess Ann Rd / So. Independence

Monday- Friday 7:00 a.m. - 5:30 p.m.

Jaclyn 757-474-6009



Non-smoking
No Pets
No Soda or Candy
No Daily TV



HERITAGE AMISH FURNITURE
Beauty, Simplicity, Quality.
Let Us Build Your Family's Lifetime Heirloom

WE'VE EXPANDED!
Stop by our NEW HERITAGE KIDS ROOM for a chance to **WIN FREE NURSERY FURNITURE!**

Bring your friends, pets on the "Best Memory" and "Best in Show" contest. Enter to win a \$1000 prize. Cash or gift certificate. Good until 10/31/11. See us at the event.

Featuring Hampton Beds with the finest in custom built solid wood furniture. Features stain resistant, scratch, stain, and water resistant tops, as well as a matching chair!

Local Beach Town's Market at 2015 Don Robt Blvd • Virginia Beach, VA
468-0284
www.heritageamish.com

Pelon's Baja Grill
Great California Style Mexican Food

\$2 Jacos & Brews
Wednesdays 6pm-9pm Both Locations

3619 Pacific Ave., Virginia Beach, VA 23451 (757) 417-3970
738 W. 22nd St. Suite 15, Norfolk, VA 23517 (757) 961-4673
www.pelonsbajagrill.com

Free parking • Kids Menu • Open Daily • Lunch & Dinner
Happy Hour Food & Drink Specials 3-6pm Daily

Frankie's PLACE FOR RIBS

5200 Fairfield Shopping Center, Virginia Beach, VA 23464

(757) 495-RIBS
Call For Take-Out
Best ribs in town!

www.frankiesribs.com

Famous Fish Jacos

Virginia Beach Public Schools: *You're the Best!*



Bayside Elementary School - By: Steven E. Fisher

Bayside Elementary Staff go out of their way to support Autism Awareness Month. Over \$280 dollars was raised through t-shirt sales that will benefit the National Autism Association.



*Virginia Beach Middle School
By Andrew Cronin*

Virginia Beach Middle School Environmental Club's Oyster Restoration Project. On March 28, 2013 members of the Virginia Beach Middle School Environmental Club's Oyster Restoration Project measured oysters, performed water quality tests, collected organisms, cleaned the oyster float, and conducted numerous environmental clean-ups. This was performed at Lighthouse on the Cove (800 Laskin Road Virginia Beach, VA). Terry Browning, the owner of Lighthouse on the Cove, created a partnership with our school allowing us an excellent place to grow oysters. Earlier this year, the Virginia Beach Middle School Environmental Club's Oyster Restoration Project received a \$450 dollar mini-grant from askHRgreen.org



*Bayside Middle School
By Frances Scott*

The stage banner used at the recent Cherry Blossom Festival was made by Kumiko Gale's Japanese language students at Bayside Middle School. The students learn how to write Japanese character in class, so the banner showed off what they know. It translates as "Cherry Blossom Festival" along with the school's name in English and Japanese. Each year Gale has volunteered her students' work to be displayed at the celebration of Japanese culture held at Redwing Park. The Virginia Beach Parks & Recreation, the Sister Cities Association of Virginia Beach, and the Japan Education Culture Center Inc. sponsor the event. Photo 1: Bayside Middle School Japanese students hold completed banner that was used at the Cherry Blossom Festival in Redwing Park. Students are Rebecca Powell, Cassandria Keen, Andrew Wigglesworth, and Cesar Benavides.

Bayside Middle School
By Frances Scott



Judy Sweet has been selected as Teacher Assistant of the Year at Bayside Middle School. She had been a Special Education teacher for 19 years at Bayside Middle, and this fall switched to being a Teacher Assistant so she could spend more time with her family. The career change has been refreshing. "I work more one-on-one with the students," she said, "and I have a special understanding of teacher needs." Sweet currently assists four teachers and also tutors after school in the 21ST Century Learning Center. "I love working with middle schoolers," she said. "I remember how confusing it was, and helping them adapt is very fulfilling." Photo: Judy Sweet, Teacher Assistant of the Year at Bayside Middle School.



Newtown Elementary School
By Niki C. Metzger

Newtown second grade students competed in the WHRO/ODU Great Computer Challenge on Saturday April 20th. Pictured with Mr. Adkins, second grade teacher, are Camani Hill and Cheyenne Hatfield, who received a Superior Award for their Desktop Publishing. Alphonso Adams and Mila Mathews won an Excellent for their Graphic Arts.

Virginia Beach Public Schools: *You're the Best!*



Parkway Elementary School - By Christina Hutchins

Parkway Elementary School was visited by Miss America 2013, Mallory Hytes Hagan. She spoke to the 4th and 5th grade classes about her struggles and how she overcame them. She encouraged students to follow their dreams and to do their best at all times and reach for the stars. Shown above from right to left: Michele Clements (4th Grade Teacher), Sarah Almedia (4th Grade Teacher), Queen Tanner (4th Grade Teacher), Mallory Hytes Hagan, Jeff Ballowe (4th Grade Teacher), Amanda Herrmann (4th Grade Teacher), and Bernice Hamilton-Moore (4th Grade Teacher).



Princess Anne High School By: Dorothy F. Weber

Princess Anne High Students Score Big in Economics Competition. Congratulations to Business Education Teacher Mr. Jason Barefoot, and Princess Anne High School students Mager Koromhas, Fredric Lilland, Patrick Mumm, Gary Chen, Kevin Hu and Stephen Tang. These students competed in the Governor's Challenge in Personal Finance and Economics on behalf of Princess Anne High School under the team name "Cavaliers International." They won the Region in the Personal Finance Division of the Governor's Challenge along with receiving an At Large invite in the Adam Smith Division of the Economic Challenge. Additionally, Natasha Dhamankar qualified for States as part of a Virtual Virginia team in the Adam Smith Division of the Economic Challenge. Following that accomplishment, they then successfully competed at the State level April 17th in Richmond as the only team to qualify from Virginia Beach. An online and live competition open to teams of high school students across Virginia, the competition is sponsored by the Virginia Council on Economic Education through Virginia Commonwealth University. **Photo: (L to R): Mr. Jason Barefoot; Gary Chen (gr.11); Johan Lilland (gr. 12); Patrick Mumm (gr. 11); Mager Koromhas (gr 12)**



Virginia Beach Middle School By Andrew Cronin

Virginia Beach Middle School Environmental Club celebrates Earth Day at Mt. Trashmore. The VBMS Environmental Club attended the Earth Day celebration on Sunday April 21 from 11-4pm at Mt. Trashmore. The students invited participants to play "sort the creature" a game they created that helps teach people about animal classification. Visitors to the VBMS Environmental Club table also learned about the Environmental Club's oyster restoration project by observing various oyster growth charts. Students also showed off animal field guides, and several sizes of needlerush, a native plant that the students have planted around the school. **Pictured: Sage Slight and Zion Clark**

The "Hot" Story

Artistic Creations Art Gallery

Fine Art
Blown Glass
Sculptures
Pottery
Jewelry
Photography

Art Classes

Open 7 days a week!

4425 Shore Drive
Virginia Beach Va
23455
757-363-3464
Local Artists



G. R. Collegiate opens in Sept.

Continued from Page 1

passed legislation increasing the level of state support in developing charter schools in Virginia. This, along with Virginia Beach's readiness for non-traditional education options, is what initiated plans for Green Run Collegiate last October.

At its April 9 meeting, the Virginia Beach School Board approved the new public charter school's application, finalizing the review process and allowing the school's Governing Board to begin accepting applications.

The school is accepting 100 students to enter as 9th-graders this September. After that, one grade level will be added each year until the school reaches 400 students in grades 9-12.

Housed in Green Run High School, Green Run Collegiate will focus on college readiness for its students. According to Burnsworth, Green Run was chosen because of its central location within the city, and its ample space to take on more students.

There are several advantages to the structure of a charter school, he said. While it will fall under the guidelines of the policies of the VBCPS system, the charter school will offer several unique programs including International Baccalaureate's Middle Years Program (MYP), the International Baccalaureate Career-related Certificate (IBCC), the Diploma Program (DP) and Advanced Via Individual Determination (AVID) Program.

Collegiate students will have access to dual-enrollment courses, virtual online courses, as well as the Advanced Technology Center.

Class sizes at Collegiate will be smaller than those in the public schools, and students will receive counseling in

their junior and senior years to advise them on financing college through grants, scholarships and financial aid.

According to its page on the VBCPS website, the school is seeking students that are "risk-takers, principled, knowledgeable, thinkers, open-minded and reflective."

The four other public charter schools in Virginia are Murray High School and Community Public Charter School, both in Albemarle County, York River Academy in York County and Patrick Henry School of Science and Arts in Richmond.

Out of all of these, Green Run Collegiate will be the largest once it introduces all four grade levels, and it will be the only one that is designed for collegiate preparation.

"I am hoping that this school will address the needs of a segment of our population that I would call the 'invisible child'," Burnsworth said. "That is a child whose academic ability has not yet been tapped because they have not had access to a compatible learning environment."

An information session for teachers interested in being a part of the charter school was held Wednesday, May 8 at Green Run High School. A live, online chat session is also scheduled for interested teachers on Thursday, May 9, from 5:30 - 6:30 p.m.

Green Run Collegiate has a website containing detailed information about the programs, the application and the school itself: www.greenruncollegiate.com. The deadline for applications is May 10.

For more information, visit www.greenruncollegiate.com

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

Citywide Circulation

Oceanfront/Hilltop

- The Beach Pub
1001 Laskin Rd.
- The Jewish Mother
600 Nevan Rd.
- Pelon's Baja Grill
3619 Pacific Ave
- Heritage Health Food Store
984 Laskin Rd
- Wyndham Virginia Beach
Oceanfront
5700 Atlantic Ave
- Corinne's Salon 3200
3198 Pacific Avenue Suite 101
- Virginia Museum of
Contemporary Art—MOCA
2200 Parks Ave
- Quality Inn Pavillion—Virginia
Beach
716 21st Street
- Cerca Del Mar
210 21st Street
- Oceanfront Barber Shop
400 32nd Street
- Jungle Golf
302 23rd Street
- Flowers—Wayne Jones
329 Laskin Road
- Virginia Beach Information
Center
2100 Parks Ave

Shore Drive/Great Neck

- Starbuck's
3273 Shore Drive
- Uncle Al's Hot Dogs
3045 Shore Drive
- Shorebreak Sports Bar
941 Shore Drive
- Zero's Subs
2272 West Great Neck Rd.
- Uncle Rich's Café
2242 Seashore Shoppes
- Plaza Azteca
2272 West Great Neck Rd.
- Salty C's
3657 Shore Drive

Bayside

- Jenro's Diner
1085 Independence Blvd.

Town Center/Pembroke

- Bevello
172 Central Park Ave
- Confetti Café and Gelato
233 Market Street
- A & G Auto Sales
5012 Virginia Beach Blvd.

Kempsville/Centerville

- Frankie's Place for Ribs
5200 Fairfield Shopping Center
- George's Show Repair
5332 Fairfield Shopping Center

Lynnhaven

- Eve's Hair Studio
1104 Green Square
- Dolphin Laundry
4221 Pleasant Valley Rd.

Princess Anne/Pungo

- Red Barn Food Store
2001 Indian River Rd.

Courthouse/Dam Neck

- Bubbs's Deli and BBQ
3600 Dam Neck Rd.
- Virginia Beach City Hall
Front Reception Desk

Red Mill

- Fabric Care
Dry Cleaner & Tailors
1253 Nimmo Parkway #113
- Sweet Elements
Frozen Yogurt Café
2201 Upton Drive #904

Chimney Hill

- Mom's Kitchen
3501 Holland Road
- U-Haul Rodney Price
3497 Holland Road # 107

35
Locations

The Virginia Beach Sun Always Shines!

Greg Goldfarb—Owner
P.O. Box 5103
Virginia Beach VA 23471

Monday—Saturday:
8:30AM—5PM
757-464-6611
thevirginiabeachsun@gmail.com

A new Sun rises every 3 weeks!
Citywide Circulation — Easy-to-Find
Online at TheVirginiaBeachSun.com

A Family Newspaper
All Good News
Always Local News Names, Faces Places

Photos, Stories on Beach
People and Businesses

Virginia Beach's Only
Hometown Newspaper

Virginia Beach-Based
Owned and Operated

Stays in Homes and Offices
for Three Weeks

A Trusted Name in
Community Journalism

Long History of Service
to Community

City Council and School Board News

No Subscription or
Per-Issue Costs

A Quality Publication/Environment.



Home Delivery

One Year Subscription
18 issues:
\$39 anywhere in the U.S.



North End
Pelon's Baja Grill
3619 Pacific Ave

South End
Birdneck Road at I-264

Oceanfront
The Beach Pub
1001 Laskin Rd.

Hilltop
The Jewish Mother
600 Nevan Street

Town Center
Red Wing Shoes
116 S. Independence Blvd.

Always Online — www.TheVirginiaBeachSun.com



Virginia Beach Sun

September 20, 2012 Virginia Beach's Hometown Newspaper Page 6

Town Center looking for its third business tower

14-story office tower, \$89 million 3300 JAMES BEACH BOULEVARD, BEACHES THE PUBLIC SERVICE DISTRICT BETWEEN THE CITY OF VIRGINIA BEACH AND ARNOLD

“On The Sunny Side” – In English and in Spanish

Celebrate Mother’s Day

Say ‘thank you’ to the inspirational and encouraging women in your life

By: **Stephanie Harron**
Sun Columnist

That time of year is springing up again to celebrate that “special lady” in your life. That’s right - Mother’s Day is right around the corner.

Your mother is the one who may remind you time and time again that she persisted at least nine months of curiosity, pain and anxiety to give birth to you, a precious son or daughter who has been forever a light of joy in her life. Or could I question these words of honesty for a mother’s unconditional love for her kin?

Maybe she would agree that she always dreamed of the day she would spend restless nights soothing nightmare scares, disciplining poor behavior and enduring those awkward teenage years when she tried so hard to be your friend. In the trade for the trials of being a mother, she understands motherhood’s daily tests have given her insight and wisdom that the women before her have passed down. As a woman’s child, you are her experience. You are your mother’s living history.

Motherhood is a very particular role in life and acts as a crucial part in the stage of a person’s development. Whether based on one’s genetic background or a stature figure for one’s emotional support, a mother figure nurtures and protects her young, exhibiting the “circle of life” for future generations. As mammals, we tend to the well-being our babies for their entire lives, unlike sea turtles or reptiles which abandon their eggs after lay. This is a particular trait we carry and particularly inherit within the animal kingdom.

Imagine a scenario where a little boy was abandoned during his developmental stages. Where would he sleep? What would he eat? He would be lacking a major support in survival skills. Humans are not caterpillars; we cannot survive eating green leaves and then transforming into beautiful butterflies. Humans absolutely depend on each other for physical and emotional needs. A fam-

ily cares and nurtures the well-being of its offspring. Mother’s Day - May 12th - is the trademark day for celebrating mothers all around the globe.

My mother and I live in two separate East coast states, so it is very difficult to schedule a time on Mother’s Day to physically spend time with her; however, this scenario will not stop me from recognizing her on this special day. Sure I will send her a phone call and a card or flowers through “snail mail,” but I also want her to know that her importance is not only stated on the subscript of a printed calendar or the notifications on my Facebook news feed.

Mothers have a substantial job every minute of each day to tend to the needs of others. It is not a job that one can clock out for lunch break or dismiss after 5 p.m. In fact, that is when the fun begins because homework has to be finished and stomachs are getting hungry. If it is not time for dinner, then it’s bath time. If it is not bath time, then it is bedtime stories. Each mother, father, sister, brother or pet plays a major role in keeping the family schedule consistent.

This daily schedule can appear to be repetitious; however, these years do not come back. Time passes, but memories last a lifetime. Consider this year’s Mother’s Day a memory to be shared and perhaps lived again. Even sharing this day with a person who you consider to be a mother figure is a positive way of building encouraging relationships. The question is not, “Who was first, the chicken or the egg?” - but who cared for you in times of illness and in times of joy? Here’s one answer: Celebrate that person’s genuine attributes for believing in your future and by sharing the love of family in your life.

Stephanie R. Harron, srharron@vwc.edu, lives in the city’s Rosemont area and is a Virginia Wesleyan College sophomore majoring in Health and Human Services and minoring in Music and Hispanic Studies.

Congressman Rigell Announces Winners of the 2013 Congressional Art Competition

Congressman Scott Rigell recently announced this year’s Congressional Art Competition winners at a ceremony at the Art Institute of Virginia Beach. An independent panel of faculty members from the Art Institute chose four winners from 80 entries.

The first place winner was “Lungs,” and painted by Courtney Roark, a sophomore at Frank W. Cox High School in Virginia Beach. Courtney’s artwork will hang in the U.S. Capitol for one year with winning pieces by high school students from around the country. She is also invited to an award ceremony in Washington, D.C. in June to see her work on display.

The other winners were: Second Place: “Battleship Wisconsin” by Edward Digges, a junior, who is home-schooled. Third Place: “Stages of Life” by Anna Marks, a junior at Princess Anne High School in Virginia Beach. Fourth Place: “Arrogance” by Alec Smith, a junior at Princess Anne High School in Virginia Beach.

The second, third, and fourth place winning artwork will hang in Congressman Rigell’s offices around the district and in Washington.

Honorable mentions were given to the following students for their outstanding submissions in the competition:

- Katie Bonner “Pink Confidence,” freshman, Norfolk Academy
- Samuel Critides “God’s Love?” sophomore, Norfolk Christian Schools
- Katelyn Graham “The Running Man,” sophomore, Norview High School, Norfolk
- James Heyes, “Weary,” senior, Woodside High School, Newport News
- Raphael Stanek “If Only,” freshman, Norview High School, Norfolk
- Kenlontae Turner “Orga,” senior, Warwick High School, Newport News

The Congressional Art Competition began in 1982 to provide an opportunity for Members of Congress to encourage and recognize the artistic talents of their young constituents.

Celebrar este Dia de la Madre

Decir gracias a una mujer muy animada e inspirador en su vida.

Por: **Stephanie Harron**
Sol Columnista

Este tiempo del año está llegando otro vez para celebrar esta mujer muy especial en su vida. Es verdad - La día de las Madres a la vuelta de la esquina. Durante el 12 de Mayo, tu madre puede recordarte de una y otra vez que ella persistía para casi nueve meses en curiosidad, el dolor y ansiedad para dar a luz a ti, un hijo muy precioso quien es para todo el tiempo un júbilo en su vida. O, puedo preguntar estas palabras de honesto para el amor incondicional de la madre para sus niños?

Posible ella acordaría que siempre soñaba del día que sería despierto todas las noches para calmar sus pesadillas, disciplina la conducta mala y sobrevive este tiempo muy complejo cuando trata ser su amiga. Sin embargo de los juicios para ser una madre, ella entiende las pruebas darías han dado percepción y sabiduría que las mujeres en su historia han pasado a ella. Como un hijo o una hija de una mamá, usted es su experiencia. Es la historia viviendo de su madre.

La maternidad es un papel muy particular en la vida y es una parte muy crucial en las etapas en el desarrollo personal. Si su madre está fundada de sus genéticos o una figura importante del apoyo personal, la madre educa y protege a sus niños, exponiendo el ciclo de vida para generaciones del futuro.

Como mamíferos, cuidan a los bienestar de los niños para toda la vida, a diferente de las tortugas marinas o reptiles que abandonan sus huevos después de ponerlos. Este es un atributo muy particular que conducen en el reino animal. Imagina la situación hipotética donde un personaje fue abandonado inmediatamente después del parto. ¿De dónde dormiría? ¿Qué comería? El niño faltaría un apoyo muy grande en sus habilidades supervivencia. Los humanos no son orugas; no pueden sobrevivir solamente comiendo las hojas verdes y después transforman a mariposas elegantes.

Los humanos son dependientes a otros personajes para sus necesidades físicas y emocionales. Una familia cuida para el bienestar de sus hijos. El 12 de Mayo marca el día nacional que celebra las madres de todo el mundo. Mi madre y yo vivimos en los estados diferentes de la costa oeste; entonces es más difícil planificar un tiempo durante la día de la madre

para pasar con ella; pero, esta situación no puede detenerme de reconocerla en este día muy especial. Claro que la llamaré y enviaré una tarjeta o flores a través del correo, también quiero dejarle su importancia en mi vida no es solamente el texto subíndice de un calendario ni una notificación de mi Facebook.

Las madres tienen un trabajo muy sustancial todos los minutos de todos los días para cuidar de otras personas. No es un trabajo para fichar la salida durante el almuerzo ni después de cinco de la noche. De hecho, éste es cuando el divertido empieza porque la tarea de los niños necesita ser finito y los estómagos tienen hambre.

Si no es la hora de cenar, es la hora de bañarse. Si no es la hora de bañarse, luego es la hora para los cuentos relativos de la hora de acostarse. Cada madre, padre, hijo, hija y mascota es una gran parte de la familia para mantener un horario más consistente.

La maternidad es un papel muy particular en la vida y es una parte muy crucial en las etapas en el desarrollo personal.

Este horario daría puede ser repetitivo; pero, estos años no regresan. El tiempo pasa pero los recuerdos son para siempre. Considera este la día de la madre una memoria para compartir para el futuro y quizás viva otro vez. Todavía, compartiendo este día con una figura materna es una manera positiva para establecer relaciones beneficiosas.

La pregunta no es, “¿quién fue el primero, el pollo o el huevo?”, pero quién te cuidaba durante los tiempos de enfermedades y durante los tiempos de alegrías? Aquí es una respuesta: Celebra los atributos genuinos de la persona para creer en su futuro y como compartiendo el amor para la familia en su vida.

Stephanie R. Harron, srharron@vwc.edu, vive en la región de Rosemont en Virginia Beach y está estudiando como una estudiante de segundo año de la universidad, Virginia Wesleyan College. Está estudiando la Salud y Servicios Humanos, la Music y los estudios hispanos.

PLAZA AZTECA
RESTAURANTES MEXICANOS

\$5 OFF DINNER
2 MEALS & 2 DRINKS
MIN \$5 Entrée Purchase
Dinner Only

Valid Sun-Thurs ONLY. Limit one coupon per table/party. Valid at all Hampton Roads Locations. Dine-In only. Not valid with any other offer. Expires 04/18/13.

20% off Special

FABRIC CARE DRY CLEANER & TAILOR

1253 Nimmo Parkway #113
Virginia Beach, VA 23456
757 563 9008

Household, Comforter & Winter Clothes Special up to \$100

AAAA Self Storage

“Store Your Business With Us”
www.aaaa-selfstorage.com
6 locations in Virginia Beach

\$35 Bundle Special

Bundle Includes:
Rent
AAAA Protection for up to \$2000
Administration Fee

Multi-Size Units
Standard and Climate Units
Available In Various Sizes
Packing Supplies & Boxes Available
One-Stop Shopping
Credit Cards Accepted
Month to Month Leases